

# 2019 RRV Mile Meet – February 22-24, 2019



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

**Meet Approval #:** ND2822

**Liability** In granting this approval 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 all athletes and to have fun. Good sportsmanship is required of all athletes, coaches, officials, and spectators.

<b>Meet Referee</b>	Matt Nilles	<b>Admin Official</b>	Stephanie Musselman
	(701) 741-5538	<b>Starter</b>	Andy Gasparini
	mnilles@gra.mdico.net	<b>Other Officials</b>	Bryon Hills Janna Schill
		<b>Safety Marshall</b>	Jason Uhlir

### Meet Manager / Entries

Name	Janna Schill
Phone #	(701) 213-0610
Email Address	<a href="mailto:Rrv.meetmanager@gmail.com">Rrv.meetmanager@gmail.com</a>

### Entry Deadline

Electronic Copies	February 17, 2019 at 10:00 PM Central Time
Paper Entries	February 9, 2019

*Electronic Entries are preferred. In addition to emailing Hytek entry file, please send a PDF/Printout of Relays and Individual Entries via email to Meet Director.*

**Meet Site** UND Hyslop Pool  
**Address** 2751 2<sup>nd</sup> Ave North (South Facing Entrance)  
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. The south-facing door(s) are the primary entrance.

**Facility Information** 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 Daktronics 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).

## 2019 RRV Mile Meet – February 22-24, 2019

<b>Timing Information</b>	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.
<b>Course Certification</b>	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.
<b>Eligibility / Meet Type</b>	Age as February 22, 2019 shall determine age group for swimmers, including age group relays. Entries are open to 2018 registered USA & CASA swimmers..
<b>Disability Statement</b>	Swimmers with permanent disability as defined by USA Swimming are welcome to participate in any ND Swimming sanctioned meet in any event corresponding to the swimmer's gender within the daily individual event limit for the meet. The entering coach or swimmer must contact the meet referee to discuss any modification for the disabled swimmer to participate.
<b>Racing Start Proficiency</b>	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.
<b>USA Swimming Membership</b>	<p>ALL current 2019 registered athlete member of USA Swimming are eligible to participate. In addition, US Master and CASA swimmers are invited and welcome to participate. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>Current 2019 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>
<b>Swimmers without a coach present</b>	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 and communicate with the meet director the arrangements if they cannot attend the meet with their swimmers.
<b>Officials</b>	All officials will be USA Swimming certified officials. An Officials meeting will be held <b><u>45 minutes</u></b> 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.
<b>On Deck Registration</b>	On deck registrations will NOT be accepted for this meet.
<b>Warm-up &amp; Safety Policy</b>	<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 NDLSC 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 Marshals will check credentials.</p>

# 2019 RRV Mile Meet – February 22-24, 2019

## Rules

Current USA Short Course rules and safety policies as adopted by the NDLSA and USA Swimming Rules and Regulations 2019 edition will govern the meet.

- This is a timed final meet for 10 & Under athletes. 11 & Older will compete in a preliminary/final format meet unless an event is stated as a time final in the meet order of events.
- 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 in the 10 & Under sessions 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 timed final events will be swam based on entry time with the fast entry times being swam in the last heat of each event.
- All prelim/final events will be swam using circling seeding methods.
- NT entries will be accepted.
- All relays may be swam as mixed gender relays.

## Awards

Individual ribbons: 1-16

Relay ribbons:

1-3

Individual event awards will be: 8 & U, 9-10, 11-12, 13-14, 15 & Older. 19 & Older will not be receive awards.

Relay event awards will be in the following age groups: 8 and under, 10 and under, 12 and under, 13-18; 19 and older. 19 and older will not receive awards.

## Entry Limitations:

11 and older (3 days): 7 individual events and 2 relays

10 and under (3 days): 9 individual events and 2 relays

Entry limitations per day:

Friday – 1 individual event/day

Saturday & Sunday – 11 and older athletes: 3 individual events/day; 1 relay per day

10 and under athletes: 4 individual events/ day; 1 relay per day

8 and under relays may consist of any combination of male and female athletes.

All other mixed relays must have a relay combination of 2 males and 2 females.

## 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.

## 2019 RRV Mile Meet – February 22-24, 2019

<b>Operations of Drones</b>	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.
<b>Meet Jury</b>	<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>
<b>Changes to the Meet Information:</b>	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.
<b>Concessions</b>	Concessions of beverages, snacks, meet programs, and apparel will be available in the upper level of the pool area.
<b>Parking Information</b>	<p>Free in the lot directly west (closest to the overpass bridge) of the south-facing pool entrance.</p> <p>Patrons may also park in the parking ramp on 2nd 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.</p>
<b>Food &amp; Container Policy</b>	TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION.
<b>Tobacco &amp; Alcoholic Products</b>	Alcoholic beverages, smoking, and use of other tobacco products (including e-cigarettes) are prohibited in all areas of the venue.
<b>Programs</b>	Programs containing seeded events for all sessions will be available for purchase at concessions. The cost of the program for 3 days will be \$10. The estimated start times will be posted in the programs but will not be used as the official timeline.
<b>Lodging</b>	Please contact the Grand Forks CVB if you are need of assistance for hotels.

# 2019 RRV Mile Meet – February 22-24, 2019

## Meet Schedule

Officials meeting: 45 minutes prior to the start of each session in the pool office.

Timers meeting with Chief Timer: 30 minutes prior to the start of each session.

Coaches meeting with referee 10 minutes prior to the start of each session in the pool office.

