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| **Event Hosted By:** | Red River Valley Wahoos |
| **Approved By** | Held under the approval of USA Swimming. Approval issued by the ND LSC. |
| **Meet Approval #:** | ND-SC-19-007 |
| **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. | |

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| **Meet Referee** | Matt Nilles | **Admin Official** | Janna Schill |
|  | 701-741-5538 | **Starter** | Bill Siders |
|  | [mlnilles@gra.midco.net](mailto:mlnilles@gra.midco.net) | **Other Officials** | Irene Wrenn |
|  |  |  | Bryon Hills  Stephanie Musselman |
|  |  | **Safety Marshall** | Jason Uhlir |

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| **Meet Manager / Entries** | |
| Name | Janna Schill |
| Phone # | 701.213.0610 |
| Email Address | [rrv.meetmanager@gmail.com](mailto:rrv.meetmanager@gmail.com) |
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| **Entry Deadline** | |
| Electronic Copies | December 2, 2019 11:59 PM |
| Paper Entries | Electronic entries only |

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| **Meet Site** | UND Hyslop Pool |
| **Address** | 2751 2nd Ave North (South Entrance) |
|  | Grand Forks, ND 58202 |

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| **Facility Information** | The UND Hyslop Pool is an eight lane 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. |
| **Timing Information** | There is a Daktronics timing system and complete scoreboard which displays the swimmers’ names for each event. |
| **Course Certification** | 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.  OR  The competition pool has not been certified in accordance with 104.2.2C(4) |
| **Eligibility / Meet Type** | Age as of December 7, 2019 shall determine age group for swimmers, including age group relays. |
| **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 2019 or 2020 USA Swimming registered athlete member or 2019 or 2020 CASA Registration. Swimmers names and USA/CASA registration numbers are to be submitted at time of entries. 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 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. * 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). * 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. * All relays may be swam as mixed gender relays. * If timeline exceeds 4 hours 2 pools may be utilized simultaneously to meet timeline expectation. |

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| **On Deck Registration** | On-deck registration will not be permitted. |
| **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 |
| **Entry Limitations:** | Each swimmer may swim a maximum of 4 individual events and 1 Santa relay (all relays will be swam as mixed relays). |
| **Time Trials** | No Time trials will be offered. |
| **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. |
| **Concessions** | Concessions of beverages, snacks, and meet programs will be available in the upper level of the pool area. |
| **Parking Information** | Free! Please follow signs for swim meet parking that will be posted on the streets outside the pool area. |
| **Food & Container Policy** | TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION. |
| **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. Cost of programs will be $5.00 |
| **Lodging** | If you need assistance in finding lodging, please contact the Greater Grand Forks Convention and Visitors Bureau at: (701) 746-0444 |

**Entry Fees:**

$5.50 per swimmer for NDLSC 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 Red River Valley Wahoos

**2018 RRV Santa Invite**

Doors open: 7:45 AM

Warm-ups: 8:15 – 9:15 AM

Officials Meeting: 8:45 AM

Timers Meeting with Chief Timer: 9:15 AM

Coaches Meeting – 9:15 AM

Competition Starts – 9: 30 AM

Order of Events

All events will be swam as mixed events.

**Event #**  **Event** **Age Group(s)**

1 200 IM Open

3 25 Free 8 & Under

5 100 Butterfly Open

6 100 Free Open

7 25 Back 8 & U

8 200 Free Open

9 50 Free Open

10 50 Back Open

11 100 Breast Open

12 25 Breast 8 & U

13 100 Free Candy Cane Relay Open;

Mixed Relay of any combination of males and females

14 100 Back Open

15 50 Breast Open

16 25 Fly 8 & U

18 100 IM Open

19 50 Fly Open

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 = |  |  |  |  |  |
|  | $35.00 per swimmer for timer/pool rental |  |  |  |  |  |
|  | 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 Red River Valley Wahoos

All fees are due with your entry.

Entries & Summaries should be mailed to the following:

Red River Valley Wahoos

Attention: c/o Janna Schill

4189 Sun Circle

Grand Forks, ND 58201

rrv.meetmanager@gmail.com

Who should RRV Wahoos contact if we have a problem with your entry?

PRINT CLEARLY and provide an e-mail contact.

Name: E-Mail:

Day Phone # ( ) Evening Phone # ( )

ENTRIES DUE Electronic Entries (via email to Meet Manager) December 2, 2019 at 11:59 PM

Paper Entries (with email backup) – Postmark December 1st, 2017

Late ENTRIES WILL BE CHARGED A $50.00 LATE FEE