

ABERDEEN SUMMER HIGH POINT SWIM MEET
HOSTED BY ABERDEEN SWIM CLUB
JUNE 20-22, 2008
SDS08-309

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc. Current SD Swimming and USA rules will govern the conduct of the meet.
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming, South Dakota Swimming, Aberdeen Swim Club, and the City of Aberdeen shall be free of any liability or claims for damages arising from injuries to any athletes, individuals or spectators while traveling to or from or while at the meet.
- LOCATION:** Aberdeen Aquatic Center 1029 S. Dakota St.
- COURSE:** 50 Meter, 8 Lane, 6" Wave-calming dividers, Daktronic timing system with manual back-up. Starting depth 7'0"-14'0" and turn end 4'0".
- FORMAT:** Split meet: swam as timed finals.
- SESSIONS:** 5 Sessions: Friday all age groups will run together. Saturday and Sunday morning sessions will be 11-12 girls and 13 & over girls & boys. Afternoon sessions will be 11-12 boys and 10 & under girls & boys. The meet start time will be **6:00 PM** Friday for session 1 and **8:30 AM** on Saturday and Sunday for sessions 2 and 4. Approximate start times, will be announced after the meet is seeded for the 3rd and 5th sessions, but not before **11:00 AM** both Saturday and Sunday.
- 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. See attached guidelines. Lane assignments and times will be sent out after the meet is seeded.
- SUPERVISION:** A USA Swimming member coach must supervise swimmers during warm-ups, competition, and warm-down. Only registered coaches, swimmers, and officials will be allowed on the pool deck.
- MEETINGS:** There will be a coaches meeting directly after each session of warm-ups. An officials and timers meeting will be before the start of each session if needed.
- ELIGIBILITY:** All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. Age as of June 20, 2008 will determine age group for the entire meet.
- DECK**
- REGISTRATION:** On deck USA Registration will be allowed with the 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 is not registered.
- DECK ENTRIES:** Deck entries will not be allowed except for exhibition swimming only. 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. This is not considered deck seeding.
- SCORING:** Individual scoring will be, 9-7-6-5-4-3-2-1.
- EVENT LIMIT:** Each swimmer may enter a maximum of 8 individual events for the meet with no more than 5 per day. Relays are limited to 2 per meet.
- SEEDING:** This meet will be seeded as timed finals.
- TIME TRIALS:** Time trials will not be held.

- EXHIBITION:** Exhibition swimming will be allowed at the discretion of the meet referee, as space permits. Exhibition swimming will not be awarded or scored. College swimmers will only be able to swim exhibition.
- AWARDS:** Ribbons will be awarded 1-16th place in all age group events, and 1-5th in all relay events. High point trophies will be awarded for 1st-5th and medals 6th-8th place in each age group. Age group to be scored as follows: 6 & under, 7-8 (8 and under events will be swam together), 9-10, 11-12, 13-14, 15-16, 17-19 (13 and over will be swam together).
- ENTRIES:** Teams are encouraged to submit there entries by e-mail using Hy-Tec Team Manager. Entries may also be mailed. Each team needs to mail a check, entry fee report, and a hard copy of entries to the address below. Entries are to be submitted in actual time.
- MAIL ENTRIES:** Joel Mann 1722 Spruce Dr. Aberdeen, SD 57401 or e-mail to ascstingrays@abe.midco.net
- FEES:** \$3.00 South Dakota head tax per swimmer
\$3.00 per individual event
\$6.00 per relay event
\$5.00 per individual timing and use fee (\$1.00 timing fund & \$4.00 facility fee)
There will be no refund on fees
- DEADLINE:** All entries **must** be received by **9:00 PM on 6-13-2008**. Any additions or changes will be accepted until **11:00 AM on 6-14-2008**. **After this time there will be no more changes except for errors on our part. Make sure to check your e-mail if we need to get a hold of any teams that might have an exception that we need to take care of before we seed the meet on Sunday.**
- 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 meet.
- OFFICIALS:** Meet Director Todd Campbell
Referee Janice Pereboom
Starter Adolph Renner
Stroke & Turn Deb Finnesand
Marshall Art Russo
Head Timer Sherri Campbell, Kari McNeary, Connie Maine
- SCRATCHES:** Scratches should be handed to the referee before the start of each session warm-up.
- PROGRAMS & RESULTS:** Programs will be available for \$6.00 and each coach will receive 1 complimentary copy and each team will receive 1 copy of the results.
- SPECIAL NOTE:** If the meet exceeds the 4 hour rule, the relays will be removed from the meet. Also to conserve time, the 800 and 1500 boys & girls events will be combined. Swimmers for the 800 and 1500 must provide there own counters and timers. Fly-Over starts may be used at the discretion of the referee.

