

2016 North Dakota LSC Short Course Championships

March 18-20, 2016



Event Hosted By: Red River Valley Wahoos & Minot Swim Club

Sanctioned By: North Dakota Swimming, Inc.

Meet Sanction Number: ND2211

Time Trial Sanction: ND2212

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 Director: Janna Schill Phone: (701) 213-0610
4189 Sun Circle
Grand Forks, ND 58201
janna.schill@gmail.com

Meet Referee: Matt Nilles **Admin Official:** Janna Schill
4915 N 6th Ave
Grand forks, ND 58203
mlnilles@gra.midco.net

Entries: Janna Schill **Safety Marshal:** Jason Uhlir
4189 Sun Circle
Grand Forks, ND 58201
rrv.meetmanager@gmail.com
(701) 213-0610

Meet Site: University of North Dakota 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 Ave North and Columbia Road on the UND Campus. The pool entrance is the south entrance of the building.

Pool: 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 Daktonics 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).

Continuous warm-up will be available in the secondary pool. Use of the warm-up pool will be restricted to swimmers warming-up and cooling down. Coaches are responsible for their swimmers conduct. Failure of coaches to control their swimmer's actions may result in expulsion from the warm-up pool.

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.

Spectator Seating: Spectator seating will be on the upper level. Spectator seating is not reserved and personal items **must** be removed at the end of each session from the spectator area.

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

Athlete Seating: Athlete seating will be on the pool deck. Athlete seating will be assigned on the pool deck. Additional space for teams will be available in the team zone area in the gym directly adjacent to the pool deck.

No spectators are allowed on the pool deck. All coaches, officials and athletes on the pool deck must be credentialed.

Concessions: Concessions of beverages, snacks, meet programs, apparel, and state meet t-shirts will be available in the gym area located adjacent to the competition pool. A swimmer/athlete area will also be available in the gym located next to the competition pool.

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

Parking Information: Free parking!

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. Cost of programs will be 10 dollars.

Lodging: A complete list of hotels and motels (Room Block) is attached and also available on the Host Club Website. <http://www.rrvwahoos.org>

Internet Information: Psych sheets and meet information will be posted to the following web site <http://www.rrvwahoos.org> prior to the start of the meet.

Officials: All officials will be USA Swimming certified officials. To be eligible to officiate at the state meet, an official must have officiated at least one meet in the current season. Apprentice officials are not allowed. An Officials meeting will be held **ninety minutes** before the start of each Session.

Uniform for officials is a white polo shirt, Khaki shorts, pants or skirts, with white shoes.

Coaches and Officials Hospitality: A hospitality room will be provided with food and drink for coaches and officials.

Athlete Conduct: All athletes will be required to adhere to the USA Swimming and 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 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.

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 on deck behind the blocks, in changing areas, rest rooms or locker rooms.

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

State Meet Committee: A State Meet Committee will be formed consisting of the LSC General Chair, Head Referee, and a Coaches' Rep. from the smallest and largest teams represented, and the Senior Athlete Rep.

All protests made prior to or during the championship shall be submitted to the Meet Committee on a form approved by the Meet Referee.

Protests shall be heard by the Meet Committee, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.

Until the Meet Committee 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 Meet Committee has determined if and how their decision may affect the final scoring or awards.

The decision of the Meet Committee 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 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.

Special Note Regarding Timing: All teams will help with timing for the state meet. The number of swimmers per team will determine the number of timers each team will provide. Team assignments for lane timing will be posted in the meet program as well as in the main spectator entrance. Please make sure your Club has arranged in advance for timers to represent your club for the entire meet. Your cooperation will help the meet run more efficiently.

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 NDLSLSC 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 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.

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. Lanes will be assigned to each team and will be made available at <http://www.rvwahoos.org> and <http://www.ndswimming.org>

Backstroke swimmers must step into the water feet first. Safety Marshalls will remind all swimmers and athletes on deck of any violation of NDLSLSC 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.

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

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: Eligible swimmers must have a current USA registration and be a member of a registered North Dakota LSC swim club. A registered ND non-club affiliated swimmer is allowed to swim unattached. Unattached swimmers are not allowed to compete on any relay. Age as of March 18, 2016 shall determine age group for swimmers, including age group relays. On deck registration is not allowed for this meet.

The qualifying period for the State Short Course Championship Meet is from January 1, 2015 through the entry deadline. Conforming times must be achieved in a short course pool meeting the requirements of USA Swimming Rules & Regulations 103.2.1. Short Course Meter times shall be converted to Yard times for proper seeding. Times for the 25/50/100/200 meter events must be divided by 1.11. Times for the 400 & 800-meter must be divided by 0.8925 to obtain times for the 500 & 1000-yard events. The 1500-meter time must be divided by 1.02 to obtain the 1650-yard time. Drop the third and following digits after the decimal place. Times from long course will be accepted as non-conforming times. State meet qualifying (SQY) times are at the end of the program.

Awards:

Individual medals:	1-8	Individual ribbons:	9-16
Relay medals:	1-3	Relay ribbons:	4-16
First Place Team:	Championship Plaque		
Percentage Award:	Championship Plaque		

For all individual events, points will not be awarded if the relay team or individual does not swim a qualifying time, but awards will still be given.

Scoring and Awards Groups:

Individual Events: 8 &U, 9-10, 11-12, 13-14, 15-16, Open (includes 17 & Over).

Relays are as follows: 8 and under, 10 & Under, 12 & under, 13-14; 15-16; Open (Includes 17 & Over). The 800 Freestyle Relay is an Open Event.

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
Relay Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Entry Limitations:

- The entry limit is four (4) individual events plus two (2) relay events each day.
- A maximum number of individual events not to exceed **seven (7)** for the Short Course Championships.
- Events 1/2 (1650 Freestyle) and 31/32 (1000 Freestyle) will be swam in the reverse order of heats (fastest to slowest). These events will be swam in 2 pools with the final heat boys and girls heats being swam in the championship pool. The 1000 Free and 1650 Free are deck seeded and require positive check-in. At the discretion of the meet referee Events 1-2 and 3-4 may be combined.
- Events 29-30 (12 and Under 500 Freestyle) will be swam in 2 pools with the final heat boys and girls heats being swam in the championship pool.
- At the request of the swimmer's coach and at the discretion of the Referee, at least a 5 minute break for 50 yard events or less, a 10 minute break for 100 yard, and 15 minutes for greater than 200 yards between an individual's events (excluding relays) are allowed. **It is the coach's responsibility to notify the Meet Referee in advance of time line conflicts.**

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

Relay Entry guidelines:

- Age groups for relays awards are: 8 & under, 10 & under, 12 & under, 13-14, 15-16, & Open. The 800 Free Relay is swam as an open relay.
- All relay age groups, other than the 8 and under relays, are allowed to automatically 3 relays per age group. The 3 automatic relays can consist of all female, all male, or mixed gender relays. Mixed gender relays, other than the 8 and under category, must consist of 2 females and 2 males athletes. Each team can enter a minimum of 3 relays. If a team chooses to enter more than 3 relays per age group then all relays (including the 3 automatic relays) must meet ND SC Championship meet relay qualification standards.
- The 8 and Under 100 Free and Medley Relays will be swam and awarded as a Mixed Event regardless of gender breakdown.
- 8 & Under Relays may be co-ed or not, at the discretion of each club. 8 and under relays can be any # of males and females in the relay if mixed gender is chosen. Each team can enter a minimum of 3 relays. If a team chooses to enter more than 3 relays then all relays (including the 3 automatic relays) must meet ND SC Championship meet relay qualification standards.

Time Trials: Time trials will be offered immediately after each day's session. Any swimmer interested in swimming time trials MUST DECLARE their intentions to swim to the Administrative Referee before the end of each session of the meet. Swimmers will be allowed to choose any event for their respective age group. Time trial fees are \$10.00 per event and must be paid before the start of the time trials.

Meet Schedule –

PLEASE NOTE: ALL TIMES ARE CENTRAL DAYLIGHT TIME

*All afternoon sessions (Session 2, 4, & 6) start times will be posted after entry seeding on the LSC website and also at <http://www.rrvwahoos.org>

Friday – March 18, 2016

	<u>Session 1</u> 13 and Older	<u>Session 2</u> 12 & Under
Officials Meeting	9:30 AM	90 minutes prior to start of session.
Coaches Meeting	9:45 AM	10 minutes before warm-ups (if needed)
Warm-ups	10:00 AM	TBD*
Competition Start	11:15 AM	TBD*

*All afternoon sessions (Session 2, 4, & 6) start times will be posted after entry seeding on the LSC website and also at <http://www.rrvwahoos.org>

Saturday – March 19, 2016

	<u>Session 3</u> 13 and Older	<u>Session 4</u> 12 & Under
Officials Meeting	7:30 AM	90 minutes prior to start of session.
Coaches Meeting	7:45 AM	10 minutes before warm-ups (if needed)
Warm-ups	8:00 AM	TBD* - Immediately following Parade of Athletes
Competition Start	9:00 AM	TBD* - 1 hours after warm-ups commence

