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| **Event Hosted By:** | Minot Swim Club – Intrasquad Meet |
| **Approved By** | Held under the sanction of USA Swimming. Sanction issued by the ND LSC. |
| **Meet Sanction #:** | ND-SC-21-\_\_\_ |
| **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. As of 2/8/21 No Spectators will be allowed. However, if the facility capacity restrictions ease in time for the meet, a defined number of spectators will be allowed. | |

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| **Meet Referee** | Lisa Kramer | **Admin Official** | Brian Metzger | |
|  | 701-500-9837 | **Starter** | Brandi Clark | | |
|  | Lisa.kramer@voya.com | **Other Officials** | Jason Strandlien | | |
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|  |  | **Safety Marshall**  **Covid Liaison** | Vanessa Strandlien  Brenda Kast | |
| **Meet Manager: Entries:** | | | |
| Name | Angie Osborn  Brian Metzger | | |
| Phone # | 701-721-3699 701-340-7862 | | |
| Email Address | [angieosborn@ymail.com](mailto:angieosborn@ymail.com) mbrian3217@gmail.com | | |
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| **Entry Deadline** | | | |
| Electronic Copies | February 28, 2021 | | |

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| **Meet Site** | Magic City Campus Pool |  |
| **Address** | 1100 11th Ave SW  Minot, ND 58701 |  |
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| **Facility Information** | 8 lanes by 25 yards. Depth is 5’ to 3’6” with starting blocks at the deep end. |
| **Timing Information** | DakTronics electronic timing system with one backup button and stopwatch, horn start, and touch pads at the starting ends of the pool. Meet Mobile will have posted results. |
| **Course Certification**  **Disability Statement** | 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.  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 March 6, 2021 shall determine age group for swimmers. On deck registration is allowed for this meet. This is a one day, one session, Timed Finals meet. |
| **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 Minot Swim Club 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/MAAPP** | Current USA Swimming 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 the meet.   * This is a timed final meet. * There will be a Clerk of Course. * 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). No Relays for this meet. * 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. * All Relays will be allowed to be mixed. No Relays for this meet. * If the 4-hour rule is exceeded, relays will be cut. No Relays for this meet. * Only athletes, coaches, and volunteers may be on deck during the meet. |
| **On Deck Registration** | 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. Bathrooms for non-swimmers are available at the main entrance to the pool and will be designated with a sign. Safety Marshals will check credentials. |
| **Awards** | No High Point Awards or Ribbons will be awarded for this meet. |
| **Entry Limitations:** | Swimmers swim a total of 4 individual events. No Relays for this meet. |
| **Time Trials** | Not available. |
| **Swimsuits:** | Current US Swimming policies governing swimsuits will be in effect and enforced. |
| **Deck Changing:** | Deck changing is not allowed. |
| **Diving Well:** | The diving well will be open for warm up and cool down. Athletes are asked to stay as far away from the starting platform and lane 8 as possible. Athletes must be supervised by a coach. Coaches are responsible for their swimmers’ conduct. Failure of coaches to control their swimmers’ actions may result in removal from the warm-up area. |
| **Operations of Drones**  **Athlete Conduct** | 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.  All athletes will be required to adhere to the NDLSC Code of Conduct**. All Athletes are required to wear masks and maintain 6 feet social distance while not in the water per USA swim guidelines. If an athlete is sick or has a temperature in the last 24 to 48 hours, the athlete should not participate in the meet for the safety of all athletes, parents and volunteers.** |
| **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. |
| **Coaches & Officials Hospitality**  **Concessions** | No Hospitality Room  No Concessions |
| **Parking Information**  **Food & Container Policy** | Parking is available around the facility at no charge.  **ABSOLUTELY NO GLASS CONTAINERS WILL BE ALLOWED BEHIND THE BLEACHERS, ON THE BLEACHERS, IN THE LOCKER ROOMS, OR IN THE POOL AREA. PERSONS IN VIOLATION OF THIS POLICY WILL BE ASKED TO LEAVE THE AQUATIC FACILITY.** |
| **Programs** | The Meet Program will be available on the Minot Swim Club website. No printed programs will be available. The estimated start times may be posted in the programs but will not be used as the official timeline. |
| **Assumption of Risk**  **Disclaimer** | 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.  In applying for the Sanctioned event, the Watford City Swim Team agrees to adhere to comply with and to enforce all health and safety guidelines and mandates of USA Swimming, the State of North Dakota, and the City of Watford City.   * All athletes and volunteers on deck are required to wear a CDC-approved face covering unless they are immediately behind the blocks ready for a race, swimming a race, or immediately after a race. Wearing a mask consists of completely covering the mouth and nose of the individual. Neck gaiters and bandanas are no longer approved face coverings. * Athletes must remain 6-feet apart when not competing or staging for a race. * Swimmers reporting for a race shall stage on the South East side of the pool by the diving well. The clerk of course will direct swimmer traffic between races. * Swimmers who have completed a race shall exit the pool to the North and return to their socially distanced space by utilizing the North side of the pool. * Adequate time between heats will be used to avoid swimmers coming into close contact between races. * The pool deck will have assigned swimmer locations and within those areas, social distancing is encouraged. This does not apply to family or household members. * Any athlete or volunteer who does not comply with these protocols will be warned. If this activity continues after a warning, that swimmer or volunteer will be asked to leave the pool deck. * Locker Rooms will be available for changing only, no showers. * As of 2/8/21 No Spectators will be allowed. However, if the facility capacity restrictions ease in time for the meet, a defined number of spectators will be allowed. |

