

# 2010 SD SHORT COURSE STATE CHAMPIONSHIP

Hosted by South Dakota LSC and ABERDEEN SWIM CLUB

MARCH 5-7, 2010

Meet Sanction # SD012310

Time Trial Sanction # SD230110

**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, *Aberdeen Swim Club*, Aberdeen YMCA, and the city of Aberdeen shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**LOCATION:** *Aberdeen YMCA, 5 South State Street, Aberdeen, SD*

***The YMCA is set up with deck bleacher seating and limited overhead standing viewing from the track on the second floor. The basketball court and the deck area around the zero depth pool will be available for camping by swimmers and spectators. Designated camping areas will be marked. Swimmers should use the boys and girls locker rooms. See attached facility use policy for parking, restrooms, and other guidelines for the swim meet.***

**COURSE:** 25 yard pool; 8 lanes; 6" wave-calming dividers; Daktronics Electronic Timing System will be used with manual backup. Start end depth 12 ft., midpoint depth 5 ft., and turn end depth 3.5 ft. *The above depths are the same as stated in 202.4.14 USA Swimming policy.* The competition course has not been certified in accordance with 104.2.2C(4).

**FORMAT:** This will be a split meet swam as timed finals. See order of events for age group splits.

**START TIMES:** Teams will be notified by noon on Wednesday, March 3, 2010, of warm-up times and lane assignments. Afternoon start times will be determined after the meet is seeded, but start time will not be before 10:30 am.

**Friday, March 5- Session 1**

12:30 pm Warm-up

1:00 pm Officials Meeting

1:15 pm Coaches Meeting

1:30 pm Meet Starts

**Friday, March 5- Session 2**

4:00 pm Warm-up A

4:45 pm Warm-up B

4:45 pm Officials Meeting

5:30 pm Coaches Meeting

5:45 pm Meet Starts

**Saturday Month, day - Session 3**

7:00 am Warm-up A

7:45 am Warm-up B

7:45 am Officials Meeting

8:30 am Coaches Meeting

8:45 am Meet Starts

**Saturday Month, Day - Session 4**

TBD Warm-up A

TBD Warm-up B

TBD Officials Meeting

TBD Coaches Meeting

TBD Meet Starts

**Sunday Month, day - Session 5**

7:00 am Warm-up A

7:45 am Warm-up B

7:45 am Officials Meeting

8:30 am Coaches Meeting

8:45 am Meet Starts

**Sunday Month, Day - Session 6**

TBD Warm-up A

TBD Warm-up B

TBD Officials Meeting

TBD Coaches meeting

TBD Meet Starts

**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.

**SWIMWEAR:** Swimwear worn at South Dakota 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.

**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 on the first day of the meet determines the age of the swimmer for the entire meet. 1<sup>st</sup> & 2<sup>nd</sup> place finishers at the B/C Championship with less than SDQ times will receive a pass to swim the event at the SD State Championship meet. Swimmers receiving a pass will be seeded at the min SDQ time and will be considered a qualifier for relays at the State Championship meet. All other 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.

#### 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.

**ENTRY 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 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 are non-scoring and 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.



OFFICIALS: Meet Director: Todd Campbell  
Meet Referee: Julie Godbe  
Administrative Referee: Edie Mueller  
Head Starter: Lori Baye  
Head Stroke & Turn: Russ Miller  
Meet Marshals: Mike Hogg, Angie Young, Camille Kaul, Mindy Jones, Nick Finnesand, Sherry Miller, Deb Finnesand  
Head Timers: Sherri Campbell

**All Registered Officials are welcome and needed to volunteer at the Championship Meet. This meet has been designated as a National Qualifying Meet for officials. There will be a National Evaluator at the meet who will be offering training opportunities and evaluations for SD Officials.**

CONCESSION: A Concession Stand will be available.

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.

**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 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 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.

(EXHIBIT #8: Warm ups - Rev. 9-20-09)

## SD SHORT COURSE CHAMPIONSHIP ORDER OF EVENTS SPLIT FORMAT

### FRIDAY

#### SESSION 1

<u>Girls</u>			<u>Boys</u>
1	13 & Over	1650 Free	2

### FRIDAY

#### SESSION 2

<u>Girls</u>			<u>Boys</u>
3	8 & U	100 Free	4
5	9-10	200 Free	6
7	11-12	200 Free	8
9	13 & O	200 Free	10
5 Minute Warm Down After Event 9 & 10			
11	8 & U	100 IM	12
13	9-10	200 IM	14
15	11-12	200 IM	16
17	13 & O	200 IM	18

