

2009 SD Corn Palace Record Breaker

Hosted by Mitchell Aquatic Club Swim Team

July 3rd-5th, 2009

Sanction #060209

Location: Mitchell Aquatic Center. 1201 East Hanson Street, Mitchell SD 57301

Course: 50 –Long Course Meter Pool; 6 lanes; wave-calming dividers; Colorado electronic timing system.

Format: All events will be swum as timed finals with some age groups combined into 12 & Under, 13 and Over and Open. There will not be any time trials at this meet. Exhibition swimming at the discretion of the referee and will not count toward any new meet records.

Session Details &

Warm-ups: Session I, Friday Afternoon:

Event #1, 1500 Warm-ups: 11:00 a.m.; 1500 starts at 11:45 a.m.

Events #2-4 Warm-ups*: 2:15 – 3:15 p.m.

*First 15 minutes will be devoted to 10 & under swimmers (coaches' discretion) followed by 30-minute session of generals for rest of swimmers, and followed by 15 minutes of specifics for all swimmers.

Meet Begins: 3:30 p.m. Only one warm-up group has been scheduled; however, we will add a second group if the number of swimmers warrants a change. The meet will then begin 15 minutes after the end of the 2nd warm-up.

Two warm-up groups will be planned for both morning and afternoon sessions on Saturday and Sunday; however, we will condense or expand as necessary if the number of swimmers warrants a change.

Session II, Saturday Morning

Warm-ups: 1st group from 7:00-7:45 am, 2nd group from 7:45-8:30 am. Warm-ups will be split into a 45-minute session (30 minutes of generals/15 minutes of specifics).

Meet Begins: 8:45 am

Session III, Saturday Afternoon

Warm-ups: Immediately following the morning session and second warm up will begin right after first warm-ups are complete. Warm-ups for this session will be 30 minutes of generals/15 minutes of specifics. The meet will begin 15 minutes following warm-ups completion.

Session IV, Sunday Morning

Warm-ups: 1st group from 7:00-7:45 am, 2nd group from 7:45-8:30. Warm-ups will be split into a 45-minute session (30 minutes of generals/15 minutes of specifics).

Meet Begins: 8:45 a.m.

Session V, Sunday Afternoon

Warm-ups: Immediately following the morning session and second warm up will begin right after first warm-ups are complete. Warm-ups for this session will be 30

minutes of generals/15 minutes of specifics. The meet will begin 15 minutes following warm-ups completion.

SDLSC warm-up procedures will be followed. Team lane assignments will be posted and sent out to teams prior the meet.

- Meetings: There will be a short coaches' meeting following warm-ups of each session. There will also be a short officials' meeting during that time. Both meetings will be held on deck under the coaches and officials' tents near the southeast corner of the pool.
- Rules: This meet is held under the sanction of South Dakota Swimming and USA Swimming INC. 2009 USA Swimming Rules and SD Swimming Rules will govern all events.
- Eligibility: Only current 2009 registered USA Swimming athlete members may participate in this competition. Coaches must be current 2009 registered non-athlete members of USA Swimming and have current certification required to be a coach. On deck USA Swimming Registration will be permitted with appropriate documentation. Age as of July 3rd, 2009 will determine the age group for the swimmer competing in the meet.
- Swimwear: Swimwear worn at SD meets must conform to USA Swimming Rules & Regulations (Article 102.9.1 and subsequent revisions thereof), its interpretation and provisions for exemptions based on a swimmer's religious beliefs or medical condition.
- Scoring: The meet will not be scored.
- Seeding: All swimmers eligible to compete in an event will be seeded together by times and age groups. Boys and girls will swim together; however, results will be broken down by age groups and gender for awards as described below.
- Awards: Ribbons will be awarded for 1st through 12th places for each individual event and 1st through 4th for team relay events. Results will be broken down into 6 and under, 7-8 , 9-10, 11-12, 13-14, 15-16 and 17-19 for purposes of awarding. There will be no high point awards.
- Entries: Swimmers are limited to ten (10) individual events with no more than five (5) per day. Fly-over starts will be used. Teams are encouraged to submit their entries on an IBM-compatible disk (along with hard copy of the entries) using the Hy-Tek Team Manager program. Teams submitting their entries on the diskette will receive a back-up copy of the results for their records. As a reminder to coaches, please consider your swimmer's actual abilities prior to entering them into the longer events.
- Distance Events: Events which may be deck-seeded or re-seeded include the 400 Free, 400 IM, 800 and 1500 free. Positive check-in will be required for the 800 and 1500 freestyle events. Check-in deadlines will be announced. For 800 and 1500 freestyle events only, heats will be arranged to swim the fastest seeds first. Meet Director and Head Meet Referee have the discretion to add multiple starts for the 800 and 1500 freestyle events. In the event this is needed, as much advance notice possible to the coaches will be given. **Swimmers may be required to have their own timers and counters for the 800 and 1500 freestyles.**

