

Snowfox Winter Classic
Hosted by Sioux Falls Snowfox Swim Team
January 29-31 2010
Sanction # 111909

- Sanction:** This meet is held under the sanction of South Dakota Swimming Inc. Current USA Swimming rules apply.
- 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 Inc., South Dakota Swimming, the city of Sioux Falls, Augustana College, and the Sioux Falls Swim Team (Snowfox Swim Team) shall be free from any liabilities or claims for damages arising from injuries to anyone during the conduct of the event.
- Location:** Augustana College Elmen Center
33rd Street and Grange Avenue
Sioux Falls, SD 57105
- Course:** 25 yard pool; 6 lanes; wave-calming dividers; Daktronics Electronic Timing System will be used with manual backup. The competition course has not been certified in accordance with 104.2.2C(4).
- Format:** This will be a timed finals meet. The specific timeline will be provided once all entries have been received and an exact timeline is available.
- Sessions:** There will be 5 sessions beginning on Friday and ending on Sunday. The morning will be 12 and Under, the afternoon sessions will be for 13 & over only. The meet referee will make the appropriate changes to the events to accommodate the 4 hour rule.
*Specific warm-up assignments will be sent to each team once entries are received and a timeline is determined.
- Meetings:** A coaches meeting will be held 15 minutes prior to the beginning of each session on Saturday and as needed and determined by the Meet Direction and Meet Referee.
- Warm-ups:** South Dakota LSC procedures will be followed. Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. A USA Swimming certified coach must supervise swimmers for the duration of warm-ups and swim meet. See attachment for specific SD LSC procedures. During Specifics Lane one will be used for Starts and lane 6 will be used for circle swim. Friday Warm-ups will NOT begin before 5:00. A more specific timeline will be provided the week of the meet after entries have been received.
- Swimwear Restrictions:**
The new swimsuit requirements are very specific and technical in nature, but the most obvious restrictions/rules are as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;

2. Material used for swimsuits can be only textile fabric which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding; and

3. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.

The Referee shall have the authority to bar offenders from competition until they comply with the rule.

Supervision: A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers, and officials, timers and designated volunteers will be allowed on the pool deck.

Eligibility: Only current 2010 registered USA Athlete members may participate in this competition. Coaches must be current 2010 registered non-athlete members of USA swimming and have current certification required to be a coach. Age as of January 29, 2010 will determine age group.

Deck Registration: Deck Registration will not be permitted.

Scoring: Team Scores will not be kept.

Event Limit: Swimmers may swim a total of 8 total events with only 5 individual events per day and one relay per day per swimmer.

Time Trials: Time trials will not be allowed.

Seeding: All Age Groups and open events will be broken down into 8 & U, 9-10, 11-12, 13-14, and 15 & Over. The 1650, 1000, 500, will be swum as mixed events and two to a lane as needed to accommodate facility constraints.

Awards: Ribbons will be awarded for 1st through 8th places in individual events.

Entries: Please submit all entries using the Hy-Tek Team Manager program. Email entries to Lisa Ladenburger at snowfoxswim@yahoo.com . Please mail your hard copy and payment to the address listed below. The Snowfox Swim Team reserves the right to limit the number of swimmers and teams entered in the meet. Teams comprised of Registered USA Swimming Athletes will be entered first as the entries were received.

Mail Entries to: Lisa Ladenburger at snowfoxswim@yahoo.com

Make Checks Payable to: Snowfox Swim Team

Mail Payments to: Lisa Ladenburger
2908 S. Bellepine Circle
Sioux Falls, SD 57103

Fees:
\$3.50 per individual Event
\$3.00 South Dakota Head Tax Per Swimmer
\$6.00 Facility/Timing Fee Per Swimmer
\$10.00 per relay

Deadline: All entries must be received no later than 12:00 PM (Noon), Wednesday January 20, 2010.

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 day.

Protests: Protests of any kind will only be accepted by the referee and only from the team coach. Bothering other Volunteer Personnel with protests could result in disqualification of the swimmer from the event or the meet.

Officials: All officials are needed and welcome. There will be an officials' meeting 30 minutes prior to the start of each session if necessary.

Concessions: A concession stand will be open during the entire meet. Only Coke Products will be sold by the concessions facility.

Clothing: Pure Blue will provide clothing and gear during the meet for sale.

Hospitality: Coaches and Officials Hospitality will be provided. In allowing Snowfox Swim Team to use the Augustana facility, it is imperative that the only food item allowed on the pool deck is water. We appreciate your abiding by these guidelines.

Officials:	Meet Director	Lisa Ladenburger
	Referee	Russ Miller
	Starter	Tom Austin
	Head Official	Mark Nelson
	Marshall	Gary Klarenbeek, Peter & Molly Liberko, Jodi Sather
	Head Timers	Denise Hibbard, Pat Lawler, Wayne Mellick, Heidi Pinn, Brenda Washenberger.

Please share with swimmers and families attending this meet.

Camping areas on Friday night will be in the Wrestling Room beginning around 7:30 when the wrestling room is available. This means that there will be no where to camp until 7:30. Plan accordingly. On Saturday and Sunday, the camping area will be in the Wrestling Room.

There will be no camping allowed on deck and that includes swimmers, and no one but swimmers, officials, timers, and coaches on the pool deck.

All swimmers in the 1650, 1000, must provide a timer and counter, where necessary. If you are in need of a timer or a counter, please see the Meet Director. All counters, must stay out of the gutter of the pool as to not damage the clubs touch pads. Thank you.

WARM-UP PROCEDURES

The warm-up procedures for all sanctioned competitions within the Territory or South Dakota Swimming, Inc. shall be included in meet invitations. The SD Swimming Warm-Up Procedures are also attached hereto as **Exhibit #8**.

8.1 The Meet Marshall and Meet Referee 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 and supervisors shall remain at the starting end of the pool and 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/lane during warm-ups.

8.5 General Warm-ups:

(1) There will be no diving. Any swimmer who dives in during general warmups 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 due to time and/or space constraints.

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 due to time and/or space constraints.

(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.