

# North Dakota State Long Course Championships - July 23-25, 2021

**Event Hosted By:** Aquastorm

**Sanctioned By:** North Dakota Swimming, Inc. and USA Swimming, Inc.

**Meet Sanction Number:** ND-LC-21-15

**Time Trial Sanction Number:** ND-LC-21-15-TT

**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 Director:** Thomas Wheeling Phone: 701-751-4272  
1601 Canary Avenue  
Bismarck, ND 58503  
[programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com)

**Meet Referee:** Dan Heckaman  
Email: [daniel.heckaman@gmail.com](mailto:daniel.heckaman@gmail.com)

**Admin Official:** Joe Gruman and Chris Knudson

**Entries:** Susan Draper Phone: 385-225-0476  
1607 Aspen Loop  
Williston, ND 58801  
[ndlscagegroupchair@gmail.com](mailto:ndlscagegroupchair@gmail.com)

**Safety Marshal:** Mary Palmer

**Meet 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 Site:** **BSC Aquatic and Wellness Center**  
1601 Canary Ave.  
Bismarck, North Dakota 58503

## **Directions to Facility**

Approaching Bismarck from the West on Highway I-94 take Exit 157.

Go to the exit stop light and proceed directly through the intersection on Schafer Street until you come to Canary Avenue (approximately 2 blocks) then take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 2 blocks).

If you are coming from the East on Highway I-94 Take exit 157, turn left at the exit stop light onto West Divide Avenue. Proceed to the next stop light and turn right on Schafer Street, Travel to Canary Avenue (approximately 2 blocks) take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 2 blocks).

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If you are coming from the North or South on US Highway 83 turn West on I-94 (Exit 159) and follow the above directions coming in from the East. Entrance to the pool is on the SOUTHWEST corner of the building.

**Facility:** 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). □

Competition Pool: Eight-lane, 50-meter pool: The first 25 meters is 7 ft. in depth, tapering to 5-1/2 feet mid-course then tapering to 13-1/2 feet at the turn end with a bulkhead at the turn end.

- Continuous warm-up will be available in the program pool varying in depth from 3.5 feet to 4.5 feet. Use of the warm-up pool will be restricted to swimmers warming-up and cooling down.
- Coaches are responsible for their swimmers conduct. Failure of coaches to control their swimmer's actions may result in removal from the warm-up pool.

**Seating: There is no reserved seating.** 750 seats are located on the upper level on the west side of the pool for spectators. All chairs and personal items must be removed at the end of each day of the meet. Only athletes, officials, working volunteers, and coaches will be allowed on the pool deck. Only athletes will be allowed in the locker rooms. Athlete seating will be provided on the north and south sides of the pools.

**Concessions:** Concessions are provided by a private concessionaire not associated with the host club. They will have services available in the food court on the upper level.

**Parking Information: FREE PARKING** is available in the south and west lots of the BSC Aquatic Center.

**Food and Container Policy: ABSOLUTELY NO GLASS CONTAINERS WILL BE ALLOWED** on or behind the upper level bleacher seating areas, in the locker rooms, or anywhere on the pool deck. Persons in violation of this policy will be required to immediately dispose of the glass containers safely or will be asked to leave the BSC Aquatic facility.

In order to keep the pool deck areas clean, food is generally prohibited on the pool deck. Teams and competitors are permitted to have light snacks (energy bars, fruit, etc.) in the poolside bleacher seating areas only. Teams and competitors may bring sports drinks, water, etc. in plastic or other non-breakable containers. **TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION.**

**MEET SCHEDULE: PLEASE NOTE - ALL TIMES LISTED ARE CENTRAL DAYLIGHT TIME**

<b>Friday:</b>	Coaches/Scratch Meeting	8:30 AM
	Officials Meeting	9:00 AM
	Warm-ups	9:00 AM
	Competition Begins	10:30 AM
	45 minute break after event ½ (pool open for 40 minutes)	
<b>Saturday</b>	Coaches/Scratch Meeting	7:30 AM
	Warm-ups	8:00 AM
	Officials Meeting	8:00 AM
	Competition Begins	9:30 AM
	Coaches/Scratch Meeting	7:30 AM

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<b>Sunday</b>		
	Warm-ups	8:00 AM
	Officials Meeting	8:00 AM
	Competition Begins	9:30 AM

**Warm-Up and Safety Policy:** Warm-ups will be a minimum of one hour. North Dakota Swimming, Inc. warmup procedures and safety guidelines will be in effect at this meet. Reminder: Backstroke swimmers must step into the water feet first.

