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| **Event Hosted By:** | RRV |
| **Approved By** | Held under the sanction of USA Swimming. Sanction issued by the ND LSC. |
| **Meet Sanction #:** |  |
| **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 swimmingamong age group swimmers and to have fun. Good sportsmanship is required of all athletes, coaches, officials, and spectators. |

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| **Meet Referee** | Andy Gasparini | **Admin Official** | Rachel Anderson |
|  |  | **Starter** | Bryon Hills |
|  |  | **Other Officials** | Bill Siders |
|  |  |  | Janna Schill |
|  |  | **Safety Marshall** | Jason Uhlir |

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|  | **Meet Manager / Entries** |
| Name | Janna Schill |
| Phone # | 701 213-0610 |
| Email Address | janna.schill@gmail.com |
|  | **Entry Deadline** |
| Electronic Copies | March 11, 2021 |
| Paper Entries | Not accepted |

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| **Meet Site** | Hyslop Pool |

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| **Facility Information** | The meet location is the University of North Dakota Hyslop Sports Center at the corner of 2nd Avenue North and Columbia Road on the UND campus.The UND Hyslop Pool is an eight lanes 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. There is a Daktronics timing system and complete scoreboard which displays the swimmers’ names for each event. The facility is able to support 16 lanes of SCY swimming with starting blocks and timing system in both competition pools. Continuous warm-up and cool down are available throughout the meet. |
| **Timing Information** | Daktronics electronic timing system with one backup button and one watch, horn start, and touch pads at the start of the pool. |
| **Course Certification** | The competition pool conforms to USA Swimming Rules and Regulations, Article 103.3. |

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|  | The competition pool has been certified in accordance with 104.2.2C(4) |
| **Eligibility / Meet Type** | Age as of March 11, 2021 shall determine age group for swimmers, including age group relays. Due to USA Swimming guidelines for COVID deck registrations will not be allowed. |
| **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 members 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 conducted during warm-ups utilizing safe social distancing. Masks are required on the UND campus. 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 2020 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.
* This meet is a last chance meet for 11 & older athletes to qualify for additional state meet events. If you have questions about your eligibility to enter the meet please contact your coach.
* 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 events will be accepted with no times (NT).
* Swimmers names and USA Swimming registration numbers are to be submitted at time of entries.
* Events will be seeded and swam as mixed-gender events.
* Only athletes, coaches, officials, and volunteers may be on deck during the meet.
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|  | **COVID PROTOCOLS**In apply for this sanction, the Host, RRV Wahoos agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, ND Swimming, the State of North Dakota, the City of Grand Forks, and the University of North Dakota.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 [THE LSC] 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.* 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 follow social distancing guidelines.
* Adequate time between heats will be used to avoid swimmers coming into close contact between races.
* 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.
* Masks are required on-campus at UND. All athletes, volunteers, coaches, and officials must follow UND mask required policy.
* Meet will be conducted during Wahoo practice time. No spectator admission will be allowed. Please follow the Wahoo COVID Safe Return Guidelines for appropriate drop-off and pickup procedures.
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| **On Deck Registration** | On deck registration is not allowed. The fee for that registration is due upon registration. |
| **Warm-up & Safety Policy** | Warm-ups will be 30 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.** |

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| **Awards** | None |
| **Entry Limitations:** | Events are open to 11 and older athletes . All swimmers are limited to four (4) individual events. Relays will not be offered. |
| **Time Trials** | Will not 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** | None |
| **Parking Information** | Parking is free |
| **Food & Container Policy** | ABSOLUTLY 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 and Results** | Programs and Results will be available for free on Meet Mobile. |

**Meet Schedule Warms start at 4:30 PM and Meet will start at 5:05 PM.**

Order of Events

March 11th (**11 and Older; all events**)

1. Mixed 200 Free
2. Mixed 100 IM
3. Mixed 200 Breast
4. Mixed 50 Fly
5. Mixed 100 Breast
6. Mixed 50 Back
7. Mixed 50 Free
8. Mixed 100 Back
9. Mixed 100 Free
10. Mixed 50 Breast
11. Mixed 200 Fly
12. Mixed 200 IM
13. Mixed 100 Fly
14. Mixed 200 Back
15. Mixed 400 IM