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| **Event Hosted By:** | Aquastorm  |
| **Approved By** | Held under the sanction of USA Swimming. Sanction issued by the ND LSC. Current USA Swimming Rules, including the Minor Athlete Prevention Policy (MAAPP), will govern this meet. |
| **Meet Sanction #:** | ND-SC-20-04**Time Trial Sanction #** ND-SC-20-04TT |
| **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 Referee** | Linda Eaton |
|  | GBirnbau55@gmail.com | **Safety Marshal** | Mary Palmer |
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|  **Meet Director / Entry Chair** |
| Name | Thomas Wheeling |
| Phone # | 701-721-2465 |
| Email Address | programdirector@aquastormswimming.com |
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| **Entry Deadline** |
| Electronic Copies | **Sunday, January 12, 2020 11:59pm (CST)** |
| Paper Entries | Only Electronic entries accepted |

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| **Meet Site** | Bismarck Aquatic and Wellness Center |
| **Address** | 1601 Canary AveBismarck, ND 58503 |
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| **Facility Information** | **Directions to BSC Aquatic and Wellness Center**: Approaching Bismarck from the West onHighway 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 turnright on Schafer Street, travel to Canary Avenue (approximately 2 blocks) take a right andproceed 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 abulkhead 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 depthfrom 3.5 feet to 5.5 feet. During competition, use of the warm-up pools will be restricted to swimmers in that session warming-up and cooling down.Swimmers with any permanent impairment as defined by USA Swimming are welcome to participate in any ND Swimming sanctioned meet in any event corresponding to the swimmer’s declared 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 swimmer with an impairment to participate.   |
| **Eligibility / Meet Type** | Age as of **January 17, 2020**, shall determine age for swimmers. On deck registration is not allowed for this meet. Entries are limited to 2019 USA registered swimmers. This is a 2 ½ day Open Preliminary/Finals and Timed Finals meet. Events swum on Friday afternoon are all Timed Final events. Preliminary events will be held on Saturday and Sunday mornings and Finals each day in the evening. All 10 & Under events are swum as Timed Finals on Friday, Saturday and Sunday afternoons. **Meet Start:** Meet start times will be adjusted based on the total number of entrants per session for Saturday and Sunday sessions. Aquastorm will post the start times on our website at [www.aquastormswimming.com](http://www.aquastormswimming.com/)  by Tuesday, 12:00 noon, January 14, 2020. **Meet Format:** 1. & Under Timed Finals Events: 10 & Under swimmers may swim Timed Finals events on Saturday and Sunday sessions. Warm-ups will begin in the warm-up pools in the event the morning session runs late. At least 15 minutes of warm-up/dive starts will be provided in the competition pool.

 1. & Over Prelims/Finals: With the exception of the events on Friday, all other individual events will be swum Prelim/Finals. Preliminary events are held in the morning sessions with the top 8 in the 11-12, and the top 16 in the 13-14 and 15 and Over age groups advancing to the Finals each evening. Warm-ups will begin in the warm-up pools in the event the afternoon sessions run late. At least 15 minutes of warm-up/dive starts will be provided in the competition pool.

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| **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 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 2020 USA Swimming coaches’ registration with required additional certification is required to be allowed access to the pool deck. 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 must be currently USA Swimming certified. An Officials meeting will be held **45 minutes** before the start of each Session. Uniform for Officials is a white 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 Prelim/Final Meet for 11&Over and a Timed Final Meet for 10&U.
* The USA Swimming whistle protocol and horn 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 marked as No Show from the event.
* Individual and relay events **WILL NOT** be accepted with no times (NT).
* Swimmers names and USA Swimming/CASA registration numbers are to be submitted at time of entries.
* **Only 8 and Under relays may be swum as mixed gender relays.**
* National scratch procedures, per current *USA Swimming Rule Book* Section 207.11.6, will be enforced. The scratch box will be maintained at the Clerk of Course/Announcers table and will close for the next day’s preliminary events 30 minutes after the start of Finals. For Friday evening’s events, the scratch box will be at the General Meeting and will close 15 minutes after the conclusion of that meeting.
* **Swimmers’ and Coaches’ Responsibilities – It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information in this Meet Announcement and any details discussed at the General Meeting which will be held at 11:30 AM on Friday, January 17, 2020.**
* The Meet Referee will be the final authority for conduct of the meet.
* The Meet Director will determine the warm-up lane assignments.
* **Meet host reserves the right to cancel relays for the Saturday/Sunday PM Timed Finals sessions if the number of individual entries puts the 10 & Under sessions over the 4-hour rule limitation.**