**Note:** Warm-up lanes will be assigned and provided to the teams during the Coaches meeting on Friday. 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 Marshalls will 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.

**Athlete Conduct:** All athletes will be required to adhere to the NDLSC Code of conduct.

**Rules:** Current USA Swimming rules will govern this meet. Participating athletes must be registered through North Dakota LSC with USA Swimming, and have achieved qualifying times as described in the Eligibility section of this document. Current safety policies as adopted by the NDLSC and USA Swimming will govern the meet.

**Eligibility:** Eligible swimmers must have a current USA registration and be a member of a registered North Dakota LSC swim club. A registered ND non-club affiliated swimmer is allowed to swim unattached. Conforming times must be achieved in a long course pool meeting the requirements of USA Swimming Rules & Regulations 103.2.1.

**Disability Statement:** Swimmers with permanent disability as defined by USA Swimming are welcome to participate in the ND State Championship Meet in any event corresponding to the swimmer's gender within the daily individual event limit for the meet. Disabled swimmers must have an IPC classification AND participated in two (2) ND Swimming/USA Swimming or IPC meets within the eligibility period for the state meet. They must have a verifiable time in the SWIMS database or from results published by a bona fide sanctioning body, within the eligibility period for the meet, for the event(s) they wish to enter. The entering coach or swimmer must contact the meet referee to discuss any modification for the disabled swimmer to participate. Participation in this meet by a disabled swimmer shall constitute a season-ending LSC championship competition, unless the disabled swimmer earns a new time that qualifies them for the next level meet.

**Minor Athlete Abuse Prevention Policy:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All Applicable Adults are prohibited from using the locker rooms for any changing purposes. There are four (4) changing rooms outside the pool deck that may be used by Applicable Adults for changing purposes.

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**Swimmers Age:** Age as of **July 23, 2021** shall determine age group for swimmers, including age group relays.

**Qualifying Period:** The qualifying period for the State Long Course Championship Meet is from May 1, 2019, through the entry deadline.

## Meet Type

- This is a timed final meet. This is NOT a split 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.
- **There will be no deck entries at this meet.**
- 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.

## Entry Limitations:

### Individual Events:

The entry limit is four (4) individual events per day with no more than seven (7) individual events for the Championship Meets.

### Relays:

13 & Older Athletes are allowed to swim one (1) relay Friday, two (2) relay events Saturday, and two (2) relay events Sunday.

12 & U Athletes are allowed to swim one (1) relay Friday, two (2) relay events Saturday, and one (1) relay event Sunday.

## Relays:

- **All relays must meet published state qualification standards.**
- 8 & Under Relays may be mixed gender or not, at the discretion of each club. Mixed gender 8 and under relays may be **any** combination of male and female athletes.
- 10 & U, 12 & U, 13-14, 15-16, 17-18, & 19 & Over Mixed Relays must consist of **2 female** and **2 male athletes**.
- The 800 Free Relay is an open relay and has published time standards for girls, boys, and mixed categories.  
**\*\*\*Note non-conforming relay will be scored in the 19 & over category \*\*\***

## Individual Events:

- At the discretion of the meet referee, events may be combined.
- The 1500 (Event 1 / 2) and 800 Free (Event 67 / 68) will be seeded fastest to slowest entry times (reverse heat order), alternating girl's and boys' heats. The 1500 and 800 Free will be deck-seeded and require positive check-in.
- All 10 and under individual events except the 100 fly will be seeded by age group and seed times. Each 10 and under age group will have a top 8 final heat. The 8 and under 100 fly will be a mixed event.
- At the request of the swimmer's coach and at the discretion of the Meet Referee, at least a 5-minute break for 50 meter events or less, a 10-minute break for 100 meter, and 15 minutes for 200 meter or greater between an individual's events (**excluding relays**) are allowed. **It is the coach's responsibility to notify the Meet Referee in advance of time line conflicts.**

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**Qualifying Times/ Eligibility:** Individual and relay events will not be accepted with no times (NT). Swimmers names, USA registration numbers and order of swimmers for relays are to be submitted with entries.

