

The University of North Dakota  
Long Course Meet  
Friday March 6<sup>th</sup> 2015 Prelims-12PM Finals- 5PM

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**Event Hosted By:** University of North Dakota Swimming Club

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



**Meet Sanction Number:** ND2083

**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.

**Timing System Operator:** Paul Renick  
[prenick3@gmail.com](mailto:prenick3@gmail.com)

Meet Manager/ Admin Official: Janna Schill  
[janna.schill@gmail.com](mailto:janna.schill@gmail.com)

**Meet Referee:** Bill Siders  
**Starter:** Irene Wren

**Entries:** Paul Renick  
[prenick3@gmail.com](mailto:prenick3@gmail.com)  
**ENTRIES ARE DUE MONDAY 3/2/15 at 12 noon**

**Meet Site:** Hyslop Sport Center  
2751 2nd Avenue North,  
Grand Forks, ND, 58202

**Directions to facility:** University of North Dakota Hyslop Sports Center, corner of 2nd Ave. North and Columbia Road, Grand Forks, North Dakota. The Hyslop Sports Swimming Pool is eight lane 50 meter course with a Daktronics timing system. The Daktronics timing board will be used. Facility will be open 2 hours prior to the start of each session.

**Food and Container Policy:** Outside food is permissible on deck. TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION.

**Parking Information:** Parking is available in the parking ramp on the north side of the Hyslop Sports Center.

**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.

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**Lodging:** Several Hotels are available in the Grand Forks area. Please see [https://search.yahoo.com/local/s;\\_ylt=A0LEVvO7E49UcW8ACZ8PxQt.?p=hotels&addr=Grand+Forks%2C+ND&hspart=mozilla&hsimp=yhs-001&fr=yhs-mozilla-001](https://search.yahoo.com/local/s;_ylt=A0LEVvO7E49UcW8ACZ8PxQt.?p=hotels&addr=Grand+Forks%2C+ND&hspart=mozilla&hsimp=yhs-001&fr=yhs-mozilla-001)

**Internet Information:** Psych sheets and meet information will be posted to the following web site : [www.und.nodak.edu/dept/swimteam/1415mts](http://www.und.nodak.edu/dept/swimteam/1415mts)

**Officials:** All officials will be USA Swimming certified officials. An Officials meeting will be held 10 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.

**Athlete Conduct:** All athletes will be required to adhere to the NDLSC 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 2014/2015 registered athlete member of US Swimming or CASA. Current 2014/2015 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:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**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 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.

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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 Timing System with backup buttons and watches, horn start, and touch pads at the start and turn 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. 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.

National scratch procedures per current USA Swimming Rule Book, Section 207.11.6 will be enforced.

**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 March 6<sup>th</sup>, 2015 shall determine age group for swimmers, including age group relays. On deck registration is not allowed for this meet. This is a 1 day Open Preliminary/Finals meet.

#### **Meet Format**

All Events will swam as prelim/finals. Preliminary events will be held in the afternoon session with the top 16 advance to the Finals in the evening session.

**Awards:** There will be no awards for this meet.

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**Scoring:** There will be no scoring at this meet

**Entry Limitations:** Entry Limit is 3 individual events.

**Seeding:** This meet will be seeded slowest to fastest for the Preliminaries events. No-Time (NT) Entries Will not be accepted. It is recommended the coach obtain entry times during practice that are well within the ability of the swimmer. All heats in preliminaries will be circle seeded. The top 16 Finalist from the Preliminary session will swim in the evening final sessions. 9<sup>th</sup>-16<sup>th</sup> in Consolation Finals and 1<sup>st</sup>-8<sup>th</sup> in Finals.

**Time Trials:** Time trials will be offered at the conclusion of finals; there is no entry fee for time trials.

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**Meet Schedule:**

<b>Female event #</b>	<b>Event</b>	<b>Male event #</b>
1	400 IM	2
3	100 Butterfly	4
5	100 Breaststroke	6
7	100 Backstroke	8
9	100 Freestyle	10
11	400 Freestyle	12
13	1500 Freestyle (Men)	
	800 Freestyle (Women)	14
15	200 IM	16
17	200 Backstroke	18
19	200 Breaststroke	20
21	50 Freestyle	22
23	200 Freestyle	24
25	200 Butterfly	26

**Fees:** \$ 3.50 per swimmer for NDLSLSC fee  
\$1.00 per event

Summary cost per calculation sheet is attached.

Checks can be handed in on day of event and made payable to: University of North Dakota

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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 =					
	\$1 per event entry fee					
			# of boys		# of girls	
			# of boys		# of girls	
	Total Due =		Total Boys		Total Girls	

Make checks payable to: University of North Dakota  
 Summaries should be mailed to the following:

**Who should contact if we have a problem with your entry? Paul Renick  
 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:** \_\_\_\_\_

**E Mail Entries Via HY- TEK Entries to:** Paul Renick [prenick3@gmail.com](mailto:prenick3@gmail.com)

**ENTRIES DUE MONDAY 3/2/15 12 noon CDT**