

2010 SOUTH DAKOTA LONG COURSE B/C CHAMPIONSHIPS SWIM MEET

Hosted by South Dakota LSC and Snowfox Swim Team

July 23 - 25, 2010

Meet Sanction #070410

Time Trial Sanction # 070510

- SANCTION:** This meet is held under the sanction of USA Swimming Inc., and South Dakota Swimming, Inc.
- RULES:** The current USA Swimming and SD Swimming rules will govern the conduct of the meet.
- LIABILITY:** In granting this sanction, it is understood and agreed that USA Swimming, South Dakota Swimming, Sioux Falls Swim Team (Snowfox Swim Team), the City Of Sioux Falls, and the Sioux Falls Park and Recreation Department shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Frank Olson Pool, 18th Street and Grandview Avenue, Sioux Falls, SD 57103
- COURSE:** 50 Meter Pool; 8 lanes; wave calming dividers, Daktronics Electric Timing and Starting Equipment with Manual Backup. The competition course has not been certified in accordance with 104.2.2(C).
- WATER DEPTH:** Starting end depth 15'; midpoint depth 6'; turn end depth 3'6". Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2, therefore an "in-water" Start will be used on all 200 Meter Relays.
- FORMAT:** This will be a combined meet, swam as timed finals. All events will be separated and swam by age and gender except for the 8 & Under relays.
- STARTING TIMES & MEETINGS:** 4 Sessions: Friday - Session 1 & 2, Saturday - Session 3, Sunday - Session 4. Teams will be notified by noon on Wednesday, July 21, 2010 of warm-up times and lane assignments.
- | Friday July 23 - Session 1 | | Friday July 23 - Session 2 | |
|-----------------------------------|-------------------|-----------------------------------|-------------------|
| 1:30pm-2:00pm | General warm-ups | 4:00pm-4:30pm | General warm-ups |
| 2:00pm-2:15pm | Specific warm-ups | 4:30pm-4:45pm | Specific warm-ups |
| 2:00pm | Officials meeting | 4:45-5:15pm | General warm-ups |
| 2:15pm | Coaches meeting | 5:15-5:30pm | Specific warm-ups |
| 2:30pm | Meet starts | 5:00pm | Officials meeting |
| | | 5:30pm | Coaches meeting |
| | | 5:45pm | Meet starts |
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- | Saturday July 24 - Session 3 | | Sunday July 25 - Session 4 | |
|-------------------------------------|-------------------|-----------------------------------|-------------------|
| 10:00am-10:30am | General warm-ups | 10:00am-10:30am | General warm-ups |
| 10:30am-10:45am | Specific warm-ups | 10:30am-10:45am | Specific warm-ups |
| 10:45am-11:15am | General warm-ups | 10:45am-11:15am | General warm-ups |
| 11:15am-11:30am | Specific warm-ups | 11:15am-11:30am | Specific warm-ups |
| 1115am | Officials meeting | 11:15am | Officials meeting |
| 11:30am | Coaches meeting | 11:30am | Coaches meeting |
| 11:45am | Meet Starts | 11:45am | Meet Starts |
- WARMUPS:** Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. South Dakota warm-up procedures attached will be followed.
- SWIMWEAR:** Swimwear worn at South Dakota meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (102.9.1).

SUPERVISION: A USA Swimming member coach **MUST** supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers, officials, timers, and designated volunteers will be allowed on the pool deck. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal

guardian to ensure compliance with this requirement. Only registered coaches, swimmers, officials, timers and designated volunteers will be allowed on pool deck.

ELIGIBILITY: All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming and SD Swimming. Age as of July 23, 2010 determines the age of the swimmer for the entire meet. Swimmers may enter events in which they have not attained a state qualifying time between July 26, 2009 and the entry deadline date of July 19, 2010.

DECK

REGISTRATION: On Deck USA Swimming Registrations will be permitted with the appropriate documentation. Swimmers must show verification of their membership to the meet referee or be deck registered. A \$10.00 deck registration fee will be charged in addition to the current registration fee. Fines may be imposed if a swimmer is not registered.

DECK ENTRIES: Will not be allowed. Errors and omissions may be corrected at the discretion of the meet referee.

