

Minutes
SD LSC House of Delegate Spring Meeting
12:00 p.m. – May 7, 2010
AmericInn – Chamberlain, SD

Call to Order: General Chair, Jon Sommervold called the meeting to order at 12:00 p.m.

1. Roll Call and Seating of Delegates: Secretary, Carolyn Theobald

The following voting members were present:

<u>Board of Directors:</u> (7)	Jon Sommervold (SFX), General Chair
	Allan McCallum (RCR), Senior Vice Chair
	Carolyn Theobald (PST), Secretary
	Sarah Hogg (ASC), Treasurer
	Chad Thomsen (SFX), Coaches Rep
	Rita Baszler (HPRW), Seasonal Teams Rep
	Jacob Biersbach (WASC), Athlete Rep
<u>Athlete Delegate at Large:</u> (1)	Rachell Hartmann (PST)
<u>Club Delegates:</u> (15)	Elyce Kastigar (ASC)
	Katie Budahl (BSC)
	Chad McManus (CST)
	John Tridle (DL76)
	Glen Lewis (GOLD)
	Liz Willis (GREA)
	Bonnie Biel (HPRW)
	Kyle Margheim (MAC)
	Todd Jorgensen (PST)
	Michael Hofman (RCR)
	Paula Gordon (SEAL)
	Clyde Smith (SFX)
	Matthew Lavin (VAST)
	Donna Biersbach (WASC)
	Jim Kensley (YST)

Total Voting Delegates Present = 23

The Following Non-Voters were also present: (7)

Duncan Olney (GREA)
Amy Brown (MAC)
Joel Mann (ASC)
Russell Miller (SFX)
Sherry Miller (SFX)
Peter Dunkle (BSC)
Leah Schretenthaler (YST)

Total Attendance = 30

2. Reading, Correction and Adoption of Previous Minutes:

Moved (Lavin), Seconded (McManus). Approved.

3. Report of Officers

- a. General Chair Report - Jon Sommervold
 - i. The state of the LSC is excellent. Thanks to all of you.
 - ii. This body deliberates motions. It is the task of the several committees, chairs and interested individuals to bring actionable motions to this legislative body. See attached Article 613 from the SD-LSC Bylaws (*Attachment 3.a.ii*).
 - iii. Zones
 1. Coaches Applications – Elyce Kastigar & Mike Moran & Chad Thomsen
 2. Zones Committee (*Attachment 3.1.iii.2.*)
 - iv. Secretary's reconciliation of previous bylaw changes as reflected in the minutes of prior meetings. No Change.
 - v. Secretary's audit and suggestions for reconciliation of SD Swimming bylaws, policies and procedures with respect to USA Swimming bylaws, policies and procedures (*Attachment 3.1.a.v*).
Moved (Thomsen), Seconded (Hogg). Approved.
 - vi. Webmaster to post all significant dates and deadlines to the SD Swimming website in as timely a manner as possible.
- b. Administrative Vice-Chair – Vacant (No Report)
- c. Senior Vice Chair – Allan McCallum
 - SD Swimming Scholarship Applications Due July 22nd
 - Zone Senior Championship to be held in Franklin, Indiana
 - Zone 14 & Under Championship to be held in Topeka, Kansas (hotel reservations have been made)
- d. Age Group Chair – Kent Huckins (No Report)
- e. Finance Vice-Chair – David Honner (No Report)
Thank you David, for all of your efforts during your two terms as Finance Vice Chair.
- f. Secretary – Carolyn Theobald (No Report)
- g. Treasurer's Report – Sarah Hogg (Handout at Meeting)
 - Sarah reviewed and highlighted the Financial Reports which were handed out at the meeting.
 - The Zones Committee will allocate monies for Zones on a per capita basis between the two groups designated as the Seniors (15&over) and the 14&Under. Moved (Thomsen), Seconded (Lavin). Approved.
- h. Coaches Representative Report – Chad Thomsen (No Report)
- i. Athlete's Division - Jacob Biersbach (No Report)
- j. Seasonal Member's Representative – Rita Baszlar (No Report)
- k. Technical Planning Chair – Todd Campbell (No Report)
- l. Safety Coordinator – Deb Finnesand (No Report)

4. Reports of committees and coordinators

- a. Membership/Registration Coordinator – Sherry Miller (*Attachment 4.a.*)
Paula Gordon will be requesting assistance from Coaches/volunteers to create a proposal for Substitute Coaching Credentials (i.e. a temporary coaching card or a limited coaching card). This proposal will be submitted to USA Swimming upon completion.
- b. Officials Committee – Troy Rommen (No Report)
- c. Board of Review Committee Chair - Chair is Vacant (No Report)
Committee Chair needs to be elected.
- d. Records/Top 16 Coordinator - Joel Mann
 - Updated Relay Records, if any have been missed please let Joel Mann know.
 - Eliminate Relay Record form on SD Swimming Website
 - Relay Records are to be removed for those teams that did not represent the same team.
- e. Sanctions Coordinator – Acting Coordinator Mike Moran
Motion to approve Mike Moran as Sanctions Coordinator. Moved (Thomsen), Seconded (McManus). Approved.
- f. Nominating Committee - Chair is Vacant (No Report)
- g. Board of Review - Chair is Vacant (No Report)

5. Ad Hoc Committee Report on State Meets Rotation Schedule

- a. (*Attachment 5.a.*)
Moved to Discussion (Olney)
Discussion Closed
Moved (Hogg), Seconded (Budahl), Motion Failed
 - Biersbach to survey swimming at 2011 LC Championship for input

6. Presentation and Approval of the Annual Budget

Completed Fall, 2010

7. Presentation and approval of the annual audit

Report not available but confirmed by Treasurer (Hogg) and Chair (Somervold)
Moved (Lavin), Seconded (Smith). Approved

8. Unfinished (old) business – not covered in previous agenda items.

9. Elections: Board Positions at end of term or open:

All Nominations will be made from the floor.

- a. Administrative Vice-Chair (open) Nominees – Russ Miller
Moved to Close, Motion (Olney), Seconded (Lavin). Approved.
- b. Finance Vice-Chair (term limited) No Nominees from the floor
- c. Treasurer – Sara Hogg. Nominee – Sarah Hogg.
Moved to Close, Motion (Olney), Seconded (Thomsen). Approved
- d. Safety Coordinator (term limited) No Nominees from the floor
- e. Technical Planning Chair – (resignation) – Deb Finnesand

- Moved to Close, Motion (Hogg), Seconded (Mann). Approved.
- f. Membership/Registration – Sherry Miller. Nominee – Sherry Miller
Moved to Close, Motion (Olney), Seconded (Lavin). Approved.

Upon completion of nominations, Russ Miller increased the number of Board of Directors voting to 8, increasing the total number of voters to 24.

Motion for 10 Minute Break (Thomsen), Seconded (Olney). Approved.

Meeting Re-adjourned at 1:25 p.m.

10. New Business:

- a. Approval of 2011 Summer Meet Schedule - (*Attachment 10.a*)
Moved (Hogg), Seconded (McCallum). Approved.
- b. Proposal: The officials committee would like to propose that there is to be 1 official for every 10 swimmers representing their team when signing up for a meet. The maximum number that a team will have to identify will be 2. Failure to do this will result in a 200 dollar officials fee. These fees will go into a fund to be earmarked for such things as officials attire since we already have money in our budget for training.
Moved (Miller), Seconded (Thomsen). Motion Failed.
- c. Proposal presented by Thomsen to revise SD State A Championship meet qualifying times to bring the proportional scope of the meet in line with surrounding LSCs and provide for a higher quality experience for all who qualify. (*Attachment 10.c*)
Motion to Table and Establish Committee (Gordon)
Called to Question (Thomsen), Moved to Call (Gordon), Seconded (Kastigar). Motion Failed.
A Committee is to be established to review concerns with Thomsen chairing. Post a calling for committee to website for members. Members present to join committee are: Budhal, Gordon, Schretenthaler, McCallum, Biersbach, and Margheim.
- d. 2011 Long Course B/C Championship Meet Host Designation - Aberdeen or Mitchell
Ballot vote taken, Mitchell has been selected.
- e. Request a committee to study Team Unify web hosting for SD Swimming website with report due prior to Fall HOD meeting.
Moved (Sommervold), Seconded (Thomsen). Approved.
General Chair asked Brian Brenner to Chair this Committee.
- f. Championship meet rule change. (*Attachment 10.f*)
Moved to discuss (Hogg), Seconded (Sommervold), Moved. Motion failed.
- g. ADDITION: Revision of Warm Up Procedure (*Attachment 10.g*)
Moved (Thomsen), Seconded (Hogg). Approved.
- h. ADDITION: Legislature passes concussion rule.
Sommervold will contact USA Swimming and Safety Coordinator to establish an alert/concern

- i. ADDITION: Create Committee for effective utilization of increase assets at the LSC level, Admin Vice Chair to head committee.
Moved (Miller), Seconded (Lewis), discussion. Approved.
- j. ADDITION: Fall Meet Schedule Review (*Attachment 10.j*)
- h. ADDITION: Posting of Committees with hierarchy (Sommervold & Miller).

