**Sanction:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc. & United States Masters Swimming. ***Times achieved at this competition will not be submitted for U.S.M.S (United States Masters Swimming) Top Ten or record consideration.***

**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, the Sioux Falls Parks & Recreation Department, United States Masters Swimming and the Snowfox 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:** Frank Olsen Pool

18th Street & Grandview Avenue

 Sioux Falls, SD 57104

**Course:** 50-meter; 8 lane pool with wave-calming dividers; Daktronics timing system with manual backup. The competition course has not been certified in accordance with USAS Rule 104.2.2C(4)

**Audio/** Use of audio or visual recording devices, including a cell phone, is not permitted in

**Visual Recording:** changing areas, rest rooms or locker rooms (202.3.4 E).

**Deck Changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is strongly discouraged.

**Water Depth:** Starting end depth 15’; midpoint depth 6’; turn end depth 3’6”. Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2.3.

**All shallow end starts during the 200 meter relays will be in-water starts only.**

**Format:** This will be a Split meet. See below regarding PRELIMS and FINALS for all events.

 **Thursday Night 13 & Over I.M Tough Challenge:** This session is an interwoven USA Swimming and Masters session. This session is for 13 & Over & Masters swimmers only with all events being swum as timed finals. All heats will be swum as mixed gender and seeded by time slowest to fastest. The goal for this event will be to establish the fastest combined 200 IM time. Awards (“I.M The Champ” T-Shirts) will be given out to the fasted combined 200 IM time for both boys and girls age groups 13-14, 15-16, 17-18, 19 & Older.

**Snowfox Independence Invitational (Friday-Sunday):**

**12 & Under Timed Finals:** All 12 & Under sessions will be conducted as timed final events. 12 & under sessions will be run in-between the Preliminary and Final sessions of the 13 & Overs. All heats will be swum as mixed gender and seeded by time slowest to fastest.

**13 & Over (Open) Prelim/Final:** These sessions are interwoven USA Swimming and US Masters’ sessions. All 13 & Over (Open) sessions will be run as Prelims/Finals. All preliminary heats will be swum as mixed gender and seeded by time slowest to fastest with the final 3 heats as circle seeded. Prelims are held in the morning sessions with the consolation and championship final heats in the evening sessions on Friday, Saturday, Sunday. The top 16 qualifiers for boys & girls out of prelims in each event will swim at finals with the exception of the 400 Free & 400 IM. Those events will only have the top 8 qualifiers returning to finals. The 400 IM & 400 Free will be limited to the top 48 boys and top 48 girls that enter by the registration deadline. Final heats will be separated and swam as 13-14 age groups and 15 & Over age groups both boys and girls.

\*\****US Masters Swimmers will not be eligible to swim at Finals.\*\****

 **Distance Events 800 Free, 1500 Free:** Both of these events will be swum as timed final events with the fastest heat of boys and girls being swum during the evening finals. All remaining heats in prelims will be swam as mixed gender and seeded by time fastest to slowest. These events will be deck seeded upon the completion of the positive check-in. Positive check-in is required by the completion of the morning warm-up sessions on the day of the race. There will be a sign-up sheet at the timing table. All swimmers are required to provide a lap counter. These events will be limited to the overall top 40 (boys or girls) entered as of the registration deadline.

 **Scratch Rule For Finals:** Any swimmer qualifying for an individual final heat, as specified by the meet information, who fails to compete in said final heat race without an approved scratch intention shall be barred from further competition in the meet. Any points that the swimmer has accumulated during the meet shall be removed from their individual point total and that individual’s point total, exclusive of relays, will be subtracted from the point total for the team they are attached to.

 **Relays:**

 **12 & Under:** Teams may enter as many relay teams as they choose for the 12 & Under Sessions. All 200 relays will be required to have an in-water start at the shallow end of the pool per Rule 103.2. Teams may mix their relays in any combination of gender as they choose. (Example: all boys, all girls, 2 boys – 2 girls, etc.)

**13 & Over (Open):** Teams will be restricted to a maximum of 2 relays (A & B) per team, gender and age group for the 13 & Over Sessions. All relays will be swum during the finals sessions of each day.

