

2010 SD Watertown Outdoor Sprint Invitational
Hosted by: Watertown Area Swim Club
June 12, 2010
Sanction SD **SD051010**

- Sanction: This meet is held under the sanction of South Dakota Swimming and 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, the city of Watertown, Watertown Park and Rec and the Watertown Area Swim Club shall be free of any liability or claims for damages arising from injuries to anyone during the conduct of the event.
- Location: Watertown Aquatic Center – 118 9th Ave SW (West Hwy 212)
- Course: 25 meter outdoor pool, 6 lanes, *Wave-calming dividers; Daktronics timing system and touch pads on one end of pool. Manual back-up with stopwatches. Scoreboard.* This competition course has not been certified in accordance with 104.2.2(4). Pool is 10 feet at the start, 5 foot at the midpoint, and 42” at the turn end.
- Water Depth: Starting depth 10 feet; midpoint depth 5 feet; Turn end 42”. Turn end water depth does not meet USAS minimum requirements for racing starts per Rule 103.2
- Format: This will be a *timed finals meet*.
- Starting Times: *There will be two sets of warm ups. First Warm-ups will begin at 6:45 am. with warm ups beginning at 7:15 a.m. Meet will begin at 8:00 a.m second and conclude by 1:30 p.m. at the latest.*
- Meetings: Coaches meetings will be held at 7:45 a.m. Officials meeting will be at 7:30 a.m. Meeting place will be announced.
- 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 attached will be followed
- 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 in certain areas of the pool deck.
- Eligibility: All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on June 12, 2010 determines the age of the swimmer for the entire meet.

- Swimwear Restrictions: Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
- 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: Individual scoring for ribbons only. No points will be kept for high points.
- Awards: Ribbons will be awarded to the top 16 in each age group category. (6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
- Event Limit: Swimmers may swim a total of 4 events.
- Seeding: All swimmers eligible to compete in an event will be seeded together by times regardless of age or gender. Results will be broken down by age groups for awards as described above.
- Time Trials: Time Trials will not be allowed at this meet.
- Entries: *Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software.
E-mail entries to: watertownswim@watertownswim.org
Mail a check for entry fees payable to Watertown Area Swim Club to:
Watertown Area Swim Club (WASC)
P. O. Box 601
Watertown, SD 57201*
- Fees: *SD Head Tax: \$3.00 per swimmer
Individual Events: \$3.50
Pool Fee Per Swimmer: \$6.00*
- Deadline: *All entries and entry fees must be received no later than noon, Thursday June 3, 2009 so that we have an approximate count and can figure a timeline. Late entries will be allowed if the timeline allows additional swimmers and yet will still conclude within the 4 hour timeline.*

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:	<i>Meet Director</i>	<i>Donna Bierschbach</i>
	<i>Referee</i>	<i>Edie Mueller</i>
	<i>Marshall</i>	<i>Tim Cummings</i>
	<i>Starter</i>	<i>Deb Finnesand</i>
	<i>Stroke and Turn</i>	<i>Jennifer West</i>
	<i>Head Timer</i>	<i>Renee Cummings and Sarah Reiffenberger</i>

Meet Officials will meet the requirements of 202.3.3.

Notice: Each team will be responsible to provide timers at the meet. Officials will be needed. Please help if you are at 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. When the computer generated timeline indicates time limit has been reached, entries from the 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.

Meet Conclusion: The swim meet must conclude by 1:30 p.m. even if there are time delays due to equipment or weather. Also if all events can not be swum by 1:30 pm – the remaining events will not be swum or rescheduled. The meet has been changed from last year's meet in order to better accommodate the time line and meet the 4 hour rule requirement.

These are the changes made from last year's meet.

1. Events have been changed to all sprint events, no swims longer than 100.
2. Number of events per swimmer reduced from 5 last year to 4 this year.
3. Two 8 and under 25's have been eliminated – breast and fly.
4. Each age group only offered 5 event choices to put the swimmers in the same events.

Order of Events:

Session 1 – Saturday June 12, 2010

Event Number	Age	Event
1	Open	50 meter freestyle
2	9-12	50 meter breaststroke
3	13 and over	100 meter breaststroke
4	10 and under	25 meter backstroke
5	9-12	50 meter backstroke
6	13 and over	100 meter backstroke
7	10 and under	25 meter freestyle
8	9-12	50 meter butterfly
9	Open	100 meter freestyle
10	8 and under	50 meter backstroke
11	13 and over	100 meter butterfly

Coaches: Event 4 and Event 7 available to 9 and 10 year olds who are competing for their first season.

The Sand area, Lazy River, and one Tube slide will be available for use by all swimmers, siblings, and parents at no charge. So remember the swim suits for everyone.

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 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 the number of swimmers per lane during warm-ups. Meet planners will strive for a limit of no more than 20 swimmers per lane for Short Course meets and no more than 25 swimmers per lane for Long Course meets.
- 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 to compensate for delays due to weather, equipment/power failure, or emergencies.
- 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 to compensate for delays due to weather, equipment/power failure, or emergencies.
 - (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.
- 8.7 **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.