

2010 SOUTH DAKOTA LONG COURSE STATE CHAMPIONSHIPS

Hosted by South Dakota LSC and Mitchell Aquatic Club

July 30 – August 1, 2010

Meet Sanction # SD 070210

Time Trial Sanction # SD 070310

- SANCTION:** This meet is held under the sanction of USA Swimming Inc., and South Dakota 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, South Dakota Swimming, Mitchell Aquatic Club, and the City of Mitchell shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Mitchell Outdoor Aquatic Center, 1201 E. Hanson, Mitchell, SD 57301
- COURSE:** 50-meter outdoor, 6-lane pool with wave-calming dividers. Colorado timing equipment with manual back up will be used. The competition course has not been certified in accordance with 104.2.2(C).
- WATER DEPTH:** Starting end depth of 7.5 feet; midpoint depth of 3.5 feet; turn end depth of 4.0 feet. Fly over starts may be used. Turn end water depth meets USAS minimum requirements for racing starts in accordance with USAS Rule 103.2.3
- FORMAT:** This will be a combined meet, swam as timed finals.
- START TIMES:** 4 Sessions: Friday - Session 1 & 2, Saturday - Session 3, Sunday - Session 4. Teams will be notified on Wednesday, July 28, 2010 of warm-up times and lane assignments.

Friday July 31 - Session 1

12:00pm-12:30pm	General Warm-ups
12:30pm-12:45pm	Specific Warm-ups
12:30pm	Officials meeting
12:45pm	Coaches Meeting
1:00pm	Meet Starts

Friday July 31 - Session 2

4:00pm-4:30pm	General warm-ups
4:30pm-4:45pm	Specific warm-ups
4:45pm-5:15pm	General warm-ups
5:15pm-5:30pm	Specific warm-ups
5:00pm	Officials meeting
5:30pm	Coaches meeting
5:45pm	Meet starts

Saturday August 1 - Session 3

7:00-7:30am	General warm-ups
7:30-7:45am	Specific warm-ups
7:45-8:15am	General warm-ups
8:15-8:30am	Specific warm-ups
8:30-9:00am	General warm-ups
9:00-9:15am	Specific warm-ups
8:45am	Officials Meeting
9:20am	Coaches Meeting
9:30am	Meet starts

Sunday August 2 - Session 4

7:00-7:30am	General warm-ups
7:30-7:45am	Specific warm-ups
7:45-8:15am	General warm-ups
8:15-8:30am	Specific warm-ups
8:30-9:00am	General warm-ups
9:00-9:15am	Specific warm-ups
8:45am	Officials Meeting
9:20am	Coaches Meeting
9:30am	Meet starts

Another Warm Up session will be added Friday if we have more than 300 swimmers entered for session 2. If only 2 warm-up sessions are needed on Saturday & Sunday, the 7:00am sessions will be eliminated.

WARMUPS: Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. South Dakota warm-up procedures attached will be followed. Coaches will be notified after the meet has been seeded.

SWIMWEAR RESTRICTIONS: Swimwear worn at South Dakota meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art.102.9.1), its interpretation and provision for exemption 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. Only registered coaches, swimmers, officials, timers, and designated volunteers will be allowed on the pool deck.

ELIGIBILITY: All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming and SD Swimming. The age of the Swimmer on July 30, 2010 determines the age of the swimmer for the entire meet. All swimmers must have attained a state qualifying time between the first day of the Championship Meet of the previous year and the entry deadline date for the current year's Championship Meet. This is a closed meet. Any swimmer who does not meet eligibility requirements may petition, in writing, to the seed committee to be included in this meet. The request must be completed before the entry deadline. All memberships will be checked. The time used must be a qualifying time for the pool that it was swam in. You may not qualify by virtue of a converted time only. However, if a time is a qualifying time in the pool it was swam in, it will be honored even if it converts to a non-qualifying time. There will be a non-scoring 20 and Over Age Group

DECK

REGISTRATION: On Deck Registrations will not be permitted.

DECK ENTRIES: Will not be allowed. Errors and omissions may be corrected at the discretion of the meet referee.

SCORING: Individual Scoring (1-16) – 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1; Relay Scoring (1-8) –34-30-28-26-24-22-20-18. All awards and scoring will be determined by the swimmer's final time. The point-scoring age groups shall be 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-19. The 13-14, 15-16, 17-19, & 20/Over age groups will be seeded together and will swim together, but will be awarded and scored separately.

