

SD Swimming – Age Group Chair Report – April 19th HOD Meeting

All-Stars – Having the meet hosted in Elk Horn was a success. The swimmers seemed to like it and didn't hear anything negative from the families there. We also saw an increase in participation for our swimmers. Midwestern is planning on hosting again next year.

SDQ Time Standards – An updated version of the times has been submitted to include the 8 & under 100 strokes, 200 Free, and 200 IM time for SCY. Breakdown of number of swimmers per event is attached. As well as the time of the 16th place or last place finisher if there weren't 16 finishers. Highlighted times indicate the 16th place finisher was faster than the current time standard. Overall there wasn't much difference in event numbers. It did cut down the number of swimmers in more popular events, like the 100 Free, but it also increased numbers in less popular events, the 200 Fly. The state meet was slightly bigger than last winter at just over 500 swimmers.

Championship Meets – After talking extensively with Hytek and Team Unify I think we have the issues with the event files figured out. However, on the B Championship meet file teams will have to go in and click the "Enforce (Qualifying Times)" Box in the Edit Meet window. There doesn't seem to be away around this.

Meet Edit

*Meet Name: 2015 SD Long Course State B Championship MEet	
Location: Roosevelt Swim Center	
*Course Order: LSY - Multi-Cut Meet: Best time course order LSY	Meet Type:
*Start Date: 07/17/2015	*End Date: 07/19/2015
Age-Up Date: 07/17/2015	Use Date Since: 07/21/2014
<input checked="" type="checkbox"/> Enforce [Qualify Times] <input type="checkbox"/> If Athlete qualifies for non-conforming course, default [Entry Time] to the minimum [Qualify Time]	
Athlete must be older than or equal to this minimum age to attend Open Events:	
Allow Athletes to commit by Event? YES, Commit by Event	

The Summer 2015 Championship meet invites are with the hosts for them to look over and make any adjustments specific to them hosting the meet. The event files are done and just waiting to finalize when the invites are done.

2014-2016 Boys SD State Qualifying Times

Updated: 4/13/15

8 & Under	SCY	LCM	SCM
25 Free	20.29	NA	22.59
50 Free	44.69	54.49	53.69
100 Free	1:46.19	2:00.99	1:59.39
200 Free	3:42.89	4:10.59	4:07.39
25 Back	23.89	NA	26.59
50 Back	56.19	1:04.39	1:03.79
100 Back	2:03.29	2:17.99	2:16.79
25 Breast	29.99	NA	33.29
50 Breast	1:02.59	1:11.79	1:10.79
100 Breast	2:21.39	2:38.89	2:36.89
25 Fly	27.69	NA	30.79
50 Fly	54.89	1:08.89	1:08.19
100 Fly	2:14.39	2:30.49	2:29.09
100 IM	1:59.99	NA	2:13.19
200 IM	4:07.69	4:38.09	4:34.89

13-14	SCY	LCM	SCM
50 Free	27.79	32.19	31.39
100 Free	1:00.99	1:10.49	1:08.89
200 Free	2:14.09	2:37.49	2:34.29
400/500 Free	6:12.49	5:46.49	5:40.09
800/1000 Free	12:38.59	11:33.29	11:20.49
1500/1650 Free	20:51.59	23:13.19	22:49.19
100 Back	1:14.09	1:29.39	1:28.19
200 Back	2:41.79	3:05.89	3:03.49
100 Breast	1:22.99	1:38.59	1:36.59
200 Breast	3:01.09	3:26.59	3:22.59
100 Fly	1:13.19	1:25.19	1:23.79
200 Fly	2:31.99	3:01.59	2:58.79
200 IM	2:42.49	3:13.69	3:10.49
400 IM	5:23.19	6:26.19	6:19.79

9-10	SCY	LCM	SCM
50 Free	37.79	40.29	39.49
100 Free	1:19.89	1:33.39	1:31.79
200 Free	2:56.39	3:24.39	3:21.09
50 Back	43.29	51.39	50.79
100 Back	1:35.39	1:54.79	1:53.59
50 Breast	50.29	56.29	55.29
100 Breast	1:49.99	2:02.39	2:00.39
50 Fly	44.59	51.09	50.39
100 Fly	1:38.49	1:54.49	1:53.09
100 IM	1:35.79	NA	1:46.39
200 IM	3:17.49	3:50.09	3:46.89

15-16	SCY	LCM	SCM
50 Free	26.99	30.69	29.89
100 Free	58.09	1:06.39	1:04.79
200 Free	2:07.69	2:31.19	2:27.99
400/500 Free	6:12.49	5:46.49	5:40.09
800/1000 Free	12:38.59	11:33.29	11:20.49
1500/1650 Free	20:51.59	23:13.19	22:49.19
100 Back	1:09.69	1:26.49	1:25.29
200 Back	2:34.49	3:11.19	3:08.79
100 Breast	1:23.39	1:33.89	1:31.89
200 Breast	3:06.99	3:32.69	3:28.69
100 Fly	1:10.09	1:26.49	1:25.09
200 Fly	2:31.99	3:01.59	2:58.79
200 IM	2:33.89	3:07.79	3:04.59
400 IM	5:23.19	6:26.19	6:19.79

11-12	SCY	LCM	SCM
50 Free	31.99	35.79	34.99
100 Free	1:08.89	1:18.39	1:16.79
200 Free	2:33.79	2:56.59	2:53.39
400/500 Free	6:35.79	6:06.39	5:59.99
50 Back	37.59	43.99	43.39
100 Back	1:21.39	1:35.89	1:34.69
50 Breast	41.99	48.99	47.99
100 Breast	1:32.69	1:43.89	1:41.89
50 Fly	37.39	42.79	42.09
100 Fly	1:26.69	1:36.49	1:35.09
100 IM	1:20.99	NA	1:29.89
200 IM	2:51.99	3:24.39	3:21.19

17-19	SCY	LCM	SCM
50 Free	27.29	30.59	29.79
100 Free	59.09	1:08.79	1:07.19
200 Free	2:09.29	2:32.39	2:29.19
400/500 Free	6:12.49	5:46.49	5:40.09
800/1000 Free	12:38.59	11:33.29	11:20.49
1500/1650 Free	20:51.59	23:13.19	22:49.19
100 Back	1:07.49	1:22.89	1:21.69
200 Back	2:32.19	2:54.99	2:52.59
100 Breast	1:19.49	1:29.39	1:27.39
200 Breast	2:52.39	3:22.19	3:18.19
100 Fly	1:12.99	1:20.59	1:19.19
200 Fly	2:31.99	3:01.59	2:58.79
200 IM	2:30.19	2:54.79	2:51.59
400 IM	5:23.19	6:26.19	6:19.79

2014-2016 Girls SD State Qualifying Times

Updated: 4/13/15

8 & Under	SCY	LCM	SCM
25 Free	19.09	NA	21.19
50 Free	43.29	51.99	51.19
100 Free	1:40.39	1:58.99	1:57.39
200 Free	3:50.19	4:18.69	4:15.49
25 Back	23.19	NA	25.79
50 Back	50.79	1:01.69	1:01.09
100 Back	2:04.69	2:19.59	2:18.39
25 Breast	27.69	NA	30.79
50 Breast	1:00.39	1:14.59	1:13.59
100 Breast	2:16.99	2:33.99	2:31.99
25 Fly	23.79	NA	26.39
50 Fly	58.49	1:08.09	1:07.39
100 Fly	2:16.49	2:32.89	2:31.49
100 IM	1:50.79	NA	2:02.99
200 IM	4:18.09	4:49.69	4:46.49

9-10	SCY	LCM	SCM
50 Free	35.59	39.09	38.29
100 Free	1:16.99	1:27.89	1:26.29
200 Free	2:50.59	3:14.79	3:11.59
50 Back	40.59	47.79	47.19
100 Back	1:30.69	1:44.79	1:43.59
50 Breast	47.79	55.69	54.69
100 Breast	1:44.09	2:00.49	1:58.49
50 Fly	42.49	48.89	48.19
100 Fly	1:47.09	1:58.89	1:57.49
100 IM	1:28.59	NA	1:38.39
200 IM	3:19.29	3:46.79	3:43.59

11-12	SCY	LCM	SCM
50 Free	30.59	34.49	33.69
100 Free	1:07.49	1:16.29	1:14.69
200 Free	2:29.19	2:50.29	2:47.09
400/500 Free	6:49.19	6:05.59	5:59.19
50 Back	36.69	42.49	41.89
100 Back	1:19.99	1:32.39	1:31.19
50 Breast	40.79	47.49	46.49
100 Breast	1:29.29	1:43.59	1:41.59
50 Fly	35.99	41.19	40.49
100 Fly	1:22.69	1:33.29	1:31.89
100 IM	1:18.49	NA	1:27.19
200 IM	2:56.59	3:13.99	3:10.79

13-14	SCY	LCM	SCM
50 Free	28.69	33.19	32.39
100 Free	1:02.69	1:12.49	1:10.89
200 Free	2:17.29	2:40.29	2:37.09
400/500 Free	6:24.29	5:50.29	5:42.89
800/1000 Free	13:18.19	12:01.69	11:48.89
1500/1650 Free	22:16.79	23:10.19	22:46.19
100 Back	1:14.79	1:26.49	1:25.29
200 Back	2:40.89	3:10.19	3:07.79
100 Breast	1:23.79	1:38.79	1:36.79
200 Breast	3:00.19	3:30.59	3:26.59
100 Fly	1:16.39	1:28.99	1:27.59
200 Fly	2:55.69	3:27.99	3:25.19
200 IM	2:38.29	3:05.29	3:02.09
400 IM	5:46.99	6:39.29	6:32.89

15-16	SCY	LCM	SCM
50 Free	28.69	33.49	32.69
100 Free	1:02.09	1:13.19	1:11.59
200 Free	2:18.69	2:44.89	2:41.69
400/500 Free	6:24.29	5:50.29	5:42.89
800/1000 Free	13:18.19	12:01.69	11:48.89
1500/1650 Free	22:16.79	23:10.19	22:46.19
100 Back	1:12.79	1:29.89	1:28.69
200 Back	2:41.19	3:05.09	3:02.69
100 Breast	1:23.69	1:37.79	1:35.79
200 Breast	3:06.39	3:34.29	3:30.29
100 Fly	1:16.39	1:25.49	1:24.09
200 Fly	2:55.69	3:27.99	3:25.19
200 IM	2:41.19	3:04.59	3:01.39
400 IM	5:46.99	6:39.29	6:32.89

17-19	SCY	LCM	SCM
50 Free	30.49	34.39	33.59
100 Free	1:05.49	1:15.19	1:13.59
200 Free	2:22.89	2:44.19	2:40.99
400/500 Free	6:24.29	5:50.29	5:42.89
800/1000 Free	13:18.19	12:01.69	11:48.89
1500/1650 Free	22:16.79	23:10.19	22:46.19
100 Back	1:16.29	1:27.89	1:26.69
200 Back	2:43.59	3:10.29	3:07.89
100 Breast	1:24.19	1:39.39	1:37.39
200 Breast	3:04.19	3:31.49	3:27.49
100 Fly	1:20.79	1:27.39	1:25.99
200 Fly	2:55.69	3:27.99	3:25.19
200 IM	2:53.69	3:08.89	3:05.69
400 IM	5:46.99	6:39.29	6:32.89

SDQ Time Standards Comparison 2014 vs. 2015			
Friday Events			
Event	# of 2014	# of 2015	2015 16th time
13-14 F 1650	12	14	21:46.06
13-14 M 1650	9	12	21:39.83
15-16 F 1650	11	10	23:45.56
15-16 M 1650	4	8	22:37.06
17-19 F 1650	8	8	22:25.49
17-19 M 1650	5	2	21:04.99
8 & U F 100 Fr	17	23	1:37.42
8 & U M 100 Fr	13	20	1:40.00
9-10 F 200 Fr	20	19	2:45.80
9-10 M 200 Fr	20	14	2:57.43
11-12 F 200 Fr	21	18	2:29.03
11-12 M 200 Fr	16	17	2:52.76
13-14 F 200 Fr	19	20	2:15.95
13-14 M 200 Fr	26	16	2:15.76
15-16 F 200 Fr	21	18	2:21.36
15-16 M 200 Fr	22	12	2:08.90
17-19 F 200 Fr	13	17	2:27.42
17-19 M 200 Fr	17	14	2:17.81
8 & U F 100 IM	21	15	1:54.83
8 & U M 100 IM	15	14	1:54.81
9-10 F 200 IM	21	28	3:07.39
9-10 M 200 IM	10	7	3:12.07
11-12 F 200 IM	17	28	2:45.74
11-12 M 200 IM	10	13	2:57.41
13-14 F 200 IM	16	28	2:31.76
13-14 M 200 IM	24	37	2:29.67
15-16 F 200 IM	23	21	2:35.84
15-16 M 200 IM	15	19	2:28.23
17-19 F 200 IM	9	15	2:54.95
17-19 M 200 IM	12	17	2:27.44

