

# Bill Siders LC Invitational

## June 13 & 14, 2015

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**Event Hosted By:** Red River Valley Y Wahoos

**Approved By:** North Dakota Swimming, Inc.

**Meet Sanction Number:** ND2092

**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** 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  
(701) 213-0610  
janna.schill@gmail.com

**Entry Deadline:** Electronic entries:  
**Sunday June 7, 2015 at 10:00 PM**  
Paper entries with email back-up  
**Postmark: June 1, 2015**

**Meet Site:** UND Hyslop Pool  
2751 2<sup>nd</sup> 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 2<sup>nd</sup> 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.

Start blocks will be located at the primary start end 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.

**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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**Parking Information:** Free! Please park in the lot directly east (near Columbia Road overpass).

**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>

**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 NDLSA Code of Conduct.

**USA Swimming Membership:** All swimmers must be a current 2015 registered athlete member of USA 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 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 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 Central Zones Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the NDLSA Board of Review.

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**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.

**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.

**Rules:** Current USA Short Course rules and safety policies as adopted by the NDLSA and USA Swimming Rules and Regulations 2015 edition will govern the meet.

- This is a timed final meet.
- 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 be accepted with no times (NT). Swimmers names, USA registration numbers and order of swimmers for relays are to be submitted with entries.
- 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, the relays will be scratched.
- Events may be seeded and swam as mixed-gender events.
- All events will be swam based on entry time with the fast entry times being swam in the last heat of each event.
- NT entries will be accepted.
- Deck changing is strictly prohibited.
- All relays may be swam as mixed gender relays.

**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.

**Eligibility/Meet Type:** Age June 13, 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  
Age group awards will be based on: 8 and under; 9-10; 11-12; 13-14; 15-16; 17-18.  
19& Older Athletes will not receive awards.

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### Entry Limitations:

- Each swimmer may swim a maximum of 6 individual events, 2 free relays (400 and 200) and 2 medley relays (400 and 200) for the 2 day meet.
- Entry limitations per day: 5 total events = 3 individual + 2 relays (1 400 M & 1 200 M relay per day)

### Meet Schedule:

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

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

### **Day 1: Saturday June 13, 2015 – Session 1**

**Warm-ups begin at 9:00 a.m.**

**Coaches meeting at 10:00 AM in pool office.**

**Competition begins at 10:30 a.m.**

<b>Girls / Boys</b>	<b>Events</b>
1/2	400 Medley Relay (11 and Older)
3/4	200 Medley Relay (Open)
5/6	200 Back (11 and Over)
7/8	50 Free (Open)
9/10	100 Back
11/12	100 Breast (Open)
13/14	200 IM (Open)
15/16	50 Fly (Open)
17/18	200 Free (Open)
19/20	800 Free (11 & Older)

### **Day 2: Sunday June 14, 2015 – Session 2**

**Warm-ups begin at 7:30 AM.**

**Coaches meeting at 8:30 AM in pool office.**

**Competition begins at 8:45 AM.**

<b>Girls/Boys</b>	<b>Events</b>
21/22	400 Free Relay (11 & Over)
23/24	200 Free Relay (Open)
25/26	200 Fly (11 & Over)
27/28	50 Back (Open)
29/30	100 Free (Open)
31/32	50 Breast (Open)
33/34	200 Breast (11 and Over)
35/36	100 Fly (Open)
37/38	400 Free (Open)
39/40	400 IM (13 and Over)

### **Entry Fees:**

\$3.50 per swimmer for NDLSLSC fee.

\$22.00 per swimmer for timer/pool rental

\$1.50 per swimmer per individual event

\$3.00 each relay event.

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 NDLSA Fee =					
\$22.00 per swimmer for timer/pool rental					
\$1.00 per unattached swimmer (if applicable)					
Total Individual Events x \$1.50 =		# of boys		#	
Total Relay Events x \$3.00 =		# of boys		#	
		Total Boys		Total Girls	
Total Due =					

**Make checks payable to: Red River Valley Y Wahoos**

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

**Entries & Summaries should be mailed to the following:**

**Red River Valley Y Wahoos  
 Attn: 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: \_\_\_\_\_**

**ENTRIES DUE Electronic Entries (via email to Meet Manager) June 7, 2015 10 P.M.  
 Paper Entries (with email backup) – Postmark June 1, 2015.  
 Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE**