



# Minot Pentathlon

November 23, 2014

**Event Hosted By:** Minot Swim Club

**Sanctioned By:** Held under the sanction of USA Swimming.  
& North Dakota Swimming, Inc.



**Meet Sanction Number:** ND2063

**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 Manager:** Kathy Jurgel  
709 15<sup>th</sup> St NW  
Minot, ND 58703  
katjjur@yahoo.com

Phone: 701-720-2083

**Meet Referee:** Shane Barber  
701-721-0689  
shaneb@tcs-minot.com

**Admin Official:** Richard Bubach  
**Starter:** Lisa Kramer  
**Other Officials:** Kirsten Wolsky

**Safety Marshal:** Larry Hubbard

**Entries:** Richard Bubach  
701-833-2255  
rbubach@minot.com

**Meet Site:** Magic City Campus Pool  
1100 11<sup>th</sup> Ave SW  
Minot, ND 58701

**Facility:** The MCC Pool is 8 lanes by 25 yards. Depth is 5' to 3'6" with starting blocks at the deep end. The competition pool conforms to USA Swimming Rules and Regulations – 2010 Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2 C (3).

**Concessions:** will be available

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

**Parking Information:** parking is available around the facility at no charge.

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



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**Lodging:** Several new hotels have been built in Minot to help with the increase in population and visitors. Please visit <http://visitminot.org/sleep/> for hotel availability.

**Internet Information:** Meet information is available on the NDLSA website. Results will be posted there too.

**Officials:** All officials will be USA Swimming certified officials. An Officials meeting will be held 15 minutes after the start of warm ups for each session in the faculty lounge. 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 for coaches and officials. There will be a coaches meeting with the referee prior to the start of the meet.

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

**USA Swimming Membership:** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of USA Swimming Rules. All swimmers must be a current 2015 registered athlete member of US Swimming or CASA. Current 2015 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 certificate 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.

**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



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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:** DakTronics electronic timing system with two backup buttons and watches, horn start, and touch pads at the starting ends of the pool.

**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. Swimmers names, USA registration numbers. 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.

**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. It is understood and agreed that USA Swimming and North Dakota Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**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.

**Eligibility/Meet Type:** Age as of November 23, 2014 shall determine age group for swimmers, including age group relays.

**Awards:** Times will be added up for all 5 events. The top 3 swimmer in each age group (8 & under, 9-10, 11-12, 13-14 and 15-18) with the lowest cumulative time will receive awards. To be eligible for an award the swimmer must successfully compete in all 5 events. Seniors do not place or score.



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**Entry Limitations:** Swimmers swim a total of 5 individual events for the 1 day meet. There will be no relays. **This will not be a split meet. Note to Coaches: This meet is for experienced swimmers. If you have swimmers that are just beginning and cannot correctly do all four strokes we ask that you use your best judgment in entering these swimmers.**

**Meet Schedule:** Warm-ups @ 9:30 – 10:30am  
Meet Starts @ 10:40am  
Scratches need to be turned in by 9:30am

**Fees:** A per swimmer fee of \$30 will be charged. A fee of \$5 per swimmer, up to a limit of 5 swimmers per team will be added for a deck registration. Summary cost per calculation sheet is attached. Checks must accompany entries and be made payable to Minot Swim Club.

## List of Events:

- 1 Girls 12 & Under 100 IM
- 2 Boys 12 & Under 100 IM
- 3 Girls 13 & Over 200 IM
- 4 Boys 13 & Over 200 IM
- 5 Girls Open 50 Freestyle
- 6 Boys Open 50 Freestyle
- 7 Girls Open 50 Butterfly
- 8 Boys Open 50 Butterfly
- 9 Girls Open 50 Breaststroke
- 10 Boys Open 50 Breaststroke
- 11 Girls Open 50 Backstroke
- 12 Boys Open 50 Backstroke



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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
	Total Swimmers x \$30 Fee =	
	Total Due =	

Make checks payable to: Minot Swim Club

**All fees are due with your entry.**

**Who should Minot Swim Club 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: \_\_\_\_\_

**EMail Entries to:**  
Richard Bubach  
[rbubach@minot.com](mailto:rbubach@minot.com)

**ENTRIES DUE: November 14, 2014**