



Minot Pentathlon

November 24, 2019

Event Hosted By:	Minot Swim Club		
Approved By	Held under the sanction of USA Swimming. Sanction issued by the ND LSC.		
Meet Sanction #:	ND		
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. <u>Good sportsmanship is required of all athletes, coaches, officials, and spectators.</u>		
Meet Referee	Lisa Kramer 701-500-9837 Lisa.kramer@voya.com	Admin Official Starter Other Officials	Brian Metzger Mitch Kraft Kirsten Wolsky
		Safety Marshall	Vanessa Strandlien
	Meet Manager:	Entries:	
Name	Angie Osborn	Brian Metzger	
Phone #	701-721-3699	701-340-7862	
Email Address	angieosborn@ymail.com	mbrian3217@gmail.com	
	Entry Deadline		
Electronic Copies	November 17, 2019		
Meet Site	Magic City Campus Pool		
Address	1100 11 th Ave SW Minot, ND 58701		
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 two backup buttons and watches, horn start, and touch pads at the starting ends of the pool. Starting blocks are newly installed.		
Course Certification	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.		



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Eligibility / Meet Type	Age as of November 24, 2019 shall determine age group for swimmers.
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	<p>ALL current 2020 registered athlete member of USA Swimming are eligible to participate.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>Current 2019 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.</p>
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 <u>45 minutes</u> 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	<p>Current USA Swimming rules and safety policies as adopted by the NDLS and USA Swimming Rules and Regulations 2019 edition, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern the meet. Bathrooms for non-swimmers are available at the main entrance to the pool and will be designated with a sign.</p> <ul style="list-style-type: none">• 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 events will be accepted with no times (NT).• 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.



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- On Deck Registration** A fee of \$5 per swimmer, up to a limit of 5 swimmers per team will be added for an On Deck Registration.
- 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 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. Bathrooms for non-swimmers are available at the main entrance to the pool and will be designated with a sign. Safety Marshalls will check credentials.
- Awards** Times will be added up for all 5 events. The top 3 swimmer in each age group (8 & under, 9-10, 11-12, 13-14 and 15-18) with the lowest cumulative time will receive awards. To be eligible for an award the swimmer must successfully compete in all 5 events. Seniors do not place or score.
- Entry Limitations:** Swimmers swim a total of 5 individual events for the 1 day meet. There will be no relays. **This will not be a split meet. Note to Coaches: This meet is for experienced swimmers. If you have swimmers that are just beginning and cannot correctly do all four strokes we ask that you use your best judgment in entering these swimmers.**
- Time Trials** Not available.
- 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.



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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

Concessions will be available.

Parking Information

Parking is available around the facility at no charge.

Programs

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

Lodging

Please visit <http://visitminot.org/sleep/> for hotel availability.



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Meet Schedule

Officials meeting: 9:15am

Timers meeting with Chief Timer: 9:45am

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Pool Deck will open at 8:30am

Warm-ups: 9:00am – 10:00am

Coaches meeting: 9:55am

Competition starts at 10:10am

List of Events:

- 1 100 IM Mixed
- 2 50 Butterfly Mixed
- 3 50 Backstroke Mixed
- 4 50 Breaststroke Mixed
- 5 50 Freestyle Mixed

Entry Fees:

\$5.50 per swimmer for NDLS fee.

\$22.00 per swimmer for timer/pool rental

\$1.50 per swimmer per individual event

Summary cost per calculation sheet is attached.

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



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Fee Calculation Form – return with your entry

Club Name: _____ Club Abbreviation: _____

Coach: _____ Coach's Cell Phone # ()

Entries Chair: _____ Phone # ()

#		Amount		Number		Number
	Total Swimmers x \$5.50 NDLS Fee =					
	\$22.00 per swimmer for timer/pool rental					
	\$1.00 per unattached swimmer (if applicable)					
	Total Individual Events x \$1.50 =		# of boys		#	
			# of boys		#	
			Total Boys		Total Girls	
	Total Due =					

Make checks payable to: Minot Swim Club
 All fees are due on the day of the Swim Meet.

Entries & Summaries should be emailed to the following:
 Brian Metzger
mbrian3217@gmail.com
 701-340-7862

Who should Minot Swim Club contact if we have a problem with your entry?
 PRINT CLEARLY and provide an e-mail contact you trust!

Name: _____ E-Mail: _____
 Day Phone # () Evening Phone # ()

ENTRIES DUE: November 17, 2019

LATE ENTRIES WILL BE CHARGED A \$50.00 LATE FEE