PROOF OF

TIMES: All entry times must be proven with complete, official meet results, upon the request of the seed committee. Unverified times or erroneous times may result in disqualification.

EVENT LIMITS: Each swimmer may swim a maximum of seven (7) individual events for the meet, with no more than five (5) events per day.

RELAYS: Swimmers may enter a maximum of one relay per day. Each team is entitled to enter a minimum of one relay per event regardless of swimmers' qualifications. However, if a club enters more than one relay in an event, it may have only one (1) swimmer per relay event who has no SD Championship Meet qualifying time. Swimmers who are only eligible to swim only in relay events, will be subject to SDLSC head tax. Relays for 8 & under can be a mix of all girls, all boys, or combination thereof.

SEED

COMMITTEE: The three person committee shall include the Championship Meet Director, Referee, and a Coach of a team attending the Championship Meet whose name is randomly selected by the Meet Director prior to the meet.

TIME TRIALS: Time trials will be held at the conclusion of each session at the discretion of the Meet Referee. The following limitations shall apply:

1. The swimmer must be entered in the meet.
2. Time trials will not change awards or scores.
3. The swimmer may only swim a total of 5 individual events per day.
4. There will be no additional cost for time trials.
5. Coaches are responsible to turn in time trial requests to the Meet Director as soon as possible.
6. Time trials should be limited to those swimmers who have a reasonable chance to make their goal time.

AWARDS: **OVERALL STATE CHAMPION:** One patch is awarded to the overall champion when the swimmer first attains first place at a state championship meet in an individual event. Thereafter, each year the swimmer is awarded only the rocker when an overall first place is earned.

INDIVIDUAL AWARDS: Medals (1st through 3rd) and Ribbons (4th through 16th) will be awarded to the top sixteen swimmers in each individual event.

RELAYS: Medals (1st through 3rd) and Ribbons (4th through 8th) will be awarded in each age group.

TROPHIES: **TEAM TROPHIES** will be awarded to the 1st through 3rd place teams. **PERCENTAGE TROPHY** will be awarded to the team with the most points per entry, calculated after excluding relay points. Minimum of 7 swimmers is required to compete for the Percentage Trophy.

JIM VORHEES SPIRIT AWARD: will be presented to the team demonstrating the best sportsmanship and team spirit at the Championship Meet. The recipients of the spirit award will be determined by a five-

person committee comprised of a representative from five teams drawn at random at the beginning of the meet. This award will be given on Sunday.

PARADE OF TEAMS: There will be a Parade of Teams during the noon break Saturday. By the end of the warm-up session on Friday, each Coach must provide the Meet Director with the following information: name of team, total number of swimmers, number of swimmers qualified at this meet, senior swimmers, and coach's names. During the parade, we will also announce the recipients of the year round Coach of the year, Ernie Gunderson award, and scholarships for high school seniors.

PROTESTS: Protests of any kind must be in writing and will only be accepted by the Referee from the team's Coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer involved in that event or meet.

CLERK OF COURSE: There will be no clerk of course.

SCRATCHES: A Scratch box will be located at the Meet Director's Table. Please use the forms for all scratches and deposit in the box. Please have all scratches submitted prior to the start of specifics each day.

CONCESSION: A Concession Stand will be available.

ENTRIES: Teams are encouraged to submit their entries via e-mail using the Hy-Tek program. Send actual times with the indication of the course swum, as the meet management program will convert the times automatically. Also mail a hard copy, along with a check payable to **South Dakota Swimming, Inc.** to the address below. Administration fee of \$20 will be collected for not using windows version of Hy-Tek.

Mail Entries to: Laura Miller
 816 West Birch Avenue.
 Mitchell, SD 57301
 E-mail to laura.miller@mit.midco.net

FEES: \$3.00 per individual event \$3.00 per swimmer head tax
 \$5.00 per swimmer facility fee \$5.00 per relay
THERE WILL BE NO REFUND OF FEES

DEADLINE: All entries and entry fees must be received by **6:00 PM on Monday, JULY 26, 2010**, following the B/C Championship Meet.

