***1st Annual Wahoo Mile Meet***

Hosted *by the* **RRVY Wahoos SWIM CLUB**

**Friday, February 22, 2013**

**Sanction #**

**1650** Yard Freestyle Mixed

$35.00 per swimmer

Includes: **Cool T-Shirt** and meet fees

5:30 PM Warm-ups and 6:15 PM start

Each Swimmer swims a single 1650 Freestyle

Heats will be run slowest to fastest

**Host/Sponsor:** RRVY Wahoo Swim Team

**Location:** UND Hyslop Pool, Corner of 2nd Ave N and Columbia Rd, Grand Forks, ND

**Facility:** The meet location is the University of North Dakota Hyslop Sports Center at the corner of 2nd Avenue North and Columbia Road on the UND campus. The swimming pool is eight lanes by 50 meters with bulkheads dividing it into 25 yards for short-course length. Starting blocks are at the east end of the pool and the depth of the pool is 13 feet. There is a Daktronics timing system and complete scoreboard which displays the swimmers’ names for each event.

**Eligibility:** Swimmers must be currently registered with US Swimming.

**NO ON DECK REGISTRATION SHALL BE PERMITTED.**

**Entries:** Submit YARD TIMES ONLY *(for* seeding)

**No Coach Present:** For unattached swimmers, or swimmers whose coach is not attending the meet, ***it is the swimmers responsibility*** ***to arrange for a certified coach to be responsible for the swimmer.*** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts 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. This must be done *BEFORE* the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed, upon arrival at the meet.

Please also note the following:

**All swimmers must supply at least one timer and one counter for their swim.**

**Entry Fees: $35.00 per swimmer for the meet.**

This includes: $18.00 Pool/timer fees, $3.50 NDLSC fee, $1.50 event fee, Mile Meet T-shirt ($12)\*\*\*\*Please include t-shirt size with entries.

Fee payment must accompany entries. Make checks payable to **RRVY Wahoos and enclose one check** (including coach and Team leader T-Shirts orders) for your entire team.

**T-Shirts: On**e T-Shirt per swimmer is included with paid meet entry.

***Coaches and Team Leaders may purchase Meet T-Shirts at $12.00 each.*** If you are interested in purchasing a t-shirt please let usknow when you send in your entries.

Entry Address: Tonya Murphy, 1102 Sunset Dr, Grand Forks, ND 58201

tcmavon@yahoo.com 701-741-0958

Entry Deadline: Entries must be received by 5:00 p.m. Sunday, February 10, 2013.

Check-In: All swimmers must check-in at least ½ hour before their swim with the Clerk of Course.

Schedule: Positive Check-In: A minimum ½ hour before approximate swim time!

Warm-ups: 5:30 PM

Official’s Meeting: 5:45 p.m.

Coaches Meeting: 6:00 p.m.

**Meet Starts: 6:15 p.m**.

Scoring: No team scoring will be kept.

Awards: Ribbons will be awarded to 16 places in the following age groups: 12, 13-14, 15-18.

Meet Referee: Matt Nilles

We always appreciate the help of certified officials from other clubs.

If you will be attending this meet, please notify the Meet Director.

Meets are subject to SANCTION INELIGIBILITY without the proper number of Officials.

Meet Director: Tonya Murphy, 1102 Sunset Dr, Grand Forks, ND 58201,

tcmavon@yahoo.com 701-741-0958

Please contact the Meet Director if you encounter any problems.

Timers: **EACH SWIMMER MUST SUPPLY TIMERS and COUNTERS.** Each swimmer must supply at least one timer and one counter for their swim. Please contact the Meet Director if you encounter any problems.

Rules: Current US Swimming and North Dakota LSC Rules will govern this meet.

Note: The no recall rule will be in effect. Swimmers will receive whistle commands to stand behind the blocks, and to step on the blocks or to step in the pool at which time the referee will signal to the starter to tell the swimmers to take their mark.

**Safety:** Current North Dakota LSC Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

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

**\*\*\*Please Note: University of North Dakota parking services will be charging to park in the lot by the Hyslop Pool. Rate will be $5.00/day. Failure to display proper permits will result in being ticketed. The parking ramp is a pay by the hour parking ramp. You must pay when you exit the ramp.**

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**T-Shirt order form**

**Please include this form with your entries!**

T-shirts are included in the entry fees.

Extra shirts (coaches, etc.) are $12 each. Please include payment with your entry. T-Shirts need to be pre-ordered. No shirts will be available at the meet!

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| Name | Size  S, M, L, XL | Swimmer | Coach  $12 each |
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