11. Resolutions and orders

- a. Fall House of Delegates Meeting to be held Saturday, September 17, 2011.
AmericInn, Chamberlain, SD.
Moved (Thomsen), Seconded (Lavin). Approved

Recommend date early in April for Spring 2012.

12. Adjournment - Meeting ADJOURNED.
Moved (Lewis), Seconded (Lavin). Approved.

ARTICLE 613 PARLIAMENTARY AUTHORITY

613.1 ROBERT'S RULES - The rules in the then current edition of Robert's Rules of Order Newly Revised shall govern SDSI and any of its constituent or component parts, committees, etc., in the conduct of meetings in all cases to which they apply and in which they are not inconsistent with these Bylaws and any special rules of order SDSI, the House of Delegates, the Board of Directors or its divisions, committees, etc., may adopt or as set forth in the next paragraph.

Robert's Rules of Order Newly Revised in Brief: page 19

A. THE MEANING OF A MOTION

The primary purpose of the sort of meeting that uses rules of order is for the group to make decisions. It May decide on anything from taking a position on a major public issue to organizing a pet show. To begin the process of making a decision, a member offers a proposal by *making a motion*. A **motion** is a formal proposal by a member, in a meeting, that the group take certain action.

A **main motion** is one whose introduction brings business before the assembly. Strictly speaking, there should be no debate on a matter before a motion regarding it has been made. Only one main motion may be before the assembly for action at a time.

RULE 3 CENTRAL ZONE

3.6 Zone Committee (9-20-08)

- (1) Six (6) LSC members shall serve on the committee:
 - The Senior Vice-Chair (Committee Chair)
 - The previous Zone Head Coach
 - The previous Zone Head Chaperone
 - The Zone Head Coach selected for the coming year
 - One appointed parent. (Two parents will be appointed if the Head Coach selected remains the same).
 - The Treasurer
- (2) Application to be a coach at the Zone Meet must be submitted to the General Chair at least 30 days prior to the Spring LSC Meeting. (9-20-08)
- (3) The All-Star / Zone Coach Application, **EXHIBIT #12**, is also available on the “forms” page of the SDSI website
- (4) The Zone Committee and Zone Coaches shall be appointed by the General Chair, with the advice of the Age Group Vice-chair and the Senior Athlete Rep. and shall be announced at the Spring Meeting of the LSC. (9-20-08)
- (5) The Zone Committee’s duty shall be to plan and coordinate (or assign responsibility for planning and coordinating) all aspects of zones, including travel, transportation, uniforms, training arrangements and budgeting. The committee will present zones information including the above information at the Spring LSC Meeting preceding the Zone Meet.