**1650 Free Seeding:** The 1650 Freestyle is a Timed Final event. It will be deck seeded upon completion of the positive check-in. **Positive check-in is required by 2:30 pm on Friday.** The Check-in Sheet will be located at the Clerk of Course/Announcers table. Those athletes who do not check-in will be down seeded to the slowest heat; exceptions to this rule are at the Meet Referee’s discretion. **Heats of the 1650 Free will be swum fastest to slowest, alternating girls and boys. All swimmers are required to provide their own timers and lap counter.**  **Event Seeding:** This meet will be seeded slowest to fastest for the Preliminaries and the Timed Finals events. If there are only 2 heats for each event of the 9-12 500 Freestyle (#3/#4) and 11 & Over 1650 Freestyle (#15/#16), then the heats will be circle seeded, with alternating girls’ and boys’ heats just for the 1650 Freestyle.* + **No-Time (NT) Entries Will Not Be Accepted!** No-Time entries will be rejected. It is recommended the coach obtain entry times during practice that are well within the ability of the swimmer.
	+ The last three heats of all Preliminary events will be circle seeded except as noted above.
	+ The top 8 Finalists from the 11-12 age group Preliminary sessions will swim in the A Finals; the top 16 Finalists from the 13-14 and 15&O age groups Preliminary sessions will swim in B/A Finals: 9th – 16th in B Finals and 1st – 8th in A Finals.
	+ Relays require positive check-in**. Only relays checked-in prior to the close of the scratch box for their respective session will be seeded and allowed to swim. Relay declarations are due 30 minutes prior to the start of the session in which they will swim.**
 |
| **On Deck Registration** | No deck entries will be allowed. |
| **Warm-up & Safety Policy** | Warm-up for the 11 & Over sessions will be a minimum of one hour; warm-up for the 10 & Under sessions will be at least 35 minutes. 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****Scoring** |  Individual Medals: **1-8** Individual Ribbons: **9-16**Relay Medals **1-3** Relay Ribbons **4-8** Scoring and awards will be based on USA Swimming’s Standard Age Groups:**8 & Under, 9-10, 11-12, 13-14, 15 & Older****Individual high points for all age group awards** (1st-3rd place) will be given at conclusion of the meet.

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| **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  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  |

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| **Entry Limitation:**  | The entry limits for: 10& Under swimmers: 4 individual events per day 11& Over swimmers: 3 individual events per day Individual entries shall not exceed 8 total events for all swimmers. The individual entry limit for relays is 2 per day for all swimmers.  |
| **Time Trials** | Time Trials will be allowed after the Finals sessions.  |
| **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 theMeet 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 Info**:**Internet Info** | Any changes to the Meet Announcement will be discussed, reviewed, and voted on at the coaches meeting held before the beginning of the first session of the meet. Changes must be approved by a unanimous vote of coaches in attendance at the General Meeting.Meet results will also be posted to Meet Mobile as events are finalized. |
| **Concession** | Concessions are provided by a private concessionaire not associated with the host club. |
| **Parking Info** | Free parking will be available 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****Fees** | A list of hotels and motels is available on the Aquastorm website[**www.aquastormswimming.com**](http://www.aquastormswimming.com)**.**$5.50 per swimmer for NDLSC fee. $21.00 per swimmer for pool electronic timer fee $1.50 per swimmer per individual event $3.00 per Relay event  |

**Meet Schedule**

**Estimated Time Schedule -- Subject to change (see Meet Start section for details):**

|  |  |  |
| --- | --- | --- |
|  **Friday:**   |  General Meeting  | 11:30 AM-12:00 PM  |
|  |  Warm-ups\*  | 12:00 PM  |
|   | Competition Begins – Timed Finals  | 1:30 PM  |
| **Saturday:**  |  Preliminary Warm-ups\*  | 7:00 AM  |
|   |  Prelims Competition Begins  | 8:15 AM  |
|  | **10 & Under** Timed Finals Warm-ups\*  | 11:30 PM (Tentative) |
|  | Timed Finals Competition Begins  | 12:15 PM (Tentative)  |
|  |  Finals Warm-Ups\*  | 4:00 PM  |
|    |  Finials Competition Begins  | 5:10 PM (Tentative)  |
| **Sunday:**  |  Preliminary Warm-ups\*  | 7:00 AM  |
|   |  Prelims Competition Begins  | 8:15 AM  |
|  | **10 & Under** Timed Finals Warm-ups\*  | 11:30 PM (Tentative) |
|  | Timed Finals Competition Begins  | 12:15 PM (Tentative)  |
|  |  Finals Warm-Ups\*  | 4:00 PM  |
|  |  Finials Competition Begins   | 5:10 PM (Tentative)  |
| PLEASE NOTE: ALL TIMES ARE CENTRAL STANDARD TIME  |

\*Note: Warm-up lanes will be assigned by the Meet Director, be available on the website, be available at the General Meeting, and posted at the Start End of the Competition Pool and the locker room-side of the Warm-up pool. Due to the major changes in the structure of this meet, the above warm-up and start times for sessions are tentative. Once entries are completed, specific times for warm-up and session starts will be posted on the team website and emailed out to coaches for sending to their team members.