**NT’s (No Times):** Swimmers will not be allowed to be entered into the meet with an NT (No Time). If a swimmer does not have an official time for a specific event, coaches are required to make their best estimate of the swimmers ability and enter them with a time for that event. This will allow for a more accurate timeline.

**Starting Times:** **Thursday PM (13 & Over I.M Tough Challenge)**

 13 & Overs: Warm-Up: 6:15pm to 7:00pm

 Timed Finals: 7:15pm

**Friday to Sunday: (Snowfox Independence Invitational)**

13 & Overs: Warm-Up: 7:00am to 7:50am

Prelims: 8:00am

12 & Unders: Warm-Up: 12:00am to 12:50pm

 Timed Finals: 1:00pm

13 & Overs: Warm-Up: 4:00pm to 4:50pm

 Finals: 5:00pm

**\*\*Snowfox reserves the right to change the warm-up start times for the 12 & Under and 13 & Over Finals Sessions if the sessions do not last the full 4 Hours. If any changes are required, all teams will be notified no later than Monday, July 8 with an updated timeline.\*\***

**Meetings:** There will be an Officials meeting 30 minutes prior to the start of every session located at the NE corner of the pool deck. There will be Timers meetings 15 minutes prior to the start of every session at the start end of the pool. There will be coaches meetings 15 minutes prior to the start of each session at the discretion of the Meet Referee located at the NE corner of the pool deck.

**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. **USMS swimmers will not have access to a warm-up/warm-down lane prior to or after each event. USMS swimmers will be swimming warm-ups in Lane 1 for all warm-up sessions.**

**Swimwear**  Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming

**Restrictions:** Rules & Regulations (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.  It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement (202.3.4A).** Only registered coaches, swimmers and officials will be allowed on the pool deck.

**Eligibility:** This meet is open to all LSC’s and all clubs. All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on July 11th, 2013 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. (202.3.4 B)

**Deck**  Deck registrations will NOT be taken at this meet.

**Registration:**

**Deck Entries:** Deck entries will not be allowed.

**Scoring:** Team scores will be kept. Individual and Relay scoring will be as follows:

 

 **\*\*The Thursday Night 13 & Over Session Will Not Be Scored\*\***

**Event Limit:** **Thursday PM (13 & Over I.M Tough Challenge)**

 Swimmers may enter into 4 events for this session

**Friday to Sunday: (Snowfox Independence Invitational)**

**12 & Unders:** May enter into a maximum of 7 individual events total with no more than 3 individual events per day. Swimmers may also enter into 1 relay event per day.

**13 & Overs (Open) and US Masters Swimmers:** May enter into a maximum of 7 individual events total with no more than 3 individual events per day. Swimmers may also enter into 1 relay event per day.

*\*\*Teams may only enter a maximum of 2 relays per age group and gender each day for the 13 & Over sessions.\*\**

**Meet Length:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours for swimmers 12 years and younger (205.3F). Entries will be input 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:** **12 & Unders:** All events will be seeded as mixed gender and seeded by time. All heats will be swum slowest to fastest.

**13 & Overs (Open) and US Masters Swimmers:** The Thursday night session will be swum as timed finals. All heats on Thursday will be swum as mixed gender and seeded by time slowest to fastest. The preliminary heats on Friday-Sunday will be seeded as mixed gender and circle seeded. The top 16 boys & top 16 girls from both the 13-14 and 15 & Over age group in each preliminary event will advance to the evening finals session. The 800 Free and 1500 Free is as timed final event and will be swum fastest to slowest as mixed gender during prelims with the top 8 boys and 8 girls, regardless of age group, swimming at the evening finals. Only the top 8 boys & top 8 girls from both the 13-14 and 15 & Over age group in the 400 Free and 400 IM will advance to the finals. The scratch rule will be in effect for the finals.

**Time Trials:** There will be NO time trials at this meet

**Awards:** Individual High Point awards will be given out following the conclusion of the meet. Team High Point awards will be given on Sunday following the conclusion of the meet.

Awards will be distributed by age groups and gender as follows**: 8 & Under, 9-10, 11-12, 13-14, 15 & Over.** Medals will be awarded 1st through 3rd with ribbons being awarded 4th through 8th place finishes for individual events in each age group and gender. Ribbons 1st through 8th place will be awarded for the relays in each age group and gender.

**Entries:** Teams MUST to submit their entries by e-mail using Hy-Tek Team Manager software. An administration fee of $20 per team will be collected for not using windows version of Hy-Tek. E-mail entries to: snowfoxswim@yahoo.com. Mail a printed copy of the entries and a check for entry fees payable to Snowfox Swim Team. Mail to: PO Box 758, Sioux Falls, SD 57101

**Fees:** The following fees apply:

$50.00 Flat fee per swimmer (Includes: SD Head Tax, facility use fee, all entries, all relays & a meet T-shirt)

***\*\*All coaches that want to compete in the I.M Tough Challenge and are currently registered with USA Swimming or USA Maters Swimming as an athlete member will only be required to pay the $3.00 SD Head Tax. No other fees will be required. This deal is for active coaches only!\*\****

**There will be NO refund of fees!**

**Deadline:** All entries and entry fees must be received no later than **11:59pm on Friday, June 28th**.

**Protests:** Protests of any kind must be submitted to the referee in writing and will only be from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.

**Concessions:** A concession stand will be open during the entire meet.

**Officials:** Meet Director: Dave Honner Phone: (605)366-3451

 Entries Chair: Clyde Smith

Referee: Russ Miller

 Starter: Tom Austin and Aaron Boerema

 Head Stroke & Turn: Jon Sommervold

Head Timers: Sherry Barkley, Pat Lawler, Dave Needham and Brenda Washenberger

 Marshalls: Scott Bickler, Jodi Sather

 Meet Director, Referee, Starters and Stroke & Turn Officials must be registered USA Swimming members for the current year.

Meet Officials will meet the requirements of 202.3.3.

**Misc: There will be no camping allowed on deck and that includes swimmers. Only team tents for coaches will be allowed on deck. No one but swimmers, officials, timers and coaches are allowed inside the taped off areas on pool deck. Absolutely no glass containers of any kind are allowed anywhere on pool deck.**

**Clothing:** Pure Blue will provide clothing and swim gear for sale on Friday to Sunday. They will be located right inside the pool area on the deck at the shallow end of the pool.

**Weather** If lightning is seen or thunder is heard, the manager will close the pool for a 20-minute period.

**Policy:** In the absence of the manager, the head guard will determine if the pool needs to be down. After 20 minutes, the manager or head guard shall evaluate the weather condition. If thunder is heard or lightning is seen, another 20 minutes of down time will take place. This scenario will take place for three cycles. After the third cycle of down time and poor weather conditions continue, please call Jean, Rec Rover or the weekly on-call recreation supervisor.

**Order Of Events**





**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 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 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 on 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.

**EXHIBIT #9 (Revised 9-23-12)**

**U.S Masters Swimmers Participation Waiver**

Snowfox Independence Invitational (7/5/12 to 7/8/12)

All participating USMS athletes must complete this form and return it to the meet director prior to the first session of warm-ups on the first day of competition or participation in the meet will be denied.

I, *the undersigned participant*, intending to be legally bound, hereby certify that I am physically fit and have been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters swimming program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damage caused by the negligence, active or passive, of the following: United States Masters Swimming, Inc., the local Masters swimming committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS. (rule book article 203.1)

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Print Name Date

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Signature

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| ***T - Shirt Order Form***  Must be received by ***June 28*** to insure shirts for your team. Return to: PO Box 758 Sioux Falls, SD 57101 |
| ***Team Name:***  |
|   | Adult Small | Adult Medium | Adult Large | Adult XL | Adult XXL |
| 8 & Under |   |   |   |   |   |
| 9 - 10 Years Old |   |   |   |   |   |
| 11 - 12 Years Old |   |   |   |   |   |
| 13 - 14 Years Old |   |   |   |   |   |
| 15 & Older |   |   |   |   |   |
| Coaches |   |   |   |   |   |
| Totals |   |   |   |   |   |
| ***Total Shirts Ordered:*** |   |