

# WFF Summer Explosion

Event Hosted By: West Fargo Flyers

June 27-29. 2025

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



**Meet Sanction Number:** ND-LC-24-061

**Masters Sanction:** Sanctioned by ND LMSC for USMS Inc. Sanction #: 525-S002

**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. There are covid protocols currently in place at WFFPS.

**Meet Referees:** Lisa Montplaisir  
[lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com)

**Admin Officials:** Eric Mauch, Kari Ayers

**Starter:** Chris Domitrovich

**Safety Marshal:** Kari Ayers

**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. Officials will be assigned a location for each session; apprentices will be used.

**Meet Manager:** Lisa Montplaisir  
[lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com)

Phone: 701-261-6164

- **Entry Deadline: Tuesday, June 17th, 8p; Entries open Sunday, June 8th**
- This is a prelim/final meet with timed finals for 10U and masters swimmers..

**Meet Site:** Hulbert Aquatics Center  
\*\*\*630 7<sup>th</sup> Ave E (parking and main entrance on 7<sup>th</sup> 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 during competition. 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 27 will determine age-group of the swimmers. Event limit is 7 individual events and 2 relays for USA Swimmers..

Friday afternoon: mixed age session (2 event limit)

Saturday morning: 10U (4 event and 1 relay limit)

Saturday afternoon: 11+ (4 event and 1 relay limit)

Sunday morning: 10U (4 event and 1 relay limit)

Sunday afternoon: 11+ (4 event and 1 relay limit)

## Masters/USMS Information

- Entries are to be emailed to the meet manager by the deadline.
- Include Name, DOB, USMS #, USMS Team, Events with estimated seed times.
- \*\*This meet is Prelims/Finals for USA Swimmers. According to USMS rules, masters swimmers can only swim in the prelim portion of the meet. \*\* No Finals swims for masters swimmers.
- \*Masters swimmers have a 3 event limit per session/day.\*
- An USMS waiver must be signed before the USMS swimmer enters the water.
- Athletes that are members of USA Swimming and USMS may only compete for one organization for the entire competition. A form will be signed before the meet for all dual membership swimmers that will compete for USMS for this meet.
- During the meet, there will be either a continuous a warm up lane or arrangements will be made to allow for warm up/cool down between events.
- Length of the competition course will be measured in accordance to USMS rules to allow for compliance and eligibility of swims for world records, USMS records, and/or USMS Top 10.
- Swimmers 18 years and older must use the Family Locker rooms.

**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 2024 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 2024 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 NDLSC 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 black shorts, pants or skirts, with black 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 black bottoms.

**Rules:** Current USA Long Course rules and safety policies as adopted by the NDLS and USA Swimming Rules and Regulations 2025 edition will govern the meet.

- This is a 11+ P/F and 10U timed final meet with a timed final distance session.
- 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).
- Swimmer's 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 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.** Swimmers are not allowed to change in the public bathrooms, only the locker rooms. Safety Marshalls will check credentials. There will be a designated locker room for 18 and over athletes.

**Awards:** Awards will be provided 1<sup>st</sup> – 12<sup>th</sup> place for athletes. Please note, awards must be picked up prior to departure. Stickers will be available for athletes/coaches to pick up throughout the meet in the north hallway.

**Entry Limitations:** Entry limit is 7 total individual events with no more than three per prelim session for the 11+ age groups format and 3 or 4 individual events per day for the 10U age group. Friday afternoon will be a limit of one event in timed-final format as long as it doesn't exceed the 7 individual event limit total.

**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), lack of participants (too few) or too many participants, an email notification of proposed changes will be sent ahead of time for consideration.

**Concessions:** will be available.

**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 (4<sup>th</sup> Ave and 7<sup>th</sup> 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 9<sup>th</sup> St and 7<sup>th</sup> Ave, Eastwood Elementary on 6<sup>th</sup> St and 10<sup>th</sup> Ave).

