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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- |
| **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. **There will be no spectators allowed at this meet. It will be livestreamed through our Facebook page.** | |

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| **Meet Referee** | Ben Richards | **Admin Official** | Scott Becker |
|  |  | **Starter** | Tara Steele |
|  |  | **Other Officials** | Kelli Sears |
|  |  |  | Amy Mayer |
|  |  | **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 | **Wednesday, January 13th 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 1 backup button and watch, 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 **January 16, 2021**, shall determine age for swimmers. On deck registration is not allowed for this meet. Entries are limited to 2021 USA registered swimmers. This is a one day, two 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 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.  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 Short Course rules and safety policies as adopted by the NDLSC and USA Swimming Rules and Regulations 2021 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. * **All Relays will be allowed to be mixed as 11 and over and 10 and under.** * **If the 4 hour rule is exceeded relays will be cut.** * **NO SPECTATORS ALLOWED! Meet will be livestreamed on our Facebook Page.** |
| **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 individual events and 1 relay |
| **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. |
| **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** | No Programs will be sold |
| **Lodging**  **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.

**Meet Schedule**

Officials meeting: 8:15 am in meeting room 2 (next to hospitality)

Pool Deck will open at 7:30am

Morning Warm-ups: 8:00-9:00am

Competition starts at 9:00am

Afternoon Warmups 15 minutes after morning session ends

Girls/Boys Events

Morning

1. Mixed 400 IM (11 and over)
2. Mixed 200 Free Relay (11 and over)
3. Mixed 200 Back (11 and over)
4. Mixed 50 Free (11 and over)
5. Mixed 200 IM (11 and over)
6. Mixed 50 Breast (11 and over)
7. Mixed 100 Fly (11 and over)
8. Mixed 100 Back (11 and over)
9. Mixed 200 Free (11 and over)
10. Mixed 100 IM (11 and over)
11. Mixed 50 Fly (11 and over)
12. Mixed 200 Breast (11 and over)
13. Mixed 100 Free (11 and over)
14. Mixed 50 Back (11 and over)
15. Mixed 100 Breast (11 and over)
16. Mixed 200 Fly (11 and over)
17. Mixed 500 Free (11 and over)

Afternoon

1. Mixed 9-10 200 Free Relay
2. Mixed 8 and under 100 Free Relay
3. Mixed 200 IM (9-10)
4. Mixed 50 Free (10U)
5. Mixed 25 Breast (8U)
6. Mixed 100 Fly (10U)
7. Mixed 100 IM (10U)
8. Mixed 50 Back (10U)
9. Mixed 200 Free (9-10)
10. Mixed 25 Fly (8U)
11. Mixed 100 Breast (10U)
12. Mixed 25 Free (8U)
13. Mixed 100 Back (10U)
14. Mixed 50 Fly (10U)
15. Mixed 50 Breast (10U)
16. Mixed 100 Free (10U)
17. Mixed 25 Back (8U)
18. Mixed 500 Free (9-10)

Entry Fees:

$2.75 per swimmer for NDLSC fee.

$30.00 per swimmer for timer/pool rental

$1.50 per swimmer per individual event

$3.00 per relay event

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 $2.75 NDLSC Fee = |  |  |  |  |  |
|  | $30.00 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 by the start of the meet.

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)) **Wednesday January 13th by 12pm**

Paper Entries will not be accepted!

Late ENTRIES WILL BE CHARGED A $50.00 LATE FEE