

**50 Meter Stroke Challenge**  
**Hosted by the RRVY Wahoos**  
**Hyslop Pool at the University of North Dakota**  
**2751 2nd Avenue North Grand Forks, ND**  
**June 22-23, 2013**  
**USA Sanction # ND2015**

**What is the 50 Meter Stroke Challenge?**

Swimmers will compete in all 50 meter events for each stroke. These events will be scored. The athlete with the highest score after completion of the 50 meter events will be the "Stroke Champion" for his/her respective age group.

**Course:**

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 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.

**Eligibility:**

Entries are open to 2013 registered USA and CASA swimmers. Age as of June 22, 2013 determines the age of the swimmer.

**Rules:** The 2013 USA Long Course rules and safety policies adopted by the NDLSC. Govern this meet. Events are swum and results are posted in these age brackets: 8 & under, 9-10, 11-12, 13-14, 15-18 and 19 & over.

This is a timed final meet.

There is no clerk of course or seed cards for the swimmers. Individual and relay events will be accepted with no times (NT). Swimmers' names, USA #'s, and order of swimmers for relays are to be submitted with entries.

Swimmers should appear behind the starting blocks according to the heat and lane assignments that appear in the program. Swimmers not appearing in their assigned places are scratched from the event.

**Whistle starts and no recall false start will be used. The referee reserves the right to combine any heats or events. At the discretion of the meet referee, fly over starts may be used. Officials and coaches are to display their registration cards in order to be on deck.**

If timeline exceeds the 4 hour time limit for the 12 and under sessions (1 and 3), the relays will be scratched. In addition to relay elimination, the meet referee reserves the right to scratch additional events if timeline goes beyond four hours for the 12 and under sessions (sessions 1 & 3).

**Warm-up Procedures:** North Dakota Swimming, Inc Warm- Up Procedures and Safety Guidelines (see current NDLS Policy Manual) will be in effect at this meet. The first half hour of warm-ups is designated to general warm-ups. NO DIVING OR RACING STARTS. Swimmers must enter the pool by sitting and sliding in the pool. Specific warm-ups begin after the first ½ hour.

**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 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.

**Schedule Day 1: Saturday June 22:**

**Session 1 (12 and under)**

Warm-ups @ 7:45 a.m.  
Officials meeting @ 8:30 a.m. in pool office  
Timers meeting with Head Timer @ 8:45 NE corner of pool deck  
Competition begins @ 9:00 a.m.  
Coaches meeting following first relay in pool office.

**Session 2 (13 and over)**

Warm-up at 1:15 PM  
Officials meeting at 2:00 pm  
Timers meeting with head timer at 2:15 PM at Northeast corner of pool deck.  
Competition begins at 2:30 pm.

**Schedule Day 2: Sunday June 23:**

**Session 3(12 and under)**

**Session 4 (13 and over)**

Same schedule as Saturday based on appropriate age groups.

**Event:**

Swimmers may swim 4 individual events each day. All swimmers may swim all relay events each day. 8 and Under relays can be swam as a mixed relay.

Note the order of events and contact the meet referee if you feel any swimmers need more rest time between events. Swimmers may not swim up in an age group for individual events.

**Meet Fees:**

Individual Events = \$1.50/event

Relays = \$3.00/relay

NDLSC Fee = \$3.50/swimmer

\$19.50 per swimmer for timer/pool rental

**Entries:**

Entries should be postmarked by JUNE 4 if you are sending only paper entry forms. Entries must be e-mailed by June 17, 2013 at 8:00 p.m. to [janna.schill@gmail.com](mailto:janna.schill@gmail.com) (please send a paper back-up when emailing).

**Late entries will be charged a \$50.00 late fee.**

All entries must include **swimmers USA number and age**. Include entry fees with entry forms and add US exchange. Meet fees are non-refundable.

Make checks payable to **RRVY Wahoos** and mail to

Janna Schill  
3810 Mulberry Dr  
Grand Forks, ND 58201

**Scoring & Awards**

There will be no individual high point or team awards. However the 1<sup>st</sup>-3<sup>rd</sup> place in each age group in the 50 Meter Stroke Challenge will be awarded an trophy award.

