

# 2012 SD Mt. Rushmore Classic

Hosted by Rapid City RACERS Swim Team

June 29 – July 1, 2012

Sanction # SD 032912

Sanction by SD Masters for USMS Inc. #542-S002

**Sanction:** This meet is held under the sanction of South Dakota Swimming, USA Swimming Inc., and US Masters Swimming.

**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 Inc., South Dakota Swimming, the city of Rapid City, the Rapid City RACERS, United States Masters Swimming, and the Prairie Masters 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. Also, the above-mentioned entities are not responsible for any lost, stolen or damaged property.

ALL USMS ATHLETES MUST SIGN A LIABILITY WAIVER FORM AND RETURN TO MEET DIRECTOR PRIOR TO FIRST SESSION OF WARM-UPS ON FIRST DAY OF COMPETITION OR PARTICIPATION IN MEET WILL BE DENIED. Waiver Form will be posted at [www.rapidcityracers.com](http://www.rapidcityracers.com).

**Location:** Horace Mann Pool, 818 Anamosa Street, Rapid City, SD.

**Course:** 50-meter outdoor, 8-lane pool with wave-calming dividers; Colorado Time Systems equipment with manual backup. The competition course has not been certified in accordance with Article 104.2.2C(4). Times achieved at this competition will not be submitted for US Masters Swimming Top Ten or record consideration.

**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 (202.3.4 E).

**Water Depth:** Starting end depth 6.0 feet; midpoint depth 5.0 feet; turn end depth 3.5 feet. Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2.

**Format:** This meet will be a combined interwoven USA Swimming and Masters meet. All events will be mixed and swum as Timed Finals. Masters events and warm-ups will be swum separately from age-group events.

**Starting Times:** Warm-up and meet starting times each day are listed below. Teams will be notified by noon on Thursday, June 28, 2012, of warm-up and lane assignments.

**FRIDAY**

<b>Friday Morning (1500 Freestyle)</b>	<b>Session 1</b>
10:00 a.m. – 10:45 a.m.	General Warm-up
11:00 a.m.	<b>MEET STARTS</b>

<b>Friday Afternoon</b>	<b>Session 2</b>
1:15 p.m. – 2:00 p.m.	Warm-up A
2:00 p.m. – 2:45 p.m.	Warm-up B
2:45 p.m. – 3:00 p.m.	Masters Warm-up
3:05 p.m.	<b>MEET STARTS</b>

\*Warm-up session for Friday Evening will begin after the completion of Session 2, but start time will not be before 5:00 p.m.

<b>Friday Evening (800 Freestyle)</b>	<b>Session 3</b>
5:00 p.m. – 5:45 p.m.	General Warm-up
5:50 p.m.	<b>MEET STARTS</b>

**SATURDAY**

<b>Saturday Morning</b>	<b>Session 4</b>
8:00 a.m. – 8:45 a.m.	Warm-up A
8:45 a.m. – 9:30 a.m.	Warm-up B
9:30 a.m. – 9:45 a.m.	Masters Warm-up
9:50 a.m.	<b>MEET STARTS</b>

<b>Saturday Afternoon (400 Freestyle)</b>	<b>Session 5</b>
2:00 p.m. – 2:45 p.m.	General Warm-up
2:50 p.m.	<b>MEET STARTS</b>

**SUNDAY**

<b>Sunday Morning</b>	<b>Session 6</b>
7:15 a.m. – 8:00 a.m.	Warm-up A
8:00 a.m. 8:45 a.m.	Warm-up B
8:45 – 9:00 a.m.	Masters Warm-up
9:05 a.m.	<b>MEET STARTS</b>

<b>Sunday Afternoon (400 IM)</b>	<b>Session 7</b>
1:15 p.m.	General Warm-up
2:05 p.m.	<b>MEET STARTS</b>

- Meetings:** Officials will meet daily 30 minutes prior to the Meet start time in the Hospitality Room. A Coaches meeting will be held in the Hospitality Room at the conclusion of the second warm-up. Timers meetings will take place by the Southwest corner of the starting blocks 15 minutes prior to 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. There will be no designated warm-up lane during the meet.
- Swimwear Restrictions:**  
Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 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 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. (Article 202.3.4) 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. The age of the swimmer on June 29, 2012, 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 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 be allowed if space is available and at the discretion of the Meet Referee.
- Scoring:** There will be no team points or individual points kept in this meet.
- Event Limit:** Swimmers may swim a maximum of 10 individual events for the meet, but no more than 5 per day. Swimmers may swim 2 relay events for the meet, but no more than 1 per day.
- Meet Length:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours or 4 hours for swimmers 12 years and younger. (Article 205.3.1F) Entries will be input in the order they are received. When the computer generated timeline indicates time limit has been reached, Masters swimmers will be eliminated from the meet and 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. Accordingly, no entries associated with Masters swimmers would be allowed and meet fees would be returned. Fly-over starts may be used at the discretion of the Meet Referee. USA Swimming athletes and their respective teams will receive priority over Masters swimmers.

- Seeding: Swimmers will be seeded slowest to fastest, except in the 800 and 1500 Freestyles where swimmers will be seeded from fastest to slowest.
- Time Trials: Time trials will not be held at this meet.
- Awards: Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place for individual events by gender in the following age groups: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19. No awards will be given for age 20 & over and Masters swimmers.
- Entries: Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. E-mail entries to: Michaele Hofmann at [hofmannmd@gmail.com](mailto:hofmannmd@gmail.com). Mail a printed copy of the entries and a check for entry fees payable to Rapid City RACERS. Mail to: 4113 Corral Drive, Rapid City, SD, 57702.
- Fees: SD Head Tax: \$3.00 per swimmer  
Individual Events: \$3.00  
Relay Events: \$5.00  
Facility Fee: \$8.00 per swimmer  
Equipment Fee: \$10.00 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: All entries must be received no later than June 24 at midnight.
- 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.
- Timers: Swimmers entered in the 1500 and 800 Freestyles must provide their own timers and counters.
- Officials: Meet Director: Michaele Hofmann; Phone # (605) 209-2751  
Referee: Bob Sieve  
Starter: TBA  
Marshall: TBA  
Head Timer: Bob Ellefson

Meet Officials will meet the requirement of Article 202.3.3

**Order of Events:**

**Session 1      Friday Morning**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
1	13 & Over	1500 Freestyle

**Session 2      Friday Afternoon**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
2	12 & Under	200 Freestyle
3	13 & Over	200 Freestyle
4	12 & Under	200 IM
5	13 & Over	200 IM
6	Masters	200 IM

**Session 3      Friday Evening**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
7	13 & Over	800 Freestyle

**Session 4      Saturday Morning**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
8	12 & Under	200 Medley Relay
9	13 & Over	400 Medley Relay
10	12 & Under	50 Freestyle
11	13 & Over	50 Freestyle
12	Masters	50 Freestyle
13	12 & Under	50 Fly
14	13 & Over	100 Fly
15	Masters	50 Fly
16	12 & Under	100 Backstroke
17	13 & Over	200 Backstroke
18	12 & Under	100 Breaststroke
19	13 & Over	200 Breaststroke

**Session 5      Saturday Afternoon**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
20	12 & Under	400 Freestyle
21	13 & Over	400 Freestyle

**Session 6      Sunday Morning**

Event Number	Age Group	Event
22	12 & Under	200 Freestyle Relay
23	13 & Over	400 Freestyle Relay
24	12 & Under	100 Freestyle
25	13 & Over	100 Freestyle
26	12 & Under	100 Butterfly
27	13 & Over	200 Butterfly
28	12 & Under	50 Backstroke
29	13 & Over	100 Backstroke
30	Masters	50 Backstroke
31	12 & Under	50 Breaststroke
32	13 & Over	100 Breaststroke
33	Masters	50 Breaststroke

**Session 7      Sunday Afternoon**

Event Number	Age Group	Event
34	13 & Over	400 IM

## **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 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.