

2010 SD SNOWFOX Summer Invitational

Hosted by the Snowfox Swim Team

July 10, 11 2010

Sanctions # SD051410

- SANCTION:** This meet is held under the sanction of South Dakota Swimming, Inc. and USA 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 from injuries arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Frank Olson Pool, 18th Street and Grandview Avenue
- COURSE:** 50 Meter Pool; 8 lanes; wave calming dividers, Daktronics Electric Timing 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' and turn end 3'6". All shallow end 200-meter relay starts will be in-water starts only. Fly-over starts may be used at the discretion of the Meet Referee.
- FORMAT:** This will be a split, timed finals meet. The morning sessions will be designated for 12 & Under only. The afternoon sessions will be for 13 & Over only. All Heats will be mixed by gender and seeded by time. Teams may choose to mix their relays in any combination of gender they see fit. (Example: 2 boys-2 girls, 1 boy-3 girls, 4 boys or 4 girls, etc.) The 1500 freestyle event may be swum as 2 per lane except for the fastest 2 heats if we have too many swimmers registered for that event. The distance Freestyle events (400 free, 1500 Free) will be swum fastest to slowest. Swimmers in the 1500 Freestyle must supply their own timers and counters.
- STARTING TIME:** There will be a total of 4 sessions, beginning Saturday morning with the first warm ups beginning no earlier than 8:00 a.m. The warm up times for the afternoon sessions will start at approximately 1:45 p.m. However, official warm up and session start times will not be known until all entries are received. Teams will be notified by email their warm-up lane assignments and session timelines as soon as possible after the registration deadline.
- MEETINGS:** A coaches meeting will be held each day at the conclusion of the warm up session, if necessary. An Officials meeting will be held 30 minutes prior to the beginning of the meet and 30 minutes prior to the afternoon session start time. Meeting place will be announced during warm-ups.
- 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:** Swimwear worn at South Dakota meets must conform to SD Policy and USA Swimming Rules & Regulations.
- RESTRICTIONS:** (Art. 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on 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, officials, timers, and designated volunteers will be allowed in the designated taped areas.
- ELIGIBILITY:** All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. Coaches must be current 2010 registered non-athlete members of USA Swimming and have current certification required to be a coach. The age of the swimmer on the 10th of July, 2010 determines the age of the swimmer for the entire meet.
- DECK REGISTRATION:** On deck USA Swimming Registration will not be permitted.
- DECK ENTRIES:** Deck entries will/will not be allowed if space is available and at the discretion of the Meet Referee.
- ENTRY LIMITS:** Each swimmer may enter a maximum of three (3) individual events per day and one relay per day.
- SCORING:** The meet will not be scored.
- 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. The host team has the right to limit entries; however, in order to accommodate as many individual athletes as possible, teams may be asked to limit the number of relay teams they enter for the 12 & Under session in order to accommodate the 4 hour rule. 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 seeded as timed finals.

TIME TRIALS: No Time Trials will be allowed.

AWARDS: Medals will be awarded for 1st through 3rd and ribbons will be awarded for 4th through 8th places in each event. Results will be broken down into 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15-19 for purposes of awarding. There will be no high point awards.

ENTRIES: Teams are encouraged to submit their entries by Email, snowfoxswim@yahoo.com, using the Hy-Tek Team Manager Program. Administration fee of \$20 will be collected for not using windows version of Hy-Tek. Positive check-in will be required for all distance events, 400 Free, 400 IM and 1500 Freestyle. Positive check in will close at the start of every session. Mail a printed copy of the entries and a check for entry fees payable to Snowfox Swim Club

Mail Checks to: Lisa Ladenburger
2908 S. Bellepine Circle
Sioux Falls, SD 57103
Snowfoxswim@yahoo.com Only

FEES: \$3.50 per Individual Event
\$3.00 per SD Head Tax
\$7.00 per Individual Timing Fee and Use Fee
\$10.00 per Relay

THERE WILL BE NO REFUND OF FEES

DEADLINE: All entries and entry fees are due by midnight on June 28, 2010. Email is preferred, snowfoxswim@yahoo.com.

