Event Hosted By: Red River Valley Wahoos

Approved By Held under the sanction of USA Swimming. Sanction issued

by the ND LSC.

Meet Sanction #: ND2504

Liability In granting this sanction it is understood and agreed that USA Swimming

shall be from any liabilities or claims for damages arising by reason of

injuries to anyone during the conduct of the event.

Meet 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 Admin Official Janna Schill

(701) 741-5538 Starter Andy Gasparini mlnilles@gra.midco.net Other Officials Bryon Hills

Dawnita Nilles

Safety Marshall Jason Uhlir

Meet Manager / Entries

Name Janna Schill Phone # (701) 213-0610

Email Address rrv.meetmanager@gmail.com

Entry Deadline

Electronic Copies June 4, 2017 at 11:59 PM Central Time

Paper Entries Postmark May 28, 2017

Meet Site UND Hyslop Pool (South Facing Entrance)

Address 2751 2nd Ave North

Grand Forks, ND 58202

The meet location is the University of North Dakota Hyslop Sports Center at the corner of 2^{nd} Avenue North and Columbia Road on the UND campus. Please use the **south facing**

entrance of the facility.

Facility Information 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

Timing Information 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.

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.

Eligibility / Meet Type

Age June 10, 2017 shall determine age group for swimmers, including age group relays. Entries are open to 2017 registered USA and CASA swimmers.

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.

USA Swimming Membership

ALL current 2017 registered athlete member of USA Swimming and CASA are eligible to participate.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Current 2017 USA Swimming coaches' registration with required additional certification is required of all Coaches. Upon request, Coaches must be able to provide proof of current certification. Deck pass is an acceptable form of proof of membership.

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.

Officials

All officials will be USA Swimming certified officials. An Officials meeting will be held <u>45</u> <u>minutes</u> 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.

Rules

Current USA Long Course rules and safety policies as adopted by the NDLSC and USA Swimming Rules and Regulations 2017 edition will govern the meet.

- This is a timed final 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 relays will be scratched.
- 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 and USA/CASA registration numbers are to be submitted at time of entries.
- 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.
- All relays may be swam as mixed gender relays.

On Deck Registration

On Deck Registration will not be permitted.

Warm-up & 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 will check credentials.

Awards

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

Individual age group awards will be based on: 8 and under; 9-10; 11-12; 13-14; 15-18

Relay Awards: 8 & Under; 10 & U; 12 & U; Open

19 & Older Athletes will not receive awards.

Entry Limitations:

Each swimmer may swim a maximum of 8 individual events, & 2 relays for the 2 day meet.

Entry limitations per day: 5 total events per day = 4 individual + 1 relay

Time Trials

Time trials will not be offered at this meet.

Swimsuits:

Current US Swimming policies governing swimsuits will be in effect and enforced.

Deck Changing:

Deck changing is not allowed.

Audio or Visual Recording Devices:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the start blocks.

Operations of Drones

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

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.

Concessions Concessions of beverages, snacks, and meet programs will be available in the upper level

of the pool area.

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

Food & 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.

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

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 / Session 1: Saturday June 10, 2017

Pool Deck will open at 8:15 AM
Warm-ups: Begin at 9:00-10:00 a.m.
Coaches meeting at 10:05 AM in pool office.
Competition begins at 10:15 a.m.

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

Day 2 / Session 2: Sunday June 11, 2017

Pool Deck will open at 7:00 AM
Warm-ups: 7:30-8:30 AM.
Coaches meeting (if needed): 8:35 AM in pool office.
Competition begins at 8:45 AM.

Girls/Boys	Events
18	Mixed 200 Free Relay (Open)
19/20	200 Fly (11 & Over)
21/22	50 Back (Open)
23/24	100 Free (Open)
25/26	50 Breast (Open)
27/28	200 Breast (11 and Over)
29/30	100 Fly (Open)
31/32	400 Free (Open)
33/34	400 IM (11 and Over)

Entry Fees:

\$5.50 per swimmer for NDLSC fee. \$25.00 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 Wahoos.

<u>Fee Calculation Form – return with your entry</u>

ach:		Coach's Cell Phone # ()				
ntries Chair	:	Pho	ne # ()		
‡		Amount		Number		Number
To	otal Swimmers x \$5.50 NDLSC Fee =					
\$2	25.00 per swimmer for timer/pool rental					
\$:	1.00 per unattached swimmer (if applicable)					
Т	otal Individual Events x \$1.50 =		# of boys		#	
Т	otal Relay Events x \$3.00 =		# of boys		#	
			Total		Total	
			Boys		Girls	
	otal Due =					
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ENTRIES DUE Electronic Entries (via email to Meet Manager)) June 4, 2017 11:59 P.M Paper Entries (with email backup) – Postmark May 28, 2017. Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE