

2009 SD RAPID CITY RACERS WINTER INVITE SWIM MEET

Hosted by Rapid City Racers Swim Team

December 19th and 20th, 2009

SANCTION # 102809

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc.
- RULES:** The current USA Swimming and SD Swimming rules will govern the conduct of this meet.
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, the City of Rapid City, and the Rapid City Racers Swim Team shall be free of any liability or claims for damages arising from injuries arising by reason of injuries to anyone during the conduct of the meet (202.7). Also, the above-mentioned are not responsible for any lost, stolen or damaged property.
- LOCATION:** Roosevelt Swim Center, 125 Waterloo Street Rapid City, SD 57701.
- COURSE:** 25-yard indoor, 8-lane pool with wave-calming dividers. Colorado timing equipment with manual back up will be used. The competition course has been certified in accordance with 104.2.2(C). The copy of such certification is on file with USA Swimming. Pool depths: starting 12.5 feet, midpoint 5 feet, turn-end 3.5 feet. Fly-over starts may be used at the discretion of the Meet Referee.
- FORMAT:** Timed finals. Swimmers entered in the 500 and 1,650 freestyles must provide their own timers and counters.
- START TIMES:** There are two sessions: Session I, Saturday, December 19th – Meet starts at 1:50 PM
Session II, Sunday, December 20th – Meet starts at 9:50 AM
Warm ups will be divided depending on the number of swimmers and will be communicated to the coaches prior to the meet. **Warm-up Schedule (see below)**

Saturday December 19th Session I

12:00 PM – 12:30 PM General Warm-ups (Warm-up Period I)
12:30 PM – 12:45 PM Specific Warm-ups (Warm-up Period I)
12:45 PM – 1:15 PM General Warm-ups (Warm-up Period II)
1:15 PM – 1:30 PM Specific Warm-ups (Warm-up Period II) Officials Meeting
1:35 PM – 1:45 PM Coaches Meeting
1:50 PM Meet Starts

Saturday December 19th Session II

There will be 10 minutes for general warm-ups and 5 minutes for specific warm-ups before the 500 free. Warm-ups will begin immediately following the conclusion of session I.

Sunday December 20th Session III

8:00 AM – 8:30 AM General Warm-ups (Warm-up Period I)
8:30 AM – 8:45 AM Specific Warm-ups (Warm-up Period I)
8:45 AM – 9:15 AM General Warm-ups (Warm-up Period II)
9:15 AM – 9:30 AM Specific Warm-ups (Warm-up Period II) Officials Meeting
9:35 AM – 9:45 AM Coaches Meeting
9:50 AM Meet Starts

Sunday December 20th Session IV

There will be 10 minutes for general warm-ups and 5 minutes for specific warm-ups before the 1650 free. Warm-ups will begin immediately following the conclusion of session III.

NOTE: The first warm-up session for each day may be eliminated if only one session is needed.

MEETINGS

Saturday December 19th

1:15 PM – 1:30 PM Officials Meeting - Officials room, Room north side of starting blocks
1:30 PM – 1:40 PM Timers Meeting - Pool deck, Starting block area
1:35 PM – 1:45 PM Coaches Meeting - Officials room, Room north side of starting blocks
1:50 PM Meet Starts

Sunday December 20th

9:15 AM – 9:30 AM Officials Meeting - Officials room, Room north side of starting blocks
9:30 AM – 9:40 AM Timers Meeting - Pool deck, Starting block area
9:35 AM – 9:45 AM Coaches Meeting - Officials room, Room north side of starting blocks
9:50 AM Meet Starts

WARM-UPS:

South Dakota LSC procedures will be followed. Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. South Dakota Swimming Warm-up Procedures will be followed (see attached). In the event that a warm-up lane is designated for the entire meet, this lane is to be used for warm-up and cool-down swimming only. Swimmers are not to loiter or play in this lane, and all swimmers must enter and exit this lane from the shallow end of the pool.

SWIMWEAR

RESTRICTIONS:

Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Article 102.9.1 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. Only registered coaches, swimmers and officials will be allowed on pool deck.

ELIGIBILITY:

All swimmers, coaches, clubs and officials must be currently registered with USA swimming. The age of the swimmers on December 19, 2009 will determine age group for the entire meet.

DECK

REGISTRATION:

On-deck USA swimming registration will not be permitted at this meet.

DECK ENTRIES:

Deck entries will not be allowed.

SCORING:

There will be no team points or individual points kept in this meet. The state chairman shall appoint a 3-member seed committee to mediate any seeding disputes. They shall investigate time protest and recommend action to the LSC within 30-days of the protest.

EVENT LIMIT:

Each swimmer may enter a maximum of 10 individual and up to 2 relay events for the meet with no more than 5 individual events per day.