Times achieved during Long Course Season in a non-LCM pool: Qualifying times that are swam in a short course pool (either SCM or SCY) during the long course season must meet a qualifying time converted from the long course meter qualifying standard time. These times will be converted to long course meter times for seeding purposes at the state meet.

**Yard times will be first converted to Short Course Meters.**

- Times for 50/100/200 yard events will be multiplied by 1.11.
- Times for the 500 & 1000 yard events will be multiplied by 0.8925 to obtain times for the 400 & 800 meter events.
- The 1650-yard time will be multiplied by 1.02 to obtain the 1500-meter time.

**Short Course Meter times are then converted to Long Course Meter times by adding time for each additional turn** (Freestyle: 0.8 seconds, Backstroke: 0.6 seconds, Breaststroke: 1.0 seconds, Butterfly: 0.7 seconds, and Individual Medley: 0.8 seconds). Drop the third and following digits after the decimal place.

Times achieved in during Short Course season: If a swimmer swims a ND Short Course Championship qualifying time in a short course event during the short course season (meters or yards), that swimmer is also qualified in the corresponding long course event. These times are considered **non-conforming** and will be seeded **after** the conforming times (SCM then SCY). State Qualifying time standards are attached at the end of this document.

**Entries:**

- **All entries are due Monday, July 19, 2021 at 12:00 PM.**
- *All times listed in this document are Central Daylight Time.*
- **Absolutely, no entries will be accepted after the 12:00 PM deadline.**
- **It is the responsibility of each Club to verify entry times, receipt and readability of any entries, and submission of entry by prescribed due date.**
- **The Club Entry chair must verify receipt of entries by email or follow-up phone call to the host entry chair.**

**Entry Fees:** Entry fees are due before the start of the Coaches Meeting on Friday, July 23, 2021. **Fees are non-refundable.**

**Fees:**

- \$2.75 per swimmer for NDLSC fee
- \$1.50 per swimmer per individual event
- \$3.00 per Relay event
- \$25.00 per swimmer (facility/timing fee)

Please mail Fee Calculation form (last page) along with check by application deadline.

The Fee Summary cost per calculation sheet is attached. Checks must accompany entries and made payable to **Aquastorm**.

**Time Trials:**

- Time trials will be offered immediately after each day's session.
- Swimmers will be allowed to choose from any events offered for their respective age group but may only time trial an event once during the meet.

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- A coach must approve the request to participate in the time trial.
- Any swimmer interested in swimming time trials **MUST HAVE THEIR COACH DECLARE** their intentions to swim to the Administrative Official before the end of each session of the meet.
- Time trial fees are **\$10.00** per event and must be paid at the time of declaration.

**Officials:** USA Swimming certified officials. To be eligible to officiate at the state meet, an official must have officiated at least one meet in the current season. Apprentice officials are not allowed.

**USA Swimming Membership:** Current 2021 USA Swimming coaches' registration with mandatory additional certification is required of all Coaches. Coaches shall wear the meet deck pass provided while on deck. Proof of certification by the USA Swimming Deck Pass application is acceptable.

**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.

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

**Deck Changing:** Deck changing is strictly prohibited and is not allowed.

**Audio or Visual Recording Devices:** Use of audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks. **Use of flash photography at the start of a race is prohibited.**

**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 Committee:** A Meet Committee will be formed consisting of the General Chair, Meet Referee, a Coaches' Rep. from the smallest and largest teams represented, and the Senior Athlete Rep. The Meet Committee will be the judges for the Spirit Award.

The Meet Committee will hear submitted protests made prior to or during the championship. Judgment decisions on USA Swim rules cannot be protested. When possible, decisions will be rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.

Until the Meet Committee 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.

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The decision of the Meet Committee may be appealed by either party to the USA Swimming, Central Zone Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the Central Zone Board of Review at the [CZ Board of Review website](#).

**Timing:** Daktronics electronic timing system with a minimum of 2 backup buttons and 2 watches per lane, horn start, and touch pads at the start and turn ends of the pool.