*All afternoon sessions (Session 2, 4, & 6) start times will be posted after entry seeding on the LSC website and also at <http://www.rrvwahoos.org>

**Parade of Athletes will begin 15 minutes after the conclusion of Session 3.
13 & Older Athletes meeting will begin immediately after the parade of athletes.**

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

Sunday – March 20, 2016

	<u>Session 5</u> 13 and Older	<u>Session 6</u> 12 & Under
Officials Meeting	7:30 AM	90 minutes prior to start of session.
Coaches Meeting	7:45 AM	10 minutes before warm-ups (if needed)
Warm-ups	8:00 AM	TBD*
Competition Start	9:00 AM	TBD* - 1 hours after warm-ups commence

*All afternoon sessions (Session 2, 4, & 6) start times will be posted after entry seeding on the LSC website and also at <http://www.rrvwahoos.org>

Session start times for Session 2, 4 & 6 will be finalized after entries have been received and seeded. Official start times for session 2, 4, 6 will be posted on the RRV Wahoo and ND Swimming website no later than noon on Wednesday March 16, 2016.

Entries: All entries are due Monday, March 14, 2016 at 12:00 PM noon. **Absolutely, no entries will be accepted after the 12:00 PM noon deadline on March 14, 2016.**

Hy-Tek Software entries should be submitted via email to rrv.meetmanager@gmail.com . All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry.

Only electronic entries will be accepted without prior approval of the Meet Director. All teams must use Hy-Tek software for meet entry. Please submit a PDF of all individual and relay entries along with the Hytek entry file.

It is strongly recommended that all entry submittals be verified by email by the entering club or individual who will is solely responsible for the accuracy of the entries.

Please mail calculation form (last page) along with check by application deadline.

Fees: \$ 5.50 per swimmer for NDLSLSC fee
\$ 1.50 per swimmer per individual event
\$ 3.00 per Relay event
\$ 1.00 per unattached swimmer (if applicable)
\$ 25.00 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.

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

Friday – March 18, 2016

Session 1 (13 and Older)

Coaches Meeting: 9:45 am
 Warm-ups Session 1: 10:00 am
 Officials Meeting & Scratch Meeting: 10:15 am
 Competition Begins: 11:00 am

<u>Event #</u>	<u>Event</u>	<u>Age Groups</u>	<u>Award Category</u>
1/2	1650 Freestyle (Swam Fastest to Slowest)	13-14, 15-16, Open	Girls/Boys
Events will be seeded and swam in both the primary and secondary pools. Final heat of for females and males will be swam in the primary (main) competition pool.			
5 minute break			
3/4	50 Freestyle	13-14, 15-16, Open	Girls/Boys
5/6	200 Butterfly	13-14, 15-16, Open	Girls/Boys
7/8	100 Breaststroke	13-14, 15-16, Open	Girls/Boys
9/10	200 Backstroke	13-14, 15-16, Open	Girls/Boys
11/12	200 Individual Medley	13-14, 15-16, Open	Girls/Boys
13/14/15	800 Freestyle Relay	Open	Girls/Boys/Mixed

Session 2 - (12 and Under)*

Warm-up and Start Time will be made available after all entries are received and seeded.

Warm-ups: TBD*

Session Start: TBD*

<u>Event #</u>	<u>Event</u>	<u>Age Groups</u>	<u>Award Category</u>
16/17/18	400 Free Relay	12 & Under	Girls/Boys/Mixed
5 Minute Break			
19/20	100 Individual Medley	8 and Under; 9-10; 11-12	Girls/Boys
21/22	200 Butterfly	11-12	Girls/Boys
23/24	50 Freestyle	8 and Under; 9-10; 11-12	Girls/Boys
25/26	200 Backstroke	11-12	Girls/Boys
27/28	100 Breaststroke	10 and Under; 11-12	Girls/Boys
29/30	500 Freestyle (Swam in 2 pools)	10 and Under; 11-12	Girls/Boys

Events will be seeded and swam in both the primary and secondary pools. Final heat of for females and males will be swam in the primary (main) competition pool.

