

Chamberlain Invitational Swim Meet

Hosted by Chamberlain Swim Team

June 21, 2008

Sanction #SDS08-310

- Sanction:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc. Current USA rules apply.
- Liability:** In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, the city of Chamberlain and Chamberlain Swim Team shall be free of any liability or claims for damages arising from injuries to any athletes, individuals or spectators during the course of this meet or during travel to and/or from this meet
- Location:** Chamberlain City Pool, 600 South Main Street
- Course:** 25 yd. Pool, 6 roped lanes. Starting depth 5 ft. Turning depth 12 ft.
- Format:** This meet will be timed finals. Exhibition swimming will be allowed if space is available - no place awarded to these swimmers
- Warm-ups:** 10 and under 8:00-8:45 AM
11-up 8:45-9:30 AM
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 min. for specific 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 the warm-ups and swim meet. See attached guidelines.
- Meetings:** There will be a coaches meeting following warm-ups. Please have your scratches available at this time.
- Eligibility:** Open to all 2008 USA registered swimmers. Age as of June 21, 2008, determines age group for the meet. There will be NO on deck registrations.
- Scoring:** This meet will not be scored.
- Event Limit:** Each swimmer may swim a maximum of five events (relays and individual). 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.
- 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.
- 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.)

Rules: Current USA and SDLSC rules will govern all events. The Referee of the meet will be the final authority for the conduct of this meet.

Entries: We ask that you send the entries via e-mail to 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 Entries To: Chamberlain Swim Team
PO Box 62
Chamberlain, SD 57325

Or
E-mail Entries to
mbarretts@midstatesd.net

Fees: \$3.00 South Dakota Head Tax Per Swimmer
\$2.00 per Individual Event
\$4.00 per Relay Team
\$2.00 Pool Fee per Swimmer (non refundable)
*Make checks payable to **Chamberlain Swim Team**

Deadline: Entries must be received by 12 pm on June 13, 2008

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 meet.

Concessions: A concession stand will be open during the entire meet.

Officials:	Meet Director	Steve Wahl
	Meet Marshall	Trisha Burke
	Referee	Jon Arneson
	Starter	Deb Schaub
	Stroke and Turn*	Chad McManus, Sue Lauck, Cynthia Wall, Nila Wagaman
	Timers/Runners	Trevor McDonald
	Concessions	Jeanne Mueller
	Awards	Jill Mitchell
	Merchandise	Mary Normile
	Pool Prep	Steve & Becky Wahl
	Office	Michelle Barrett

(*Other officials attending are encouraged to help. Officials will meet during warm-ups.)

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. Thanks.

SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

1. The Meet Marshall and Meet Referee shall monitor and enforce warm-up procedures.
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.
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.
4. Every reasonable effort shall be made to equalize swimmers/lane during warm-ups.

General Warm-ups:

- A. 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.
- B. All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
- C. 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.

Specific Warm-ups:

- A. 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.
- B. 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.
- C. 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.
- D. 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.

Chamberlain Invitational- 6/9/2007

Event List-By Event Number

Event # Event Name

- 1 Girls 8 & Under 25 Freestyle
- 2 Boys 8 & Under 25 Freestyle
- 3 Girls 200 1M
- 4 Boys 200 1M
- 5 Girls 10 & Under 100 1M
- 6 Boys 10 & Under 100 1M
- 7 Girls 100 Butterfly
- 8 Boys 100 Butterfly
- 9 Girls 8 & Under 50 Butterfly
- 10 Boys 8 & Under 50 Butterfly
- 11 Girls 9-10 50 Butterfly
- 12 Boys 9-10 50 Butterfly
- 13 Girls 11-1250 Butterfly
- 14 Boys 11-12 50 Butterfly
- 15 Girls 13 & Over 100 Butterfly
- 16 Boys 13 & Over 100 Butterfly
- 17 Girls 10 & Under 100 Butterfly
- 18 Boys 10 & Under 100 Butterfly
- 19 Girls 8 & Under 25 Backstroke
- 20 Boys 8 & Under 25 Backstroke
- 21 Girls 100 Backstroke
- 22 Boys 100 Backstroke
- 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
- 38 Boys 200 Freestyle Relay
- 39 Girls 100 Breaststroke
- 40 Boys 100 Breaststroke
- 41 Girls 8 & Under 50 Breaststroke
- 42 Boys 8 & Under 50 Breaststroke
- 43 Girls 9-10 50 Breaststroke
- 44 Boys 9-10 50 Breaststroke
- 45 Girls 11-12 50 Breaststroke
- 46 Boys 11-12 50 Breaststroke
- 47 Girls 13 & Over 50 Breaststroke
- 48 Boys 13 & Over 50 Breaststroke
- 49 Girls 10 & Under 100 Breaststroke
- 50 Boys 100 Freestyle
- 51 Girls 100 Freestyle

Event # Event Name

- 52 Boys 100 Freestyle
- 53 Girls 8 & Under 50 Freestyle
- 54 Boys 8 & Under 50 Freestyle
- 55 Girls 9-10 50 Freestyle
- 56 Boys 9-10 50 Freestyle
- 57 Girls 11-12 50 Freestyle
- 58 Boys 11-12 50 Freestyle
- 59 Girls 13 & Over 50 Freestyle
- 60 Boys 13 & Over 50 Freestyle
- 61 Girls 10 & Under 100 Freestyle
- 62 Boys 10 & Under 100 Freestyle
- 63 Girls 200 Medley Relay
- 64 Boys 200 Medley Relay
- 65 Girls 9-10 100 Medley Relay
- 66 Boys 9-10 100 Medley Relay
- 67 Girls 8 & Under 100 Medley Relay
- 68 Boys 8 & Under 100 Medley Relay

