

Event Hosted By: West Fargo Flyers



Sanctioned By: Held under the sanction of USA Swimming.
& North Dakota Swimming, Inc.

Meet Sanction Number: ND2910

Masters Sanction:

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: Deb Slack
dslack246@gmail.com

Admin Officials: Don Chase, Heidi Triplett

Starter: Jason Yonke

Safety Marshal: Jeff Iverson

Other Officials: Officials from other teams will be needed to run a full deck and efficient meet. We thank you in advance for your support.

Meet Manager: Lisa Montplaisir
lisa.montplaisir@gmail.com Phone: 701-261-6164

- **Entry Deadline: Sunday, June 23rd, 8p**
- This is planned as a planned prelim/final meet with timed finals for 10U.

Meet Site: Hulbert Aquatics Center
***630 7th Ave E (parking and main entrance on 7th Ave side)
West Fargo, ND 58078

Facility: Hulbert Aquatics Center houses a 54 meter x 25 yard pool. A 10-lane 50M pool will be in use with anti-wave lane lines, electronic timing and start, Colorado Gen 7 Timing System with Hy-Tek interface. Start end pool depth is 7 feet; turn end pool depth is 14 feet. A separate 6 lane warm down pool is available. Depth is 3.5 – 4.5 feet. The competition pool conforms to USA Swimming Rules and Regulations – Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2 C(3) and (4). The copy of such certificate is on file with USA Swimming.

Eligibility and Meet Format: This is a sanctioned invitational. Age as of June 28th will determine age-group of the swimmers. Swimmers may swim up an age group if they will be competing at the state meet in the older age-group.

Friday evening: 11+ prelims, Saturday morning: 11+ finals, Saturday afternoon: 10U timed finals, Saturday evening: 11+ prelims, Sunday morning: 11+ finals, Sunday afternoon: 10U timed finals.

The top 16 will advance to finals the next morning in the 11-12, 13-14, 15 - 16 and 17+ age groups. If there are not 16 total in the combined 15 -16 and 17+ age groups for any event, the heats may be combined.

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 2019 registered athlete members of USA Swimming or Canadian swimming are eligible to participate. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Current 2019 USA Swimming coaches' and officials' registration with required additional certification is required of all Coaches. Coaches and officials must be able to provide proof of current certification. Deck pass is an acceptable form of proof of membership. Coaches and officials will be issued a credential to be on deck.

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.

Swimmers with Disabilities. 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.

Athlete Conduct: All athletes will be required to adhere to the NDLS Code of Conduct.

Athletes and Meet Personnel: All athletes and meet personnel will be required to adhere to USAS MAAPP policies in place at the time of the meet.

Officials: All officials will be USA Swimming certified officials. An Officials meeting will be held **45 min** before the start of each Session. Uniform for officials is a white Officials polo shirt with khaki shorts, pants or skirts, with predominantly white shoes. If officials have shirts from sanctioned meets of other colors, those are welcome to be worn during prelims and timed finals. Uniform for finals is the white shirt and khaki bottoms.

Rules: Current USA Long Course rules and safety policies as adopted by the NDLS Code of Conduct and USA Swimming Rules and Regulations 2019 edition will govern the meet.

- This is a 11+ P/F and 10U 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.
- The USA four-hour time is in effect.

- National scratch procedures per current *USA Swimming Rule Book*, Section 207.11.6 will be enforced. The scratch box will be maintained at the Announcers table and will close for the evening preliminary events 30 minutes after the end of the morning Finals session. Scratches on Friday will be due 30 min before start of the meet.
- 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/CASA registration numbers are to be submitted with entries.
- All events will be swam based on entry time with fastest in the last heat.
- Events may be seeded and swam as mixed-gender events.

On Deck Registration: will only be accepted for open lane swims

Warm-Up and 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 NDLSA 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.** Swimmers are not allowed to change in the public bathrooms, only the locker rooms. Safety Marshalls will check credentials.

Awards: Awards will be provided 1st – 12th place. No awards for 19+
Awards for the 10U top 8 will be presented after every set of events (roughly every 4 events).
Awards for the 11+ top 8 will be presented after every set of events (roughly every 4 events).

Entry Limitations: Entry limit per day is 3 individual events for the 11+ age groups and 5 individual events for the 10U age group.

Time Trials: Will be available after finals. \$5 per entry. Limit of one event each day.

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 starting blocks.

Operation 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. In extreme cases (weather, facility problems) or lack of participants (too few) email notification of proposed changes will be sent ahead of time for consideration.

Concessions: Concessions will be available depending upon length of meet

Food and Container Policy: TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION. **NO GLASS IS ALLOWED ON THE POOL DECK.**

Additional facility rules: There is NO TAPE allowed anywhere in the facility. Team signs must have grommets for hanging. No coolers are allowed on the pool deck.

Parking Information: Parking is available in an attached lots (4th Ave and 7th Ave sides of building) and street parking surrounding the facility. There is additional parking at area schools within 4 blocks of the facility (WFHS on 9th St and 7th Ave, Eastwood Elementary on 6th St and 10th Ave).

Programs: Programs containing seeded events for all sessions will be available for purchase for \$10. The estimated start times will be posted in the programs but will not be used as the official timeline.

Lodging: numerous hotels are within a 10 min drive of facility near restaurants and shopping.