### **Friday February 22**

**Session 1:** Warm-ups begin at 4:30 pm. Session will start at 5:30 pm.

Events 1 & 2 will be held simultaneously in 2 pools.

The primary competition pool (Pool A) will have the 1650 Freestyle seeded fastest to slowest.

The secondary/warm-up pool (Pool B) will have the 500 Freestyle seeded fastest to slowest.

Positive check-in required for Event 1 and 2. Athletes must provide their own people to lap count and time.

### **Saturday Feb 23**

Session 2: 11 & up: Warm-ups will begin at 7:15 AM. Session starts at 8:15 AM.

Session 3 – 10 and under: Warm-ups: TBA. Session start will be determined after entries received and seeded.

Session 4- Finals – 11 & Up – A Final – Warm-ups: TBA; Session start – TBA

### **Sunday Feb 24**

Session 5: 11 & Up: Warm-ups will begin at 7:15 AM. Session starts at 8:15 AM.

Session 6 – 10 and under: Warm-ups: TBA; Session starts: TBA

Session 7- Finals – 11 & Up – A Final – Warm-ups: TBA; Session: TBA

## **Meet Guidelines**

1. Friday night events (Events 1 and 2) are timed finals. Event 1 and Event 2 will swim continuously between the primary and secondary pools.
2. The 1650 Free will be seeded Fastest to Slowest. The Fastest heat will swim in the primary competition pool. Any other heats may swim in either the competition or secondary pool once the 500 Freestyles have concluded.
3. The 12 & Under (Event 2) 500 Free will be seeded from Fastest to Slowest. All 500 Frees on Friday night will swim in the secondary pool.
4. Positive check-in is required for Events 1 (11 & Older 1650 freestyle) and Event 2 (12 & Younger 500 freestyle).
5. If requested at or before the coaches meeting on Friday February 22, 1000 freestyle splits will be able to be collected during Event 1 (1650 freestyle). In order for the 1000 freestyle to be valid, the athlete must swim the entire distance of Event 1 (1650 free).
6. Athletes swimming in Event 1, 2, or 11 need to provide their own people for lap counting and timing.
7. Saturday and Sunday 11 and older events (other than 3, 4, 8, 11, 21, 22, 25 will be a Preliminary/Final Format. The meet referee reserves the right to swim any events that have less than 8 swimmers as a timed final event.
8. Saturday Individual Events 4, 8, and 11. The top 8 will swim in Finals in Session 4.
9. Sunday Individual Events 22 & 25: All heats will swim in the Preliminary Session #5.
10. All relays for the 11 & Older sessions will be swam in prelims.
11. Preliminary sessions will be seeded and swam as mixed events.
12. Please note that any event with fewer than 8 swimmers may be swam as a timed final. The meet referee reserves the right to swim any events that have less than 8 swimmers as a timed final event.
13. The last three heats of all Preliminary events will be circle seeded.
14. The top 8 fast times in each 11 & Older Age Group (Girls: 11-12, 13-14, 15-Over; 11-12, 13 – Over) will qualify for finals. If an athlete decides to scratch from finals, it is athlete and coaches' responsibility to follow the USA Swimming National Scratch protocol as stated in the 2019 Rulebook, Section 207.11.6.  
Additional information:
  - a. An "A" Final (Top 8) will be offered in finals on Saturday and Sunday for the following age groups: 11-12 Girls; 13-14 Girls; 15 & Older Girls / 11-12; 13 & Older Boys

## 2019 RRV Mile Meet – February 22-24, 2019

- b. Prior to the start of each A final heat, athletes are expected to report and line up behind the start blocks of the primary pool. "A" finalists will have their names announced prior to the start of each final heat.
15. The fastest heat of the 500 free on Saturday (Session 2/4) will swim in finals.
16. Timed Final sessions (10 and under sessions) will be seeded and swam as mixed events.
17. Saturday and Sunday 10 and under events will be a Timed Final Format. Warm-up and Start Times for 10 and under sessions will be published after all entries have been seeded and processed.
18. 8 and under 25 yard events will start on the turn end.
19. No time (NT) entries will be allowed for this meet.
20. National scratch procedures per current USA Swimming Rule Book, Section 207.11.6 will be enforced.
21. Swimmers' and Coaches' Responsibilities – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information in this meet announcement and any details discussed at the Coaches Meeting which will be held before each session in the pool office.
22. The Meet Referee will be the final authority for conduct of the meet.
23. The Meet Director will determine the warm-up lane assignments.

<b>Entry Fees</b>	\$5.50 per swimmer for NDLS fee.
	\$35.00 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: RRV Wahoos

Payment is **due** at time of entry into the meet.

# 2019 RRV Mile Meet – February 22-24, 2019

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 NDLS Fee =					
	\$35 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.**

**Summaries should be mailed to the following:**

Janna Schill  
4189 Sun Circle  
Grand Forks, ND 58201

**Mail Payment to:**

Red River Valley Wahoos  
c/o Janna Schill  
4189 Sun Circle  
Grand Forks, ND 58201  
Email : rrv.meetmanager@gmail.com

Who should RRV 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 # ( )

ENTRIES DUE Electronic Entries (via email to Meet Manager): Feb 17, 2019 at 10 PM Central time  
Paper Entries (with email backup) – Postmark February 9, 2019  
Late ENTRIES WILL BE CHARGED A \$50.00 / athlete late free charge.

2019 RRV Mile Meet – February 22-24, 2019