

2012 SD - MAC Winter Invitational in Sioux Falls

Hosted by Mitchell Aquatic Club

1/28/2012 & 1/29/2012

Sanction: SD 121911

- Sanction: This meet is held under the sanction of South Dakota Swimming, 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 Inc., South Dakota Swimming, Mitchell Aquatic Club, and the Sioux Falls YWCA, shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event and while traveling to and from the meet.
- Location: YWCA Downtown
300 W. 11th Street
Sioux Falls, SD
- Course: 25 yard, 6 lane pool with wave-calming dividers; Daktronics and Colorado timing equipment with manual back up will be used. The competition course has not been certified in accordance with USAS Rule 104.2.2C (4)
- Water Depth: Starting end depth 10'; midpoint depth 4'6"; turn end depth 3'6". Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2.
- Format: This meet will be conducted in 3 sessions. All events are timed finals and will be swum slowest to fastest, except for distances over 500 yards, which will be swum fastest to slowest. All events will be combined by gender and seeded by time.
- Start Times: Open format warm-ups will be used at this meet. Coaches will be notified by 8:00am CT on Thursday, January 26th of warm-up time assignments.

Session 1: Saturday PM

Warm-Up A – 12:15 pm to 1:00 pm

Warm-Up B – 1:00 pm to 1:45 pm

Meet Start: 2:00 pm

Session 2: Sunday AM

Warm-Up A – 7:15am to 8:00am

Warm-Up B – 8:00am to 8:45am

Session Start: 9:00 am

Session 3: Sunday PM

Warm-Up A – Immediately following the conclusion of morning session

Warm-Up B – 45 min. after the conclusion of morning session (if necessary)

****Please note that if there is not a need for 2 sessions of warm-ups on Sunday, "Warm-Up A" will be removed from that session. All coaches will be notified of any changes to warm-ups by Wednesday, January 25th****

- Meetings: There will be an Officials meeting 30 minutes prior to the start of every session. There will be Timers meetings 15 minutes prior to the start of every session at the start end of the pool. There will be coaches meetings 15 minutes prior to the start of each session at the discretion of the Meet Referee.

- 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 will be followed at this meet (See Attached SD Warm-Up Procedures). Open warm-ups will be followed during this meet; there will be no Team designated warm-up lanes assigned during the meet.
- Swimwear Restrictions: Swimwear worn at South Dakota swim 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 the 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 swimmer's legal guardian to ensure compliance with this requirement.** Only registered coaches, swimmers and officials will be allowed on the pool deck.
- Eligibility: All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on the first day of the swim meet 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 be allowed if space is available and at the discretion of the Meet Referee
- Scoring: No team scores will be kept. Individual awards will be distributed by age groups and gender as follows: **8 & Under, 9-10, 11-12, 13-14, 15-16, 17 & Older.**
- Event Limit: Swimmers may enter a total of 8 events for the swim 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. When the computer generated timeline indicates time limits have been reached, entries from team(s) received last will not be entered into the meet. 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: All events will be seeded by age group as mixed gender and seeded by time. All events will be seeded slowest to fastest. Events 500 yards or more will be swum fastest to slowest.
- Time Trials: There will be no time trials at this meet.
- Awards: Ribbons will be awarded for 1st through 8th places for individual events by gender in each age group.

Entries: Teams MUST submit their entries using the Hy-Tek Team Manager program via email.

Email entries: Email to: meetdirector@macswimming.com
Mail entries to: Mary Alexander
Mitchell Aquatic Club PO Box 1371
Mitchell, SD 57301
Please include a hard copy with entry fees via mail to above address.

Fees: SD Head Tax: \$3.00
Individual Events: \$3.50 per event
Facility Fee: \$10.00 per swimmer
Make checks out to Mitchell Aquatic Club (MAC). **There will be no refunds of fees.**

Deadline: All entries and entry fees must be received no later than 11:59pm on Thursday, January 19th.

Protests: Protests of any kind **will only be accepted** by the Meet Referee in writing and **only from the team coach**. Bothering other volunteer personnel, including Referee's other than the Meet Referee with protests, could result in disqualification of the swimmer from the event or meet.

Concessions: There will be concessions at this meet.

Officials: Meet Director: Allan Miller
Head Referee: Russ Miller
Head Stroke & Turn: Sonya Fossum
Meet Marshalls: Doug Glover
Head Timers: Justin Ebert & Ryan Huber

Registered Officials are welcome, encouraged, and needed to volunteer. Please identify Officials who are willing to assist with the meet and provide this information to the Head Stroke & Turn Official identified above.

Meet officials will meet the requirements of 202.3.3

Misc: Swimmers must provide their own timers and lane counters for the 500 and 1,000 Freestyle Events.

3 – 5 minute breaks are allowed for in the timeline and will be implemented at the discretion of the Meet Referee.

CAMPING WILL BE IN THE GYM. NO CAMPING IN THE AEROBICS ROOM. ABSOLUTELY NO GLASS IN THE POOL AREA. PLEASE HELP PRESERVE THE CARPET LOCATED IN THE LOBBY BY MAKING SURE ALL SWIMMERS ARE DRY WHILE IN THOSE AREAS.

Order of Events

Saturday Session 1	
Girls & Boys	
1	Mixed 13 & Over 400 IM
	10 Min. Break
2	13 & Over 200 Free
3	12 & Under 100 Free
4	13 & Over 100 Breast
5	12 & Under 50 Breast
6	8 & Under 25 Back
7	13 & Over 200 Back
8	12 & Under 100 Back
9	8 & Under 25 Breast
10	13 & Over 100 Fly
11	12 & Under 50 Fly
12	13 & Over 50 Free
13	12 & Under 200 IM
	10 Min. Warm Up
14	Mixed 13 & Over 1000 Free

Sunday Session 2	
Girls & Boys	
15	8 & Under 25 Free
16	12 & Under 200 Free
17	8 & Under 25 Fly
18	12 & Under 100 Fly
19	12 & Under 50 Back
	5 Min. Break
20	12 & Under 100 Breast
21	12 & Under 50 Free
22	12 & Under 100 IM
	10 Min. Warm Up
23	12 & Under 500 Free
Sunday Session 3	
Girls & Boys	
24	13 & Over 100 Free
25	13 & Over 200 Fly
	5 Min. Break
26	13 & Over 100 Back
27	13 & Over 200 Breast
	5 Min. Break
28	13 & Over 200 IM
	10 Min. Warm Up
29	13 & Over 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.