**Programs:** Programs will be available for sale on site, cash only.

**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:** \$80 total for the meet.

## Meet Schedule

Meet start times will be adjusted based on the total number of entrants per session; Friday will be anticipated as a 11:00 a.m. warmups and 12:00 p.m. meet start for the distance sessions, and a 4:00 p.m. warmup and 5:15 p.m. meet start for the prelim session. The Meet Director will email and post the start times on our website at wfflyers.com by Tuesday, 4:00 p.m., prior to the meet. Building open times, deck open times, and warmup times will all be sent by Tuesday 4:00 p.m., based upon entrants per session. Coaches and official's meetings will be 45 min before meet start times.

## **FRIDAY AFTERNOON – TIMED FINALS SESSION FOR ALL AGES**

**Warmups begin at 11:00 a.m., Meet starts at 12:00 p.m.\***

<b>Mixed</b>	<b>Event</b>
1	1500 free (splits will be taken at 800)
2	400 IM (11+ age groups)
3	400 free (9-10 age group)

**\*warmups will continue in the lesson pool for the later events**

## **FRIDAY EVENING 11+ PRELIMS**

**Warmups begin at 4:00 p.m., Meet start 5:15 p.m. (10 lanes)**

<b>Female</b>	<b>Event</b>	<b>Male</b>	
4	200 IM	5	May be combined
6	50 free	7	May be combined
8	100 back	9	May be combined
10, 12	200 breast	11, 13	May be combined
14	100 fly	15	May be combined
16	200 free	17	May be combined

## **SATURDAY MORNING 11+ FINALS**

**Warmups begin at 8:00 a.m., Meet start 9:15 a.m.**

<b>Female</b>	<b>Event</b>	<b>Male</b>	
4	11-12 200 IM	5	
4	13-14 200 IM	5	
4	15+ 200 IM	5	
6	11-12 50 free	7	
6	13-14 50 free	7	
6	15+ 50 free	7	
8	11-12 100 back	9	
8	13-14 100 back	9	
8	15+ 100 back	9	
10	11-12 200 breast	11	Top 10 from seeding
12	13-14 200 breast	13	
12	15+ 200 breast	13	
14	11-12 100 fly	15	
14	13-14 100 fly	15	
14	15+ 100 fly	15	
16	11-12 200 free	17	
16	13-14 200 free	17	
16	15+ 200 free	17	

## SATURDAY AFTERNOON 10U TIMED FINALS

Female	Event	Male
18	200 Free Relay	19
20	200 IM	21
	<b>~10 min break</b>	
22	50 Fly	23
24	100 Free	25
	<b>~10 min break</b>	
26	50 Back	27
28	100 Breast	29

## SATURDAY EVENING 11+ PRELIMS

Female	Event	Male	
30, 32	200 fly	31, 33	May be combined
34	100 free	35	May be combined
36, 38	200 back	37, 39	May be combined
40	100 breast	41	May be combined
42, 44	400 free	43, 45	May be combined

## SUNDAY MORNING 11+ FINALS

Warmups begin at 8:15 a.m., Meet start 9:30 a.m.

Female	Event	Male	
30	11-12 200 fly	31	Top 10 from seeding
32	13-14 200 fly	33	
32	15+ 200 fly	33	
34	11-12 100 free	35	
34	13-14 100 free	35	
34	15+ 100 free	35	
36	11-12 200 back	37	Top 10 from seeding
38	13-14 200 back	39	
38	15+ 200 back	39	
40	11-12 100 breast	41	
40	13-14 100 breast	41	
40	15+ 100 breast	41	
42	11-12 400 free	43	
44	13-14 400 free	45	
44	15+ 400 free	45	

## SUNDAY AFTERNOON 10U TIMED FINALS

Female	Event	Male
46	200 Medley Relay	47
48	200 Free	49
	<b>~10 min break</b>	
50	100 Fly	51
52	50 Breast	53
	<b>~10 min break</b>	
54	100 Back	55
56	50 Free	57