**Event Hosted By:** Williston Sea Lions

**Sanctioned By:** Held under the sanction of USA Swimming   
 & North Dakota Swimming, Inc.

**Meet Sanction Number**: ND-SC-19-010

**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 Manager:** Joanna Baltes/Susan Draper Phone: 571-344-3913

Williston Sea Lions

PO Box 122

Williston, ND 58802

[kiwibaltes@yahoo.com](mailto:kiwibaltes@yahoo.com)

**Meet Referee:** Shane Peterson **Admin Official:** Joanna Baltes

701-570-2701 **Starter:** Joel Babcock

[shane@diamondnd.com](mailto:shane@diamondnd.com) **Other Officials:**  Samantha Roberts

Christina Luthy

**Entries:** See Meet Manager

**Meet Site:** Williston Area Recreation Center

822 18th St. E.

Williston, ND 58801

**Facility:** The E.J. Hagan, MD Natatorium is an 8 lane 50-meter indoor pool, which is housed within the Williston ARC. The competition pool conforms to USA Swimming Rules and Regulations – 2010 Article 103.3. The pool is in the process of being certified in accordance with USA Swimming requirements 104.2 C (3). Water depth is 12.5’ at the start end, 7’ at course center, and 4’ at the turn end.

**Timing:** DakTronics electronic timing system with horn/light start, two backup buttons and two watches per lane, and touch pads at the start and turn ends of the pool will be used.

**Course Certification:** The competition pool conforms to USA Swimming Rules and Regulations, Article 103.3. The competition course is in the process of being certified in accordance with 104.2.2C (3) and (4).

**Eligibility/Meet Type:** This is a one day, Inter-squad Timed Finals meet. Age as of November 19, 2019 shall determine age group for swimmers, including age group relays. All individual events will be swum as mixed gender and seeded by time slowest to fastest according to entry times submitted. There will be no relays.

**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:** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of USA Swimming Rules. All swimmers must be a current registered athlete member of US Swimming or CASA. Current 2019 USA Swimming coaches’ registration with required additional certification is required of all Coaches. **Coaches must wear their credentials while on deck.**

**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 5:00pm., prior to the start of the meet. Uniform for officials is a white North Dakota Officials polo shirt with khaki shorts, pants or skirts, with white shoes.

**Rules:** Current USA Short Course rules and safety policies as adopted by the NDLSC and USA Swimming Rules and Regulations 2019 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 accepted at this meet.

**MAAPP:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. Swimmers must use the bathrooms located on the pool deck. Adults must use the bathrooms outside the Natatorium, across from the racquetball courts.

**Warm-Up and 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.** Safety Marshals will check credentials. It is understood and agreed that USA Swimming and North Dakota Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Awards:** Individual ribbons: 1-16

Relay ribbons: 1-8

Scoring and Awards will be based on USA Swimming’s Standard Age Groups, 6 & U, 8 &U, 9-10, 11-12, 13-14, 15-16, and 17-18. Swimmers 19 & Older will not be scored and will not receive awards.

**Scoring:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Individual 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 | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

**Entry Limitations:** The entry limitation is 2 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:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**Audio or Visual Recording Devices:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Timers and other meet volunteers are not permitted to photograph or video swimmers from the start end during the meet. Use of flash photography at the start of events is not permitted.

**Operation 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.

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

**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 NDLSC Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the NDLSC Board of Review.

**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 meet. Changes must be approved by a unanimous vote of coaches in attendance at the appointed meeting.

**Coaches and Officials Hospitality:** A hospitality room will be provided for coaches and officials. Snacks and refreshments will be provided for volunteers, coaches and officials.

**Seating:** There are 704 seats located on the east side of the pool for spectators. There is no reserved seating.

**Concessions:** Concessions will be offered.

**Food and Container Policy:** No glass containers are allowed in the bleacher seating area, in the locker rooms or anywhere on the pool deck. TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION.

**Parking Information:** Free parking is available in the lots to the south and west of the ARC.

**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.

**Internet Information:** Meet mobile may be used during the meet depending on internet connections and access.

**Entries:** The entry deadline is **Friday, November 23rd.**

**Meet Schedule:**

**Tueday:**

Warm ups 4:15 PM

Officials Meeting 5:00 PM

Competition Begins 5:30 PM

**Fees:** $ 5.50 per swimmer for NDLSC fee

$ 1.50 per swimmer per individual event