

Event Hosted By: West Fargo Flyers

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

Meet Sanction Number: ND-SC-25-03-04

USMS Sanction: Sanctioned by ND LMSC for USMS Inc. Sanction #: 525-S001

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

Admin Officials: Kari Ayers, Jodi Hendrickson

Deck Referees: Chris Domitrovich

Starters: Nathan Enderle

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. **If you know you will be coming and able to work, please let Lisa know**

Meet Manager: Lisa Montplaisir Phone: 701-261-6164

lisa.montplaisir@gmail.com

- **Entry Deadline: Sunday, March 2nd, 8:00p.** The USA four-hour time is in effect. Entries will be capped once the time-limit per session is reached.

Meet Site: Hulbert Aquatics Center

***620 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 25 yard pool will be in use with anti-wave lane lines, electronic timing and start, Colorado Gen 7 Timing System with Hy-Tek interface. We will be using a center pool configuration where start and turn end are both 7 feet. There are an additional 6 lanes with ropes that will be continuous warm-up/cool-down. **If needed, the cross pool 6 lanes will be used for the 500s to maintain time line. Note: there is no automatic timing system on the cross lanes so they will not be used for any other events.** 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: This is a sanctioned timed-final invitational. Age as of March 9th will determine age-group of the swimmers. Swimmers may not swim up an age group.

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 2025 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 2025 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: Required to adhere to the NDLS and the USA Swimming Code of Conduct.

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 received official's shirts from other sanctioned meets, they will also be allowed.

Rules: Current USA Short 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 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.
- Swimmers should appear at designated area which will be addressed at the coaches meeting prior to the start of the meet.
- 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 will be seeded and swam as mixed-gender events.

On Deck Registration: will be accepted for open lanes only if a team is already registered

MAAPP: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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. Safety Marshalls will check credentials at the door.

Awards: Ribbons will be provided 1st – 12th place. Stickers must be picked up during the meet; no awards will be saved or mailed up for unclaimed stickers.

Entry Limitations: Entry limit is 3 individual events total.

Time Trials: Will not be 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 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.

Concessions: 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 (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: will not be available for spectators. Heat Sheets will be emailed out on Thursday evening to coaches for distribution to teams. Programs containing seeded events for all sessions will be made available to Head Coaches to share with their teams. They will also be free online via Meet Mobile.

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.

USMS Swimmers:

- Entries are to be emailed to the meet manager by the deadline. Include Name, DOB, USMS #, USMS Team, Events with estimated seed times. Fees must be paid before entering the water.
- At the pool, 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, the 25 yard pool will be available to allow for warm up/cool down between events.
- The length of the competition pool, which features a bulkhead, will be measured for compliance with USMS in accordance with articles 105.1.7 and 106.2.1 and to allow for compliance and eligibility of swims for world records, USMS records, and/or USMS Top 10.
- The family locker rooms are designated for swimmers 18 years and over. All other locker rooms are for minors only and are off limits to those 18 years and older.

Fees: \$35.00 per athlete for the entire meet. Make checks payable to **WFF**.

Meet Schedule - This is a single session meet with all age groups in one session.

Building will open at 8a for officials and event staff.

Pool deck will open at 9:30a for athletes. Upper-deck seating will open at 9:15 for spectators.

Warmups will begin at 9:45a. Pool 1 will close at 10:50a for competition to begin at 11:00a.

Officials meeting: 9:45a in hospitality Room

Timers meeting with Chief Timer and Starter: 10:45a

Coaches meeting: 10:45a in hospitality room

Backstroke ledges will be available for use.

All fees are due with your entry and can be delivered at the time of the meet.

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?

PRINT CLEARLY and provide an e-mail contact you trust!

Name: _____ E-Mail: _____

Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE

Session 1

- 1 Mixed 50 Freestyle
- 2 Mixed 11 & Over 200 Breaststroke
- 3 Mixed 8 & Under 25 Butterfly
- 4 Mixed 9 & Over 100 Backstroke
- 5 Mixed 9 & Over 200 Freestyle
- 6 Mixed 8 & Under 25 Breaststroke
- 7 Mixed 9 & Over 100 Butterfly
- 8 Mixed 11 & Over 200 Backstroke
- 9 Mixed 100 IM
- 10 Mixed 8 & Under 25 Freestyle
- 11 Mixed 9 & Over 100 Breaststroke
- 12 Mixed 11 & Over 200 Butterfly
- 13 Mixed 50 Backstroke
- 14 Mixed 9 & Over 200 IM
- 15 Mixed 100 Freestyle
- 16 Mixed 50 Breaststroke
- 17 Mixed 8 & Under 25 Backstroke
- 18 Mixed 50 Butterfly
- 19 Mixed 9 & Over 500 Freestyle
- 20 Mixed 11 & Over 400 IM

Session 2: Note: 1000 splits will be taken.

- 21 Mixed 11 & Over 1650 Freestyle