



2022 SD ASC Winter High Point Meet  
Hosted by Aberdeen Swim Club  
Jan 8-9, 2022  
Sanction # SD202114

- 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 Aberdeen, SD, Aberdeen Family YMCA and Aberdeen Swim Club shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event. Also, the above mentioned entities are not responsible for lost, stolen, or damaged property.
- Location:** Aberdeen YMCA, 5 South State Street, Aberdeen, SD.
- Course:** 25 yard, 8 lanes; with wave-calming dividers; 8 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 not 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 12 feet; midpoint depth 5 feet turn end depth 3.5 feet. Turn end water depth does not meet 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:** 4 Sessions: Saturday and Sunday morning sessions (1&3) will be 11-12 Girls and 13 & Over Girls & Boys.  
Afternoon sessions (2&4) will be 11-12 Boys and 10 & Under Girls & Boys.  
Session 1 & 3: First Warm-up at 7:15 AM, if needed  
Second Warm-up at 8:00 AM  
Meet Start at 9:00 AM  
Session 2 & 4: Warm-ups will begin immediately after the morning sessions but not before 11:00 AM.  
Approximate warm-up and start times will be provided after the meet is seeded.
- Meetings:** There will be coaches, officials and timers meeting immediately following warm-ups at the east end of the pool.
- 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



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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.

**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:** Individual scoring will be, 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1, Relays will not be scored.

**Event Limit:** Each swimmer may enter a maximum of 8 individual events for the meet with no more than 5 per day. Swimmers may swim 2 relay events for the meet, but no more than 1 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 first for the host team and then in the order they are received. When the computer generated timeline indicates that the time limit has been reached for any session, relays will be removed from that session. If removing the relays does not allow for the time limits to be met, then 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.

**Seeding:** Events will be seeded slowest to fastest

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

**Awards:** Ribbons will be awarded 1-16th place in all age group events, and 1-5th in all relay events. High point trophies will be awarded for 1st-5th and medals 6th-8th place in each age group. Age groups to be scored as follows: 6 & under, 7-8 (8 and under events will be swam together), 9-10, 11-12, 13-14, 15-16, 17-19 (13 and over will be swam together). There will be an awards ceremony for the high point awards after each session on Sunday.

**Entries:** Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: Joel Mann, ascstingrays1@gmail.com. Mail a printed copy of the entries and a check for entry fees payable to Aberdeen Swim Club. Mail to: Joel Mann, 1722 Spruce Dr., Aberdeen, SD, 57401

**Fees:** \$3.00 South Dakota head tax per swimmer  
\$4.00 per individual event  
\$6.00 per relay event  
\$11.00 per individual timing and use fee (\$1.00 timing fund & \$10.00 facility fee)  
There will be no refund on fees

**Deadline:** All entries and entry fees must be received no later than Dec 28, 2021.

**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.



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**Officials:** Meet Director: James Haugen; 605.290.1357  
Referee: Martin Schmidt, 605.228.0196  
Administrative Official: Joel Mann, 605.228.4930  
Starter: Jay Maas  
Head Stroke & Turn: Megan Rosendahl  
Marshall Scott Kuck  
Head Timer Mark Schaeffer

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 available for \$10.00 and each coach will receive 1 complimentary copy.

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

**Hospitality:** Will be provided for Officials and Coaches

**Other:** Swimmers for the 500 and 1650 must provide their own counters. Fly-Over Starts may be used at the discretion of the Meet Referee.

**Weather Policy** [N/A](#)

**COVID-19  
Disclosure:**

We have taken enhanced health and safety measures – for you and our other guest. You must follow all posted instruction. 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 severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

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USA Swimming, Inc., cannot prevent you (or your child(ren)) 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 the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to 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 EXPOSURE TO 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 LOSSES, 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



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**ORDER OF EVENTS**

Girls	Event	Boys		Girls	Event	Boys
	<b>January 8, 2022</b>				<b>January 9, 2022</b>	
	<b>Session 1</b>				<b>Session 3</b>	
1	11-12 100 IM			53	11-12 200 IM	
2	13 & Over 200 IM	3		54	13 & Over 400 IM	55
4	11-12 100 Butterfly			56	11-12 200 Freestyle	
5	13 & Over 100 Butterfly	6		57	13 & Over 200 Freestyle	58
7	11-12 100 Backstroke			59	11-12 50 Butterfly	
8	13 & Over 200 Backstroke	9		60	13 & Over 200 Butterfly	61
10	13 & Over 100 IM	11				
12	11-12 50 Breaststroke			62	11-12 50 Backstroke	
13	13 & Over 100 Breaststroke	14		63	13 & Over 100 Backstroke	64
15	11-12 100 Freestyle			65	11-12 100 Breaststroke	
16	13 & Over 100 Freestyle	17		66	13 & Over 200 Breaststroke	67
18	11-12 200 Medley Relay			68	11-12 50 Freestyle	
19	13 & Over 200 Medley Relay	20		69	13 & Over 50 Freestyle	70
	** 10 Minute Warm Up **			71	11-12 200 Freestyle Relay	
21	11 & 12 500 Freestyle			72	13 & Over 200 Freestyle Relay	73
22	13 & Over Mixed 500 Freestyle	22			** 10 Minute Warm Up **	
				74	13 & Over Mixed 1650 Freestyle	74
	<b>Session 2</b>				<b>Session 4</b>	
23	8 & U 100 IM	24		75	9-10 200 IM	76
25	9-10 100 IM	26			11-12 200 IM	77
	11-12 100 IM	27		78	8 & U 100 Freestyle	79
28	8 & U 50 Butterfly	29		80	9-10 200 Freestyle	81
30	9-10 100 Butterfly	31			11-12 200 Freestyle	82
	11-12 100 Butterfly	32		83	8 & U 25 Butterfly	84
33	8 & U 50 Backstroke	34		85	9-10 50 Butterfly	86
35	9-10 100 Backstroke	36			11-12 50 Butterfly	87
	11-12 100 Backstroke	37		88	8 & U 25 Backstroke	89
38	8 & U 25 Breaststroke	39		90	9-10 50 Backstroke	91
40	9-10 50 Breaststroke	41			11-12 50 Backstroke	92
	11-12 50 Breaststroke	42		93	8 & U 50 Breaststroke	94
43	8 & U 25 Freestyle	44		95	9-10 100 Breaststroke	96
45	9-10 100 Freestyle	46			11-12 100 Breaststroke	97
	11-12 100 Freestyle	47		98	8 & U 50 Freestyle	99
48	8 & U Mixed 100 Medley Relay	48		100	9-10 50 Freestyle	101
49	9-10 200 Medley Relay	50			11-12 50 Freestyle	102
	11-12 200 Medley Relay	51		103	8 & U Mixed 100 Freestyle Relay	103
	** 10 Minute Warm Up**			104	9-10 200 Freestyle Relay	105
52	9-12 Mixed 500 Freestyle	52			11-12 200 Freestyle Relay	106

**Warm-up/Cool-down breaks may be added after the meet is seeded.**



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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)