

**12 ND Iceberg Invitational AG**  
**Red River Valley YMCA Wahoos**  
**University of North Dakota, Hyslop Pool**  
**January 21-22, 2012**  
**USA Sanction # ND1148**

**Course:** University of North Dakota, Hyslop Sports Center  
Corner of 2<sup>nd</sup> Avenue North and Columbia Road  
25 Yard pool, 8 lanes, depth is 13 feet at starting blocks on east end

**Eligibility:** Entries open to 2012 registered USA and CASA swimmers.  
Age as of January 21, 2012 determines age for entire meet.

**Rules:** This is a timed final meet.  
USA Swimming rules will govern the meet.  
There will be whistle starts and a no recall false start policy.  
At the discretion of the meet referee fly over starts will be used.  
There will be no clerk of course.  
All events are open unless otherwise stated. Each event will be scored by age groups:  
8 & under, 9-10, 11-12, 13-14, 15-18 and 19 & over. There will be no awards for the 19 & over age bracket.  
No time (NT) entries will be accepted.

**“The Iceberg Relays”**

Swimmers must put on caps and gloves and swim from one end of the pool to the other. At each end they must transfer the hat and gloves to the next relay swimmer. Gloves must be on hands and caps on head. There will be special awards for each age group for the Iceberg Relay. This will be a mixed event.

**Warm-ups:** North Dakota Swimming Inc. Warm-up Procedures and Safety Guidelines will be in effect at this meet. The first half hour will be general warm-up. No diving or racing starts will be allowed. Swimmers must enter the pool sit and slide. The second half hour will be specific warm-ups. See warm-up times in the Schedule section.

**Event Limits:** Each swimmer may swim up to **four individual events, one “standard” relay and one “Iceberg” relay per day. (Weekend totals: 8 individual and 3 relays)**

**Fees:** \$3.50 per swimmer for NDLSL fee  
\$1.50 per each individual event  
\$3.00 per relay event  
\$15.50 per swimmer for timer/pool rental

**Schedule:** Saturday: 10:45 a.m., Warm-ups begin/Officials Workshop  
11:30 a.m., Officials meeting in pool office  
11:45 a.m., Timers meeting NE corner of pool deck  
12:00 p.m., Competition begins  
Coaches meeting following Event # 5/6 in pool office  
15 minute break following Event # 16

Sunday: 7:45 a.m., Warm-ups begin/Officials Workshop  
8:30 a.m., Officials meeting in the pool office  
8:45 a.m., Timers meeting NE corner of pool deck  
9:00 a.m., Competition begins  
Coaches meeting following Event # 29/30 in pool office  
15 minute break following Event #46

**Awards & Scoring:** Individual event ribbons, 1<sup>st</sup>-16<sup>th</sup> place.  
Individual high point awards, each age group, 1<sup>st</sup>-3<sup>rd</sup>.  
Individual event scoring: 9-7-6-5-4-3-2-1  
Relay event ribbons, 1<sup>st</sup>-3<sup>rd</sup> place.  
Age groups: 8 & under, 9-10, 11-12, 13-14, 15-18  
Swimmers may not score points in more than one age group.  
Results are available by disk or e-mail at conclusion of the meet; or may be found on the NDLSL website.

**Entries:** Entry deadline is Monday January 16, 2012 6:00 p.m. if emailed. Mailed entries must be postmarked by Monday January 9, 2012. Confirmation emails will be sent to verify that your entries were received.  
Make checks payable to : RRVY Wahoos.  
Send entries to: Connie Folkedahl  
2319 Troon Circle NW  
East Grand Forks, MN 56721  
[cfolkedahl@msn.com](mailto:cfolkedahl@msn.com)  
(701)-741-1905

**LATE ENTRIES WILL BE CHARGED A \$50.00 LATE FEE**

**Meet** Meet Referee: Bill Siders/Irene Wrenn  
**Admin:** Safety Official: Bill Siders/Irene Wrenn  
Meet Manager: Connie Folkedahl  
2319 Troon Circle NW  
East Grand Forks, MN 56721  
(701)-741-1905

Coaches and Officials must wear their registration cards.

There will be an official's workshop each day during warm-ups

For every meet or portion of a meet in which there are fewer than eight officials working, there will be a mandatory 10-minute break every hour. RRVY is supplying 4-5 officials including the meet referee and starter. We appreciate any support in officiating. Please inform the meet referee the names of those who will help officiate the meet for your team.

No person without a coach membership will be allowed to participate in any coaching capacity at any USA Swimming sanctioned competition. Coaches are required to carry their cards at meets and be in full compliance.

Please note that parking will be available in the UND Parking Ramp. People parking in the lots behind the Hyslop Pool without parking permits will be subject to ticketing. Parking in lots will be \$3/day or \$5/2 days.

## Saturday

### Session 1

<b>Girls</b>		<b>Boys</b>
½	100 Free Relay (8&under)mixed	½
3	200 Free Relay (10&under, 11-12, 13-14)	4
5	400 Free Relay (15-18)	6
	Coaches' Meeting in Pool Office	
7	25 Free (8&under)	8
9	100 Free (Open)	10
11	100 IM (Open)	12
13	50 Butterfly (Open)	14
15	200 Butterfly (11&over)	16

### Break

### Session 2

17/18	Iceberg Relay(8&U,9-10,11-12,13-14,15-18) mixed	17/18
19	400 IM (13&over)	20
21	25 Backstroke (8&under)	22
23	100 Backstroke (Open)	24
25	50 Breaststroke (Open)	26
27	200 Breaststroke (11&over)	28
29	1650 Free (13&over)	30

## Sunday

### Session 3

<b>Girls</b>		<b>Boys</b>
31/32	100 Medley Relay (8&under)mixed	31/32
33	200 Med. Relay (10&under, 11-12, 13-14)	34
35	400 Medley Relay (15-18)	36
	Coaches' Meeting in Pool Office	
37	500 Freestyle (9&Over)	38
39	50 Freestyle (Open)	40
41	200 Freestyle (Open)	42
43	25 Butterfly (8&under)	44
45	100 Butterfly (Open)	46

### Break

### Session 4

47	200 IM (Open)	48
49	50 Backstroke (Open)	50
51	200 Backstroke (11&over)	52
53	25 Breaststroke (8&under)	54
55	100 Breaststroke (Open)	56