ORDER OF EVENTS

SESSION I

FRIDAY JUNE 20, 2008

FIRST WARM-UPS START AT 4:15

SECOND SET OF WARM-UPS START AT 5:00

MEET STARTS AT 6:00 PM

GIRLS

1 11 & OVER 200 IM
3 10 & UNDER 200 IM
***** 15 MINUTE WARM-UP*****
5 13 & OVER 800 FREESTYLE

BOYS

2
4
6

SATURDAY JUNE 21, 2008

SESSION II

GIRLS

7 13 & OVER 400 IM
9 11-12 200 MEDLEY RELAY
10 13 & OVER 200 MED RELAY
*** 5 MINUTE BREAK***
12 11-12 50 BUTTERFLY
13 13 & OVER 100 BUTTERFLY
15 11-12 100 BACK
16 13 & OVER 200 BACK
18 11-12 50 BREAST
19 13 & OVER 100 BREAST
21 11-12 100 FREESTYLE
22 13 & OVER 100 FREESTYLE
*** 10 MINUTE WARM-UP***
24 11 & OVER 400 FREESTYLE

BOYS

8
11
14
17
20
23
25

SESSION III

GIRLS

26 8 & UNDER 200 MED RELAY
28 9-10 200 MEDLEY RELAY
11-12 200 MED RELAY
*** 5 MINUTE BREAK***
31 8 & UNDER 50 BUTTERFLY
33 9-10 50 BUTTERFLY
11-12 50 BUTTERFLY
36 8 & UNDER 100 BACK
38 9-10 100 BACK
11-12 100 BACK
41 8 & UNDER 50 BREAST
43 9-10 50 BREAST
11-12 50 BREAST
46 8 & UNDER 100 FREESTYLE
48 9-10 100 FREESTYLE
11-12 100 FREESTYLE
*** 10 MINUTE WARM-UP***
11-12 400 FREESTYLE

BOYS

27
29
30
32
34
35
37
39
40
42
44
45
47
49
50
51

ORDER OF EVENTS

SUNDAY JUNE 22, 2008

SESSION IV		SESSION V	
GIRLS	BOYS	GIRLS	BOYS
52		72	
11-12 200 FREESTYLE		10 & UNDER 200 FREESTYLE	73
53	54	11-12 200 FREESTYLE	74
13 & OVER 200 FREESTYLE		75	76
11-12 200 FREE RELAY		8 & UNDER 200 FREE RELAY	
55		77	78
13 & OVER 200 FREE RELAY	57	9-10 200 FREE RELAY	
*** 5 MINUTE BREAK***		11-12 200 FREE RELAY	79
58		*** 5 MINUTE BREAK***	
11-12 100 BUTTERFLY		80	81
13 & OVER 200 BUTTERFLY	60	8 & UNDER 100 BUTTERFLY	
61		82	83
11-12 50 BACKSTROKE		9-10 100 BUTTERFLY	
62	63	11-12 100 BUTTERFLY	84
13 & OVER 100 BACK		85	86
11-12 100 BREASTSTROKE		8 & UNDER 50 BACK	
64		87	88
13 & OVER 200 BREAST	66	9-10 50 BACK	
65		11-12 50 BACK	89
11-12 50 FREESTYLE		90	91
13 & OVER 50 FREESTYLE	69	8 & UNDER 100 BREAST	
15 MINUTE WARM-UP		92	93
70	71	9-10 100 BREAST	
13 & OVER 1500 FREE		11-12 100 BREAST	94
		95	96
		8 & UNDER 50 FREE	
		97	98
		9-10 50 FREE	
		11-12 50 FREE	99

SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

- 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.