Coaches and Officials Hospitality: A hospitality area will be provided for coaches and officials.

Fees:

\$5.50 NDLS splash fee

\$1.50/ individual event

\$3.00/ relay entry

\$15/day rental fee.

Meet Schedule

Meet Start: Meet start times will be adjusted based on the total number of entrants per session; Friday will be anticipated as a 4p warmup and 5:15 meet start. Meet Director will email and post the start times on our website at westfargoflyers.com by Tuesday, 12:00 noon, June 25th, 2019.

Building open times, deck open times, and warmup times will all be sent by Tuesday noon based upon entrants per session. Coaches and officials meetings will be 45 min before meet start times.

FRIDAY EVENING 11+ PRELIMS			
Warmups begin at 4p, Meet start 5:15p*			
Female	Event	Male	
1	200 free relay	2	Fastest heat of 8 will swim in finals
3	200 IM	4	May be combined
5	50 free	6	May be combined
7	100 back	8	May be combined
9	200 breast	10	May be combined
11	100 fly	12	May be combined
13	400 free	14	May be combined
*estimated based upon entries			
SATURDAY MORNING 11+ FINALS			
Warmups begin at 815, Meet start 9:30*			
1	11 – 12 200 free relay	2	Fastest seeded heat
1	13-14 200 free relay	2	Fastest seeded heat
1	15-16 200 free relay	2	Fastest seeded heat
1	17+ 200 free relay	2	Fastest seeded heat
3	11-12 200 IM	4	
3	13-14 200 IM	4	
3	15-16 200 IM	4	
3	17+ 200 IM	4	
	~10 min break		200 FR awards (top 8)
5	11-12 50 free	6	
5	13-14 50 free	6	
5	15-16 50 free	6	
5	17+ 50 free	6	
	~10 min break		200 IM awards
7	11-12 100 back	8	
7	13-14 100 back	8	
7	15-16 100 back	8	
7	17+ 100 back	8	
	~10 min break		50 free awards
9	11-12 200 breast	10	Top 8 from seeding
9	13-14 200 breast	10	
9	15-16 200 breast	10	
9	17+ 200 breast	10	
	~10 min break		100 back awards
11	11-12 100 fly	12	
11	13-14 100 fly	12	
11	15-16 100 fly	12	
11	17+ 100 fly	12	
	~10 min break		200 breast awards
13	11-12 400 free	14	Top 8 from seeding
13	13-14 400 free	14	
13	15-16 400 free	14	
13	17+ 400 free	14	
			Awards for 100 fly and

			400 free
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SATURDAY AFTERNOON 10U TIMED FINALS			
Female	Event	Male	
15	200 Free Relay	16	
17	200 IM	18	
	~10 min break		Awards for 200 FR and 200 IM
19	50 Fly	20	
21	100 Free	22	
	~10 min break		Awards for 50 fly and 100 free
23	50 Back	24	
25	100 Breast	26	
			Awards for 50 back and 100 breast

SATURDAY EVENING 11+ PRELIMS			
Female	Event	Male	
27	200 Medley Relay	28	Fastest heat of 8 will swim in finals
29	200 fly	30	May be combined
31	100 free	32	May be combined
33	200 back	34	May be combined
35	100 breast	36	May be combined
37	200 free	38	May be combined
39	400 IM	40	May be combined

*estimated based upon entries

SUNDAY MORNING 11+ FINALS			
Warmups begin at 815, Meet start 9:30*			
27	11 – 12 200 MR	28	Fastest seeded heat
27	13-14 200 MR	28	Fastest seeded heat
27	15-16 200 MR	28	Fastest seeded heat
27	17+ 200 MR	28	Fastest seeded heat
29	11-12 200 fly	30	Top 8 from seeding
29	13-14 200 fly	30	
29	15-16 200 fly	30	
29	17+ 200 fly	30	
	~10 min break		200 MR awards
31	11-12 100 free	32	
31	13-14 100 free	32	
31	15-16 100 free	32	
31	17+ 100 free	32	
	~10 min break		200 fly awards
33	11-12 200 back	34	Top 8 from seeding
33	13-14 200 back	34	

33	15-16 200 back	34	
33	17+ 200 back	34	
	~10 min break		100 free awards
35	11-12 100 breast	36	Top 8 from seeding
35	13-14 100 breast	36	
35	15-16 100 breast	36	
35	17+ 100 breast	36	
	~10 min break		200 back awards
37	11-12 200 free	38	
37	13-14 200 free	38	
37	15-16 200 free	38	
37	17+ 200 free	38	
	~10 min break		100 breast awards
39	11-12 400 IM	40	Top 8 from seeding
39	13-14 400 IM	40	
39	15-16 400 IM	40	
39	17+ 400 IM	40	
			Awards for 200 free and 400 IM

SUNDAY AFTERNOON 10U TIMED FINALS			
Female	Event	Male	
41	200 Medley Relay	42	
43	200 Free	44	
	~10 min break		Awards for 200 MR and 200 free
45	100 Fly	46	
47	50 Free	48	
	~10 min break		Awards for 100 fly and 50 free
49	100 Back	50	
51	50 Breast	52	
			Awards for 100 back and 50 breast

Hytek entries and a pdf version should be sent to lisa.montplaisir@gmail.com

If we have a problem with your entry who should we contact?

Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE