



2019 SD Too Cool for the Pool
Hosted by Watertown Area Swim Club
June 1 and June 2, 2019
Sanction # SD201835

- 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 Aquatics Center
1515 15th St NE.
Watertown, SD 57201
- Course:** 25 yard pool, 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 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 (202.4.9 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 Vice President of Program Operations.
- Deck Changing:** Deck Changes are prohibited (202.4.9 I).
- Water Depth:** Starting end depth 9 foot; midpoint depth 5 foot; 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 will begin at 8 a.m. on Saturday and Sunday. Afternoon session warm ups will be sent out with an approximate timeline on Wednesday *of the week of the meet*.
Meet will begin at 9 a.m. both days
- Meetings:** Officials meeting in the birthday party room beginning at 8:15 a.m.
Coaches meeting in the birthday party room beginning at 8:45 a.m.
- 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. 102.8.1 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**



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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 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 (202.4.9 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 be allowed if space is available and at the discretion of the Meet Referee.

Scoring: There will be no high point or team scoring.

Event Limit: Swimmers may swim a maximum of 8 individual events for the meet, but no more than 5 per day. Swimmers may swim 1 relay events for the meet.

Meet Length: USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1; 205.3.1 F) or 4 hours for swimmers 12 years and younger. 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. 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: Seeding will be slowest to fastest with genders and age groups mixed.

Time Trials: There will be no time trials at this meet.

Awards: Ribbons will be awarded at this meet. Ribbons will be given for the top 16 places by gender and age group. 6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19.

Entries: **Should be sent to watertownswim@outlook.com**
Payment for meet fees can be mailed to WASC, PO Box 601, Watertown, SD 57201

Fees:

SD Head Tax:	\$3.00 per swimmer
Individual Events:	\$ 4.00
Relay Events:	\$ 5.00
Other 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 May 24, 2019.



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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: Donna Bierschbach, 605-886-0999
Referee: Jamie White
Administrative Official: Dan Bierschbach, 605-886-0999
Starter: John Kuecker
Head Stroke & Turn: Kris Lauseng
Marshall Renee Rumpza, Kara Hoftiezer
Head Timer Troy Stavig, Tim Lalim

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. Meet Officials will meet the requirement of Article 202.3.3.

Programs: Programs will be sold at the meet for \$8..

Concessions: Concessions will be available at the meet, but may close towards the end of the meet for clean up each day.

Hospitality: Coaches and Officials will be served snacks and drinks in the birthday party room.

Parking: Parking is on the North side of the building with a separate entrance for the swim meet. .

Weather Policy: This is an indoor meet. Lightning policy is that we will remain open and swimming even during lightning..

Other: 25 yard events are offered to swimmers 9 and over are for swimmers who are just beginning swim team, or for swimmers who cannot swim a 50 of the stroke yet legally, or for swimmers who do not have 4 events that they can compete in daily.



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Order of Events:

Session 1 - Saturday

Event 1 -	Mixed 10 and under	100 freestyle
Event 2 -	Mixed 10 and under	25 backstroke
Event 3 -	Mixed 10 and under	100 breaststroke
Event 4 -	Mixed 10 and under	200 IM
Event 5 -	Mixed 10 and under	50 butterfly
Event 6 -	Mixed 10 and under	100 backstroke
Event 7 -	Mixed 10 and under	25 freestyle
Event 8 -	Mixed 10 and under	200 freestyle

Session 2 - Saturday

Event 9-	Mixed 11 and over	100 freestyle
Event 10 -	Mixed 11-12	50 breaststroke
Event 11-	Mixed 13 and over	100 breaststroke
Event 12 -	Mixed 11-12	25 freestyle
Event 13 -	Mixed 11-12	100 IM
Event 14	Mixed 13 and over	200 IM
Event 15 -	Mixed 13 and over	100 butterfly
Event 16-	Mixed 11-12	25 backstroke
Event 17	Mixed 11-12	100 backstroke
Event 18	Mixed 13 and over	200 backstroke
Event 19	11-12 girls	200 free relay
Event 20	11-12 boys	200 free relay
Event 21	Mixed 11 – 12	500 freestyle
Event 22	Mixed 13 and over	400 IM



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Session 3

Sunday

Event 23	Mixed 10 and under	50 backstroke
Event 24	Mixed 10 and under	100 butterfly
Event 25	Mixed 10 and under	25 breaststroke
Event 26	Mixed 10 and under	50 freestyle
Event 27	Mixed 10 and under	50 breaststroke
Event 28	Mixed 10 and under	25 butterfly
Event 29	Mixed 10 and under	100 IM
Event 30	Mixed 8 and under	100 freestyle relay
Event 31	Mixed 9-10	200 freestyle relay

Session 4

Sunday

Event 32	Mixed 11 and over	50 freestyle
Event 33	Mixed 11-12	25 breaststroke
Event 34	Mixed 11 and over	200 freestyle
Event 35	Mixed 11-12	50 butterfly
Event 36	Mixed 13 and over	100 backstroke
Event 37	Mixed 11-12	50 backstroke
Event 38	Mixed 13 and over	100 butterfly
Event 39	Mixed 11-12	100 breaststroke
Event 40	Mixed 11-12	25 butterfly
Event 41	Mixed 13 and over	200 breaststroke
Event 42	Mixed 11-12	100 butterfly
Event 43	Mixed 11-12	200 IM
Event 44	Mixed 13 and over	200 butterfly
Event 45	Mixed 13 and over	1000 freestyle

The 11-12 year old 25 yard strokes are meant for swimmers just beginning swim team or for kids who can't swim other events legally so they need another event.



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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)