



2021 SD Black Hills Gold Invitational
Hosted by Black Hills Gold Swimming
November 20 - 21, 2021
Sanction # SD202110

- 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 Spearfish, Donald E. Young Center, and Black Hills Gold Swimming shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event
- Location:** Donald E Young Center Pool, Black Hills State University, 16625 St. Joe Street, Spearfish, SD 57783.
- Course:** South Dakota – 25 Meter; 6 lanes; wave-calming dividers; 6 lanes will be used for competition; Daktronics timing system with manual backup. In the event of a timing console failure, meet will continue with manual timing with three (3) watches per lane, each operated by a separate timer. The competition course has been certified in accordance with Article 104.2.2C(4).
- Audio/Visual Recording:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms (202.4.10 H).
- Drones:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. (103.13). Exceptions may be granted with prior written approval by the Program & Events Committee Chair or designee.
- MAAPP:** All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- Deck Changing:** Deck Changes are prohibited (202.10 I).
- Water Depth:** Starting end depth 10 feet; midpoint depth 5 feet; turn end depth 4 feet. Turn end water depth meets USAS minimum requirement for racing starts per Rule 103.2.3.
- Format:** This will be a Combined meet. Events will be swum as Timed finals.
- Starting Times:** Four Sessions: Saturday, Session 1 warm-ups will begin at 8:00 a.m. and meet begins at 9:15 a.m. Saturday, Session 2 warm-ups will begin at 1:45 p.m. and meet begins at 2:45 p.m. Sunday, Session 3 warm-ups begin at 8:00 a.m. and meet begins at 9:15 a.m. Sunday, Session 4 warm-ups begin at 1:45 p.m. and meet begins at 2:45 p.m.
- Meetings:** Officials meeting at 8:15 a.m. on both days in the hospitality room. Coach's meeting at 9:00 a.m. on both days in the hospitality room.
- 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.
- Swimwear Restrictions:** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.8 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. (202.5.3) 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 (202.4.10 D). Only registered coaches, swimmers and officials will be allowed on the pool deck.



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- 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 the first day of the meet 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 (202.4.10 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.
- Scoring:** No score will be kept.
- Event Limit:** Swimmers may swim a maximum of 8 individual events for the meet, but no more than 6 per day. Swimmers may swim 2 relay events for the meet, but no more than 1 per day. Swimmers entered in the 400 and 1500 freestyle must provide their own timers and counters.
- Meet Length:** USA Swimming Rules require that with the exception of championship and open water meets, events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours or less per session (prelims, finals, timed finals) for swimmers 12 years and younger. Events for the same 12 & under swimmers shall be limited to one session per day, except for prelim/final meets where events for 12 & under swimmers may be offered in both prelims and finals. (205.3.1 F) Entries will be inputted 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. Relays may be eliminated in order to comply with the 4 hour rule and that those fees will be refunded. Teams will be notified of such changes before to the meet. Only events listed in this section of the sanction may be altered. If the meet is scored and an athlete's event is eliminated, that athlete will be given the opportunity to select a replacement event.
- Seeding:** Swimmers will be seeded slowest to fastest in timed final format.
- Time Trials:** There will be no time trails at this event.
- Awards:** Awards will be given for the following age groups: 8 – under, 9-10, 11-12, 13-14, 215-16, and 17-18.
- Entries:** Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: Misty Trehwella, swimmingbhgs@gmail.com. Mail a printed copy of the entries and a check for entry fees payable to Black Hills Gold Swimming. Mail to: PO Box 703, Spearfish, SD 57783.
- Fees:**
- | | |
|---------------------------|---------------------|
| SD Head Tax: | \$3.00 per swimmer |
| Individual Events: | \$3.00 |
| Relay Events: | \$5.00 |
| Facility and Timing Fees: | \$14.00 per swimmer |
- There will be **NO REFUNDS** of fees (other than refunds due to the need to comply with the four-hour time limit for swimmers 12 & under).
- Deadline:** All entries and entry fees must be received no later than Friday, November 12, 2021.



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Protests: Protests of any kind must be submitted to the referee in writing and will only be from the team coach. All other protest rules are governed by Article 102.2.3. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.

Officials: Meet Director: Misty Trehwella, 605-641-4549
Referee: Kirk Hall
Administrative Official: Misty Trehwella
Starter: Laura Piniero
Head Stroke & Turn: Sarah Van Tassel
Marshal: Jenni Hall
Head Timer: Andy VanDeest

Meet Director, Referee, Starters and Stroke & Turn Officials must be registered USA Swimming Members for the current year. Meet Officials will meet the requirement of Article 202.5.5.

All Registered Officials are welcome and needed to volunteer for the meet.

Programs: Programs will be sold for \$10.00.

Concessions: A concession stand will be open during the entire meet.

Other: This event will have a swim store and will provide basic swim gear.
The facility asks that individuals try and maintain six feet social distancing protocols whenever possible.
If necessary, the host team can require facemasks. Teams will be notified in advance if they will be required or not.

Covid Risk Disclosure: In applying for this sanction event, the host, Black Hills Gold Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA swimming, South Dakota Swimming, the State of South Dakota, and the Donald E Young Center.

We have taken enhanced health and safety measures for our athletes and guests. You must follow all posted instructions while attending our event. An inherent risk of exposure to Covid-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to serious illness and death. According to the CDC, senior citizens and those that have underlying medical conditions are especially vulnerable.

USA Swimming Inc. cannot prevent you or your child/children from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of this disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself, and or increasing your risk of contracting or spreading Covid-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTH DAKOTA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE, OR PROPERTY LOSS, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE, AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH



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Order of Events:

Session 1 Saturday, November 20, 2021

Warm ups begin at 8:00 a.m.- Meet starts at 9:15 a.m.

| Event Number | Age Group | Event |
|--|------------------|------------------|
| 1 | Mixed 13 & Over | 400 IM |
| 2 | Mixed 8 & Under | 25 Butterfly |
| 3 | Mixed 8 & Under | 50 Backstroke |
| 4 | Mixed 13 & Over | 200 Backstroke |
| 5 | Mixed 8 & Under | 25 Freestyle |
| 6 | Mixed 8 & Under | 100 Freestyle |
| 7 | Mixed 13 & Over | 100 Freestyle |
| 8 | Mixed 8 & Under | 50 Breaststroke |
| 9 | Mixed 13 & Over | 200 Breaststroke |
| Warm Ups – 15 Minutes | | |
| 10 | Mixed 13 & Over | 1500 Freestyle |
| Session 2 Warm-ups being at 1:45 PM. Meet starts at 2:45 PM** | | |
| 11 | Mixed 9 – 12 | 100 Butterfly |
| 12 | Mixed 9 – 12 | 50 Backstroke |
| 13 | Mixed 9 – 12 | 200 IM |
| 14 | Mixed 9 – 12 | 100 Freestyle |
| 15 | Mixed 9 – 12 | 50 Breaststroke |

**** Warm up and Start Times Subject to Change.
Will start at the conclusion of the first session.**



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Session 3 Sunday, November 21, 2021
Warm ups begin at 8:00 a.m.- Meet starts at 9:15 a.m.

| Event Number | Age Group | Event |
|--|-----------------|------------------|
| 16 | Mixed 8 & Under | 100 IM |
| 17 | Mixed 13 & Over | 200 IM |
| 18 | Mixed 8 & Under | 50 Butterfly |
| 19 | Mixed 13 & Over | 200 Butterfly |
| 20 | Mixed 8 & Under | 25 Backstroke |
| 21 | Mixed 8 & Under | 100 Backstroke |
| 22 | Mixed 13 & Over | 100 Backstroke |
| 23 | Mixed 8 & Under | 50 Freestyle |
| 24 | Mixed 13 & Over | 50 Freestyle |
| 25 | Mixed 8 & Under | 25 Breaststroke |
| 26 | Mixed 13 & Over | 100 Breaststroke |
| 27 | Mixed 13 & Over | 200 Freestyle |
| Warm Ups – 15 Minutes | | |
| 28 | Mixed 13 & Over | 400 Freestyle |
| Session 4 Warm-ups being at 1:45 PM. Meet starts at 2:45 PM** | | |
| 29 | Mixed 9 - 12 | 100 IM |
| 30 | Mixed 9 - 12 | 50 Butterfly |
| 31 | Mixed 9 - 12 | 100 Backstroke |
| 32 | Mixed 9 - 12 | 50 Freestyle |
| 33 | Mixed 9 - 12 | 100 Breaststroke |
| 34 | Mixed 9 - 12 | 200 Freestyle |
| Warm-ups- 15 Minutes | | |
| 35 | Mixed 9 - 12 | 400 Freestyle |

**** Warm up and Start Times Subject to Change**
Will start at the conclusion of 3 session



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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. Teams must warm up at the assigned time.
- 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 35 minutes for 13&over or Open Sessions and a minimum of 25 minutes for 12&Under Sessions, 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, seated slip-in entries to be used and allowed from either end of the competition pool 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 "staff" 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 one length and walk back to the starting end.
 - (4) Relay take-offs - During the LSC Championship Meets, the Referee may permit a 5minute 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) Supervising Lifeguards must agree to enforce warm up rules as instructed by Meet Referee or their designee.
 - (3) There will be no diving
 - (4) Circle Swimming only
 - (5) Coaches will determine which of their swimmers may participate in these sessions regardless of age group.

EXHIBIT #9 (10/27/18)