### SATURDAY MORNING

#### SESSION 3

<u>Girls</u>			<u>Boys</u>
19	9-10	100 IM	20
	11-12	100 IM	21
22	Mixed 8 & U 100 Free Relay		22
23	9-10	200 Free Relay	24
	11-12	200 Free Relay	25
26	8 & U	25 Fly	27
28	9-10	50 Fly	29
	11-12	50 Fly	30
5 Minute Break			
31	8 & U	50 Back	32
33	9-10	100 Back	34
	11-12	100 Back	35
5 Minute Break			
36	8 & U	50 Breast	37
38	9-10	100 Breast	39
	11-12	100 Breast	40
5 Minute Break			
41	8 & U	25 Free	42
43	9-10	50 Free	44
	11-12	50 Free	45
10 Minute Warm-Up			
	11-12	500 Free	46

### SATURDAY AFTERNOON

#### SESSION 4

<u>Girls</u>			<u>Boys</u>
47	11-12	100 IM	
48	13 & O	400 IM	49
50	11-12 200 Free Relay		
51	13-14 400 Free Relay		52
53	15-19 400 Free Relay		54
55	11-12	50 Fly	
56	13 & O	100 Fly	57
5 Minute Warm Down After Event 56 & 57			
58	11-12	100 Back	
59	13 & O	200 Back	60
5 Minute Warm Down After Event 59 & 60			
61	11-12	100 Breast	
62	13 & O	200 Breast	63
5 Minute Warm Down After Event 62 & 63			
64	11-12	50 Free	
65	13 & O	50 Free	66
10 Minute Warm-up			
67	11-12	500 Free	
68	13 & O	500 Free	69

**After each individual event for the girls and boys 13 and over, there will be a 5 minute warm down time. Also in the morning sessions, there will be 3 scheduled 5 minute breaks. Before the 500 and 1000 free, there will be a 10 minute warm up.**

## SD SHORT COURSE CHAMPIONSHIP ORDER OF EVENTS SPLIT FORMAT

### SUNDAY MORNING

### SUNDAY AFTERNOON

#### SESSION 5

#### SESSION 6

<u>Girls</u>		<u>Boys</u>	<u>Girls</u>		<u>Boys</u>
70	Mixed 8 & U 100 Medley Relay	70	94	11-12 200 Medley Relay	
71	9-10 200 Medley Relay	72	95	13-14 400 Medley Relay	96
	11-12 200 Medley Relay	73	97	15-19 400 Medley Relay	98
74	8 & U 50 Fly	75	99	11-12 100 Fly	
76	9-10 100 Fly	77	100	13 & O 200 Fly	101
	11-12 100 Fly	78	5 Minute Warm Down After Event 100 & 101		
	5 Minute Break		102	11-12 50 Back	
79	8 & U 25 Back	80	103	13 & O 100 Back	104
81	9-10 50 Back	82	5 Minute Warm Down After Event 103 & 104		
	11-12 50 Back	83	105	11-12 50 Breast	
	5 Minute Break		106	13 & O 100 Breast	107
84	8 & U 25 Breast	85	5 Minute Warm Down After Event 106 & 107		
86	9-10 50 Breast	87	108	11-12 100 Free	
	11-12 50 Breast	88	109	13 & O 100 Free	110
	5 Minute Break		10 Minute Warm-Up		
89	8 & U 50 Free	90	111	13 & O 1000 Free	112
91	9-10 100 Free	92			
	11-12 100 Free	93			

After each individual event for the girls and boys 13 and over, there will be a 5 minute warm down time. Also in the morning sessions, there will be 3 scheduled 5 minute breaks. Before the 500 and 1000 free, there will be a 10 minute warm up.

**NORTHEAST REGIONAL HEALTH & FITNESS CENTER  
YMCA  
FACILITY USE POLICY**

South Dakota Swimming and its member clubs are guests of the fitness center. Any behavior that might jeopardize the working relationship between the YMCA and the Aberdeen Swim Club will be dealt with immediately. ASC and the YMCA reserve the right to remove any offending individuals or groups from the premises.

**FACILITY USE GUIDELINES:**

1. Swimmers and spectators will be allowed in these designated areas only:
  - A. Aquatics area, community room, boys & girls locker rooms, designated gym area, upstairs viewing area, and restrooms in front lobby. All other areas of the facility are off limits.
  - B. Bathroom facilities in front lobby and the boys and girls locker rooms will be the designated restrooms. The men's, women's, and family locker facilities will be off limits during the meet.
  - C. Camping will only be allowed in east gym and south west end of aquatics area by leisure pool. Camping will not be allowed in bleachers located on west end of competition pool or the upstairs viewing area. **The bleachers will be for spectators only.** Swimmers will not be allowed to sit in bleachers between there events.
2. Water Bottles can be in the aquatics and gym area. Glass containers are not allowed anywhere in the facility.
3. No pets.

**PARKING FOR THE SWIM MEET WILL BE IN THE WEST LOT ACROSS THE STREET FROM THE YMCA AND IN THE STREET SOUTH OF THE POOL. DO NOT PARK IN MAIN LOT AROUND FITNESS CENTER OR CLINIC LOT ACROSS THE STREET SOUTH OF THE YMCA.**

# FIRST FLOOR OF YMCA

