

2011, SD The GREAT Trick or Treat Relay Meet  
Hosted by GREAT Swim Team  
October 22, 2011  
Sanction # SD NA

- Sanction: This meet is a non-sanctioned meet.
- Rules: The current USA Swimming and SD Swimming rules will govern the conduct of the meet.
- Liability: It is understood and agreed that USA Swimming, South Dakota Swimming, the City of Rapid City and GREAT Swim Team shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event .
- Location: Rapid City Swim Center, 125 Waterloo Street, Rapid City, SD 57701.
- Course: 25 yard pool length; Meet will be in Five (5) of Eight (8) of lanes; wave-calming dividers; Manual timing devices will be used. The competition course has been certified in accordance with USAS Rule104.2.2C(4).
- Water Depth: Starting end depth 12.5 ft.; midpoint depth 6 ft.; turn end depth 3.5 ft.. Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2. Starts from the turn end of the pool will be in water starts.
- Format: This will be a non-sanctioned meet. Purpose of this is for fun and community involvement.
- Starting Times: Warm-ups starting time 4:00. Meet to start at 4:30.
- 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. 102.9.1 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.
- Eligibility: All swimmers, coaches, and clubs. The age of the swimmer on 10/22/11 determines the age of the swimmer.
- Deck Entries: Deck entries will be allowed if space is available and at the discretion of the Meet Referee.
- Scoring: Non-Scored Meet
- Event Limit: No event limit.
- Seeding: Seeding will be done electronically.

- Time Trials: There will be no time trails.
- Awards: Prizes will be awarded.
- Entries: Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: [greatswimming@rap.midco.net](mailto:greatswimming@rap.midco.net) . Mail a printed copy of the entries and a check for entry fees payable to GREAT Swim Team. Mail to: PO Box 182, Rapid City, South Dakota, 57709
- Fees: Relay Events: \$15.00 per person (unlimited relays) First 100 swimmers entered will received a meet swim cap.
- Deadline: All entries and entry fees must be received no later than October 17, 2011
- Protests: N/A This is a fun meet.
- Concessions: A concession stand will be open during the entire meet.
- Officials: Meet Director: Jean Klueber Mortimer  
 Phone #: 605 391-7384  
 Starter: Duncan Olney  
 Head Timer Shad Olson

### Order of Events:

- Event 1** **All Witches (Female) 150 (25 50 50 25) Free** (One Swimmer 8 and Under, One Swimmer, 9-12, One Swimmer 13-19 and One swimmer 19-99)
- Event 2** **All Warlocks (Male) 150 (25 50 50 25) Free** (One Swimmer 8 and Under, One Swimmer 9-12, One Swimmer 13-19 and One Swimmer 19-99)
- Event 3** **Mixed Vampire's Fly:**  
 3A 100 8 and Under  
 3B 200 9-12  
 3C 200 13-18  
 3D 100 19-99
- Event 4** **Mixed Spooky Side Stroke 100 (All Ages)**
- Event 5** **Mixed Bat's Back**  
 5A 100 8 and Under  
 5B 200 9-12  
 5C 200 13-18  
 5D 100 19-99
- Event 6** **Coach and Council Relay 150 (25 50 50 25) Any Stroke**

- Event 7**      **Mixed Spider Crawl 50 (All Ages)** Each team will have one pair swim 25 and then the last pair will swim 25. Swimmers are connected on the side.
- Event 8**      **Mixed Goblins Free**  
                   8A     100   8 and Under  
                   8B     200   9-12  
                   8C     200   13-18  
                   8D     100   19-99
- Event 9**      **Mixed T-Shirt Relay 100 (All Ages)** 1<sup>st</sup> Swimmer Starts with a T-Shirt on, must take off and next swimmer must put on the wet T-Shirt before starting their length of the relay.
- Event 10**     **Mixed Trick or Treat Medley 100**  
                   10A    8 and Under  
                   10B    9-12  
                   10C    13-18  
                   10D    19-99
- Event 11**     **Mixed Kickboard Stack Relay 100 (All Ages)** Last Swimmer will have to kick with 4 kickboards.
- Event 12**     **Mixed Chain Relay 100 (All Ages)** 1<sup>st</sup> Swimmer swims 25 stays in the water and 2<sup>nd</sup> Swimmer attaches to 1<sup>st</sup> Swimmer they swim the next 25, third Swimmer attaches to Swimmer 1 & 2 and they all swim the next 25 then the 4<sup>th</sup> Swimmer attaches to Swimmer 1, 2 & 3 and they all swim the final 25.
- Event 13**     **Mixed Endless (5 Minute) Relay** (One Swimmer 8 and Under, One Swimmer 9-12, One Swimmer 13-19 and One Swimmer 19-99). Each person swims a 50, and then you start over with the 1<sup>st</sup> Swimmer. The team that swims the most 50's wins.

*All teams must consist of four (4) people. You may only swim on one team per event.*

If you would like to swim but do not have a team please contact the meet director.

Contact Information: Jean Mortimer @ (605) 391-7384 or email [greatswimming@rap.midco.net](mailto:greatswimming@rap.midco.net) or [greatswimming.org](http://greatswimming.org)

## **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.
- 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 45 minutes, 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, slip-in entries 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 "start" 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 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.  
(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) There will be no diving.  
(3) Circle swimming only.  
(4) Coaches will determine which of their swimmers may participate in these sessions regardless of age group.