SCORING: Individual Scoring (1-16) – 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1; Relay Scoring (1-8) –34-30-28-26-24-22-20-18. All awards and scoring will be determined by the swimmer's final time. The point-scoring age groups shall be 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-19. The 13-14, 15-16, 17-19, & 20/Over age groups will be seeded together and will swim together, but will be awarded and scored separately.

PROOF OF

TIMES: All entry times must be proven with complete, official meet results, upon the request of the seed committee. Unverified times or erroneous times may result in disqualification.

EVENT LIMITS: INDIVIDUAL - Each swimmer may swim a maximum of seven (7) individual events for the meet, with no more than five (5) events per day.

RELAYS - Swimmers may enter a maximum of one relay per day. A swimmer may not swim a relay leg that corresponds to an event in which the swimmer has a SD Championship Meet Qualifying Time. Relays for 8 & under can be a mix of all girls, all boys, or any combination thereof.

SEED

COMMITTEE: The three person committee shall include the Meet Director, Referee, and a Coach of a team attending the Meet whose name is randomly selected by the Meet Director prior to the meet.

SEEDING: All Events will be seeded slowest to fastest, except the 400 Freestyle, 800 Freestyle and the 1500 Freestyle, which will be seeded Fastest to Slowest.

TIME TRIALS: Time trials will be held at the conclusion of each session at the discretion of the Meet Referee. The following limitations shall apply:

1. The swimmer must be entered **in the event** in the meet.
2. Time trials will not change awards or scores.
3. The swimmer may only swim a total of 5 individual events per day.
4. There will be no additional cost for time trials.
5. Coaches are responsible to turn in time trial requests to the Meet Director as soon as possible.
6. Time trials should be limited to those swimmers who have a reasonable chance to make their goal time.

AWARDS: **INDIVIDUAL AWARDS:** Rosettes (1st through 3rd) and Ribbons (4th through 16th) will be awarded to the top sixteen swimmers in each individual event. 1st & 2nd place finishers with less than SDQ times will receive a pass to swim the event at the SD State Championship meet. Swimmers receiving a pass will be seeded at the minimum SDQ time and will be considered a qualifier for relays at the State Championship meet.

RELAYS: Rosettes (1st through 3rd) and Ribbons (4th through 8th) will be awarded in each age group.

TROPHIES: TEAM TROPHIES will be awarded to the 1st through 3rd place teams.

PERCENTAGE TROPHY will be awarded to the team with the most points per entry, calculated after excluding relay points. Minimum of 7 swimmers is required to compete for the Percentage Trophy.

The ELKS TEAM SPIRIT AWARD will be presented to the team demonstrating the best sportsmanship and team spirit at the B/C Championship Meet. The recipients of the spirit award will be determined by a five-person committee comprised of a representative from five teams drawn at random at the beginning of the meet. This award will be given on Sunday.

ENTRIES: Teams are encouraged to submit their entries via e-mail using the Hy-Tek program. Send actual times with the indication of the course swum, as the meet management program will convert the times automatically. Also mail a hard copy, along with a check payable to **Snowfox Swim Team** to the address below.

Mail Entries/Checks to:
Lisa Ladenburger Phone: 605-371-2192
2908 S. Bellepine Circle
Sioux Falls, SD 57103
E-mail Entries to: snowfoxswim@yahoo.com

FEES: \$3.50 per individual event \$3.00 per swimmer head tax
\$7.00 per swimmer facility fee \$5.00 per relay

THERE WILL BE NO REFUND OF FEES

****Administration fee of \$20 will be collected for not using windows version of Hy-Tek.****

DEADLINE: All entries and entry fees must be received by **6.00pm on Monday, JULY 19, 2010.**

PARADE OF TEAMS: There will be a Parade of Teams following the 10 minute warm-up/cool-down period following Event #36 (13 & Over 200 Backstroke). By the end of the warm-up session on Friday, each Coach must provide the Meet Director with the following information: name of team, total number of swimmers, number of swimmers at this meet, senior swimmers, and coach's names.

PROTESTS: Protests of any kind must be in writing and will only be accepted by the Referee from the team's Coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer involved in that event or meet.

CONCESSION: A Concession Stand will be available during all days & all sessions.

