



2023 SD SFST Sanford Invitation
Hosted by Sioux Falls Swim Team
July 7-9, 2023
Sanction # SD202236

- 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 Sioux Falls and Sioux Falls 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 (202.4.10).
- Location:** 1601 S. Western Ave., Sioux Falls SD, 57105
- Course:** 50m Indoor Pool with 10 lanes with wave-calming dividers; 10 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 104.2.2C(4). The copy of such certification is on file with USA Swimming;
- 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 (202.4.11 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. (202.4.11 M)
- Deck Changing:** Deck Changes are prohibited (202.4.11 I).
- Water Depth:** Starting end depth 13'; midpoint depth 7'; turn end depth 4'. Turn end water depth meets USAS minimum requirement for racing starts per rule 103.2.3.
- Format:** This is a prelim/final meet for 13 & Overs. 12 & Unders will be timed finals.
Prelim sessions will be combined 13 & Over swimmers with the final 3 heats circled seeded, 2 heats for the 400 Free & 400 IM. In finals there will be an A & B (top 20) final for 13-14 and 15 & Overs for each gender.
Positive check-in will be required for events 400 and longer.
12 & Unders will swim timed finals in the afternoon sessions.
- Starting Times:** *Warm up and start times are subject to change once entries have been received.*
Friday, Saturday, & Sunday Prelims Sessions
Warm ups: 7:00-8:15am,
Meet starts: 8:30am
Friday, Saturday, Sunday 12 & Under sessions
Warm ups: Not before 11:30am
Meet Starts: Not before 12:15pm
Friday and Saturday Finals Sessions
Warm ups: Not before 4:00pm
Meet Starts: Not before 5:00pm
Sunday Finals Sessions
Warm ups: Not before 2:00pm
Meet Starts: Not before 3:00pm



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- Meetings:** A coaches meeting will be held prior to the start of the meet Friday, any other coaches meetings will be at the discretion of the meet referee. Officials meetings will be held 30 minutes to 1 hour prior to the start of each session. A timers meeting will be held 15 minutes prior to the start of each session
- 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 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 without the use of the backstroke ledge. 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 (202.4.11 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 and in good standing. No coach or official will be permitted to be on deck without proof of current USA Swimming Certification using the USA Swimming app or printed USA Swimming member 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 (202.4.11 E).
- Deck Registration:** On Deck USA Swimming registration will not be permitted.
- Deck Entries:** Deck entries will not be allowed.
- Scoring:** Top 20 places will score as follows: 24-21-20-19-18-17-16-15-14-13, 11-9-8-7-6-5-4-3-2-1 for each individual event.
- Event Limit:** 13 & Over swimmers may swim a maximum of 9 individual events for the meet, but no more than 3 per day. 12 & Under swimmers may swim a maximum of 8 individual events for the meet, but no more than 6 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. 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.
- Seeding:** All 12 & Under events will be seeded slowest to the fastest.
- 13 & over events will be seeded combined age group but separate gender in prelims with the last 3 heats circle seeded, the last 2 heats for the 400 Free/IM will be circle seeded. In finals there will be an A/B final for 13-14 and 15 & overs of each gender. 10 lanes will be used for finals.



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- Time Trials:** No time trials will be permitted.
- Awards:** Awards will be given to the 8 & Under, 9-10, & 11-12 age groups for the top 10 finishers in each event.

A high point award will be given to the winner in each age group & gender, 8 & under, 9-10, 11-12, 13-14, and 15 & over.
- Entries:** Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: Tina Davis, adminofficial@sfswimteam.org. Mail a printed copy of the entries and a check for entry fees payable to Sioux Falls Swim Team. Mail to: PO Box 758, Sioux Falls, SD 57101
- Fees:**
- | | |
|--------------------|--------------------|
| SD Head Tax: | \$5.00 per swimmer |
| Individual Events: | \$6.00 per event |
| Facility Fee: | \$20 per swimmer |
- 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:** Entries open Thursday, June 15th at 8:00am for teams in the SD LSC. Entries from teams outside of SD LSC will open June 16th at 8:00am. All entries and entry fees must be received no later than Tuesday June 27th at 5:00pm.
- 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 102.23. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.
- Officials:**
- Meet Director: Seth Miller
Referee: Jeremy Cauwels
Administrative Official: Dave Baumgartner, Tina Davis, & Steve Gugel
Starter: Bob Pelzer
Head Stroke & Turn: Heather Ahrendt
Marshalls: Teresa Cauwels & Jason Ahrendt
Head Timer: Erin Stanton
- All South Dakota teams should abide by the minimum officials expectations as outlined in the SD Policy and Procedure manual 6.7.
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 for \$10 each.
- Concessions:** Stensland Family Farms Concessions will be open throughout the meet.
- Hospitality:** Coaches & Officials hospitality rooms will be available throughout the meet.



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Weather Policy: If thunder is heard or lightning is seen, Midco® Aquatic Center staff will make an announcement to have all patrons exit the water for a minimum duration of 20 minutes. Patrons who remain at the facility will need to remain away from the water's edge. Midco® Aquatic Center staff will monitor weather conditions. The 20-minute time period will restart each time thunder is heard or lightning is seen. Once Midco® Aquatic Center staff have determined thunder has not been heard or lightning has not been seen for a duration of 20 minutes they will allow re-entry into the water.

Order of Events:

Session 1: Friday AM Prelims		
<i>Warm ups @ 7:00-8:15am; Meet starts @ 8:30am</i>		
Girls	Event	Boys
1	13 & Over 100 Free	2
3	13 & Over 200 Breast	4
5	13 & Over 400 Free	6
7	13 & Over 100 Fly	8
Session 2: Friday Afternoon		
<i>Warm ups @ TBD</i>		
Girls	Event	Boys
9	11-12 200 Back	10
11	12 & Under 50 Fly	12
13	12 & Under 100 Free	14
15	12 & Under 100 Breast	16
5 Min. Break		
17	12 & Under 400 Free	18
Session 3: Friday Finals		
<i>Warm ups @ TBD</i>		
Girls	Event	Boys
1	13 & Over 100 Free	2
3	13 & Over 200 Breast	4
5	13 & Over 400 Free	6
7	13 & Over 100 Fly	8



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Session 4: Saturday AM Prelims		
<i>Warm ups @ 7:00-8:15am; Meet starts @ 8:30am</i>		
Girls	Event	Boys
19	13 & Over 400 IM	20
21	13 & Over 50 Free	22
23	13 & Over 100 Breast	24
25	13 & Over 200 Back	26
Session 5: Saturday Afternoon		
<i>Warm ups @ TBD</i>		
Girls	Event	Boys
27	11-12 200 Breast	28
29	12 & Under 100 Back	30
31	12 & Under 50 Free	32
33	12 & Under 100 Fly	34
35	12 & Under 200 IM	36
Session 6: Saturday Finals		
<i>Warm ups @ TBD</i>		
Girls	Event	Boys
19	13 & Over 400 IM	20
21	13 & Over 50 Free	22
23	13 & Over 100 Breast	24
25	13 & Over 200 Back	26



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Session 7: Sunday AM Prelims		
<i>Warm ups @ 7:00-8:15am; Meet starts @ 8:30am</i>		
Girls	Event	Boys
37	13 & Over 200 Free	38
39	13 & Over 100 Back	40
41	13 & Over 200 Fly	42
43	13 & Over 200 IM	44
Session 6: Sunday Afternoon		
<i>Warm ups @ TBD</i>		
Girls	Event	Boys
45	11-12 200 Fly	46
47	12 & Under 50 Breast	48
49	12 & Under 200 Free	50
51	12 & Under 50 Back	52
53	11-12 400 IM	54
Session 7: Sunday Finals		
<i>Warm ups @ TBD</i>		
Girls	Event	Boys
37	13 & Over 200 Free	38
39	13 & Over 100 Back	40
41	13 & Over 200 Fly	42
43	13 & Over 200 IM	44



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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 "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 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)