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|  | **Friday PM - Timed Finals**  |  |
|  | Warm-up: 12:00 pm Session Start: 1:30 pm |  |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 1 |  | 11-12 400 IM |  | 2 |
| 3 |   | 9-12 500 Free  |   | 4 |
| 5  |   | 11 & Over 200 Fly  |   | 6  |
| 7  |   | 11-12 100 Back  |   | 8  |
| 9  |   | 9 & Over 200 IM  |   | 10 |
| 11  |   | 11-12 100 Fly  |   | 12 |
| 13  |   | 11 & Over 400 Medley Relay  |   | 14 |
| 15 |   | 11 & Over 1650 Freestyle \*  |   | 16 |

\* Heats will be swum fastest to slowest, alternating girls and boys. All swimmers are required to provide a lap counter and timers.

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|   | **Saturday AM – Preliminaries**  |  |
|  | Warm-up: 7:00 am Session Start: 8:10 am |  |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 17 |  | 11-12 200 Medley Relay@Swum in Prelims Only) |  | 18 |
| 19  |   | 13 & Over 200 Medley Relay (Swum in Prelims Only)  |   | 20  |
|  |  | **5 Minute Break** |  |  |
| 21 |  | 11-12 100 IM |  | 22 |
| 23 |   | 13 & Over 400 IM  |   | 24 |
| 25 |  | 11-12 100 Breast |  | 26 |
| 27 |   | 13 & Over 100 Breast  |   | 28  |
| 29 |  | 11-12 200 Free |  | 30 |
| 31 |   | 13 & Over 200 Free  |   | 32 |
| 33 |  | 11-12 50 Back |  | 34 |
| 35 |   | 13 & Over 100 Back  |   | 36 |
| 37 |  | 11-12 50 Free |  | 38 |
| 39 |   | 13 & Over 50 Free  |   | 40 |

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|  | **Saturday PM - Timed Finals**  |  |
| Tentative Warm-up: 11:30 am Tentative Session Start: 12:15 pm |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 45 |   | Mixed 8 & Under 100 Medley Relay  |   |  |
| 47 |  | 10 & Under 100 Medley Relay |  | 48 |
|   |   | **5 min Break**  |   |   |
| 49 |   | 9-10 200 Free  |   | 50  |
| 51 |  | 8 & Under 50 Butterfly |  | 52 |
| 53 |   | 9-10 100 Breast  |   | 54 |
| 55 |   | 8 & Under 25 Breast  |   | 56 |
| 57 |   | 9-10 50 Fly  |   | 58 |
| 59 |  | 8 & Under 50 Free |  | 60 |
| 61 |   | 9-10 50 Free  |   | 62 |
| 63 |   | 8 & Under 25 Back  |   | 64  |
| 65 |  | 9-10 100 Back |  | 66 |
| 67 |   | 8 & Under 100 IM  |   | 68 |
|  |  |  |
|  | **Saturday PM - Finals**  |  |
| Tentative Warm-up: 4:00 pm Tentative Session Start: 5:10 pm |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 21 |  | 11-12 100 IM |  | 22 |
| 23 |   | 13-14 400 IM  |   | 24 |
| 23  |   | 15 & Over 400 IM  |   | 24 |
| 25 |  | 11-12 100 Breast |  | 26 |
| 27  |   | 13-14 100 Breast  |   | 28 |
| 27 |   | 15 & Over 100 Breast  |   | 28 |
| 29 |  | 11-12 200 Free |  | 30 |
| 31 |   | 13-14 200 Free  |   | 32 |
| 31 |   | 15 & Over 200 Free  |   | 32  |
| 33 |  | 11-12 50 Back |  | 34 |
| 35  |   | 13-14 100 Back  |   | 36 |
| 35 |   | 15 & Over 100 Back  |   | 36 |
| 37 |  | 11-12 50 Free |  | 38 |
| 39 |   | 13-14 50 Free  |   | 40 |
| 39 |   | 15 & Over 50 Free  |   | 40 |
|  |  | **10 Minute Break** |  |  |
| 41 |  | 11-12 200 Free Relay |  | 42 |
| 43 |  | 13 & Over 200 Free Relay |  | 44 |

