

# 2016 Mile Meet – February 26-28, 2016

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

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

**Meet Sanction Number:** ND2210

**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 Uhler

**Meet Manager / Entries:** Janna Schill  
(701) 213-0610  
Questions about meet: [janna.schill@gmail.com](mailto:janna.schill@gmail.com)  
Entries: [rrv.meetmanager@gmail.com](mailto:rrv.meetmanager@gmail.com)

**Entry Deadline:** **Friday February 19, 2016 at 11:59 PM.** Please send a entry file and if possible, a PDF of Relays and individual entries.

**Meet Site:** UND Hyslop Pool  
2751 2<sup>nd</sup> Ave North (South Facing 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. The south-facing door(s) are the primary entrance.

**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, 2016. Order form will be available on <http://www.rrvywahoos.org>.

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

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**Programs:** Programs containing seeded events for all sessions will be available for purchase at concessions. The cost of the program for 3 days will be \$10. The estimated start times will be posted in the programs but will not be used as the official timeline.

**Parking Information:** Free in the lot directly west (closest to the overpass bridge) of the south-facing pool entrance.

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.

**Lodging:** See attached information

**Internet Information:** Psych sheets and meet information will be posted to the following web site <http://www.rvywahoos.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 2016 registered athlete member of US Swimming. Current 2016 USA Swimming coaches' registration with required additional certification is required of all Coaches. **Coaches must have credentials available upon request.**

**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 **strictly prohibited.**

**Audio or Visual Recording Devices:** Use of audio or visual recording devices, including a cell phone, is strictly prohibited in changing areas, behind the starting blocks, 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 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 NDLSB and USA Swimming Rules and Regulations 2015 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 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 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.

**Eligibility/Meet Type:** Age as February 26, 2016 shall determine age group for swimmers, including age group relays. Entries are open to 2016 registered USA swimmers.

# 2016 Mile Meet – February 26-28, 2016

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

Individual event 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.

Relay event awards will be in the following age groups: 8 and under, 10 and under, 12 and under, 13-18; 19 and older. 19 and older will not receive awards.

**Entry Limitations:** Each swimmer may swim a maximum of 7 individual events, 1 free relay, and 1 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; 1 relay per day

8 and under relays may consist of any combination of male and female athletes. All other mixed relays must have a relay combination of 2 males and 2 females.

## Meet Schedule:

**Friday February 26**      **Session 1:** Warm-ups begin at 6:15 pm. Session will start at 7:15 pm.

Events 1 & 2 will be swam simultaneously in 2 pools.

The primary competition pool (Pool A) will have the 1650 Freestyle seeded **fastest to slowest**.

The secondary/warm-up pool (Pool B) will have the 500 Freestyle seeded **fastest to slowest**.

**Saturday Feb 27**      **Session 2:** Warm-ups will begin at 9:15 AM. Session starts at 10:30 AM.

**Sunday Feb 28**      **Session 3:** Warm-ups will begin at 8:15 AM. Session starts at 9:30 AM.

Officials meeting: 45 minutes prior to the start of each morning session in 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 on Saturday and Sunday will be seeded by time, slowest to fastest. No time (NT) entries will be allowed for this meet.

## **Fees:**

\$ 5.50 per swimmer for NDLSC fee

\$ 1.50 per swimmer per individual event

\$ 3.00 per Relay event

\$ 1.00 per unattached swimmer (if applicable)

\$23.00 per swimmer for timer/pool rental

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

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## Fee Calculation Form – return with your entry

Club Name: \_\_\_\_\_ Club Abbreviation \_\_\_\_\_

Coaches Name: \_\_\_\_\_ Coach Cell Phone # \_\_\_\_\_

Person who should be contact if problem with Entries: \_\_\_\_\_

Entries contact cell # (if different than coaches #): \_\_\_\_\_

# of Swimmers	Amt	#	#
	Total Swimmers x \$5.50 NDLSC Fee =		
	\$23.00 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 Wahoos. **All fees are due with your entry.**

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

Janna Schill  
4189 Sun Circle  
Grand Forks, ND 58201

**Mail Payment to:**

Red River Valley Wahoos  
c/o Janna Schill  
4189 Sun Circle  
Grand Forks, ND 58201  
Email : rrv.meetmanager@gmail.com

**ENTRIES DUE Electronic Entries (via email to Meet Manager)) February 19, 2016 11:59 P.M.  
Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE**

# 2016 Mile Meet – February 26-28, 2016

## RRVY Wahoos Mile Meet

February 26-28, 2016

All heats will be swum as timed finals. Except for session 1, all events are seeded by time and swam slowest to fastest. Events will be swam as mixed events.

### **Session 1: Friday – February 26, 2016: Warm-ups 6:15 PM. Event Start: 7:15 PM Event Events**

<u>Event #</u>	<u>Event</u>
1	Mixed 500 Free (12 and under)*
2	Mixed 1650 Free (11 and over)*, **

\*all swimmers need to provide his/her own lap counters. Event 1/2 will be swam in Secondary Pool (warm-up/cool-down pool). Event 3/4 will be swam in the Primary competition pool. The 500 & 1650 Freestyle will be seeded and swam fastest to slowest seed-time heats.

\*\* Upon request, additional timers will be available to capture the 1000 Freestyle split during the 1650 Freestyle.

### **Session 2: Saturday – February 27, 2016**

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

<u>Event #</u>	<u>Events</u>
3	Mixed 200 Free Relay (10 & U, 12 & U, 13 & Over)
4	Mixed 100 Free Relay (8 & U Mixed)
5	Mixed 200 Breast (11 and over)
6	Mixed 25 Breast (8 and U)
7	Mixed 100 Back (Open)
8	Mixed 50 Free (Open)
9	Mixed 25 Back (8 & U)
10	Mixed 200 Fly (11 & Over)
11	Mixed 100 Free (Open)
12	Mixed 50 Fly (Open)
13	Mixed 200 IM (9 & Over)
14	Mixed 500 Free * (13 & Over)

\*all swimmers need to provide his/her own lap counters. Event 14 will be swam slowest to fastest.

### **Session 3: Sunday February 28, 2016:**

Warm-ups will begin at 8:15 AM. Session Events starts at 9:30 AM.

<u>Events</u>	<u>Events</u>
15	Mixed 200 Medley Relay (10 & U, 12 & U; 13 & Over)
16	Mixed 100 Medley Relay (8 & U mixed)
17	Mixed 400 IM (13 & Over)
18	Mixed 25 Free (8 & Under)
19	Mixed 200 Back (11 & Older)
20	Mixed 50 Back (Open)
21	Mixed 100 Breast (Open)
22	Mixed 25 Fly (8 & Under)
23	Mixed 100 Fly (9 & Over)
24	Mixed 50 Breast (Open)
25	Mixed 100 I.M. (Open)
26	Mixed 200 Freestyle (9 & Over)