

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015



Event Hosted By: Red River Valley Y Wahoos

Sanctioned By: North Dakota Swimming, Inc.

Meet Sanction Number: ND2080

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
mlnilles@gra.midco.net

Admin Official: Janna Schill
Starter: Andy Gasparini
Other Officials: Dawnita Nilles
Brett Goodwin
Safety Marshal: Jason Uhlir

Meet Manager / Entries: Janna Schill
4189 Sun Circle
Grand Forks, ND 58201
(701) 213-0610
janna.schill@gmail.com

Entry Deadline: Electronic entries:
Friday February 13, 2015 at 11:59 PM

Paper entries with email back-up
Postmark: Feb 6, 2015

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 UND Hyslop Pool is an 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. 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: Concessions of beverages, snacks, meet programs, and apparel will be available in the upper level of the pool area.

Mile-Meet T-shirt: More Information coming soon! Orders must be received no later than February 1, 2015. Order form will be available on <http://www.rvywahoos.org>.

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

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015

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 they do not have a permit or pay for daily parking they may receive a \$20 ticket/day.

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: See attached information

Internet Information: Psych sheets and meet information will be posted to the following web site <http://www.rrvywahoos.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 khaki 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 2015 registered athlete member of US Swimming. 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 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 allowed.**

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

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015

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 NDLSA Board of Review, pursuant to Article 401. Protests submitted after the last day of the meet shall be submitted directly to the Central Zones 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 NDLSA and USA Swimming Rules and Regulations 2013 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.

The 8 and under 25 yard events will start on the turn end.

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 NDLSA 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.

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015

Eligibility/Meet Type: Age as February 20, 2015 shall determine age group for swimmers, including age group relays. Entries are open to 2015 registered USA and CASA swimmers.

Awards: Individual ribbons: 1-16 Relay ribbons: 1-3
Distance events will be awarded medals for Friday night for 1-3 places.
1-3 Overall High Place Individual Points Awards (scored using Individual events)

Scoring:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Awards will be based on USA Swimming's Standard Age Groups, 8 & U, 9-10, 11-12, 13-14, 15-16, and 17-18, 19 & Older will not be receive awards.

An individual overall high point award medals for 1-3 place will be awarded using USA Swimming Standard Age Groups. Scoring listing above. Relays will not be scored.

Entry Limitations: Each swimmer may swim a maximum of 7 individual events, 2 free relays, and 2 medley relays. Swimmers may not swim-up an age group in individual or relay events.

Entry limitations per day (7 individual event maximum over the 3 day meet):

Friday – 1 individual event/day

Saturday & Sunday – 4 individual events/day; 2 relays per day

Only 8 & Under Relays may be swam as mixed gender relays.

Swimmers may not swim-up an age group in individual or relay events.

Meet Schedule:

Friday February 20 Session 1: Warm-ups begin at 6:15 pm. Session will start at 7:15 pm.

Events will be swam in 2 pools. Pool A will have the 1650 Freestyle seeded fastest to slowest. Pool B will have the 500 Freestyle seeded fastest to slowest.

Saturday Feb 21 Session 2:

Warm-ups will begin at 9:15 AM. Session starts at 10:30 AM.

Sunday Feb 22 Session 3:

Warm-ups will begin at 8:00 AM. Session starts at 9:15 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 15 minutes 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.

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015

Fees: \$ 3.50 per swimmer for NDLSA fee
\$ 1.50 per swimmer per individual event
\$ 3.00 per Relay event
\$ 1.00 per unattached swimmer (if applicable)
\$21.00 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.

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015

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 =		
	21.00 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:

Janna Schill
 4189 Sun Circle
 Grand Forks, ND 58201

**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
 c/o Janna Schill
 4189 Sun Circle
 Grand Forks, ND 58201
 janna.schill@gmail.com

**ENTRIES DUE Electronic Entries (via email to Meet Manager) February 13, 2015 11:59 P.M.
 Paper Entries (with email backup) – Postmark February 6, 2015.
 Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE**

2015 RRVY Wahoo's Mile Meet – February 20-22, 2015

RRVY Wahoos Mile Meet February 20-22, 2015

All heats will be swum as timed finals. Except for session 1 all events are seeded by time slowest to fastest. Events may be combined to mixed events depending on number of entries for the event and based on the 4 hour timeline rule for 12 and under swimmers. Only 8 and under relays can be swam as mixed relays.

Session 1: Friday – February 20, 2015: Warm-up 6:15 PM. Event Start: 7:15 PM

<u>Girls/</u>	<u>Events</u>	<u>Boys</u>
1	500 Free (12 and under)*	2
3	1650 Free (11 and over)*	4

*all swimmers need to provide his/her own lap counters. Event 1/2 will be swam in Pool B (warm-up/cool-down pool). Event 3/4 will be swam in the primary competition pool. The 1650 Freestyle will be seeded and swam fastest to slowest seed-time heats.

Session 2: Saturday – February 21, 2015

Warm-up begin at: 9:15 AM. Events begin at 10:30 AM.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	400 Free Relay (11-12;13-18)	6
7	200 Free Relay (13 & Over)	8
9	200 Free Relay (12 and Under)	10
11/12	100 Free Relay (8 & U Mixed)	11/12
13	200 Breast (11 and over)	14
15	25 Breast (8 and U)	16
17	100 Back (Open)	18
19	50 Fly (Open)	20
21	100 Free (Open)	22
23	25 Back (8 and U)	24
25	50 Free (Open)	26
27	200 IM (9 and Over)	28
29	200 Back (11 & Over)	30
31*	500 Free * (13 and over)	32*

*all swimmers need to provide his/her own lap counters. Event 31/32 will be swam slowest to fastest.

Session 3: Sunday February 22, 2015

Warm-ups will begin at 8:00 AM. Session Events starts at 9:15 AM.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	400 Medley Relay (11-12; 13-18)	34
35	200 Medley Relay (13 and Over)	36
37	200 Medley Relay (12 and Under)	38
39/40	100 Medley Relay (8& U mixed)	39/40
41	200 Freestyle (9 and over)	42
43	25 Free (8 & Under)	44
45	50 Back (Open)	46
47	100 Breast (Open)	48
49	25 Fly (8 and Under)	50
51	100 Fly (9 and Over)	52
53	50 Breast (Open)	54
55	100 I.M. (Open)	56
57	200 Fly (11 & Over)	58
59	400 IM (13 & Over)	60