

Event Hosted By: Aquastorm

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

Meet Sanction Number: ND 2215



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 Director and Entries:

Ted Alme
2321 La Corte Loop
Bismarck, ND 58503
701-426-8959
Tedalme@hotmail.com

Meet Referee: Shane Peterson

Starter: Tara Sether

Admin Official: Ted Alme

Aquastorm Head Coach:

Jeff Steele
1601 Canary Ave.
Bismarck, North Dakota 58503
701-751-4272
coachsteele@aquastormswimming.com

Safety Marshal: TBD

Meet Site: BSC Aquatic and Wellness Center
1601 Canary Ave.
Bismarck, North Dakota 58503

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 SOUHWEST corner of the building.

Facility: The BSC Aquatic and Wellness Center

Competition Pool: Eight-lane, 25-yard pool, 7 ft. depth through the entire course with a bulkhead at the turn end.

Other Pools: Continuous warm-up will be available in the other pools varying in depth from 3.5 feet to 5.5 feet. Use of the warm-up pools will be restricted to swimmers warming-up and cooling down.

Seating: There are 750 seats located on the upper level on the west side of the pool for spectators. Only athletes and coaches will be allowed in the locker rooms and on the pool deck. Athlete seating will be provided on the north side of the pools.

Concessions: Concessions are provided by a private concessionaire not associated with the host club.

Food and 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.

Generally, food is not permitted on the pool deck area. This includes all poolside and bleacher seating areas. Competitors may bring sports drinks (in paper or plastic containers) and light snacks onto the pool deck. Teams are responsible for keeping their area clean during and at the conclusion of the meet.

Parking Information: Free parking will be in the parking lot southwest of the 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 as an attachment to this document and on the Aquastorm website www.aquastormswimming.com.

Internet Information: Heat sheets and meet events will be posted to Meet Mobile prior to the start of the meet. Results will be posted as they are finalized during the meet.

Officials: All officials will be USA Swimming certified officials. An Officials meeting will be held one hour before the start of the session. Uniform for officials is a white North Dakota Officials polo shirt with khaki shorts, pants or skirts, with white shoes.

Coaches and Officials Hospitality: A hospitality room will be provided with snacks and drinks.

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

USA Swimming Membership: No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of USA Swimming Rules. All swimmers must be a current 2015/16 registered athlete member of USA Swimming or CASA. Current 2015/16 USA Swimming coaches' registration with required additional certification is required of all coaches.

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.

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.

Swimsuits: Current USA Swimming policies governing swimsuits will be in effect and enforced.

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is not allowed.

Audio or Visual Recording Devices: Use of audio or visual recording devices, including cell phones, tablets, cameras, etc. are **not permitted** in athlete changing areas, rest rooms or locker rooms. Timers and other meet volunteers are not permitted to photograph or video swimmers from the start end during the meet. **Use of flash photography at the start of events is not permitted.**

Photographers desiring to be on deck during the meet must check in with the Meet Director for approval at least 15 minutes prior to the start of the meet.

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, no prizes awarded, no 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 NDLS Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the NDLS Board of Review.

Timing: DakTonic electronic timing system with 2 backup buttons and watches, hom start, and touch pads at the start/finish end of the pool.

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.

Rules: Current USA Short Course rules and safety policies as adopted by the NDISC and USA Swimming Rules and Regulations 2013 edition will govern the meet. This is a timed final meet. There will be a Clerk of Course. 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. Swimmers who have no entry time should enter NT. Swimmers names, USA registration numbers and order of swimmers for relays are to be submitted with entries. Entry and Relay cards will not be used for this meet. The whistle protocol and hom start with no recall for false starts will be used. The Meet Referee has the right to combine any events or heats.

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 NDISC 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. It is understood and agreed that USA Swimming and North Dakota Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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.

Eligibility/Meet Type: Age as of **December 6, 2015**, shall determine age group for swimmers, including age group relays. On deck registration is not allowed for this meet. Entries are limited to 2015 USA, CASA, and USMS registered swimmers.

This is a one day, one session, Open 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.
- **Relays - Only 8 and under relays will be swum as mixed gender relays.**
- The whistle protocol and hom start, with no recall for false starts will be used.