Policies and Procedures Proposed Changes

- Rule 2.1(2) Change of Program...USA Swimming Rule ~~102.8~~ 102.7.
- Rule 3.6 Correct Numbering
- Rule 4.1(2)(a) Timer Duties...Duties - see USA Swimming Rule ~~102.16.3-B~~ 102.17.3.B
- Rule 4.1(3)(a) Head Timer...Duties - see USA Swimming Rule ~~102.16.3-A~~ 102.17.2.A
- Rule 4.1(4)(a) Stroke & Turn Judge...Duties - see USA Swimming Rule ~~102.15.3~~ 102.13.3
- Rule 4.1(4)(c)3 Stroke & Turn Judge...USA Swimming membership (USA Swimming rule ~~202.3.3~~ 202.3.4)
- Rule 4.1(5)(a) Chief Judge...Duties - See USA Swimming Rule ~~102.15.1~~ 102.13.1
- Rule 4.1(5)(c)2 Chief Judge...USA Swimming membership (USA Swimming rule 202.3.4).
- Rule 4.1(6)(a) Relay Take-Off Judge...Duties - See USA Swimming Rule ~~102.15.6~~ 102.13.6
- Rule 4.1(7)(a) Starter...Duties - See USA Swimming Rule ~~102.14~~ 102.12
- Rule 4.1(7)(a)3 Starter...USA Swimming Membership (USA Swimming Rule ~~202.3.3~~ 202.3.4)
- Rule 4.1(8)(a) Referee...Duties - see USA Swimming Rule ~~102.13~~ 102.14
- Rule 4.1(8)(b)2. Referee...Minimum ~~of~~ of one-year experience...
- Rule 4.1(8)(c)2 Referee...USA Swimming membership (USA Swimming rule 202.3.4).
- Rule 4.3(a) The meet director of a state championship meet...the meet director ~~may~~ will confer with the Officials Committee or Chair
- Rule 4.4(2) Behavior/Protests...Officials, in accordance with USA Swimming Rule ~~102.10.2~~ 102.22.2, should make a reasonable effort...
- Rule 4.4(3) Behavior/Protests...Protests are governed by USA Swimming Rule ~~102.11~~ 102.23
- Rule 4.4(4) Behavior/Protests...The referee can overrule a judgment call...See USA Swimming Rule ~~102.13.1~~ 102.11.1.
- Rule 5.5 The Athlete Travel Reimbursement Request for...as Exhibit ~~13~~ 12. (9-20-09)
- Rule 7.3 Timing System - Any overall records...according to USA Swimming Rule ~~102.16~~ 102.24.
- Rule 8 *Make all changes necessary to reflect current attachment to invites, this was not updated from Fall of 2010 meeting.*
- Rule 9.7(1) Championship Meets - Qualifying Times - Minimum qualifying times...are attached as Exhibit ~~#11~~ #10.
- Rule 9.9(2)(a) Long Course Championship Meets...are attached as Exhibit ~~#17~~ #14.
- Rule 9.9(2)(b) The Order of Events Templates...are attached as Exhibit ~~#14, #15 and #16~~ #13, Page 1-4.
- Rule 9.9(2)(c) A meet invitation...is attached as Exhibit ~~#11~~ #11 and #12.
- Rule 9.11(1) Combined Seeding...Remove the following "Furthermore, the 11-12 age group shall be seeded with the 13-14, 15-16, 17-19 and 20-Over age groups in the 400 meter/500 yard freestyle, although, again, each age group is scored separately."
- Rule 10.4(1) Combined Seeding...Remove the following "Furthermore, the 11-12 age group shall be seeded with the 13-14, 15-16, 17-19 and 20-Over age groups in the 400 meter/500 yard freestyle, although, again, each age group is scored separately."
- Rule 10.7 The B/C Championship Invite Template is attached hereto as Exhibit ~~#18~~ #15.
- Rule 10.16(1) South Dakota Summer Long Course Meets Rotation Schedule...correct table for proper formatting
- Rule 10.16(2) South Dakota Winter Short Course Meets Rotation Schedule...correct table for proper formatting

Registration totals for 2012 thus far are: 148 non-athletes (70 officials, 56 coaches and 22 registered as other) and 1052 athletes, which is a slight increase from last season. I am gearing up to start registering the summer teams.

Effective immediately, all non-athletes registered with USA Swimming will need to complete a background screen which may be found at www.usaswimming.org/backgroundcheck. All Officials and Coaches must complete a Level 2 screen which is \$39.00 and all other non-athletes must complete a Level 1 screen which is \$19.00. Attached is the FAQ from USA Swimming in regards to the new background screen.

New coaches, please remember that you will need to complete the Foundations of Coaching test which may be found at www.usaswimming.org (under the coaching tab) before you may register for your second year of coaching.

I have attached USA Swimming's acceptable certifications for coaches certifying in CPR, First Aid and Safety Training.

Please contact me with any questions, 275-2211 hp or 360-2504 cell

Sherry Miller
SD Swimming Registrar
sherry.miller@sio.midco.net

SD LSC Spring Meeting 2011

I would like to add a policy change to championship meets. The new guideline would state the following:

Championship meets will be held in 8 lane pools.

This would not affect the B/C Championship meet. (This is still a club sponsored meet.)

