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| **Event Hosted By:** | Aquastorm |
| **Approved By** | Held under the sanction of USA Swimming. Sanction issued by the ND LSC. |
| **Meet Sanction #:** | ND2913 |
| **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 all athletes and to have fun. Good sportsmanship is required of all athletes, coaches, officials, and spectators. | |

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| **Meet Referee** | Greg Birnbaum | **Admin Official** | Mike Porter |
|  | 701-226-1340 | **Starter** | Ben Richards |
|  | [Gbirnbau55@gmail.com](mailto:Gbirnbau55@gmail.com) | **Other Officials** | Jackie Freborg |
|  |  |  | Tara Steele |
|  |  | **Safety Marshall** | Mary Palmer |

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| **Meet Manager / Entries** | |
| Name | Thomas Wheeling |
| Phone # | 701-721-2465 |
| Email Address | [thomasallenwheeling@gmail.com](mailto:thomasallenwheeling@gmail.com) |
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| **Entry Deadline** | |
| Electronic Copies | **Sunday, July 7th by 7pm** |
| Paper Entries | NO paper entries allowed! |

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| **Meet Site** | Bismarck Aquatic and Wellness Center |
| **Address** | 1601 Canary Ave  Bismarck, ND 58503  **Directions to the Meet Site:** 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 2 blocks).  Approaching Bismarck 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 stop light 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 2 blocks).  Approaching Bismarck rom 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 is on the SOUTHWEST corner of the building. |
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| **Facility Information** | **Competition Pool:** Eight-lane, 50 meter pool: The first 25 meters is 7 ft. in depth, tapering to 5-1/2 feet mid-course then tapering to 13-1/2 feet at the turn end with a bulkhead at the turn end.  **Warm-up Pool:** Continuous warm-up will be available in the program pool with varying depth from 3.5 feet to 4.5 feet. Use of the warm-up pool will be restricted to swimmers warming-up and cooling down. Feet-first entry only.  There are 750 seats located on the upper level on the west side of the pool for spectators. **There is no reserved seating.** All chairs and personal items must be removed at the end of the meet. Team and athlete bleacher seating will be provided on the north and south sides of the pool deck. |
| **Timing Information** | DakTronics electronic timing system with horn/light start, two backup buttons and two watches per lane, and touch pads at the finish will be used. |
| **Course Certification** | 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). |
| **Eligibility / Meet Type** | This is a two and a half day, one session per day Invitational Timed Finals meet. The age of a swimmer is determined by their age on the first day of the meet.   * All events will be swum as mixed gender and seeded by time slowest to fastest according to entry times submitted. * **All relays can be swam as mixed gender relays.** * The whistle protocol and horn start, with no recall for false starts will be used.   It is the coach’s responsibility to notify the Meet Referee in advance of time-line conflicts. |
| **Disability Statement** | 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. |
| **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 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 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. |
| **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 **45 minutes** 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** | Current USA Long Course rules and safety policies as adopted by the NDLSC and USA Swimming Rules and Regulations 2019 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. * The Meet Referee has the right to combine any events or heats. * If timeline exceeds the 4 hour time limit relays will be scratched. * 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 and relay events will be accepted with no times (NT). * Swimmers names and USA/CASA registration numbers are to be submitted at time of entries. * Events will 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. * NT entries will be accepted. * **All relays may be swam as mixed gender.** |
| **On Deck Registration** | **There will NO Deck Seeding allowed!** |
| **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 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. |
| **Awards** | Individual ribbons: 1-16  Relay ribbons: 1-3  Awards will be based on USA Swimming’s Standard Age Group:   * 8 & Under, 9-10, 11-12, 13-14, 15-16 and 17-18. * Swimmers 19 & Older will not receive awards.   **Scoring:**  Place  1  2  3  4  5  6  7  8  9  10  11  12  13  14  15  16  Points  20  17  16  15  14  13  12  11  9  7  6  5  4  3  2  1  Relay Points  40  34  32  30  28  26  24  22  0  0  0  0  0  0  0  0  Scoring will be based on USA Swimming’s Standard Age Groups:   * 8 & Under, 9-10, 11-12, 13-14, 15-18, 19 & Older |
| **Entry Limitations:** | Entry limit is 4 individual events and 1 relay per day. Swimmers can do a total of 9 individuals and 2 relays. |
| **Time Trials** | There will be NO 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. 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. No changes will be allowed to the meet information which affects the event order, seeding, scoring, or awards. |
| **Concessions** | Concessions are provided by a private concessionaire not associated with Aquastorm. They will have services available in the food court on the upper level. |
| **Parking Information** | **FREE PARKING** is available in the lots south and west of the BSC Aquatic Center. |
| **Food & Container Policy** | **ABSOLUTELY NO GLASS CONTAINERS WILL BE ALLOWED on or behind the upper level bleacher seating areas, in the locker rooms, or anywhere on the pool deck. Persons in violation of this policy will be required to immediately dispose of the glass containers safely or will be asked to leave the BSC Aquatic facility.**  **In order to keep the pool deck areas clean, food is generally prohibited on the pool deck.** Teams and competitors are permitted to have light snacks (energy bars, fruit, etc.) in the poolside bleacher seating areas only. Teams and competitors may bring sports drinks, water, etc. in plastic or other non-breakable containers. |
| **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](http://www.aquastormswimming.com) |