PROTESTS: Protests of any kind must be submitted to the referee in writing and will only be from the team's coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer from the event or meet.

CONCESSIONS: A Concessions stand will be available all day Saturday & Sunday.

SCRATCHES: A Scratch box will be located at the Meet Directors 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 session. A scratch form will be included in each coach's packet.

OFFICIALS: Meet Director: Lisa Ladenburger, (HOME OR CELL?)
Referee: Russ Miller
Starter: Tom Austin
Head Official: Jon Sommervold
Marshal: Gary Klarenbeek, Peter & Molly Liberko, Jodi Sather, Mark Skadsen
Head Timers: Denise Hibbard, Pat Lawler, Brenda Washenberger, Heidi Pinn, Wayne Mellick

Meet Officials will meet the requirements of 202.3.3. All Registered Officials are welcome and needed to volunteer.

CLOTHING: Pure Blue will provide clothing and swim gear for sale. They will be located right inside the pool area on the pool deck at the shallow end.

HOSPITALITY: Coaches and Officials Hospitality will be provided all day Saturday & Sunday.

MISC. Please Share with your swimmers and families attending the meet:
There will be no camping allowed on deck and that includes swimmers, and no one but swimmers, officials, timers, and coaches in taped off areas.

ORDER OF EVENTS

Sat. & Sun. AM Warm-ups @ Approximately 8:00 a.m.

Session 1: Saturday Morning

<u>Girls</u>		<u>Boys</u>
1	Mixed 12 & Under 200 Free	1
2	Mixed 12 & Under 50 Fly	2
3	Mixed 12 & Under 100 Back	3
4	Mixed 12 & Under 100 Breast	4
5	Mixed 12 & Under 50 Free	5
6	Mixed 12 & Under 200 IM Relay	6

Sat. & Sun. PM Warm-ups 10 min after AM Session (Approx. 1:45 p.m.)

Session 2: Saturday Afternoon

<u>Girls</u>		<u>Boys</u>
7	Mixed 13 & Over 200 Free	7
	10 Minute Warm-Up/Cool-Down	
8	Mixed 13 & Over 400 IM	8
	10 Minute Warm-Up/Cool-Down	
9	Mixed 13 & Over 100 Fly	9
	10 Minute Warm-Up/Cool-Down	
10	Mixed 13 & Over 200 Back	10
	10 Minute Warm-Up/Cool-Down	
11	Mixed 13 & Over 200 Breast	11
	10 Minute Warm-Up/Cool-Down	
12	Mixed 13 & Over 50 Free	12
	10 Minute Warm-Up/Cool-Down	
13	Mixed 13 & Over 400 IM Relay	13
	10 Minute Warm-Up/Cool-Down	
14	Mixed 13 & Over 1650 Free	14

Session 3: Sunday Morning

<u>Girls</u>		<u>Boys</u>
15	Mixed 12 & Under 200 IM	15
16	Mixed 12 & Under 100 Fly	16
17	Mixed 12 & Under 50 Back	17
18	Mixed 12 & Under 50 Breast	18
19	Mixed 12 & Under 100 Free	19
20	Mixed 12 & Under 200 Free Relay	20

Session 4: Sunday Afternoon

<u>Girls</u>		<u>Boys</u>
21	Mixed 13 & Over 200 IM	21
	10 Minute Warm-Up/Cool-Down	
22	Mixed 13 & Over 200 Fly	22
	10 Minute Warm-Up/Cool-Down	
23	Mixed 13 & Over 100 Back	23
	10 Minute Warm-Up/Cool-Down	
24	Mixed 13 & Over 100 Breast	24
	10 Minute Warm-Up/Cool-Down	
25	Mixed 13 & Over 100 Free	25
	10 Minute Warm-Up/Cool-Down	
26	Mixed 13 & Over 400 Free Relay	26
	10 Minute Warm-Up/Cool-Down	
27	Mixed 13 & Over 400 Free	27

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.