The reason for the change in part is from the increase in participation that we have seen in the past few years. The numbers have also been growing at our revised B/C meets. The adjustments that were made to the B/C meet has not only increases the number of swimmers, but is become a very profitable meet. At this time we don't need to be changing the qualifying standards or the number of events. This winter state meet proved that the qualifying standards will work as long as we have it in a pool with at least 8 lanes. Anything less will create a time issue.

Todd Campbell

Technical Planning

2011 Summer Schedule				
Date(s)	Meet & location	Events file	Map	Results
May 20 19 2011	Sioux Falls SD	intrasquad meet		
June 3-4	Milbank SD	-	-	-
June 11	Watertown SD	-	-	-
June 11	Chamberlain SD			
June 17-19	Aberdeen SD	-	-	-
June 18	VAST Sprints @ the DakotaDome (Vermillion SD)	-	yes	-
June 24-26 25	Yankton SD	-	-	-
June 24-26	Huron SD	-	-	-
July 1-3	Mt Rushmore Classic w/Masters (Rapid City SD)	-	yes	-
July 1-3	Mitchell SD	-	-	-
July 7-10	Sioux Falls SD	-	-	-
July 9	Britton SD	-	-	-
July 15-16	Webster SD	-	-	-
July 15-17	BSC Summer Invitational (Brookings SD)	-	yes	-
July 22-24	*Mitchell SD (B/C Championship) Awarded at 2011 Spring HOD Meeting	-	-	-
July 29-31	Sioux Falls SD (SD State Championship)	-	-	-
Aug 5-7	Huron SD (Seasonal Championship)	-	-	-

Proposal for new South Dakota State Swim Meet Qualifying Times

- ** Please See Attached State Time Documents **
- New State Qualifying times are based off of the 3 year average of the 16th place finish from the previous State Meets.
- Any event that was not faster than current SDQ, time standard was not changed
- SCM qualifying times will be converted using HyTeck's Meet Manager's conversion formula from the proposed SCY times

Purpose for proposed change:

- The State Championship Meet has grown too large.
- Not enough time in the current meet format with the current attendance of the meet to properly run an effective State Meet (Medal Ceremonies, Walk-Outs, Possible Prelim/Final Format, etc.)
- It does not benefit the older swimmer's (15 & Over) development by not having tougher qualifying times to strive for as current SDQ Times are the same for any swimmer 13 & Over.

Related Discussion Topic for Proposal

- Still allow the Top 2 Athletes from each event & age group from B/C Champs to swim at the State Meet as an invited athlete for that event

8 & Under			
Event	State Time	Rec State Girls	Rec State Boys
25 Free	20.47	19.31	20.20
50 Free	44.09		
100 Free	1:41.19		
25 Back	24.50	23.78	23.82
50 Back	54.44	51.78	
25 Breast	28.26	27.79	
50 Breast	1:03.59	1:01.59	1:02.15
25 Fly	26.12	24.66	
50 Fly	58.54		54.46
100 IM	1:56.26	1:48.01	

9 - 10			
Event	State Time	Rec State Girls	Rec State Boys
50 Free	35.99	35.61	
100 Free	1:21.59	1:17.19	1:19.08
200 Free	2:58.29	2:51.35	2:56.02
50 Back	43.69	40.35	43.23
100 Back	1:33.99	1:30.90	
50 Breast	47.89	47.88	
100 Breast	1:46.69	1:43.36	
50 Fly	42.99	42.37	
100 Fly	1:42.09		1:40.23
100 IM	1:33.79	1:27.06	
200 IM	3:19.39	3:19.19	

11 - 12			
Event	State Time	Rec State Girls	Rec State Boys
50 Free	31.89	30.88	
100 Free	1:08.29	1:07.98	1:08.28
200 Free	2:31.49	2:30.30	2:29.65
500 Free	6:40.09	6:38.66	6:36.45
50 Back	36.79		
100 Back	1:21.09	1:20.73	
50 Breast	40.89	40.78	
100 Breast	1:29.29		
50 Fly	35.19		
100 Fly	1:20.19		
100 IM	1:20.09	1:19.08	
200 IM	2:50.69		

