

2022 ND Aquastorm Category 5 Meet

January 14-16, 2022

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 current Minor Athlete Prevention Policy (MAAPP), will govern this meet.

Meet Sanction #: ND-SC-21-28
Time Trial Sanction # ND-SC-TT-21-38

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.

Meet Referee Ben Richards
bjamin011@hotmail.com

Admin Referee Linda Eaton
Safety Marshal Mary Palmer

Meet Director / Entry Chair

Name Thomas Wheeling
Phone # 701-751-4272
Email Address programdirector@aquastormswimming.com

Entry Deadline

Electronic Copies **Sunday, January 9, 2022 11:59pm (CST)**
Paper Entries Only Electronic entries accepted

Meet Site Bismarck Aquatic and Wellness Center
Address 1601 Canary Ave
Bismarck, ND 58503

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.

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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	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. During competition, use of the warm-up pools will be restricted to swimmers in that session warming-up and cooling down.
Disability Statement	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 14, 2022 , shall determine age for swimmers. On deck registration is not allowed for this meet. Entries are limited to 2022 USA Swimming 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 by Tuesday, 12:00 noon, January 11, 2022. Meet Format: 10 & 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. 11 & 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.
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 2022 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 2022 USA Swimming coaches' registration with required additional certification is

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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.

No swimmer who is not a member of USA Swimming shall be allowed to complete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

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 ND LSC and USA Swimming Rules and Regulations 2022 edition including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this 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 14, 2022.**
- 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.**

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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 Warm-up & Safety Policy

No deck entries will be allowed.

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 NDLS 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 Marshalls will check credentials.

Awards

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.

Scoring

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

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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 including Time Trial entries

11& Over swimmers: 3 individual events per day including Time Trial entries

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. They will not factor into High Point Awards. They will be Mixed and Open events.

Time Trial Entry Fee: \$3.00

Friday Time Trial entries are due to Admin by 3:30 PM. Time Trial Entries for Saturday and Sunday are due to Admin by 5:45 PM. A 1650 Freestyle Time Trial will only be offered on Friday.

The Time Trials events order for each day is:

For Friday: Friday events, then Saturday events, and end with Sunday events.

For Saturday: Saturday events, then Sunday events, and end with Friday events.

For Sunday: Sunday events, then Friday events, and end with Saturday events.

Each event (stroke/distance) will be offered only once in each day's event order. 25-yard events will not be offered for 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. and athlete 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.

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Changes to the Meet 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.

Internet Info 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 A list of hotels and motels is available on the Aquastorm website www.aquastormswimming.com.

Fees \$5.50 per swimmer for NDLSC fee
\$26.50 per swimmer for pool electronic timer fee
\$1.50 per swimmer per individual event
\$3.00 per Relay event

Assumption of risk disclaimer

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 NDLS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR

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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

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	8:10 AM
	10 & Under Timed Finals Warm-ups*	12:15 PM (Tentative)
	Timed Finals Competition Begins	1:00 PM (Tentative)
	Finals Warm-Ups*	4:00 PM
	Finals Competition Begins	5:10 PM (Tentative)
Sunday:	Preliminary Warm-ups*	7:00 AM
	Prelims Competition Begins	8:10 AM
	10 & Under Timed Finals Warm-ups*	12:15 PM (Tentative)
	Timed Finals Competition Begins	1:00 PM (Tentative)
	Finals Warm-Ups*	4:00 PM
	Finals 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
10 Minute Break				
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.

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: 12:15 pm Tentative Session Start: 1:00 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 Fly		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
Sunday PM - Timed Finals				
Tentative Warm-up: 12:15 pm Tentative Session Start: 1:00 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 by 12:00 Noon, Tuesday January 11, 2022 and emailed out to coaches for sending to their team members.

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Total Swimmers x \$5.50 NDLS Fee =				
Swimmers x \$26.50 Electronic Timing Fee =				
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 =				

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
 701-751-4272
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: _____

Questions can be directed to either:

Thomas Wheeling
 1601 Canary Ave
 Bismarck, ND 58503
 (701) 751-4272
programdirector@aquastormswimming.com

Jeff Steele
 1601 Canary Ave
 Bismarck, ND 58503
 (701)-751-4272
coachsteele@aquastormswimming.com

ENTRIES DUE By 11:59 PM, Sunday, January 9, 2022.