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

Saturday – March 19
Session 3 (13 and Older)
 Coaches Meeting: 7:30 AM
 Warm-ups: 7:45 AM
 Officials Meeting: 8:00 AM
 Competition Begins: 9:00 AM

<u>Event #</u>	<u>Event</u>	<u>Age Groups</u>	<u>Award Category</u>
31/32	1000 Freestyle (Seeded Fastest to slowest)	13-14, 15-16, Open	Girls/Boys
Events will be seeded and swam in both the primary and secondary pools. Final heat of for females and males will be swam in the primary (main) competition pool.			
5 Minute Break			
33/34/35	200 Medley Relay	13-14; 15-16, Open	Girls/Boys /Mixed
36/37	400 IM	13-14, 15-16, Open	Girls/Boys
38/39	50 Fly	13-14, 15-16, Open	Girls/Boys
40/41	200 Freestyle	13-14, 15-16, Open	Girls/Boys
42/43	50 Breaststroke	13-14, 15-16, Open	Girls/Boys
44/45	100 Backstroke	13-14, 15-16, Open	Girls/Boys
46/47/48	400 Freestyle Relay	13-14, 15-16, Open	Girls/Boys / Mixed

All Athletes – Parade of Athletes: *TBD (
13 and older LSC Athletes meeting: Immediately following parade of athletes in Officials Meeting Room.

Session 4 (12 and Under)*

*Warm-up and Start Time will be made available after all entries are received and seeded.

Warm-ups: TBD*
 Competition: TBD*

<u>Event #</u>	<u>Event</u>	<u>Age Groups</u>	<u>Award Categories</u>
49	100 Medley Relay	8 and Under	Mixed
50/51/52	200 Medley Relay	10 and under; 12 & Under	Girls/Boys /Mixed
5 Minute Break			
53/54	25 Freestyle	8 and Under	Girls/Boys
55/56	200 Freestyle	10 & Under; 11-12	Girls/Boys
57/58	50 Butterfly	8 and Under; 9-10; 11-12	Girls/Boys
59/60	25 Backstroke	8 and Under	Girls/Boys
61/62	100 Backstroke	10 & Under; 11-12	Girls/Boys
63/64	50 Breaststroke	8 and Under; 9-10; 11-12	Girls/Boys
65/66/67	400 Medley Relay	12 and Under	Girls/Boys/Mixed

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

Sunday

Session 5 (13 and Older)

Coaches Meeting: 7:30 AM

Warm-ups: 7:45 AM

Officials Meeting: 8:00 AM

Competition Begins: 9:00 AM

<u>Event #</u>	<u>Event</u>	<u>Age Groups</u>	<u>Award Categories</u>
68/69/70	400 Medley Relay	13-14; 15-16; Open	Girls/Boys /Mixed
71/72/73	200 Freestyle Relay	13-14; 15-16; Open	Girls/Boys /Mixed
74/75	500 Freestyle	13-14; 15-16; Open	Girls/Boys
	Swam in 2 pools.		
76/77	100 Butterfly	13-14; 15-16; Open	Girls/Boys
78/79	100 Freestyle	13-14; 15-16; Open	Girls/Boys
80/81	200 Breaststroke	13-14; 15-16; Open	Girls/Boys
82/83	50 Backstroke	13-14; 15-16; Open	Girls/Boys
84/85	100 IM	13-14; 15-16; Open	Girls/Boys

Sunday – Session 6 (12 and Under)

*Warm-up and Start Time will be made available after all entries are received and seeded.

Warm-ups: TBD

(Warm-ups may start in the secondary pool until the completion of session 5. Athletes will have a minimum of 30 minutes of warm-ups in the competition pool prior to the start of the session)

Competition: TBD

<u>Event #</u>	<u>Event</u>	<u>Age Groups</u>	<u>Award Categories</u>
86	100 Freestyle Relay	8 and Under	Mixed
87/88/89	200 Freestyle Relay	9-10; 11-12	Girls/Boys /Mixed
90/91	200 Breaststroke	11-12	Girls/Boys
92/93	100 Freestyle	8 and Under; 9-10; 11-12	Girls/Boys
94/95	25 Butterfly	8 and Under	Girls/Boys
96/97	100 Butterfly	10 and Under; 11-12	Girls/Boys
98/99	50 Backstroke	8 and Under; 9-10; 11-12	Girls/Boys
101/102	25 Breaststroke	8 and Under	Girls/Boys
103/104	200 IM	10 and Under; 11-12	Girls/Boys

2016 North Dakota LSC Short Course Championships

March 18-20, 2016

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 \$5.50 NDLSC Fee =		
	Total Swimmer x \$25.00 Timer/Pool Fee		
	\$ 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

Who should RRV 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:
 RRV Wahoos
 Attention: Janna Schill
 4189 Sun Circle
 Grand Forks, ND 58201

FINAL UPDATED ENTRIES MUST BE RECEIVED BY MONDAY, March 14, 2016 @ 12:00 PM NOON CENTRAL TIME.