13 - 14			
Event	State Time	Rec State Girls	Rec State Boys
50 Free	30.99	28.68	27.74
100 Free	1:07.39	1:02.93	1:00.55
200 Free	2:24.99	2:18.41	2:12.75
500 Free	6:22.39		6:16.61
1000 Free	13.08.29		12:50.80
1650 Free	21.53.19		21:30.52
100 Back	1:14.19		
200 Back	2:39.59		
100 Breast	1:24.09		1:23.62
200 Breast	3:00.69		2:53.09
100 Fly	1:13.49		1:11.46
200 Fly	2:40.99		2:35.22
200 IM	2:42.99	2:38.63	2:39.78
400 IM	5:44.29		5:21.55

15-16			
Event	State Time	Rec State Girls	Rec State Boys
50 Free	30.39	28.87	27.25
100 Free	1:05.79	1:01.90	59.21
200 Free	2:24.99	2:21.20	2:08.92
500 Free	6:22.39	5:22.40	6:02.22
1000 Free	13.08.29		12:29.65
1650 Free	21.53.19	21:37.59	20:31.17
100 Back	1:12.09		1:09.58
200 Back	2:39.59		
100 Breast	1:21.99		
200 Breast	3:00.69		
100 Fly	1:11.79		1:09.15
200 Fly	2:40.99		2:22.02
200 IM	2:39.29		2:34.24
400 IM	5:44.29	5:43.41	5:09.78

17 - 18			
Event	State Time	Rec State Girls	Rec State Boys
50 Free	30.09	29.43	27.26
100 Free	1:04.89		58.86
200 Free	2:20.29		2:09.68
500 Free	6:22.39		5:44.41
1000 Free	13.08.29	12:52.06	12:09.97
1650 Free	21.53.19	21:44.29	20:22.54
100 Back	1:11.69		1:08.29
200 Back	2:39.59		2:36.22
100 Breast	1:21.49		
200 Breast	3:00.69	2:58.17	
100 Fly	1:10.99		1:10.58
200 Fly	2:40.99	2:39.00	2:34.49
200 IM	2:37.39		2:27.61
400 IM	5:44.29	5:23.50	5:24.10

8 & Under			
Event	State Time	Rec State Girls	Rec State Boys
50 Free	49.82	46.30	47.29
50 Fly	1:06.11	1:01.86	
50 Breast	1:10.83	1:05.64	1:09.83
100 Free	2:01.91	1:46.37	1:50.31
100 Back	2:14.74	2:14.01	2:03.79
100 Breast	2:40.31	2:34.99	2:26.86
100 Fly	2:40.31		
200 Free	4:28.82	4:20.82	4:16.85
200 IM	5:04.67		4:27.53
50 Back	1:01.59	56.95	58.89

13 - 14			
Event	State Time	Rec. State Girls	Rec State Boys
50 Free	35.19	32.81	30.29
100 Free	1:16.19	1:11.78	1:07.81
200 Free	2:44.39	2:39.51	2:32.56
400 Free	5:42.99		5:29.56
800 Free	11:41.99		
1500 Free	22:23.09		22:10.89
100 Back	1:24.29	1:23.71	1:23.79
200 Back	3:01.29		
100 Breast	1:36.39		1:32.95
200 Breast	3:27.99		3:25.95
100 Fly	1:22.89		1:22.08
200 Fly	3:02.29		
200 IM	3:05.69	3:02.85	2:53.79
400 IM	6:31.09		

9 - 10			
Event	State Time	Rec. State Girls	Rec State Boys
50 Free	40.79	38.90	38.87
100 Free	1:32.99	1:27.54	1:27.09
200 Free	3:32.59	3:13.03	3:14.05
400 Free	6:51.59		
50 Back	50.09	47.12	49.40
100 Back	1:48.89	1:43.04	1:45.04
50 Breast	55.09	53.45	54.59
100 Breast	2:02.29	1:55.59	01:58.6
50 Fly	48.59	46.32	47.89
100 Fly	1:55.19		
200 IM	3:46.49	3:39.56	3:45.28

15 - 16			
Event	State Time	Rec. State Girls	Rec State Boys
50 Free	34.49	31.99	28.56
100 Free	1:14.39	1:08.51	1:02.47
200 Free	2:39.49	2:31.58	2:18.18
400 Free	5:42.99	5:26.41	4:45.51
800 Free	11:41.99	11:20.18	11:05.65
1500 Free	22:23.09	22:03.54	20:05.31
100 Back	1:22.69	1:20.41	1:15.02
200 Back	3:01.29	2:54.89	2:45.47
100 Breast	1:33.89	1:32.01	1:28.54
200 Breast	3:27.99	3:21.46	3:13.42
100 Fly	1:20.39	01:17.6	1:13.49
200 Fly	3:02.29		3:01.68
200 IM	3:01.19	2:51.52	2:42.59
400 IM	6:31.09	6:30.84	6:17.05