Metals will be awarded 1<sup>st</sup>- 3<sup>rd</sup>. Ribbons will be awarded 4- 16<sup>th</sup> in each individual event in the following age categories: 8 & under, 9-10, 11-12, 13-14 and 15-18.

Relays ribbons will be awarded for 1<sup>st</sup>-3<sup>rd</sup> in each age group.

**Other:** Concessions of beverages and snacks, swimwear and programs are available in the upper level of the pool area. All parents and spectators are to sit in the upper level. Swimmers/teams are expected to pick-up garbage around team seating area. Only swimmers, coaches, USA members working at the meet, officials and appointed volunteers may be on deck.

**Parking Information:** Fee for parking in lot by Hyslop: \$8 (2 day), and \$5 ( 1 day). Patrons may also park in the parking ramp on 2<sup>nd</sup> 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. If people have a UND Permit they can park in any lot for free (including the lot we sell and the surrounding lots). If they do not have a permit r pay they may receive a \$20 ticket.

**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.

**All parents/spectators must remain on the upper level. No flash photography at the starts.**

**MeetAdministration:**

**Meet Referee: Matt Nilles**

**Safety Official: Irene Wrenn/Bill Siders**

**Meet Manager: Janna Schill**

**Administrative Official: Janna Schill**

**We appreciate any help with officiating and timing.** RRVY is supplying 4-5 officials including the meet referee and starter. Please inform the meet referee of the names of those who will help officiate from your team.

# 50 Meter Stroke Challenge

RRVY Wahoos  
June 22-23, 2013

## Day 1 (Sessions 1 &2)

Saturday June 22, 2013 Session 1

Ages: 12 and under

All events are open to swimmers 12 and under unless otherwise noted.

Warm-ups begin at 7:45 a.m. Competition begins at 9:00 a.m.

Girls	Events	Boys
1	200 Medley Relay	2
	10 minute Break Coaches Meeting in Pool Office	
3	50 Free (12 & Under)	4
5	200 Back (Ages 11 &12)	6
7	100 Breast (12 & Under)	8
9	200 IM (Ages 12 & Under)	10
11	50 Fly (12 & Under)	12
13	200 Free (12 & Under)	14
15	100 Back (12 & Under)	16
17	800 Free (Ages 11 & 12 )	18

Saturday June 22, 2013

Session 2: Ages 13 & Over

Warm-ups begin at 1:15 PM Competition starts at 2:30 p.m.

All events are open to swimmers 13 and over.

Girls	Events	Boys
19	800 Free Relay	20
21	50 Free	22
23	200 Back	24
27	100 Breast	28
29	200 IM	30
31	50 Fly	32
33	200 Free	34
35	100 Back	36
37	200 Medley Relay	38
39	800 Free	40

# 50 Meter Stroke Challenge

RRVY Wahoos  
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## Day 2 (Session 3 & 4)

Sunday June 23, 2013 Session 3

Ages: 12 and under.

All events are open to swimmers 12 and under unless otherwise noted.

Warm-ups begin at 7:45 a.m. Competition begins at 9:00 a.m.

Girls		Boys
41	200 Free Relay	42
	10 minute Break Coaches Meeting in Pool Office	
43	50 Back (12 & under)	44
45	200 Breast (11 & 12)	46
47	100 Free (12 & under)	48
49	100 Fly (12 & under)	50
51	50 Breast (12 & Under)	52
53	200 Fly (11 & 12)	54
55	400 Free (12 & Under)	56

Sunday June 23, 2013

Session 4: Ages 13 & Over

Warm-ups begin at 1:15 p.m. Competition starts at 2:30 p.m.

All events are open to swimmers 13 and over.

Girls		Boys
57	200 Free Relay	58
59	400 IM	60
61	50 Back	62
63	200 Breast	64
65	100 Free	66
67	100 Fly	68
69	50 Breast	70
71	200 Fly	72
73	400 Medley Relay	74
75	400 Free	76