

2010 SD Chamberlain Invitational Swim Meet  
Hosted by Chamberlain Swim Team  
June 12, 2010  
Sanction # SD 051110 (Application Pending)

- Sanction: This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc.
- Rules: The current USA Swimming and SD Swimming rules will govern the conduct of the meet. The Referee of the meet will be the final authority for the conduct of the meet.
- Liability: In granting this sanction it is understood and agreed that USA Swimming, South Dakota Swimming the city of Chamberlain and the Chamberlain Swim Team shall be free of any liability or claims for damages arising from injuries arising by reason of injuries to anyone during the conduct of the event
- Location: Chamberlain City Pool, 600 South Main Street.
- Course: 25 Meter Pool; 6 Roped Lanes; wave-calming dividers; manual timing, 2 timers per lane. The competition course has not been certified in accordance with USAS Rule 104.2.2C(4).
- Water Depth: Starting end depth: 5'; midpoint depth: 5'; turn end depth: 12'. Turn end water depth meets USAS minimum requirement for racing starts per Rule 103.2.
- Format: This will be a Combined meet. Events will be swum as Timed finals.
- Starting Times: One session only. Meet starts: 9:15 am  
Warm-up times: 10 & Under 7:30am – 8:15am  
11 & Over– up 8:15am – 9:00am
- Meetings: There will be a coaches meeting following warm-ups. Meeting will be held meet director's table. Please have your scratches available at this time.
- Warm-ups: Team lane assignments will be announced at the meet. The first 30 min. of each session will be for general warm-up with the last 15 minutes for specific warm-ups. Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. South Dakota Swimming Warm-up Procedures attached will be followed.
- Swimwear:  
Restrictions: Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
- Supervision: A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers and officials will be allowed on the pool deck.
- Eligibility: All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on June 12, 2010 determines the age of the swimmer for the entire meet.
- Deck:  
Registration: There will be NO on deck registrations.
- Deck Entries: Deck entries will be allowed if space is available and at the discretion of the Meet Referee.
- Scoring: This meet will not be scored.

- Event Limit:** Swimmers may swim a maximum of five individual events for the meet. Swimmers may swim two relay events for the meet. Swimmers are allowed to swim in both their respective age group and open events. Entry forms must be filled out completely and legibly with age, name, USA #, and actual times in S, L, or Y beside the time.
- Meet Length:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours for swimmers 12 years and younger (205.3F). Entries will be input in the order they are received. When the computer generated timeline indicates time limit has been reached, entries from the team(s) received last will not be entered into the meet. Team coaches will be notified if their entries were not accepted, and fees will be refunded. Fees will also be refunded for events or swims not completed if the Meet Referee stops the meet to comply with time limit Rules.
- Seeding:** This meet will be pre-seeded. There will be no clerk of course. Swimmers are responsible for reporting to the correct lane at the time of their event.
- Time Trials:** There will be no time trials
- Awards:** There will be no points kept for an overall winner. There will be Ribbons awarded to the top 8 place winners in each event. Heat winners will receive ribbons. Places will be awarded as specified per individual event (i.e. 8&Under, 9-10, 10&Under, 11-12, 13&Up, Open).
- Entries:** We ask that you send the entries via e-mail to [mbarretts@midstatesd.net](mailto:mbarretts@midstatesd.net); we will be using Hy-Tek Meet Manager to create program and seeding. (Teams submitting their entries on CD-R will receive a back-up copy of the results on the CD-R for their records. Mail a printed copy of the entries & check for entry fees  
     Payable to: Chamberlain Swim Team.  
     Mail to: Chamberlain Swim Team,  
             P.O. Box 62,  
             Chamberlain, SD 57325  
     or E-mail Entries to [Mbarretts@midstatesd.net](mailto:Mbarretts@midstatesd.net)
- Fees:**
- |                    |   |
|--------------------|---|
| SD Head Tax:       | \$3.00 per swimmer                            |
| Individual Events: | \$2.00  |
| Relay Events:      | \$4.00 per Relay Team                         |
| Other Fees:        | \$2.00 Pool Fee per Swimmer (non refundable). |
- Deadline:** All entries and entry fees must be received no later than 12pm on June 4<sup>th</sup>, 2010.
- Protests:** Protests of any kind must be submitted to the referee in writing and will only be from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.
- Concessions:** A concession stand will be open during the entire meet.
- Officials:**
- |                      |                            |
|----------------------|----------------------------|
| Meet Director:       | Nancy McDonald, 234-4144   |
| Referee:             | Name                       |
| Starter:             | Name                       |
| Stroke & Turn Judge: | Chad McManus, Nila Wagaman |
| Marshall:            | Trisha Burke               |
| Head Timer:          | Rebecca & Mike Reimer      |
- (\*Other officials attending are encouraged to help. Officials will meet during warm-ups).  
**Meet Officials will meet the requirements of 202.3.3**
- Programs/Results:** Programs will be available for \$3.00 each, as will copies of the results. Each team will receive two complimentary copies of the program and one of the results. Please keep food and drink outside of the pool area. No glass on deck. Also, remember to find a garbage can.

## SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

- 8.1 The Meet Marshall and Meet Referee (or their special designees) shall monitor and enforce warm-up procedures.
- 8.2 No team or unattached swimmer may warm-up unless supervised by a USA Swimming member-coach. Coaches shall maintain verbal and visual contact with their swimmers throughout warm-ups.
- 8.3 Warm-ups shall be divided into a general warm-up period and a specific warm-up period. At the LSC Long Course and Short Course Championship Meets, the latter period may include a period for relay take-off practice.
- 8.4 Every reasonable effort shall be made to equalize the number of swimmers per lane during warm-ups. Meet planners will strive for a limit of no more than 20 swimmers per lane for Short Course meets and no more than 25 swimmers per lane for Long Course meets.
- 8.5 General Warm-ups:
- (1) There will be no diving. Any swimmer who dives in during general warm ups will be scratched automatically from his/her first individual event of the session.
  - (2) All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
  - (3) General warm-ups should last a minimum of 30 minutes, unless the Meet Referee determines that a shorter period is necessary to compensate for delays due to weather, equipment/power failure, or emergencies.
- 8.6 Specific Warm-ups:
- (1) There will be no diving in the two outside lanes. Again, any swimmer who dives in one of the outside lanes during specifics will be scratched from his/her first individual event of the session. The outside lanes shall be used for circle swimming or for pace work.
  - (2) Diving and backstroke starts will be allowed from the starting end of the all lanes except the outside lanes of the pool. In the case of backstroke starts, no swimmer shall be on the starting block until the backstroker has completed his/her start. Swimmers in the inside lanes shall complete one length and walk back to the starting end.
  - (3) Specific warm-ups shall last a minimum of 15 minutes, unless the Meet Referee determines that a shorter period is necessary to compensate for delays due to weather, equipment/power failure, or emergencies.
  - (4) Relay take-offs – During the LSC Championship Meets, the Referee may permit a 5-minute relay take-off practice period, during which the take-off lanes shall be clearly designated and shall be used for nothing other than relay take-off practice at the starting end of the pool. Coaches shall insure that there are no swimmers in the lane other than those involved in the particular relay take-off practice.
- 8.7 Mid-Meet Warm-ups/Cool-downs:
- (1) Swimmers must be supervised by a USA Swimming member Coach.
  - (2) There will be no diving.
  - (3) Circle swimming only.
  - (4) Coaches will determine which of their swimmers may participate in these sessions, regardless of age group.

# Order of Events:

## Chamberlain Invitational 6/12/2010

## Events List - By Event Number

- |    |                                     |    |                                  |
|----|-------------------------------------|----|----------------------------------|
| 1  | Girls 8 & Under 25 Freestyle        | 41 | Girls 8 & Under 50 Breaststroke  |
| 2  | Boys 8 & Under 25 Freestyle         | 42 | Boys 8 & Under 50 Breaststroke   |
| 3  | Girls 200 IM Open                   | 43 | Girls 9-10 50 Breaststroke       |
| 4  | Boys 200 IM Open                    | 44 | Boys 9-10 50 Breaststroke        |
| 5  | Girls 10 & Under 100 IM             | 45 | Girls 11-12 50 Breaststroke      |
| 6  | Boys 10 & Under 100 IM              | 46 | Boys 11-12 50 Breaststroke       |
| 7  | Girls 100 Butterfly Open            | 47 | Girls 13 & Over 50 Breaststroke  |
| 8  | Boys 100 Butterfly Open             | 55 | Girls 9-10 50 Freestyle          |
| 9  | Girls 8 & Under 50 Butterfly        | 56 | Boys 9-10 50 Freestyle           |
| 10 | Boys 8 & Under 50 Butterfly         | 57 | Girls 11-12 50 Freestyle         |
| 11 | Girls 9-10 50 Butterfly             | 58 | Boys 11-12 50 Freestyle          |
| 12 | Boys 9-10 50 Butterfly              | 59 | Girls 13 & Over 50 Freestyle     |
| 13 | Girls 11-12 50 Butterfly            | 60 | Boys 13 & Over 50 Freestyle      |
| 14 | Boys 11-12 50 Butterfly             | 61 | Girls 10 & Under 100 Freestyle   |
| 15 | Girls 13 & Over 50 Butterfly        | 62 | Boys 10 & Under 100 Freestyle    |
| 16 | Boys 13 & Over 50 Butterfly         | 63 | Girls 200 Medley Relay Open      |
| 17 | Girls 10 & Under 100 Butterfly      | 64 | Boys 200 Medley Relay Open       |
| 18 | Boys 10 & Under 100 Butterfly       | 65 | Girls 9-10 100 Medley Relay      |
| 19 | Girls 8 & Under 25 Backstroke       | 66 | Boys 9-10 100 Medley Relay       |
| 20 | Boys 8 & Under 25 Backstroke        | 67 | Girls 8 & Under 100 Medley Relay |
| 21 | Girls 100 Backstroke Open           | 68 | Boys 8 & Under 100 Medley Relay  |
| 22 | Boys 100 Backstroke Open            |    |                                  |
| 23 | Girls 8 & Under 50 Backstroke       |    |                                  |
| 24 | Boys 8 & Under 50 Backstroke        |    |                                  |
| 25 | Girls 9-10 50 Backstroke            |    |                                  |
| 26 | Boys 9-10 50 Backstroke             |    |                                  |
| 27 | Girls 11-12 50 Backstroke           |    |                                  |
| 28 | Boys 11-1250 Backstroke             |    |                                  |
| 29 | Girls 13 & Over 50 Backstroke       |    |                                  |
| 30 | Boys 13 & Over 50 Backstroke        |    |                                  |
| 31 | Girls 10 & Under 100 Backstroke     |    |                                  |
| 32 | Boys 10 & Under 100 Backstroke      |    |                                  |
| 33 | Girls 8 & Under 100 Freestyle Relay |    |                                  |
| 34 | Boys 8 & Under 100 Freestyle Relay  |    |                                  |
| 35 | Girls 9-10 100 Freestyle Relay      |    |                                  |
| 36 | Boys 9-10 100 Freestyle Relay       |    |                                  |
| 37 | Girls 200 Freestyle Relay Open      |    |                                  |
| 38 | Boys 200 Freestyle Relay Open       |    |                                  |
| 39 | Girls 100 Breaststroke Open         |    |                                  |
| 40 | Boys 100 Breaststroke Open          |    |                                  |