**Meet Schedule**

Officials meeting: 15 minutes after warm-ups start

Timers meeting with Head Timer: 15 minutes before meet starts

Coaches meeting: Last 5 minutes of Warm-ups

**Schedule Session Warm-ups Meet Starts**

Saturday, March 6 Session 1 9:00 – 10:00am 10:10am

\*scratches need to be turned in by 8:30am

**Event List**

1. Mixed Open 100 IM  
2. Mixed Open 200 Freestyle  
3. Mixed 8 and Under 25 Freestyle  
4. Mixed Open 100 Fly  
5. Mixed 11 and Over 400 IM  
6. Mixed Open 50 Freestyle  
7. Mixed 11 and Over 200 Backstroke  
8. Mixed 8 and Under 25 Backstroke  
9. Mixed Open 100 Breaststroke  
10. Mixed Open 50 Fly  
11. Mixed Open 500 Freestyle  
12. Mixed Open 200 IM  
13. Mixed 11 and Over 200 Breaststroke  
14. Mixed 8 and Under 25 Breaststroke  
15. Mixed Open 100 Free  
16. Mixed Open 50 Backstroke  
17. Mixed 11 and Over 200 Butterfly  
18. Mixed 8 and Under 25 Butterfly  
19. Mixed Open 100 Backstroke  
20. Mixed Open 50 Breaststroke  
21. Mixed Open 1650 Freestyle  
22. Mixed Open 1000 Freestyle\*

**\*\*\*PLEASE NOTE: The 1000 Free will count as an event and will be scored. If the swimmer continues to swim a 1650 Free, it will not count as an event, but will be listed as exhibition. No points or awards will be given for the 1650 Free.**

**Entry Fees:**

$ 25.00 Flat Fee

Summary cost per calculation sheet is attached.

Checks must accompany entries and made payable to: **Minot Swim Club**

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 $25 |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  | # of boys |  | # of girls |  |
|  |  |  |  |  |  |  |
|  |  |  | Total  Boys |  | Total  Girls |  |
|  | Total Due = |  |  |  |  |  |

**Make checks payable to:** Minot Swim Club

All fees are due on the day of the Swim Meet.

**Questions, Entries & Summaries should be emailed to the following:**

Brian Metzger

mbrian3217@gmail.com

701-340-7862

ENTRIES DUE: February 28, 2021