SDQ Time Standards Comparison 2014 vs. 2015			
Saturday Events			
Event	# of 2014	# of 2015	2015 16th time
9-10 F 100 IM	23	18	1:29.74
9-10 M 100 IM	20	23	1:32.20
11-12 F 100 IM	22	21	1:17.17
11-12 M 100 IM	20	18	1:20.58
13-14 F 400 IM	13	18	5:29.25
13-14 M 400 IM	11	13	5:46.66
15-16 F 400 IM	11	13	7:06.51
15-16 M 400 IM	6	8	5:15.13
17-19 F 400 IM	3	5	5:26.51
17-19 M 400 IM	4	5	4:45.23
8 & U F 25 Fly	26	22	23.31
8 & U M 25 Fly	15	20	27.80
9-10 F 50 Fly	25	26	41.35
9-10 M 50 Fly	12	17	47.98
11-12 F 50 Fly	14	21	36.30
11-12 M 50 Fly	12	16	38.71
13-14 F 100 Fly	8	24	1:11.84
13-14 M 100 Fly	17	13	1:14.60
15-16 F 100 Fly	18	13	1:16.98
15-16 M 100 Fly	13	15	1:13.41
17-19 F 100 Fly	6	7	1:14.42
17-19 M 100 Fly	10	12	1:08.76
8 & U F 50 Back	32	26	49.97
8 & U M 50 Back	19	31	48.92
9-10 F 100 Back	27	21	1:31.58
9-10 M 100 Back	16	20	1:36.12
11-12 F 100 Back	17	27	1:16.03
11-12 M 100 Back	10	20	1:20.38
13-14 F 200 Back	10	20	2:35.81
13-14 M 200 Back	12	22	2:31.17
15-16 F 200 Back	16	15	2:48.60
15-16 M 200 Back	9	11	2:37.49
17-19 F 200 Back	7	13	2:47.09
17-19 M 200 Back	12	11	2:37.71
8 & U F 50 Breast	26	26	57.60
8 & U M 50 Breast	17	16	1:01.26
9-10 F 100 Breast	23	20	1:41.97
9-10 M 100 Breast	11	14	1:53.05
11-12 F 100 Breast	17	15	1:32.89
11-12 M 100 Breast	8	9	1:36.39
13-14 F 200 Breast	12	20	2:56.19
13-14 M 200 Breast	15	24	2:56.13
15-16 F 200 Breast	13	16	3:42.22
15-16 M 200 Breast	16	19	2:55.10
17-19 F 200 Breast	9	10	3:16.22
17-19 M 200 Breast	9	6	2:58.45
8 & U F 25 Free	25	15	20.33
8 & U M 25 Free	19	21	21.81
9-10 F 50 Free	24	28	34.63
9-10 M 50 Free	19	26	35.27
11-12 F 50 Free	32	25	29.97
11-12 M 50 Free	22	21	31.25
13-14 F 50 Free	27	24	27.84
13-14 M 50 Free	32	26	26.94
15-16 F 50 Free	26	21	28.86
15-16 M 50 Free	25	17	27.33
17-19 F 50 Free	13	16	31.76
17-19 M 50 Free	20	14	27.24
11-12 F 500 Free	18	17	6:54.70
11-12 M 500 Free	10	12	7:07.84
13-14 F 500 Free	16	26	6:07.54
13-14 M 500 Free	23	20	6:04.37
15-16 F 500 Free	21	15	6:36.22
15-16 M 500 Free	14	14	6:45.73
17-19 F 500 Free	14	13	6:48.36
17-19 M 500 Free	10	7	6:40.77

