



2022 SD SFST Ready for Long Course
Hosted by Sioux Falls Swim Team
May 14-15, 2022
Sanction # SD202131

- 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.
- Covid:** In applying for this sanction, the Host, Sioux Falls Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, SD Swimming, the State of South Dakota and City of Sioux Falls.
- Location:** Midco Aquatic Center, 1601 S. Western Ave, Sioux Falls, SD 57105
- Course:** 10 lane, 50M 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 (202.4.10 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.
- 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.
- Deck Changing:** Deck Changes are prohibited (202.10 I).
- Water Depth:** Starting end depth 14'; midpoint depth 8'; turn end depth 4'. Turn end water depth meets 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	Meet Starts
Session 1 Open:	8:00-8:50 AM	9:00 AM
Session 2 12 & Unders:	TBD	TBD
Session 3 Open:	8:00-8:50 AM	9:00 AM
Session 4 12 & Unders:	TBD	TBD



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- Meetings:** A coaches meeting will be held prior to the start of the meet Saturday, any other coaches meetings will be at the discretion of the meet referee. Officials meetings will be held an 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, 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 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 not be allowed.
- Scoring:** No scores will be kept.
- Event Limit:** 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 events will be swum slowest to fastest, separated by gender. 800 Frees will be swam fastest to slowest alternating girls/boys.
- Awards:** Ribbons will be awarded for the 12 and under session top 8 places for each event and gender for 8 & Under, 9-10, and 11-12 age groups. No awards will be given for open events.



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- 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: | \$3.00 per swimmer |
| Individual Events: | \$6.00 |
| Facility Fees: | \$15.00 |
- 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:** Entries open Thursday April, 28th at 8:00am for teams in the SD LSC. Entries from teams outside of SD LSC will open April 29th at 8:00am. All entries and entry fees must be received no later than Thursday May 5th 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 102.2.3. 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 Honner & Tina Davis
Starter: Bob Pelzer
Head Stroke & Turn: Heather Ahrendt
Marshall: Teresa Cauwels & Ryan Lovrien
Head Timer: Erin Stanton, Peggy Craig, & Nate Bockholt
- 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 a piece at the door.
- Concessions:** Stensland Family Farms concessions will be open throughout the meet.
- Hospitality:** Coaches & Officials hospitality will be open throughout the meet.
- 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.
- COVID-19 Disclosure:**
- We have taken enhanced health and safety measures – for you and our other guest. You must follow all posted instruction. 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



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Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.

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 SOUTH DAKOTA SWIMMING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



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Order of Events

Saturday			Sunday		
Girls	Session 1: 13 & Overs	Boys	Girls	Session 3: 13 & Overs	Boys
1	Open 50 Free	2	27	Open 200 IM	28
3	Open 400 IM	4	29	Open 100 Free	30
5	Open 100 Back	6	31	Open 200 Back	32
7	Open 200 Free	8	33	Open 100 Breast	34
9	Open 200 Breast	10	35	Open 200 Fly	36
11	Open 100 Fly	12		**10 Minute Break**	
	10 Minute Break		37	Open 400 Free	38
13	Open 800 Free	14			
				Session 4: 12 & Unders	
	Session 2: 12 & Unders		39	12 & under 100 Free	40
15	12 & Under 200 IM	16	41	12 & Under 100 Breast	42
17	12 & Under 50 Free	18	43	12 & Under 50 Fly	44
19	12 & Under 100 Back	20	45	12 & Under 50 Back	46
21	12 & Under 100 Fly	22		**10 Minute Break**	
23	12 & Under 50 Breast	24	47	12 & Under 400 Free	48
	10 Minute Break				
25	12 & Under 200 Free	26			



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.