Mail Entries To: Mitchell Aquatic Club
% Shannon Ladd
Box 1371
Mitchell, SD 57301
Entries may be e-mailed to sladd@santel.net

Fees: Individual Events \$3.50 per event
Relay Events \$5.00 per relay
SD Head Tax \$3.00 (per swimmer)
Timing/Pool Fee \$4.00 (per swimmer)

Deadline: All entries and entry fees must be received no later than 12:00 pm (NOON) on Thursday, June 26th.

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

Officials: Meet Director: Laura Miller and Susan Ebert
Head Referee: Russ Miller
Head Starter: Lori Baye
Marshall: Jean Patrick and Doug Glover
Stroke and Turn: Lori Baye
Head Timer: Allan Miller & Justin Ebert
Office: Shannon Ladd, Sheryl Davis, Jon Brown
Electronic Timing: Blake Waddell, Rick Podzimek

Officials in all capacities will be needed and welcome. Please notify Lori Baye at Jlbye@mitchelltelecom.net if you're able to assist as an official. Every attempt will be made to make assignments prior to the start of the meet. There will be a hospitality area set up for officials and coaches.

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 disqualification from the meet

Liability: In granting this approval(sanction) it is understood and agreed that USA Swimming, South Dakota Swimming and the city of Mitchell and Mitchell Area Swim Club shall be free and held harmless of any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Information: The Mitchell Aquatic Center is a new 50-meter pool and water park facility that was opened in the summer of 2006. **The city of Mitchell has graciously agreed to keep the water park area of the facility open so swimmers and families can enjoy it.** The two large slides and the zero entry area of the facility will be open to the public starting at 1:00 PM. During the morning of the meet no swimmers will be allowed on the water park side of the facility. The city has also requested that swim team families camp on the west side of the park which is the area adjacent to the 50 meter pool. Spectator bleachers will be set up for viewing also. The cost of a day pass for the water park are \$3.75 per child, \$5.50 for adults, or \$16.50 per family for the entire day. If you want to be on the water park side after it opens for any reason you must purchase a day pass. You will then receive a wrist band for access. This applies to parents also. The city will not allow parents to cross over to check on children so you must purchase a pass. Children under 6 require a parent with them at all times in the water park. Lifeguards will be on duty at all times. We are grateful to the City of

Mitchell for their cooperation with us in hosting the swim meet. We plan on a wonderful weekend of water and swimming.

2009 CORN PALACE RECORD BREAKER

SESSION I - Friday

EVENT	EVENT NUMBER
13 & Over 1500 Free	1
OPEN 100 Free	2
OPEN 200 IM	3
OPEN 50 Free	4

SESSION II – Saturday

12 & Under 200 Mixed Medley Relay	5
12 & Under 100 Fly	6
12 & Under 50 Breast	7
12 & Under 100 Back	8
12 & Under 200 Free	9
<i>10 minute warm-up</i>	
9-12 400 Freestyle	10

SESSION III – Saturday

13 & Over 200 Fly	11
13 & Over 400 Mixed Medley Relay	12
13 & Over 100 Back	13
13 & Over 200 Breast	14
13 & Over 200 Free	15
<i>15 minute Warm-up</i>	
13 & Over 800 Freestyle	16

SESSION V - Sunday

12 & Under Mixed Free Relay	17
12 & Under 50 Fly	18
12 & Under 50 Back	19
12 & Under 100 Breast	20

SESSION VI - Sunday

13 and Over 400 IM	21
13 & Over 400 Mixed Free Relay	22
13 and Over 100 FLY	23
13 and Over 200 Back	24
13 and Over 100 Breast	25
<i>15 minute Warm-Up</i>	
13 and Over 400 Free	26

RULE 8
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 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 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.