SDQ Time Standards Comparison 2014 vs. 2015			
Sunday Events			
Event	# of 2014	# of 2015	2015 16th time
8 & U F 50 Fly	18	11	58.02
8 & U M 50 Fly	10	6	56.88
9-10 F 100 Fly	18	24	1:40.72
9-10 M 100 Fly	8	9	1:44.02
11-12 F 100 Fly	11	12	1:17.74
11-12 M 100 Fly	8	13	1:25.01
13-14 F 200 Fly	7	19	2:46.16
13-14 M 200 Fly	5	5	2:26.61
15-16 F 200 Fly	7	10	2:57.20
15-16 M 200 Fly	3	3	3:09.53
17-19 F 200 Fly	5	3	2:50.08
17-19 M 200 Fly	4	4	3:06.25
8 & U F 25 Back	36	27	22.36
8 & U M 25 Back	21	21	23.04
9-10 F 50 Back	36	26	40.38
9-10 M 50 Back	20	21	43.20
11-12 F 50 Back	20	28	35.03
11-12 M 50 Back	14	22	36.54
13-14 F 100 Back	14	27	1:10.98
13-14 M 100 Back	11	26	1:09.92
15-16 F 100 Back	16	22	1:12.50
15-16 M 100 Back	13	16	1:17.57
17-19 F 100 Back	7	14	1:17.27
17-19 M 100 Back	15	12	1:17.64
8 & U F 25 Breast	22	25	26.02
8 & U M 25 Breast	16	17	28.96
9-10 F 50 Breast	20	26	46.90
9-10 M 50 Breast	9	19	53.20
11-12 F 50 Breast	17	16	42.05
11-12 M 50 Breast	12	11	45.96
13-14 F 100 Breast	10	20	1:22.12
13-14 M 100 Breast	17	29	1:18.42
15-16 F 100 Breast	14	13	1:41.23
15-16 M 100 Breast	18	18	1:19.26
17-19 F 100 Breast	9	11	1:22.29
17-19 M 100 Breast	7	9	1:20.81
8 & U F 50 Free	17	22	43.59
8 & U M 50 Free	19	18	45.31
9-10 F 100 Free	30	15	1:16.88
9-10 M 100 Free	20	18	1:22.03
11-12 F 100 Free	26	24	1:05.23
11-12 M 100 Free	16	17	1:09.47
13-14 F 100 Free	29	25	1:00.93
13-14 M 100 Free	32	22	59.38
15-16 F 100 Free	31	20	1:05.48
15-16 M 100 Free	23	13	57.91
17-19 F 100 Free	16	16	1:08.80
17-19 M 100 Free	23	16	1:02.29
13-14 F 1000 Free	10	13	13:05.67
13-14 M 1000 Free	13	13	13:07.20
15-16 F 1000 Free	13	13	15:54.88
15-16 M 1000 Free	8	7	12:01.46
17-19 F 1000 Free	8	9	13:42.96
17-19 M 1000 Free	5	4	11:11.54

Safety Chair Report

Paula Gordon

SD LSC Safety Chair

April 19, 2015

1. Risk Management

- a. Clubs must follow Safe Sport Policies (on www.usaswimming.org)
- b. Following Race Start Certification (on www.usaswimming.org)
 - i. Athletes without a coach at a meet need to provide proof of diving certification (putting the date on TU isn't enough-have it on file so the person certifying is listed) Make a copy of the certification list and date and have ready to show at a meet.
- c. Insurance is a benefit of Membership
 - i. Here is a link: http://www.usaswimming.org/_Rainbow/Documents/c142bac5-e6b5-4d4b-a29f-747583a32c4d/2015%20MEMBER%20Insurance%20Summary.pdf
 - ii. 2-week Trial-complete and collect paperwork before ever getting wet! If they have been a member on another team, they do not need a free trial.
 - iii. ONLY MEMBERS should be on deck! If injured, USA Swimming covers MEMBERS-keep non-members off the deck! (Do you really want to pay their medical bills?)
- d. Complete Online Report of Occurrence for all injuries.
https://adobeformscentral.com/?f=9Ejcgxd**o*YtNanuatM0w or go to sdswimming.org/documents/Safety. Completing on paper first, then online is recommended.

