2019 SD SFST Ready for Long Course Meet

Hosted by Sioux Falls Swim Team

May 18-19, 2019

Sanction # SD #####

**Sanction**: This meet is held under the sanction of South Dakota Swimming Inc 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, South Dakota Swimming, the City of Sioux Falls and Sioux Falls Swim Team shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event

**Location**: Midco Aquatic Center, 1601 S. Western Ave, Sioux Falls SD, 57105

**Course**: 50 meter, 10 lane pool; wave-calming dividers; type of timing system with manual backup. The competition course has been certified in accordance with USAS Rule104.2.2C (4).

**Audio/** Use of audio or visual recording devices, including a cell phone, is not permitted

**Visual Recording:** in changing areas, rest rooms or locker rooms (202.4.9 H).

**Deck Changing:** Deck Changes are prohibited (202.4.9 I).

**Water** **Depth**: Starting end depth 13’; midpoint depth 10’; turn end depth 4’. Turn end water depth meets USAS minimum requirement for racing starts per Rule 103.2.3.

**Format**: This will be a Split meet. Events will be swum as Timed finals. Saturday and Sunday will be split with Open events in the morning and 12 & under events in the afternoon.

**Starting** **Times***:*

Saturday Dec. 16 – Session 2 Sunday Dec. 17 – Session 4

Warm ups A: 8:00-9:15am Warm ups: 7:30-8:45am

Meet Starts: 9:30am Meet Starts: 9:00am

Saturday Dec. 16 – Session 3 Sunday Dec. 17 – Session 5

Warm ups: not before 12:00pm Warm ups: not before 12:00pm

Meet Starts: not before 1:00pm Meet Starts: not before 1:00pm

\*\*Session start times may be adjusted\*\*

**Meetings**: There will be an officials meeting 1 hour prior to the start of each session. The timers will have a meeting 30 minutes prior to the start of each session. There will be a coaches meeting immediately following warm-ups prior to the start of session 2. Additional coaches meeting may be held at the discretion of the meet referee.

**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. *(Attach SD Warm up Procedures)*

**Swimwear** Swim wear worn at SD meets must conform to SD Policy Rules and USA

**Restrictions**: Swimming Rules & Regulations (Art. 102.8.1 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. **Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement (202.5.2).** Only registered coaches, swimmers and officials will be allowed on the pool deck.

**Eligibility**: All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. No coach or official will be permitted to be on deck without proof of current USA Swimming Certification using USA Swimming Deck Pass or printed USA Swimming card and a photo identification.

The age of the swimmer on May 18, 2019 determines the age of the swimmer for the entire meet. No Swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 (202.4.9 E).

**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 not be allowed if space is available and at the discretion of the Meet Referee.

**Scoring**: This meet will not be scored.

**Event Limit**: Swimmers may swim a maximum of 7 individual events for the meet, but no more than 6 per day.

**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. 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.

**Seeding**: All events will be swam separate gender, slowest to fastest.

**Time Trials:** No time trials will be offered.

**Awards**: Medals will be awarded for 1st-3rd place for 8 & Under, 9-10, 11-12 age groups.

**Entries**: Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: Mike Palm, adminofficial@sfswimteam.org. Mail a printed copy of the entries and a check for entry fees payable to Sioux Falls Swim Team. Mail to: PO Box 758, Sioux Falls SD, 57101.

**Fees**: SD Head Tax: $3.00 per swimmer

Individual Events: $5.00 each

Facility Fee: $10.00 per swimmer

**Deadline**: All entries and entry fees must be received no later than May 2nd, 2019.

**Protests**: Protests of any kind must be submitted to the referee in writing and will only be 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**: Meet Director: Jason Ahrendt

Referee: Barry Hein

Administrative Official: Mike Palm

Starter: Heather Ahrendt

Head Stroke & Turn: Heather Ahrendt

Marshall: Ryan Lovrein

Head Timer: Dianne Timmer

Meet Director, Referee & Starters must be registered USA Swimming members for the current year. Meet Officials will meet the requirements of 202.5.4. In order for approval of a sanction, according to 2.3(1)(a) of the SD-LSC Policies and Procedures, the Meet Director, Referee, Starter, Marshal, and Head Stroke and Turn Judge must be listed above.

**Misc:**

**Order of Events:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Girls | Saturday AM | Boys | Girls | Sunday AM | Boys |
| 1 | Open 200 Free | 2 | 27 | Open 400 IM | 28 |
| 3 | Open 100 Breast | 4 | 29 | Open 100 Free | 30 |
| 5 | Open 200 Fly | 6 | 31 | Open 200 Back | 32 |
| 7 | Open 100 Back | 8 | 33 | Open 200 Breast | 34 |
| 9 | Open 50 Free | 10 | 35 | Open 100 Fly | 36 |
| 11 | Open 200 IM | 12 |  | 10 min warm up |  |
|  | 10 min. warm up |  | 37 | Open 400 Free | 38 |
| 13 | Open 800 Free | 14 |  |  |  |
|  |  |  |  |  |  |
|  | **Saturday PM** |  |  | **Sunday PM** |  |
| 15 | 12 & Under 200 IM | 16 | 39 | 12 & Under 200 Free | 40 |
| 17 | 12 & Under 100 Free | 18 | 41 | 12 & Under 50 Breast | 42 |
| 19 | 12 & Under 100 Breast | 20 | 43 | 12 & Under 100 Back | 44 |
| 21 | 12 & Under 50 Back | 22 | 45 | 12 & Under 100 Fly | 46 |
| 23 | 12 & Under 50 Fly | 24 | 47 | 12 & Under 50 Free | 48 |
|  | 10 min. warm up |  |  |  |  |
| 25 | 12 & Under 400 Free | 26 |  |  |  |

Attach SD Warm-Up Procedures