SEEDING:

Swimmers will be seeded slowest to fastest in heats with NT entries being seeded randomly in available heats. The 500 and 1,650 yard freestyles will be seeded from fastest to slowest.

TIME TRIALS:

No time trials will be offered at this meet.

EXHIBITION:

Exhibition swimming will be at the discretion of the Meet Referee

AWARDS: All awards will be determined by the swimmers final time. Ribbons will be awarded to the top 16 swimmers in each event. Age group awards shall be 8 & under, 9-10, 11-12, 13-14, 15-16, 17-19.

ENTRIES: Teams are encouraged to submit their entries by email using Hy-Tek Team Manager software. E-mail to: landjana@rushmore.com. Mail a printed copy of the entries and a check for entry fees payable to Rapid City Racers to:

Rapid City Racers
C/O Lindsay Smith
2618 Arrowhead Drive
Rapid City, SD 57702

FEES: \$3.00 per swimmer SD Head Tax
\$3.00 per individual event
\$5.00 per relay event
\$7.00 per swimmer Pool Fees

There Will Be **NO REFUNDS** of fees.

DEADLINE: All entries and entry fees must be received no later than Saturday, December 5, 2009. **NO EXCEPTIONS.** After this time there will be no more changes except for errors on our part. Make sure to check your e-mail if we need to get a hold of any teams that might have an exception.

PROTESTS: Protests of any kind will only be accepted by the referee and only from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.

CONCESSIONS: Concessions will be available during the entire meet.

OFFICIALS: Meet Director: Lindsay Smith
Meet Referee: Julie Godbe
Head Stroke & Turn: Kelly Gorman
Meet Marshall: David Godbe
Head Starter: Bob Sieve
Head Timer: Shawn Krush
Announcer: David Godbe/Jill Krush

SCRATCHES: Scratches should be handed to the referee before the start of each session's warm-up.

WEATHER: Upon inclement weather, warm up start time updates or meet cancelations please check RCR website at: <http://www.rapidcityracers.com/Home.jsp?team=sdsrcl>

PROGRAMS & RESULTS: Programs will be available for \$5.00 and each coach will receive 1 complimentary copy and each team will receive 1 copy of the results.

ORDER of EVENTS:	<u>Girls</u>	<u>Saturday (session I)</u>	<u>Boys</u>
	1	8 & Under 100 Freestyle Relay	2
	3	200 Freestyle Relay	4
	5	200 IM	6
	7	8 & Under 25 Butterfly	8
	9	100 Butterfly	10
	11	50 Free	12
	13	12 & Under 50 Backstroke	14
	15	13 & Over 200 Backstroke	16
	17	8 & Under 25 Breaststroke	18
	19	100 Breaststroke	20

Saturday (session II)

(15 minute warm-up)

21 Mixed 500 Free

Girls

Sunday (session III)

Boys

22	8 & Under 100 Medley Relay	23
24	200 Medley Relay	25
26	8 & Under 25 Freestyle	27
28	100 Freestyle	29
30	12 & Under 50 Butterfly	31
32	13 & Over 200 Butterfly	33
34	8 & Under 25 Backstroke	35
36	100 Backstroke	37
38	12 & Under 50 Breaststroke	39
40	13 & Over 200 Breaststroke	41
42	12 & Under 100 IM	43
44	200 Freestyle	45

Saturday (session IV)

(15 minute warm-up)

46 Mixed 11 & Over 1,650 Freestyle

SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

1. The Meet Marshall and Meet Referee shall monitor and enforce warm-up procedures.
2. No team or unattached swimmer may warm-up unless supervised by a USA swimming member coach. Coaches and supervisors shall remain at the starting end of the pool and shall maintain verbal and visual contact with their swimmers throughout warm-ups.
3. Warm-ups shall be divided into a general warm-up period and a specific warm-up period. At the LSC Long Course and Short Course Championship Meets, the latter period may include a period for relay take-off practice.
4. Every reasonable effort shall be made to equalize swimmers/lane during warm-ups.

General Warm-ups:

- A. There will be no diving. Any swimmer who dives in during general warm-ups will be scratched automatically from his/her first individual event of the session.
- B. All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
- C. General warm-ups should last a minimum of 30 minutes, unless the Meet Referee determines that a shorter period is necessary due to time and/or space constraints.

Specific Warm-ups:

- A. There will be no diving in the two outside lanes. Again, any swimmer who dives in one of the outside lanes during specifics will be scratched from his/her first individual event of the session. The outside lanes shall be used for circle swimming or for pace work.
- B. Diving and backstroke starts will be allowed from the starting end of the all lanes except the outside lanes of the pool. 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.
- C. Specific warm-ups shall last a minimum of 15 minutes, unless the Meet Referee determines that a shorter period is necessary due to time and/or space constraints.
- D. Relay take-offs – During the LSC Championship Meets, the Referee may permit a 5-minute 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.