11 - 12			
Event	State Time	Rec. State Girls	Rec State Boys
50 Free	36.39	33.64	34.25
100 Free	1:19.59	1:14.78	1:17.51
200 Free	2:50.79	2:44.82	2:48.57
400 Free	6:00.09	5:53.81	
800 Free	12:33.69		
1500 Free	24:12.39	24:01.19	24:01.25
50 Back	42.29	41.77	
100 Back	1:31.39	1:31.15	
200 Back	3:15.29		
50 Breast	47.09	46.43	
100 Breast	1:41.89	1:40.91	
200 Breast	3:40.59		
50 Fly	39.59	39.36	
100 Fly	1:30.79		
200 Fly	3:14.19		
200 IM	3:14.79	3:10.50	
400 IM	6:55.89	6:46.32	6:39.56

17 - 18			
Event	State Time	Rec. State Girls	Rec State Boys
50 Free	34.09	32.27	28.77
100 Free	1:14.09	1:10.38	1:04.70
200 Free	2:38.89	2:38.89	2:23.56
400 Free	5:42.99	5:37.56	5:19.52
800 Free	11:41.99		11:02.37
1500 Free	22:23.09	21:52.61	20:15.32
100 Back	1:23.09		
200 Back	3:01.29		
100 Breast	1:32.49		
200 Breast	3:27.99		
100 Fly	1:19.49		
200 Fly	3:02.29		
200 IM	2:59.69		
400 IM	6:31.09		6:20.45

<<TEXT ADDED IN RED BELOW>>

**SOUTH DAKOTA SWIMMING, INC.
POLICIES AND PROCEDURES
As Amended 9-18-10**

RULE 9 CHAMPIONSHIP MEETS

9.21 Championship Meet Dates –

(1) Short-Course Championships -- The meet will conclude on the first Sunday in March. The date shall be adjusted earlier or later so that the meet does not fall on the date of a Sectional or National level meet. (10-13-07)

(2) Long-Course Championships – The meet will conclude on the Sunday prior to the Zone meet. (10-13-07) **Any SDSI member club (South Dakota host team) awarded the hosting of the Central Zone Championship meet in any given year shall be granted the option to move the date of the Long-Course Championship meet forward by one week. The South Dakota host team of the Central Zone Championship meet shall inform the SDSI promptly (shortly after award by the selection committee) if the option to move the Long-Course Championship meet forward will be exercised so that arrangements can be made to move the date of both the Long-Course Championship meet and the B/C Championship meet forward by one week for that year only. (5-1-11)**

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.
- 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.

2011-2012 Winter (Short-Course) Schedule - Tentative				
Oct 14 2011	Sioux Falls SD	intrasquad meet		
Oct 15	Brookings SD	Duel w/ Mitchell		
Oct 22	Rapid City SD	-	-	-
Oct 29	Aberdeen SD	intrasquad meet		
Oct 29	Watertown SD	-	-	-
Nov 5-6	Mitchell SD	-	-	-
Nov 12-13	Pierre SD	-	-	-
Nov 18-20	Brookings SD	-	-	-
Nov 19	Spearfish SD	-	-	-
Dec 3-4	Watertown SD	-	-	-
Dec 9-11	Snowfox (Sioux Falls SD)	-	-	-
Dec 17-18	Rapid City SD	-	-	-
Jan 7 2012	Yankton SD	-	-	-
Jan 7-8	Aberdeen SD	-	-	-
Jan 13-15	Midwest All-Stars (Lawrence KS)	-	-	-
Jan 21-22	Watertown SD	-	-	-
Jan 28-29	Spearfish SD	-	-	-

Attachment 10.j.

Jan 27-29	Snowfox (Sioux Falls SD)	-	-	-
Feb 3-5	Brookings SD	-	-	-
Feb 3-5	Mitchell SD			
Feb 11-12	Pierre SD	-	-	-
Feb 17-18	Yankton SD	-	-	-
Feb 24-26	Sioux Falls SD (B/C Championship)	-	-	-
Mar 2-4	Rapid City SD (SD State Championships)	-	-	-