OFFICIALS: Meet Director: Lisa Ladenberger
Head Referee: Russ Miller
Administrative Referee: Lori Baye , Jennifer Schroeder
Head Starter: Dallan Hoefener
Head Stroke & Turn: Jon Sommervold
Meet Marshal: Gary Klarenbeek, Peter & Molly Liberko, Jodi Sather, Mark Skadsen
Head Timers: Pat Lawler, Brenda Washenberger

Meet Officials will meet the requirements of 202.3.3.

****All Registered Officials are welcome and needed to volunteer at the B/C Championship Meet.****

TIMING: **All teams** must provide timers. Sign-up sheets will be posted on the wall of the hospitality building. Any time slots not filled will delay the continuation of the meet.
All swimmers swimming the 1500 must provide timers and counters and swimmers swimming the 800 must provide timers and counters. If you are in need of either, see the Meet Director.

CLERK

OF COURSE: There will be no clerk of course.

SCRATCHES: A Scratch box will be located at the Meet Director's Table. Please use the forms for all scratches and deposit in the box. Please have all scratches submitted prior to the start of specifics each day.

CLOTHING: Pure Blue will provide clothing and swim gear for sale. State B/C Championship Meet Shirts will also be available.

HOSPITALITY: Coaches and Officials Hospitality will be provided all days/all sessions.

SD LONG COURSE B/C CHAMPIONSHIP ORDER OF EVENTS

FRIDAY

SESSION 1

<u>Girls</u>			<u>Boys</u>
1	13 & OVER	1500 Free	2

FRIDAY

SESSION 2

<u>Girls</u>			<u>Boys</u>
3	8 & U	200 Free	4
5	9-10	200 Free	6
7	11-12	200 Free	8
9	13 & O	200 Free	10
	5 minute warm-up/down		
11	8 & U	200 IM	12
13	9-10	200 IM	14
15	11-12	200 IM	16
17	13 & O	200 IM	18

SATURDAY

SESSION 3

<u>Girls</u>			<u>Boys</u>
19	13 & O	400IM	20
	5 Minute warm-up/down		
21	8 & U	50 Fly	22
23	9-10	50 Fly	24
25	11-12	50 Fly	26
27	13 & O	100 Fly	28
	5 Minute warm-up/down		
29	8 & U	100 Back	30
31	9-10	100 Back	32
33	11-12	100 Back	34
35	13 & O	200 Back	36
	5 Minute warm-up/down		
37	8 & U	100 Breast	38
39	9-10	100 Breast	40
41	11-12	100 Breast	42
43	13 & O	200 Breast	44
	5 Minute warm-up/down		
45	8 & U	50 Free	46
47	9-10	50 Free	48
49	11-12	50 Free	50
51	13- O	50 Free	52
	10 Minute warm-up/down		
53	Mixed 8 & U	200 Free Relay	53
54	9-10	200 Free Relay	55
56	11-12	200 Free Relay	57
58	13-14	200 Free Relay	59
60	15-19	400 Free Relay	61
	15 Minute warm-up		
62	11-12	400 Free	63
64	13-O	400 Free	65

SUNDAY

SESSION 4

<u>Girls</u>			<u>Boys</u>
66	8& U	100 Fly	67
68	9-10	100 Fly	69
70	11-12	100 Fly	71
72	13 & O	200 Fly	73
	5 Minute warm-up/down		
74	8 & U	50 Back	75
76	9-10	50 Back	77
78	11-12	50 Back	79
80	13 & O	100 Back	81
	5 Minute warm-up/down		
82	8 & U	50 Breast	83
84	9-10	50 Breast	85
86	11-12	50 Breast	87
88	13 & O	100Breast	89
	5 Minute warm-up/down		
90	8 & U	100 Free	91
92	9-10	100 Free	93
94	11-12	100 Free	95
96	13 & O	100 Free	97
	10 Minute warm-up/down		
98	Mixed 8 & U	200 Medley Relay	98
99	9-10	200 Medley Relay	100
101	11-12	200 Medley Relay	102
103	13-14	400 Medley Relay	104
105	15-19	400 Medley Relay	106
	15 Minute warm-up		
107	13 & O	800 Free	108

After each individual event for the girls and boys 13 & over, there will be a 5 minute break.

BREAKS FOR THE TEAM PARADE AND AWARDS WILL BE DETERMINED AFTER THE MEET HAS BEEN SEEDED.

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 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.
 - (3) 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.
 - (4) 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 failures, or emergencies.
 - (5) 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.