Meet Schedule:	Coaches/ Scratch Meeting	8:15 AM
	Warm-ups*	8:30 AM to 9:30 AM
	Officials Meeting	8:30 AM
	Start Time	9:45 AM

It is the coach's responsibility to notify the Meet Referee in advance of time-line conflicts.

***Note:** Warm-up lane assignments will be made on the morning of the meet, provided to the coaches and posted around the pool deck.

There will be no time line breaks other than those listed in the official event listing.

Awards: Individual ribbons: 1-16 Relay ribbons: 1-8
Awards will be based on USA Swimming's Standard Age Groups:
8 & Under, 9-10, 11-12, 13-14, 15-18, 19 & Over

Scoring: No Team Awards or Team Scoring.

Entry Limitations: Entry limit is 4 individual events plus 1 relay.

The entries due date is **Monday, November 30, 2015, at 12:00 PM**. No entries will be accepted after the 12:00 PM deadline. Hy-Tek Software entries should be submitted via email to coachsteele@aquastormswimming.com. All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. Only electronic entries will be accepted without prior approval of the Meet Manager. North Dakota teams must use Hy-Tek software for meet entry.

Fees: \$ 3.50 per swimmer for NDLSC fee.
\$18.00 per swimmer for pool electronic timer fee
\$ 1.50 per swimmer per individual event
\$ 3.00 per Relay event

Please mail the fee summary calculation form (last page of meet information) along with check by the application deadline, payable to Aquastorm to the Meet Director.

If there are questions regarding the meet information contact either:

Ted Alme, Meet Director
2321 LaCorte Loop Bismarck, ND 58503
tedalme@hotmail.com
701-426-8959

Jeff Steele, Aquastorm Head Coach
1601 Canary Ave. Bismarck, ND 58503
coachsteele@aquastormswimming.com
701-751-4272

Order of Events

Warm-ups start at 8:30 am and Events at 9:45 am

All events will be swum as mixed gender and seeded by time slowest to fastest.

Only 8 & under relays will be swum as mixed gender relays.

Girls/Boys Events

- 1) Mixed 400 Free Relay (13 - 18)
- 2) Mixed 200 Free Relay (9 - 12)
- 3) Mixed 100 Free Relay (8 & under)
- 4) Mixed 200 I.M. (9 & over)
- 5) Mixed 25 Free (8 & under)
- 6) Mixed 200 Back (11 & over)
- 7) Mixed 50 Free (Open)
- 8) Mixed 100 Back (9 & over)
- 9) Mixed 25 Back (8 & under)
- 10) Mixed 200 Breast (11 & over)
- 11) Mixed 50 Fly (Open)
- 12) Mixed 100 Free (9 & over)
- 13) Mixed 100 I.M. (Open)
- 14) Mixed 100 Fly (9 & over)
- 15) Mixed 50 Breast (Open)
- 16) Mixed 200 Free (9 & over)
- 17) Mixed 25 Fly (8 & under)
- 18) Mixed 100 Breast (9 & over)
- 19) Mixed 25 Breast (8 & under)
- 20) Mixed 500 Free (9 & over)
- 21) Mixed 50 Back (Open)
- 22) Mixed 200 Fly (11 & over)
- 23) Mixed 400 I.M. (13 & over)

Fee Calculation Form – Return with Your Entry

Club Name: _____

Club Abbreviation: _____

Coach: _____

Coach's Cell #: (____) _____

Entries Chair: _____

Phone #: (____) _____

Number of Swimmers	Amount	Number	Number
	NDLSC Fee Total Swimmers x \$3.50 =		
	Electronic Timing Fee Total Swimmers x \$18.00 =		
	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 =		

All fees are due with your entries. Please make checks payable to: Aquastorm

Email your team entries file to:
 Ted Alme, Meet Manager
 2321 LaCorte Loop Bismarck, ND 58503
tedalme@hotmail.com
 701-426-8959

Who should Aquastorm contact if we have a problem with your entry? Please PRINT CLEARLY and provide an e-mail contact you trust,

Name: _____ E-Mail: _____

Day Phone # () _____ Evening Phone # () _____

(If you are having a team representative pick up awards, the name and phone number of this person.)

Name: _____ Phone: _____

ENTRIES DUE: Must be received by Monday, November 30, 2015 @ 12:00 PM