Realize that the "person in charge" is also the "person liable". The documentation (report of occurrence) is the tool USA Swimming and their insurance carrier refer to for any claims. If the incident is the result of any negligence or un-authorized activity, the insurance may not cover the injury, leaving the "person in charge" liable for uncovered damages. The "person in charge" could be the coach, the team, the meet director, etc., and they could be responsible for medical bills. Please be pro-active with safety and report ANY injury. Again-do you really want to pay their medical bills? Please remember to forward the confirmation email from USA Swimming to me at prgordon20@gmail.com.

2. Meet Marshals: Guidelines are available as an attachment to this report and available at:

http://www.usaswimming.org/_Rainbow/Documents/c7c3bab7-e537-479c-84d8-e8c03e07e664/a-CHAPTER%207%20Marshal%20October%202007.pdf

More than one meet marshal on duty-one male, one female for locker room issues. Print occurrence forms, go over guidelines.

Warm-ups: Take into account novice athletes and athlete speed. Some LSC's have a separate warm-up for novice athletes to allow them a safer warm-up.

Know if and where AED's and other safety equipment is located for each site.

3. I am working on PDF's for facilities for handling chemical and air quality safety. I will post to SD Swimming when available,
4. Weather Policy:
 - a. If hosting a meet, be sure to have an updated weather policy for the facility (use technology rather than visual for lightning policy)
 - b. Many lightning tracker apps available for smart phones-find reliable apps to use for practice and meet safety.
 - c. Know the facility EAP for weather as well as other emergencies.
5. Safe Sport- Not the same roll as Safety Chair. I am listed as both currently, but would prefer just Safety Chair. We should have this listed as a separate position.
6. Other

Welcome to the 2014 Long Course Season! Here are a few reminders with regards to safety:

1. Racing Start Certification: PRINT the forms and record on paper, not just in TU. The form names the coach completing the certification and must be kept on record for three years. They are necessary for transfers between teams and new members. All racing start certification forms can be found on www.usaswimming.org. Any athletes attending a meet without a coach must have a copy of certification at the meet (give it to their parents).
2. Weather Policy: Check the weather policy at your facilities. If hosting a meet, be sure that the weather policy is up-to-date with regards to technology and lightning. A “visual only” policy is not recommended. This policy must be listed on your sanction, so get ahead of the plan.

Coaches on deck should have access to lightning tracking devices, whether an app on the phone or at the facility. I recommend Lightning Tracker and Weatherbug, as both have tracking. Lightning Tracker will send text alerts when lightning is within ten miles of the device. Have a method of communicating with your team (parents and athletes) for weather-related cancelations. Know where you will take your athletes if you should need to wait-out a storm.

3. Report of Occurrence: This is the ONLINE form you complete for ALL injuries that happen during practice and sanctioned meets. If you are not sure you should complete the form, complete it anyway. If you have an injury for which you did not complete a form, and it needs medical attention at ANY time, the insurance company will want to see the report. If there is no report, there is no insurance and YOU and your club are responsible for any judgments filed. That means you are *financially* responsible. You will pay the bill. They will take anything of value in your name. It is worth your time to complete the form. I recommend printing the form to have on deck to complete at the time of the incident. It is easier to enter the data from a computer when at home than a phone on site. Please send a copy of the receipt you receive from USA Swimming to me at the email listed below.
4. It is also worth your time to act in a prudent and responsible manner at every practice, every meet. That means NO ONE ON THE DECK without credentials appropriate for the activity. Parents or Board members on the deck during practice or competition are NOT covered by insurance. An un-sanctioned meet is called a PRACTICE. If you want to have an inter-squad meet, get it sanctioned so you can have non-athlete members on the deck. DRAW THE LINE on the deck as to where non-athletes can be and enforce it. You are liable for all that goes on at practice and meets! It is not worth the liability to be “nice” and let non-athletes in the practice and competition area. My mantra is, “Picture your actions as a headline-4 words or less can say it all” or imagine explaining it to a jury...

If you have any questions about safety, contact me or USA Swimming. We all want to be involved in a safe sport!

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