OFFICIALS: Meet Director: Laura Miller and Susan Ebert
Head Referee: Edie Mueller
Head Starter: Troy Rommen
Head Stroke & Turn: Lori Baye
Meet Marshal: Denise Ries and Doug Glover
Head Timers: Allan Miller and Justin Ebert
Meet Officials will meet the requirement of 202.3.3
All Registered Officials are welcome and needed to volunteer at the Championship Meet.

TIMING: **All teams** must provide timers. Along with timing, all clubs are expected to help run the timing equipment and work at the timing table. Sign-up sheets will be posted on the SD Swimming website and the wall of the hospitality building. Any time slots not filled will delay the continuation of the meet. All swimmers swimming the 1500 must provide timers and counters and swimmers swimming the 800 must provide counters. If you are in need of either, see the Meet Director.

CLOTHING: Pure Blue will provide clothing and swim gear for sale. State Championship Meet Shirts will also be available.

HOSPITALITY: Coaches and Officials Hospitality will be provided.

Please Share the following with your swimmers and families attending the meet:

Camping will be allowed in the grass area around the competition pool. Tents may be left overnight at the facility but the facility is not secured overnight so leave things at your own risk. No pets or glass containers allowed in the aquatic center. Swimmers will be allowed to change and shower in the main building of the aquatic center.

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 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. 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.
 - (2) 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.
 - (3) 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.
 - (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.
- 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.

SD LONG COURSE CHAMPIONSHIP ORDER OF EVENTS

FRIDAY

SESSION 1

<u>Girls</u>		
1	13 & OVER	1500 Free

Boys

2

FRIDAY

SESSION 2

<u>Girls</u>			<u>Boys</u>
3	8 & U	200 Free	4
5	9-10	200 Free	6
7	11-12	200 Free	8
9	13 & O	200 Free	10
	5 minute warm-up/down		
11	8 & U	200 IM	12
13	9-10	200 IM	14
15	11-12	200 IM	16
17	13 & O	200 IM	18

SATURDAY

SESSION 3

<u>Girls</u>		
19	13 & O	400IM
	5 Minute warm-up/down	
21	8 & U	50 Fly
23	9-10	50 Fly
25	11-12	50 Fly
27	13 & O	100 Fly
	5 Minute warm-up/down	
29	8 & U	100 Back
31	9-10	100 Back
33	11-12	100 Back
35	13 & O	200 Back
	5 Minute warm-up/down	
37	8 & U	100 Breast
39	9-10	100 Breast
41	11-12	100 Breast
43	13 & O	200 Breast
	5 Minute warm-up/down	
45	8 & U	50 Free
47	9-10	50 Free
49	11-12	50 Free
51	13- O	50 Free
	10 Minute warm-up/down	
53	Mixed 8 & U 200 Free Relay	
54	9-10 200 Free Relay	
56	11-12 200 Free Relay	
58	13-14 200 Free Relay	
60	15-19 400 Free Relay	
	15 Minute warm-up	
62	11-12	400 Free
64	13-O	400 Free

SUNDAY

SESSION 4

<u>Boys</u>			<u>Girls</u>			<u>Boys</u>
20			66	8& U	100 Fly	67
			68	9-10	100 Fly	69
22			70	11-12	100 Fly	71
24			72	13 & O	200 Fly	73
26				5 Minute warm-up/down		
28			74	8 & U	50 Back	75
			76	9-10	50 Back	77
30			78	11-12	50 Back	79
32			80	13 & O	100 Back	81
34				5 Minute warm-up/down		
36			82	8 & U	50 Breast	83
			84	9-10	50 Breast	85
38			86	11-12	50 Breast	87
40			88	13 & O	100Breast	89
42				5 Minute warm-up/down		
44			90	8 & U	100 Free	91
			92	9-10	100 Free	93
46			94	11-12	100 Free	95
48			96	13 & O	100 Free	97
50				10 Minute warm-up/down		
52			98	Mixed 8 & U 200 Medley Relay		98
			99	9-10 200 Medley Relay		100
53			101	11-12 200 Medley Relay		102
55			103	13-14 400 Medley Relay		104
57			105	15-19 400 Medley Relay		106
59				15 Minute warm-up		
61			107	13 & O	800 Free	108

After each individual event for the girls and boys 13 & over, there will be a 5 minute break.

BREAKS FOR THE TEAM PARADE AND AWARDS WILL BE DETERMINED AFTER THE MEET HAS BEEN SEEDED.