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|  | **Sunday AM - Preliminaries**  |  |
|  | Warm-up: 7:00 am Session Start: 8:10 am |  |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 69 |  | 13 & Over 100 IM |  | 70 |
| 71 |  | 11-12 50 Breast |  | 72 |
| 73 |   | 13 & Over 100 Free  |   | 74 |
| 75 |  | 11-12 200 Back |  | 76 |
| 77 |   | 13 & Over 200 Back  |   | 78 |
| 79 |  | 11-12 50 Fly |  | 80 |
| 81 |   | 13 & Over 100 Fly  |   | 82 |
| 83 |  | 11-12 200 Breast |  | 84 |
| 85 |   | 13 & Over 200 Breast  |   | 86 |
| 87 |  | 11-12 100 Free |  | 88 |
| 89 |   | 13 & Over 500 Free  |   | 90 |
|  |  | **10 Minute Break** |  |  |
| 91 |  | 11-12 400 Free Relay(Swum in Prelims Only) |  | 92 |
| 93 |   | 13 & Over 400 Free Relay (Swum in Prelims Only)  |   | 94 |
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|  | **Sunday PM - Timed Finals**  |  |
| Tentative Warm-up: 11:30 am Tentative Session Start: 12:15 pm |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 95 |   | 8 & Under Mixed 100 Free Relay  |   |  |
| 97 |   | 10 & Under 200 Free Relay  |   | 98  |
|   |   | **5 min Break**  |   |   |
| 99 |   | 9-10 100 IM  |   | 100 |
| 101 |   | 8 & Under 25 Fly  |   | 102 |
| 103 |   | 9-10 100 Fly  |   | 104 |
| 105 |  | 8 & Under 50 Back |  | 106 |
| 107 |   | 9-10 50 Back  |   | 108 |
| 109 |   | 8 & Under 25 Free  |   | 110 |
| 111 |   | 9-10 50 Breast  |   | 112 |
| 113 |  | 8 & Under 50 Breast |  | 114 |
| 115 |  | 9-10 100 Free |  | 116 |
| 117 |  | 8 & Under 100 Free |  | 118 |

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|  | **Sunday PM - Finals**  |  |
| Tentative Warm-up: 4:00 pm Tentative Session Start: 5:10 pm |
| **Girls**  |  | **Events**  |  | **Boys**  |
| 69 |  | 13-14 100 IM |  | 70 |
| 69 |  | 15& Over 100 IM |  | 70 |
| 71 |  | 11-12 50 Breast |  | 72 |
| 73 |   | 13-14 100 Free  |   | 74 |
| 73 |   | 15 & Over 100 Free  |   | 74 |
| 75 |  | 11-12 200 Back |  | 76 |
| 77 |   | 13-14 200 Back  |   | 78 |
| 77 |   | 15 & Over 200 Back  |   | 78 |
| 79 |  | 11-12 50 Fly |  | 80 |
| 81 |   | 13-14 100 Fly  |   | 82 |
| 81 |   | 15 & Over 100 Fly  |   | 82 |
| 83 |  | 11-12 200 Breast |  | 84 |
| 85 |   | 13-14 200 Breast  |   | 86 |
| 85 |   | 15 & Over 200 Breast  |   | 86 |
| 87 |  | 11-12 100 Free |  | 88 |
| 89 |   | 13-14 500 Free  |   | 90 |
| 89 |   | 15 & Over 500 Free  |   | 90 |

**NOTE:** **Saturday and Sunday warmup start times for Timed Final and Final sessions are estimated only. The Meet Host will post the actual start times on our web site at** [**www.aquastormswimming.com**](http://www.aquastormswimming.com/)  **by 12:00 Noon, Tuesday January 14, 2020 and emailed out to coaches for sending to their team members.**

**Fee Calculation Form – Return with your entry**

Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Abbreviation: \_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach’s Cell Phone # ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Phone # ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  Please make checks payable to: **Aquastorm**. **All fees are due with your entry**. **Mail Entries, Fee Calculation Summary and Payment to:** Thomas Wheeling
1601 Canary Ave
Bismarck, North Dakota 58503
701-721-2465
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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Evening Phone #: ( \_\_\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(If you are having a team representative pick up awards, the name and phone number of this person.)*
Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Questions can be directed to either:  |  |  |  |
|  Thomas Wheeling  |   |   |  Jeff Steele |
| 1601 Canary Ave  |   |   | 1601 Canary Ave  |
| Bismarck, ND 58503  |   |   | Bismarck, ND 58503  |
|  (701) 721-2465 |  |  | **(**701)-751-4272  |
| programdirector@aquastormswimming.com |   |   | coachsteele@aquastormswimming.com |

**ENTRIES DUE By 11:59 PM, Sunday, January 12, 2020.**