**Meet Schedule**

**Friday Warmups are 1pm and meet starts at 2pm**

Officials meeting: **1:15am in the hospitality room (Friday)**

Timers meeting with Chief Timer: **1:15pm in the equipment room**

**Pool Deck will open at 7:30am Saturday and Sunday**

**Warm-ups: 8:15am-9:25am**

**Coaches meeting: 8am in Hospitality Room**

**Competition starts at 9:30am**

**Summer Sizzler Meet Events List**

**All events will be swum as mixed gender heats and seeded by time slowest to fastest. Only 8 and under relays can be swam as mixed relays**.

Friday

1. 1500 Freestyle
2. Mixed 8 & U 200 Free Relay
3. Mixed 9-12 200 Free Relay
4. Mixed 13 & over 400 Free Relay
5. Mixed 100 Freestyle
6. Mixed 50 Backstroke
7. Mixed 11 & over 200 Breaststroke

Saturday

1. Mixed 11 & over 400 IM
2. Mixed 8 & U 200 Medley Relay
3. Mixed 9-12 200 Medley Relay
4. Mixed 13 & Over 200 Medley Relay
5. Mixed 50 Butterfly
6. Mixed 200 Freestyle
7. Mixed 50 Breaststroke
8. Mixed 100 Backstroke
9. Mixed 11 & Over 200 Butterfly
10. Mixed 9 & Over 400 Freestyle

Sunday

1. Mixed 100 Butterfly
2. Mixed 9 & Over 200 IM
3. Mixed 50 Freestyle
4. Mixed 100 Breaststroke
5. Mixed 11 & Over 200 Backstroke
6. Mixed 11 & Over 800 Freestyle

Entry Fees: $5.50 per swimmer for NDLSC fee.

$21.00 per swimmer for timer/pool rental

$1.50 per swimmer per individual event

$3.00 each relay event.

Summary cost per calculation sheet is attached. Checks must accompany entries and made payable to Aquastorm

Fee Calculation Form – return with your entry

Club Name: Club Abbreviation:

Coach: Coach’s Cell Phone # ( )

Entries Chair: Phone # ( )

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| # |  | Amount |  | Number |  | Number |
|  | Total Swimmers x $5.50 NDLSC Fee = |  |  |  |  |  |
|  | $21.00 per swimmer for timer/pool rental |  |  |  |  |  |
|  | $1.00 per unattached swimmer (if applicable) |  |  |  |  |  |
|  | 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 = |  |  |  |  |  |

**Make checks payable to:Aquastorm**

**All fees are due with your entry.**

Who should AQST 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 Electronic Entries (via email to Meet Manager)) **Sunday, July 7th, 2019 by 7pm**

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