**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 Watertown and Watertown Area 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

**Location:**  Prairie Lakes Wellness Center

1515 15th St NE

Watertown, SD 57201

**Course:** 25 yard, 8 lane competitive pool with wave-calming dividers; 8 lanes will be used for competition; 3 separate lanes for warm up/cool down. 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** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest

**Recording:** 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.

**Deck Changing:** Deck Changes are prohibited (202.10 I).

**Water Depth:** Starting end depth 9 feet; midpoint depth 5 feet; turn end depth 3 ½ feet. Turn end water depth does not meet 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.

**Starting Times*: Warm ups Friday night – 4 p.m. Meet to begin at 5 p.m.***

Warm-ups - 8 a.m. Meet to begin at 9 a.m. for the first session on Saturday and Sunday.

**Information will be sent out the week prior to the meet for the approximate time for warmups and start of meet times for the 2nd session and 3rd sessions on Saturday and Sunday**

**Meetings:** Officials Meeting will be in the birthday party room – one hour prior to the meet start time each day.

**Coaches Meeting will be in the birthday party room –** 15 minutes prior to the meet start each day.

**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** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations

**Restrictions:** (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.

**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** On Deck USA Swimming registration will be permitted with appropriate documentation. Swimmers must show

**Registration:** 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:**  The meet will be pre-seeded and deck entries will NOT be allowed.

**Scoring:** Scoring divided by gender and by age – 6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19

**Event Limit:** Swimmers may swim a maximum of \_9\_ individual events for the meet – only if they swim one on Friday night. Only 8 events for high point. Swimmers can swim a total of 8 on Saturday and Sunday only, but no more than 5 per day.

**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. We will eliminate longer events if we cannot comply with the 4 hour rule.

**Seeding:** Seeding will be by speed -mixing genders, however, swimmers will be scored based on gender and age.

**Time Trials:** There will not be time trials.

**Awards:** Awards will be ribbons for 1st – 16th place. Top 5 High Point winners will receive medals in each age group and gender.

Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: Donna Bierschbach, watertownswim@outlook.com . Mail check for entry fees payable to Watertown Area Swim Club.

Mail to: WASC, PO Box 601, Watertown, SD 57201

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

Individual Events: $\_4.00 per event

Relay Events: $ 5.00 \_\_\_\_\_

Facility Fees: $ 10.00

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 **Wednesday, December 30, 2020 – due to New Years**.

**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: Donna Bierschbach, 605-886-0999

Referee: John Kuecker

Administrative Official: Dan Bierschbach, 605-886-0999

Starter: Kris Lauseng

Head Stroke & Turn: David Ross

Marshall Chad Lauseng

Head Timer Troy Stavig and Josh Hoftiezer

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 - $8**.

