

# 2021 Aquastorm Summer Sizzler Meet

## July 9-11, 2021



**Event Hosted By:** Aquastorm  
**Approved By** Held under the sanction of USA Swimming. Sanction issued by the ND LSC.

**Meet Sanction #:** ND-LC-2108  
Time Trial ND-LC-2108TT

**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 all athletes and to have fun. Good sportsmanship is required of all athletes, coaches, officials, and spectators.

**Meet Referee** Ben Richards

<b>Admin Official</b>	Joe Gruman
<b>Starter</b>	Tara Steele
<b>Other Officials</b>	Kelli Sears Amy Mayer
<b>Safety Marshall</b>	Mary Palmer

### Meet Manager / Entries

Name Thomas Wheeling  
Phone # 701-751-4272  
Email Address [programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com)

### Entry Deadline

Electronic Copies **Friday, July 2<sup>nd</sup> by 7pm**  
Paper Entries NO paper entries allowed!

**Meet Site** Bismarck Aquatic and Wellness Center  
**Address** 1601 Canary Ave  
Bismarck, ND 58503

### Directions to the Meet Site: BSC Aquatic and Wellness Center

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).

Approaching Bismarck 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).

# 2021 Aquastorm Summer Sizzler Meet

## July 9-11, 2021



Approaching Bismarck 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 Information

**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.

**Warm-up Pool:** Continuous warm-up will be available in the program pool with varying 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. Feet-first entry only.

There are 750 seats located on the upper level on the west side of the pool for spectators. **There is no reserved seating.** All chairs and personal items must be removed at the end of the meet. Team and athlete bleacher seating will be provided on the north and south sides of the pool deck.

### Timing Information

DakTronics electronic timing system with horn/light start, two backup buttons and two watches per lane, and touch pads at the finish will be used.

### Course Certification

The competition pool conforms to USA Swimming Rules and Regulations – Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2 C (3).

### Eligibility / Meet Type

This is a two and a half day, one session per day Invitational Timed Finals meet. The age of a swimmer is determined by their age on the first day of the meet.

- All events will be swum as mixed gender and seeded by time slowest to fastest according to entry times submitted.
- **Only 8 and Under relays may be swam as mixed gender!**
- The whistle protocol and horn start, with no recall for false starts will be used.

It is the coach's responsibility to notify the Meet Referee in advance of time-line conflicts.

### Disability Statement

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.

### 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 2021 registered athlete member of USA Swimming are eligible to participate.

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

# 2021 Aquastorm Summer Sizzler Meet

## July 9-11, 2021



Current 2021 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 **45 minutes** 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 NDLSA and USA Swimming Rules and Regulations 2021 edition including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. 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.

- 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 will 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.
- **8 and under relays can be swam as mixed gender.**

**On Deck** There will **NO Deck Seeding allowed!**

**Registration  
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 Marshals will remind all swimmers and athletes on deck of any violation of NDLSA 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**

Awards will be based on USA Swimming's Standard Age Group:

# 2021 Aquastorm Summer Sizzler Meet

## July 9-11, 2021



- 8 & Under, 9-10, 11-12, 13-14, 15-18.
- Swimmers 19 & Older will not receive awards.

### Scoring:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Points	40	34	32	30	28	26	24	22	0	0	0	0	0	0	0	0

Scoring will be based on USA Swimming's Standard Age Groups:

- 8 & Under, 9-10, 11-12, 13-14, 15-18, 19 & Older

- Entry Limitations:** Entry limit is 4 individual events and 1 relay per day. Swimmers can do a total of 9 individuals and 3 relays.
- Time Trials** There will be time trials allowed at 10 dollars per swim.
- Swimsuits:** Current US Swimming policies governing swimsuits will be in effect and enforced.
- Deck Changing: Audio or Visual Recording Devices: Operations of Drones** **Deck changing is not allowed!**  
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.  
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. No changes will be allowed to the meet information which affects the event order, seeding, scoring, or awards.
- Concessions** Concessions are provided by a private concessionaire not associated with Aquastorm. They will have services available in the food court on the upper level.

# 2021 Aquastorm Summer Sizzler Meet

## July 9-11, 2021



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

**Food & 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.

**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** A list of hotels and motels is available on the Aquastorm website [www.aquastormswimming.com](http://www.aquastormswimming.com)

### **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; that is precisely why we are hosting this meet without spectators and with as few volunteers as possible. 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, \_\_\_NDLSC\_\_\_, 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 NDLSC 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.

# 2021 Aquastorm Summer Sizzler Meet

## July 9-11, 2021



### Meet Schedule

**Friday Warmups are 1pm and meet starts at 2pm**

**Coaches meeting: 12:45pm in Hospitality Room**

**Officials meeting: 1:15pm in the hospitality room (Friday)**

**Timers meeting with Chief Timer: 1:45pm in the equipment room**

**Pool Deck will open at 7:30am Saturday and Sunday**

**Warm-ups: 8:15am-9:25am**

**Officials Meeting 8:45am in Officials Meeting Room**

**Timers Meeting 9:15am in equipment room**

**Competition starts at 9:30am**

**Summer Sizzler Meet Events List**

**All events will be swum as mixed gender heats and seeded by time slowest to fastest. Only 8 and under relays may be mixed.**

#### Friday

1. Girls 800 Freestyle Relay
2. Boys 800 Freestyle Relay
3. Mixed 100 Freestyle
4. Mixed 11 & Over 200 Butterfly
5. Mixed 50 Backstroke
6. Mixed 11 & over 200 Breaststroke
7. Mixed 11 & over 1500 Freestyle

#### Saturday

8. Mixed 11 & over 400 IM
9. Mixed 8 & U 200 Medley Relay
10. Girls 9-12 200 Medley Relay
11. Boys 9-12 200 Medley Relay
12. Girls 13 & Over 200 Medley Relay
13. Boys 13 & Over 200 Medley Relay
14. Mixed 50 Butterfly
15. Mixed 200 Freestyle
16. Mixed 50 Breaststroke
17. Mixed 100 Backstroke
18. Mixed 9 & Over 400 Freestyle

#### Sunday

19. Mixed 8 & U 200 Free Relay
20. Girls 9-12 200 Free Relay
21. Boys 9-12 200 Free Relay
22. Girls 13 & Over 200 Free Relay
23. Boys 13 & Over 200 Free Relay
24. Mixed 100 Butterfly
25. Mixed 9 & Over 200 IM
26. Mixed 50 Freestyle
27. Mixed 100 Breaststroke
28. Mixed 11 & Over 200 Backstroke
29. Mixed 11 & Over 800 Freestyle

Entry Fees: \$2.75 per swimmer for NDLS fee.

\$30.00 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 Aquastorm

