Event Hosted By: Red River Valley Wahoos

Sanctioned By: North Dakota Swimming, Inc.

Meet Sanction Number: ND2303

**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

Admin Official: Janna Schill Starter: Andv Gasparini mlnilles@gra.midco.net **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 rrv.meetmanager@gmail.com

Entry Deadline: Electronic entries: Sunday July 17, 2016 at Noon (12:00 PM) (Central Time)

Paper entries with email back-up Postmark: July 10, 2016

**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 swimming pool is eight lanes by 50 meters with a Daktronics timing system and complete scoreboard which displays the swimmers' names for each event. Starting blocks are at both ends 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. 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, 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.

**Parking Information:** Free! Please park behind the facility in the parking lot near the Columbia Overpass. Fee parking in the parking garage directly north of the Hyslop Sports Complex is available if spectator so chooses.

**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:** If in need of assistance for hotel accommodations, please contact the Grand Forks Convention and Visitors Bureau for a listing of hotels in the area.

**Internet Information:** M eet 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 NDLSC 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 their credentials available for review but are not required to wear them 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:** Deck changing is strictly 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.

The decision of the jury may be appealed by either party to the NDLSC Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the NDLSC 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 NDLSC and USA Swimming Rules and Regulations 2016 edition will govern the meet. **This is a timed final meet**. There will be no Clerk of Course. 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.

#### If needed, events will be seeded and swam as mixed events (boys and girls seeded together).

#### 50 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 NDLSC 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 Marshals may verify/ 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 July 23, 2016 shall determine age group for swimmers, including age group relays. Entries are open to 2016 registered USA and CASA swimmers.

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

**Entry Limitations:** Each swimmer may swim a maximum of 5 individual events, 1 free relay, and 1 medley relay.

Relays may be swam as **<u>mixed</u>** relays, female relays, or male relays. Swimmers may only swim-up an age group in individual or relay events if they will be changing an age group between July 23, 2016 and the start of the ND State LCM Championship meet.

#### Meet Schedule:

**Saturday July 23** Session 1: Warm-ups begin at 9:00 am. Session will start at 10:30 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 (Northeast corner of pool). Coaches meeting with referee at 10:15 AM in 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.

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)
\$23.50 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.

#### Fee Calculation Form – return with your entry

Club Name:	Club Abbreviation:	Club Abbreviation:		
Coach:	Coach's Cell Phone # ( )			
Entries Chair:	Phone # ( )			

Number of Swimmers		Amount		Number		Number
	Total Swimmers x \$5.50 NDLSC Fee =					
	23.50 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 Summaries should be mailed to the following: All fees are due with your entry.

Name: Janna Schill (RRV Wahoo Meet Manager) Address: 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 p	pick up awards, the name and phone number of this person.)	
Name:	Phone:	-
Mail Entries to:		
Red River Valley Wahoos c/o Janna	a Schill	
1180 Sun Circle		

4189 Sun Circle Grand Forks, ND 58201 Email: rrv.meetmanager@gmail.com

ENTRIES DUE Electronic Entries (via email to Meet Manager) July 17, 2016 at noon. Paper Entries (with email backup) – Postmark July 10, 2016 Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE

#### Walleye Invite – Order of Events

Warm-ups will begin at 9:00-10:10 AM. Coaches meeting at 10:15 AM in pool office. First event will start at 10:30.

<u>Girls / Boys</u>	<u>Events</u>
1	Mixed 200 Medley Relay (13 & Over; 12 & U; 10 & U; 8 & U)
2/3	400 I.M. (13 & Over)
4/5	50 Fly (Open)
6/7	200 Backstroke (11 & Over)
8/9	100 Freestyle (Open)
10/11	50 Backstroke (Open)
12/13	100 Breaststroke (Open)
14/15	200 Butterfly (11 & Over)
16/17	200 I.M. (Open)
18/19	50 Breaststroke (Open)
20/21	200 Freestyle (Open)
22/23	100 Backstroke (Open)
24/25	50 Freestyle (Open)
26	Mixed 200 Freestyle Relay (8 & U; 10 & U; 12 & U; 13 & Over)
27/28	100 Butterfly (Open)
29/30	200 Breaststroke (11 & Over)
31/32	400 Freestyle (9 and Over)
33/34	1500 Freestyle (13 & Over)