**Concessions:** Concessions will be sold throughout the meet - stopping one hour before the end of the meet each day.

**Hospitality: In the birthday party room for Officials and Coaches**

**Parking: Parking is on the North side of the Wellness Center.**

**Entrance to the building is on the North side of the building** .

**Weather Policy None. We do not stop even for lightning**.

**Order of Events:**

**Friday evening events are limited to WASC swimmers. Saturday and Sunday events are open to other teams.**

**Friday, January 8, 2021 = Friday night events do not count towards high point scoring – WASC only**

**Event 1 - 11 and over 1000 freestyle**

**Event 2 - 8 and under 200 freestyle**

**Event 3 – 9-10 500 freestyle**

**Saturday and Sunday events open to all teams and count for high point**

**Saturday, January 9, 2021**

Saturday morning 11-14

Event 4 - **11 -12 - 100 IM**

**Event 5 – 13 -14 - 200 IM**

**Event 6 – 11 -12 – 100 butterfly**

**Event 7- 13 -14 - 100 butterfly**

**Event 8 – 11-12 - 50 backstroke**

**Event 9 – 13 – 14 – 200 backstroke**

**Event 10 - 13-14 - 100 IM**

**Event 11 – 11-12 - 50 breaststroke**

**Event 12 –13-14 - 200 breaststroke**

**Event 13 – 11-12 – 100 freestyle**

**Event 14 – 13-14 – 100 freestyle**

**Event 15 – 11-12 – 500 freestyle**

**Event 16 – 13-14 – 500 freestyle**

**Saturday – 10 and unders**

**Event 17 - 8 and under - 100 IM**

**Event 18 – 9-10 - 100 IM**

**Event 19 - 8 and under - 50 backstroke**

**Event 20 - 9-10 - 100 backstroke**

**Event 21 - 8 and under - 50 butterfly**

**Event 22 – 9-10 - 100 butterfly**

**Event 23 - 8 and under - 25 breaststroke**

**Event 24 - 9-10 - 50 breaststroke**

**Event 25 - 8 and under - 25 freestyle**

**Event 26 - 9-10 - 200 freestyle**

**Event 27 - 8 and under - 100 backstroke**

**Saturday late afternoon – 15-19**

**Event 28 – 15 and over - 200 IM**

**Event 29 - 15 and over - 100 butterfly**

**Event 30 - 15 and over - 200 backstroke**

**Event 31 - 15 and over - 100 freestyle**

**Event 32 - 15 and over - 200 breaststroke**

**Event 33 - 15 and over - 100 IM**

**Event 34 - 15 and over - 500 freestyle**

**Sunday morning - January 10, 2021**

**11-14 year olds**

**Event 35 - 11-12 - 200 IM**

**Event 36 - 13-14 - 400 IM**

**Event 37 - 11-12 - 50 freestyle**

**Event 38 - 13-14 - 50 freestyle**

**Event 39 - 11-12 - 50 butterfly**

**Event 40 - 13-14 - 200 butterfly**

**Event 41 - 11-12 - 100 backstroke**

**Event 42 - 13-14 - 100 backstroke**

**Event 43 - 11-12 - 100 breaststroke**

**Event 44 - 13-14 - 100 breaststroke**

**Event 45 - 11-12 - 200 freestyle**

**Event 46 - 13-14 - 200 freestyle**

**Sunday –**

**10 and unders**

**Event 47 – 9-10 - 200 IM**

**Event 48 - 8 and under - 100 freestyle**

**Event 49 - 9-10 - 100 freestyle**

**Event 50 - 8 and under - 25 butterfly**

**Event 51 - 9-10 - 50 butterfly**

**Event 52 - 8 and under - 25 backstroke**

**Event 53 - 9-10 - 50 backstroke**

**Event 54 - 8 and under - 50 breaststroke**

**Event 55 - 9-10 - 100 breaststroke**

**Event 56 - 8 and under - 50 freestyle**

**Event 57 - 9-10 - 50 freestyle**

**Sunday –**

**15-19 year olds**

**Event 58 – 15 and over - 400 IM**

**Event 59 – 15 and over - 50 freestyle**

**Event 60 – 15 and over - 200 butterfly**

**Event 61 – 15 and over - 100 backstroke**

**Event 62 – 15 and over - 100 breaststroke**

**Event 63 – 15 and over - 200 freestyle**

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 individuals with underlying medical conditions are especially vulnerable.

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 [THE LSC] 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 THEREWITH.

**202.4.16  To address circumstances related to COVID-19, a supplemental document to the meet sanction request shall include:**

1. There is no local mandate or protocol.
2. The meet has been divided into smaller age groups to control the number of swimmers and spectators during each session.
3. There will be workers on deck during the meet. All workers on deck will wear masks. 18 timers, 4-10 officials, 10-15 coaches will all be on deck. Swimmers are asked to wait until their heat is called to come behind the blocks.
4. There is seating for 300 in the pool area and we ask that parents spread out and wear masks. 2 gyms will also be provided to enable parents and swimmers to safely spread apart.
5. In applying for this sanction, the Host, Watertown Area Swim Club 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 City of Watertown.

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)