Special Note Regarding Timing: **All teams** will help with timing for the state meet. The number of swimmers per team will determine the number of timers each team will provide. Team assignments for lane timing will be posted in the meet program as well as in the main spectator entrance. Please make sure your Club has arranged in advance for timers to represent your club for the entire meet. Your cooperation will help the meet run more efficiently.

## Awards

Individual medals: 1-8                      Individual ribbons: 9-16  
 Relay medals: 1-8                      Individual ribbons 9-16  
 First Place Team: Championship Plaque  
 Percentage Award: Championship Plaque

A Spirit Award is to be awarded on Sunday of the State Meet to the team that shows the most spirit and sportsmanship including parents, swimmers and coaches. The Coach of the Year Award will be awarded on Sunday at the same time as the Spirit Award.

## Scoring:

Age groups for scoring of individual events:

8 & under, 10 & U, 9-10, 11-12, 13-14, 15-16, 17-18, and 19 & Over

Age groups and scoring for relays are:

8 & under, 10 & under, 12 & Under, 13-14, 15-16, 17-18 and 19 & Over

**\*\*\*Note non-conforming relay will be scored in the 19 & over category \*\*\***

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Event Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Event Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Internet Information:** Psych sheets and meet information will be posted to the following web sites, [www.ndswimming.org](http://www.ndswimming.org) and [www.aquastormswimming.com](http://www.aquastormswimming.com) prior to the start of the meet. During the meet, results will be available with the *Meet Mobile* cell phone app.

**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.

**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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**Coaches and Officials Hospitality:** A hospitality room will be provided with meals and drinks at appropriate times of the day.

**Lodging:** A complete list of hotels and motels (Room Block) is available on the NDLSA and Aquastorm websites. [www.aquastormswimming.com](http://www.aquastormswimming.com) [www.ndswimming.com](http://www.ndswimming.com)

**Deck Passes:** Meet credentials (deck passes) for LSC coaches and athletes will be issued to the team representative or coach of each club at or before the beginning of the Coaches Meeting on Friday.

Swimmers are required to display credentials at all times when entering the pool deck. Coaches should remind swimmers to take their credentials with them any time they exit the deck area.

**Officials' Meeting:** Mandatory Officials' Briefing Sessions will be held prior to the start of each session and will cover stroke rules, assignments of officials, jurisdiction etc. All officials must be present for the briefings. Uniform for Officials is white North Dakota Officials polo shirt with khaki shorts, pants or skirts, with white shoes.

## Fee Calculation Form – return with your entry

Your \_\_\_\_\_ Club: Club Abbreviation: \_\_\_\_\_  
\_\_\_\_\_  
Coach: Coach's Cell Phone # ( \_\_\_\_\_ )  
\_\_\_\_\_  
Entries Chair: Phone #: \_\_\_\_\_

\_\_\_\_\_ Total Number of Swimmers x \$2.75 NDLSA Fee = \$ \_\_\_\_\_

\_\_\_\_\_ Total # of Individual Events X \$1.50 = \$ \_\_\_\_\_  
# of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total # of Relay Events X \$3.00 = \$ \_\_\_\_\_  
# of boys \_\_\_\_\_ # of girls \_\_\_\_\_

Facility Use/Electronic Timing Fee  
\_\_\_\_\_ Total # of Swimmers X \$25.00 = \$ \_\_\_\_\_

**All fees are due with your entry.**

**Total Due \$ \_\_\_\_\_**

Please make checks payable to: **Aquastorm**

Send Payment to

Thomas Wheeling  
1601 Canary Avenue  
Bismarck, ND 58503

[programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com)



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PRINT CLEARLY and provide an e-mail contact you trust!

Name: \_\_\_\_\_ Day Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail: \_\_\_\_\_ Evening Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

*(If you are having a team representative pick up awards, add a place for the name and phone number of this person.)*



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**Assumption of risk disclaimer:** We have taken enhanced health and safety measures for our athletes and volunteers so we can host this back-to-the-pool meet after a prolonged break. Despite precautions, an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. But do recognize that when you allow your children to participate in this meet, you are voluntarily assuming all risks related to exposure to COVID-19.

In applying for this sanction(ed event), the Host, Aquastorm agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, NDLSA, the State of North Dakota and City of Bismarck/Burleigh County .

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NDLSA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NORTH DAKOTA  
SWIMMING