

2012 SD Capital City Qualifier

Hosted by the Pierre Swim Team

February 11-12, 2012

SD Swimming Sanction: SD 010912

Sanctioned by South Dakota LMSC for USMS, Inc. #54-12-02

Sanction: This meet is held under the sanction of South Dakota Swimming, USA Swimming Inc., and U S Masters Swimming.

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., United States Masters Swimming, South Dakota Swimming, the City of Pierre, the Pierre YMCA, and the Pierre Swim Team shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location: Pierre Aquatics Center, 900 East Church Street, Pierre South Dakota

Course: Indoor 25 yards, 8 lane pool with wave-calming lane dividers, Daktronics electronic timing system with touch pads on both ends with manual back up and Spectrum starting blocks. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Water Depth: Starting end depth 12', midpoint depth 6'; turn end depth 4'. Turn end water depth meets USAS minimum requirement for racing starts per Rule 103.2.3.

Format: The meet is a combined/interwoven USA Swimming and Masters meet. The meet will be pre-seeded and swimmers are responsible for reporting to the correct lane and heat as indicated in the program. All events will start from the deep end. Masters events and warm ups will be swam separately from age-group events.

Starting Times: Session 1 – Saturday, February 11, 2012

9:15 a.m. – 10:00 a.m. - Warm-up A

10:00 a.m. – 10:45 a.m. - Warm-up B

10:30 a.m. – 10:45 a.m. – Officials and Timers Meetings

10:45 a.m. – 11:00 a.m. – Coaches Meeting

11:00 p.m. – Meet starts

Session 2 – Sunday, February 12, 2012

7:15 a.m. – 8:00 a.m. - Warm-up A

8:00 a.m. – 8:45 a.m. - Warm-up B

8:30 a.m. – 8:45 a.m. – Officials and Timers Meetings

8:45 a.m. – 9:00 a.m. – Coaches Meeting

9:00 a.m. – Meet starts

Meetings: There will be a coaches meeting directly after each session of warm-ups. An officials and timers meeting will be held 30 minutes prior to the start of each session. The coaches and officials meetings will be held in the Coaches' room located just behind the starting blocks. The timers meeting will be held by the timer's table.

Warm-ups: Warm-ups will be conducted in accordance with the guidelines established by USA Swimming, South Dakota Swimming and US Masters Swimming. South Dakota Swimming Warm-up Procedures attached will be followed. There will be a 10 minute warm up/cool-down before the 500 and 1650 Freestyle. Lane assignments and times will be sent out after the meet is seeded.

Beginning at 11:00 AM on Saturday and 9:00 AM on Sunday the YMCA pool will be available for age group swimmers cool-down and warm-ups. Entrance will be gained from the Aquatics Center mezzanine. No entering through the YMCA locker rooms. Starts/diving, sprint or pace work will NOT be allowed. Feet first entry and circle swim only. The Pierre Swim Team reserves the right to ban any swimmer from the cool-down/warm-up pool for any violation, horse play or failure to follow the direction of the cool-down/warm-up pool supervisor, Meet Marshals or other meet official.

Swimwear

Restrictions: Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.8.1 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. **Any swimmer entered in a 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 and officials will be allowed on the pool deck.

Eligibility: This is a separate but concurrent interwoven USA/SD Swimming and US Masters meet. Only current 2011 registered USA Athlete members or 2011 registered Masters swimmers may participate in this competition. Coaches must be current 2011 registered non-athlete members of USA Swimming and have current certification required to be a coach. The age of the swimmer on February 11, 2012 determines the age of the swimmer for the entire meet.

Deck

Registration: On Deck USA Swimming registration will be permitted with 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 participates and is not registered.

Deck Entries: Deck entries will be allowed if space is available and at the discretion of the Meet Referee.

Scoring: No team or individual scores will be kept.

Event Limit: Swimmers may swim a total of 8 events for the meet with no more than 5 events per day. Note: if a swimmer misses his/her event and is seeded in the meet, it will be up to the discretion of the Referee to place the swimmer in a later heat. Athletes swimming the 1650 and 500 free must check in with the Meet Director at the beginning of the meet.

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. USA Swimming Athletes and their respective teams will receive priority over Master Swimmers. When the computer generated timeline indicates time limit has been reached, Masters Swimmers will be eliminated from the meet and entries from the team(s) received last will not be entered into the meet. Team coaches and Master Swimmers will be notified if their entries were not accepted, and fees will be refunded.

Seeding: Swimmers will be seeded fastest to slowest as follows: Lane 4, 5, 3, 6, 2, 7, 1, 8. Events and heats may be combined and may be reseeded at the discretion of the Meet Referee. All events will be timed finals.

- 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 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:** Ribbons will be awarded for 1st through 8th place for individual events by gender in the following age groups: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19. No awards will be given for Masters events.
- Entries:** Teams are encouraged to submit their entries via email using the Hy-Tek Team Manager software. E-mail entries to: Deanne Booth at the following email address: dlbooth@pie.midco.net.
- Mail a printed copy of the entries and a check for entry fees payable to the Pierre Swim Team (PST).
Mail to: Deanne Booth, 810 N Monroe Ave, Pierre, SD 57501
- Fees:** The following fees apply:
- | | |
|--------------------|--------------------|
| SD Head Tax: | \$3.00 per swimmer |
| Individual Events: | \$3.50 per event |
| Facility Fee: | \$6.00 |
- There will be no refund of fees other than those teams not entered in the meet due to the need to comply with the four-hour time limit for 12 & under swimmers.
- Deadline:** All entries and entry fees must be received no later than 5:00 PM (CDT) on Friday, February 3, 2012. After this time additions or changes are at the discretion of the Meet Referee.
- Protests:** Protests of any kind must be submitted to the Referee 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: | Deanne Booth and Eric Booth (605-224-8420 or 605-280-8979) |
| Referee: | Roger Theobald |
| Starter: | Dallan Hoefener |
| Head Stroke & Turn: | Betty Hanson and Mary Turner |
| Marshalls: | Kendall Light and Jackie Hoefener |
| Head Timer: | Kevin Axtell |
- All officials are welcome and encouraged to volunteer at our meet.
Meet Officials will meet the requirements of 202.3.3**
- Scratches:** Scratches forms should be handed to the Meet Referee before the start of each session of warm-ups. Scratch forms will be available at the Meet Director's table.
- Suit Booth:** Will be available at the meet.
- Programs & Results:** Programs will be sold at the meet for \$6.00. Each team will receive one program and one copy of the results.

Notice: To conserve time, fly-over starts may be used at the discretion of the Meet Referee.

Swimmers must provide their own timers and lane counters for the 1650 and 500 free.

Teams and swimmers will be held responsible for any damage to the facility. Swimmers may only be in the Aquatics Center and may not enter the YMCA. Swimmers may be disqualified from the meet if found in areas not designated for swimmers. **NO GLASS WILL BE ALLOWED INSIDE THE AQUATICS CENTER. SMOKING OR ALCOHOL IS NOT ALLOWED AT THE MEET OR IN THE AQUATICS CENTER.**

PLEASE DO NOT PARK IN THE LIBRARY PARKING LOT. OVERFLOW PARKING IS AVAILABLE IN THE KNEIP BUILDING PARKING LOT, JUST WEST OF THE YMCA.

2012 Capital City Qualifier
 Hosted by the Pierre Swim Team
 February 11-12, 2012

2012 Capital City Qualifier , Day 1	
February 11, 2012	
Co-ed Event #	Age/Distance/Stroke
1	Masters 100 Free
2	9-19 200 Free
3	8 & under 25 Fly
4	9-19 100 Fly
5	Masters 50 Fly
6	12 & Under 50 Breast
7	13-19 200 Breast
8	8 & Under 25 Back
9	9-19 100 Back
10	Masters 50 Back
11	Open 50 Free
12	12 & under 100 IM
13	13-19 400 IM
10-minute warm-up	
14	13-19 1650 Free

2012 Capital City Qualifier	
February 12, 2012	
Co-ed Event #	Age/Distance/Stroke
15	Masters 100 IM
16	9-19 200 IM
17	8 & Under 25 Free
18	Open 100 Free
19	Masters 50 Free
20	12 & under 50 Fly
21	13-19 200 Fly
22	8 & Under 25 Breast
23	9-19 100 Breast
24	Masters 50 Breast
25	12 & Under 50 Back
26	13-19 200 Back
10-minute warm-up	
27	11-12 500 Free
28	13-19 500 Free

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 and supervisors shall maintain verbal and visual contact with their swimmers throughout warm-ups.

8.3 Every reasonable effort shall be made to equalize swimmers/lane during warm-ups. Teams must warm-up at the assigned time.

8.4 General Warm-ups:

- (1) There will be no diving in lanes marked "general warm-up". Any swimmer who dives in during general warm-ups will be scratched automatically from his/her first individual event of the session.
- (2) Warm-ups should last a minimum of 45 minutes, unless the Meet Referee determines that a shorter period is necessary to compensate for delays due to weather, equipment/power failure, or emergencies.
- (3) Feet-first, slip-in entries only, except in designated lanes and times. Lanes will be circle swimming unless designated "starts". Start lanes will be clearly marked by removal of orange cone at start end of pool. No circle swimming will be allowed in lanes marked as "starts".

8.5 Starts (Specific Warm-ups):

- (1) Starts will be allowed by the Meet Marshall once the lane has been safely designated a "start" lane.
- (2) Any swimmer who dives in one of the lanes that is not marked as a "start" lane will be scratched from his/her first individual event of the session.
- (3) Diving and backstroke starts will be allowed from the starting end of all lanes once the lane has been designated as a "start" lane. 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 on length and walk back to the starting end.
- (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.
- (5) There shall be one start end during warm-ups.

8.6 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.