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| **Event Hosted By:** | Aquastorm |
| **Approved By** | Held under the sanction of USA Swimming. Sanction issued by the ND LSC. |
| **Meet Sanction #:** | ND-SC-19-006 |
| **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. | |

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| **Meet Referee** | Greg Birnbaum | **Admin Official** | Scott Becker |
|  |  | **Starter** | Ben Richards |
|  |  | **Other Officials** | Kelli Sears |
|  |  |  | Tara Steele |
|  |  | **Safety Marshall** | Mary Palmer |

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| **Meet Manager / Entries** | |
| Name | Thomas Wheeling |
| Phone # | 701-721-2465 |
| Email Address | [programdirector@aquastormswimming.com](mailto:programdirector@aquastormswimming.com) |
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| **Entry Deadline** | |
| Electronic Copies | **Monday November 25th, 2019 12:00pm** |
|  | Only Electronic entries accepted |

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| **Meet Site** | Bismarck Aquatic and Wellness Center |
| **Address** | 1601 Canary Ave  Bismarck, ND 58503 |
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| **Facility Information** | **Directions to 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 3 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 set of stop lights 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 3 blocks). 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 on competitive days is on the SOUTHWEST corner of the building. |
| **Timing Information** | DakTronics electronic timing system with 2 backup buttons and watches, horn start, and touch pads at the start/finish end of the pool. |
| **Course Certification**  **Disability Statement** | Competition Pool: Eight-lane, 25-yard pool, 7 ft. depth through the entire course with a  bulkhead at the turn end. The competition pool has been certified in accordance with Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.  **Other Pools**: Continuous warm-up will be available in the other pools varying in depth  from 3.5 feet to 5.5 feet. Use of the warm-up pools will be restricted to swimmers  warming-up and cooling down.  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. |
| **Eligibility / Meet Type** | Age as of **December 8, 2019**, shall determine age for swimmers. On deck registration is not allowed for this meet. Entries are limited to 2019-2020 USA registered swimmers. This is a one day, one session, 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. |
| **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 2019-2020 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.  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. |
| **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 Short Course rules and safety policies as adopted by the NDLSC and USA Swimming Rules and Regulations 2019 edition including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this 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. * 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. * **Only 8 and under relays may be swam as mixed gender relays.** |
| **On Deck Registration** | No deck entries will be allowed. |
| **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 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 Marshals will check credentials. |
| **Awards** | Individual ribbons: **1-16** Relay ribbons: **1-8**  Awards will be based on USA Swimming’s Standard Age Groups:  **8 & Under, 9-10, 11-12, 13-14, 15-18, 19 & Over**  **Scoring**: No Team Awards or Team Scoring.  **19 & Over will not receive awards.** |
| **Entry Limitations:** | Entry limit of 4 events plus 1 relay per swimmer. |
| **Time Trials** | There will be no time trials. |
| **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** | 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.  \*If total entries put the timeline over 4 hours then relays will be cut immediately by the meet director.\* Host team will send email out to all participating teams before meet day to inform Head Coaches if this must be done.\* |
| **Concessions** | Concessions are provided by a private concessionaire not associated with the host club. |
| **Parking Information** | Free parking will be in the parking lot southwest of the facility. |
| **Food & Container Policy** | **ABSOLUTELY NO GLASS CONTAINERS WILL BE ALLOWED BEHIND THE BLEACHERS, ON THE BLEACHERS, IN THE LOCKER ROOMS AND POOL AREAS. PERSONS IN VIOLATION OF THIS POLICY WILL BE ASKED TO LEAVE THE AQUATIC FACILITY.** |
| **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)**.** |

**Meet Schedule**

Officials meeting: 9 am in meeting room 2 (next to hospitality)

Timers meeting with Chief Timer: 9:15am in the equipment room

Pool Deck will open at 8am

Warm-ups: 8:30am-9:30am

Coaches meeting: 8:15am hospitality room

Competition starts at 9:45am

Girls/Boys Events

1) Mixed 200 Free Relay (13 - 18)

2) Mixed 200 Free Relay (9 - 12)

3) Mixed 100 Free Relay (8 & under)

4) Mixed 200 I.M. (9 and Over)

5) Mixed 25 Free (8 and Under)

6) Mixed 200 Back (11 and Over)

7) Mixed 50 Free (Open)

8) Mixed 100 Back (9 and Over)

9) Mixed 25 Back (8 and Under)

10) Mixed 200 Breast (11 and Over)

11) Mixed 50 Fly (Open)

12) Mixed 100 Free (9 and Over)

13) Mixed 100 I.M. (Open)

14) Mixed 100 Fly (9 and Over)

15) Mixed 50 Breast (Open)

16) Mixed 200 Free (9 and Over)

17) Mixed 25 Fly (8 and Under)

18) Mixed 100 Breast (9 and Over)

19) Mixed 25 Breast (8 and Under)

20) Mixed 50 Back (Open)

21) Mixed 200 Fly (11 and Over)

22) Mixed 400 I.M. (13 and Over)

Entry Fees:

$5.50 per swimmer for NDLSC fee.

$21.00 per swimmer for timer/pool rental

$1.50 per swimmer per individual event

$3.00 per swimmer per relay

Summary cost per calculation sheet is attached.

Checks must accompany entries and made payable to Aquastorm

Fee Calculation Form – return with your entry

Club Name: Club Abbreviation:

Coach: Coach’s Cell Phone # ( )

Entries Chair: Phone # ( )

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| # |  | Amount |  | Number |  | Number |
|  | Total Swimmers x $5.50 NDLSC Fee = |  |  |  |  |  |
|  | $21.00 per swimmer for timer/pool rental |  |  |  |  |  |
|  | $1.00 per unattached swimmer (if applicable) |  |  |  |  |  |
|  | Total Individual Events x $1.50 = |  | # of boys |  | # of girls |  |
|  | Total Relay Events x $3.00 = |  | # of boys |  | # of girls |  |
|  |  |  | Total  Boys |  | Total  Girls |  |
|  | Total Due = |  |  |  |  |  |

Make checks payable to:Aquastorm

All fees are due with your entry.

Entries & Summaries should be emailed to the following:

Thomas Wheeling

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

Who should Aquastorm 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 Thomas Wheeling)) **Monday, November 26th, 2019 by 12pm**

Paper Entries will not be accepted!

Late ENTRIES WILL BE CHARGED A $50.00 LATE FEE