

2017 RRV Long Couse Distance Meet

July 9, 2017



Event Hosted By: Red River Valley Wahoos
Approved By Held under the sanction of USA Swimming. Sanction issued by the ND LSC.

Meet Sanction #: ND2526

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 July 2 2017 at 11:59 PM Central Time
Paper Entries Postmark June 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 2nd 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.

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Eligibility / Meet Type	This is an open meet. All ages will be placed into a single open category. Entries are open to any 2017 USA or CASA registered athlete.
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	<p>ALL current 2017 registered athlete member of USA Swimming and CASA are eligible to participate.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>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.</p>
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 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	<p>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.</p> <ul style="list-style-type: none">• 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.• 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 will be seeded and swam as mixed-open events.• Event 1 will be the 1500 Freestyle. 800 Free splits will be legally documented for each 1500 entry.• All events will be swam based on entry time with the fast entry times being swam in the first heat of each event.• NT entries will be accepted.

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On Deck Registration	On Deck Registration will be permitted for open lane swims.
Warm-up & Safety Policy	<p>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 NDLS and US Swimming safety policies.</p> <p>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.</p>
Awards	No awards will be given for this meet.
Entry Limitations:	Each swimmer may swim a maximum of 3 individual events.
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	<p>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.</p> <p>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.</p> <p>The decision of the jury may be appealed by either party to the Central Zones Board of Review, pursuant to Article 401.</p>
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 may 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.

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Programs

Programs containing seeded events for all sessions will be available for free on meet mobile. The estimated start times will be posted in the program 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>

Long Course Distance Invite – Order of Events

Warm-ups will begin at 10:00 AM. Coaches meeting at 11:05 PM in pool office. First event will start at 11:15. Individual events will seeded and swam as mixed open events.

<u>Girls / Boys</u>	<u>Events</u>
1	1500 Meter Freestyle (Open)
2	200 Butterfly (Open)
3	200 Freestyle (Open)
4	200 Backstroke (Open)
5	400 I.M. (Open)
6	200 Breaststroke (Open)
7	400 Freestyle (Open)

Entry Fees:

\$5.50 per swimmer for NDLS fee.
\$23.00 per swimmer for timer/pool rental
\$1.50 per swimmer per individual event

Summary cost per calculation sheet is attached.

Checks must accompany entries and made payable to Red River Valley Wahoos.

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July 9, 2017

Fee Calculation Form – return with your entry

Club Name: _____ Club Abbreviation: _____

Coach: _____ Coach's Cell Phone # ()

Entries Chair: _____ Phone # ()

#		Amount		Number		Number
	Total Swimmers x \$5.50 NDLSF Fee =					
	\$23.00 per swimmer for timer/pool rental					
	\$1.00 per unattached swimmer (if applicable)					
	Total Individual Events x \$1.50 =		# of boys		#	
	Total Relay Events x \$3.00 =		# of boys		#	
			Total Boys		Total Girls	
	Total Due =					

Make checks payable to: Red River Valley Wahoos
All fees are due with your entry.

Entries & Summaries should be mailed to the following:

Red River Valley Wahoos
Attn: 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 # ()

Electronic Copies **July 2 2017 at 11:59 PM Central Time**
Paper Entries **Postmark June 28, 2017**
Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE