

50 Meter Stroke Challenge – July 12-13, 2014



Event Hosted By: Red River Valley Y Wahoos

Sanctioned By: North Dakota Swimming, Inc.

Meet Sanction Number: ND2055

Purpose: To encourage and promote good sportsmanship, competitive swimming among age group swimmers and to have fun. Good sportsmanship is required of all athletes, coaches, officials, and spectators.

Meet Referee: Matt Nilles
701-741-5538
mnilles@gra.midco.net

Admin Official: Ja0nna Schill
Starter: Bill Siders
Other Officials: Dawnita Nilles
Brett Goodwin
Safety Marshal: Jason Uhlir

Meet Manager / Entries: Janna Schill
(701) 213-0610
janna.schill@gmail.com

Entry Deadline: Electronic entries:
Sunday July 6, 2014 at 8 PM
Paper entries with email back-up
Postmark: July 2, 2014

Meet Site: UND Hyslop Pool
2751 2nd Ave North (South Entrance)
Grand Forks, ND 58202

Directions to : 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.

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 a Daktronics timing system and complete scoreboard which displays the swimmers' names for each event. Starting blocks are at both ends of the pool. The 50 meter events start at the shallow end (4 foot depth). All other events start at the deep end (13 foot depth) of the pool

Concessions: Concessions of beverages, snacks, and meet programs will be available in the upper level of the pool area.

Food and Container Policy: TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION.

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Parking Information: Fee for parking in lot by Hyslop: \$8 (2 day), and \$5 (1 day). Patrons may also park in the parking ramp on 2nd Ave. The rate is \$1.50 for the first hour and a dollar every additional hour up to \$7 dollars for the entire day. Payment may be made at the lanes by credit card when leaving or by cash at the pay station in the Southwest tower in the ramp. If people have a UND Permit they can park in any lot for free (including the lot we sell and the surrounding lots). If they do not have a permit or pay they may receive a \$20 ticket.

Programs: Programs containing seeded events for all sessions will be available for purchase. The estimated start times will be posted in the programs but will not be used as the official timeline.

Lodging: If a team is needing assistance in scheduling a block of hotel rooms the Grand Forks Convention and Visitors Bureau is available to assist. The Grand Forks CVB can be contacted at <http://www.visitgrandforks.com>

Internet Information: Psych sheets and meet information will be posted to the following web site <http://www.rvwyahoos.org> prior to the start of the meet.

Officials: All officials will be USA Swimming certified officials. An Officials meeting will be held 45 minutes before the start of each Session.

Uniform for officials is a white North Dakota Officials polo shirt with blue shorts, pants or skirts, with white shoes.

Coaches and Officials Hospitality: A hospitality room will be provided with refreshments and snacks for coaches and officials.

Athlete Conduct: All athletes will be required to adhere to the NDLS Code of Conduct.

USA Swimming Membership: All swimmers must be a current 2014 registered athlete member of US Swimming. Current 2014 USA Swimming coaches' registration with required additional certification is required of all Coaches. **Coaches must wear their credentials while on deck.**

Racing Start Proficiency: 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.

Course Certification: The competition pool conforms to USA Swimming Rules and Regulations, Article 103.3. The competition course has been certified in accordance with 104.2.2C (3) and (4). The copy of such certification is on file with USA Swimming.

Swimsuits: Current US Swimming policies governing swimsuits will be in effect and enforced.

Deck Changing: 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.

Audio or Visual Recording Devices: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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Meet Jury: A meet jury will be formed by the meet referee. It will consist of one official (not the Meet Referee), and a Coaches' Rep. from the smallest and largest teams represented.

Until the Meet Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.

The decision of the jury may be appealed by either party to the NDLSB Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the NDLSB Board of Review.

Timing: A DakTronics electronic timing system with two backup buttons and watches, horn start, and touch pads at the start end of the pool will be used.

Changes to the Meet Information: Any changes to the meet information will be discussed, reviewed, and voted on at the coaches meeting held before the beginning of the first session of the day. Changes must be approved by a unanimous vote of coaches in attendance at the appointed meeting.

Rules: Current USA Short Course rules and safety policies as adopted by the NDLSB and USA Swimming Rules and Regulations 2014 edition will govern the meet. This is a timed final meet. There will be a Clerk of Course. Swimmers should appear at designated area which will be addressed at the coaches meeting prior to the start of the meet. Swimmers arriving at the blocks and not ready to swim when their heat is called will be scratched from the event. Individual and relay events will not be accepted with no times (NT). Swimmers names, USA registration numbers and order of swimmers for relays are to be submitted with entries. Entry and Relay cards will not be used for this meet. The whistle protocol and horn start with no recall for false starts will be used. The Meet Referee has the right to combine any events or heats.

If timeline exceeds the 4 hour time limit for 12 and under swimmers, the relays will be scratched.

Events will be seeded and swam as mixed events.

Warm-Up and Safety Policy: Warm-ups will be a minimum of one hour. North Dakota Swimming, Inc. warm-up procedures and safety guidelines will be in effect at this meet. Backstroke swimmers must step into the water feet first. Safety Marshalls will remind all swimmers and athletes on deck of any violation of NDLSB and US Swimming safety policies.

Only Swimmers, coaches, officials, and working volunteers will be allowed on the pool deck. The locker rooms are for swimmers only. Safety Marshalls will check credentials.

Swimmers without a Coach Present: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in arranging for such supervision. Coaches are encouraged to make arrangements in advance if they cannot attend the meet with their swimmers.

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Eligibility/Meet Type: Age July 12, 2014 shall determine age group for swimmers, including age group relays. Entries are open to 2014 registered USA and CASA swimmers.

Awards: Individual ribbons: 1-16 Relay ribbons: 1-3

Entry Limitations: Each swimmer may swim a maximum of 6 individual events, 2 free relays (1 per day), and 2 medley relays (1 per day).

Entry limitations per day: 5 total events = 3 individual + 2 relays (1 medley & 1 free relay per day)

Only 8 & Under Relays may be swam as mixed relays.
Swimmers may not swim-up an age group in individual or relay events.

Meet Schedule:

Saturday July 12, 2014 Session 1: Warm-ups begin at 8:00 AM. Session will start at 9:30 AM.

Sunday July 13, 2014 Session 2: Warm-ups begin at 8:00 AM. Session will start at 9:30 AM

Officials meeting: 45 minutes prior to the start of each morning session. (Pool office)

Timers meeting with Chief Timer: 30 minutes prior to the start of each session.

Coaches meeting with referee immediately following the relays prior to the start of each session in the pool office. **If timeline exceeds the 4 hour time limit for 12 and under swimmers, the relays will be scratched.**

All events are timed finals. Heats will seeded by time, slowest to fastest. No time (NT) entries will be allowed for this meet.

Fees: \$ 3.50 per swimmer for NDLSC fee
\$ 1.50 per swimmer per individual event
\$ 3.00 per Relay event
\$ 1.00 per unattached swimmer (if applicable)
\$19.50 per swimmer for timer/pool rental

Summary cost per calculation sheet is attached. Checks must accompany entries and made payable to Red River Valley Y Wahoos.

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Fee Calculation Form – return with your entry

Club Name: _____ Club Abbreviation: _____
 Coach: _____ Coach's Cell Phone # () _____
 Entries Chair: _____ Phone # () _____

Number of Swimmers	Amount	Number	Number
	Total Swimmers x \$3.50 NDLSF Fee =		
	19.50 per swimmer for timer/pool rental		
	\$ 1.00 per unattached swimmer (if applicable)		
	Total Individual Events x \$1.50 =	# of boys	# of girls
	Total Relay Events x \$3.00 =	# of boys	# of girls
		Total Boys	Total Girls
	Total Due =		

Make checks payable to: Red River Valley Y Wahoos **All fees are due with your entry.**

Summaries should be mailed to the following:

Red River Valley Y Wahoos
 Attn: Janna Schill
 2901 University Ave Stop 8152
 Grand Forks, ND 58202

**Who should RRVY Wahoos contact if we have a problem with your entry?
 PRINT CLEARLY and provide an e-mail contact you trust!**

Name: _____ E-Mail: _____
 Day Phone # () _____ Evening Phone # () _____

(If you are having a team representative pick up awards, the name and phone number of this person.)

Name: _____ Phone: _____

Mail Entries to:

Red River Valley Y Wahoos
 Attn: Janna Schill
 2901 University Ave Stop 8152
 Grand Forks, ND 58202
 janna.schill@gmail.com

**ENTRIES DUE Electronic Entries (via email to Meet Manager)) July 6, 2014 8 P.M.
 Paper Entries (with email backup) – Postmark July 2, 2014.
 Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE**

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50 Meter Stroke Challenge Sponsored by the RRVY Wahoos
July 12-13, 2014

Day 1

Saturday July 12, 2014 – Session 1

Warm-ups begin at 8:00 a.m. Competition begins at 9:30 a.m.

Girls / Boys

1 / 2

3 / 4

5 / 6

7 / 8

9 / 10

11/12

13/14

15/16

17/18

19/20

21/22

Events

800 Freestyle Relay (13 & Over)

200 Medley Relay (13 & Over)

200 Medley Relay (12 & Under)

10 minute Break – Coaches meeting in Pool Office

50 Free (Open)

200 Back (11 and Older)

100 Breast (Open)

200 IM (Open)

50 Fly (Open)

200 Free (Open)

100 Back (Open)

800 Free (11 & Older)

Day 2

July 13, 2014 – Session 2

Warm-ups begin at 8:00 AM. Competition begins at 9:30 AM.

Girls/Boys

23/24

25/26

27/28

29/30

31/32

33/34

35/36

37/38

39/40

41/42

43/44

45/46

Events

400 Free Relay (13 & Over)

200 Free Relay (13 and Over)

200 Free Relay (12 and Under)

10 minute Break – Coaches meeting in Pool Office

400 IM (13 and Over)

50 Back (Open)

200 Breast (11 and Over)

100 Free (Open)

200 Fly (11 & Over)

50 Breast (Open)

100 Fly (Open)

400 Free (Open)

400 Medley Relay (13 and Over)