

# 2014 RRVY Wahoo's Mile Meet – February 21-23, 2014

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**Event Hosted By:** Red River Valley Y Wahoos

**Sanctioned By:** North Dakota Swimming, Inc.

**Meet Sanction Number:** ND2042

**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:** Matt Nilles  
701-741-5538  
mnilles@gra.midco.net

**Admin Official:** Janna Schill  
**Starter:** Bill Siders  
**Other Officials:** Dawnita Nilles  
Brett Goodwin  
**Safety Marshal:** Jason Uhlir

**Meet Manager / Entries:** Janna Schill  
3810 Mulberry Dr  
Grand Forks, ND 58201  
701 787-8628 / 701-213-0610  
[janna.schill@gmail.com](mailto:janna.schill@gmail.com)

**Entry Deadline: Electronic entries:**  
**Sunday February 16, 2014 at 8 PM**

**Paper entries with email back-up**  
**Postmark: Feb 11, 2014**

**Meet Site:** UND Hyslop Pool  
2751 2<sup>nd</sup> Ave North (South Entrance)  
Grand Forks, ND 58202

**Directions to :** The meet location is the University of North Dakota Hyslop Sports Center at the corner of 2<sup>nd</sup> Avenue North and Columbia Road on the UND campus.

**Facility:** The UND Hyslop Pool is an eight lanes by 50 meters with bulkheads dividing it into 25 yards for short-course length. Starting blocks are at the east end of the pool and the depth of the pool is 13 feet. There is a Daktronics timing system and complete scoreboard which displays the swimmers' names for each event. The competition pool conforms to USA Swimming Rules and Regulations – 2010 Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2 C (3).

**Concessions:** Concessions of beverages, snacks, meet programs, and apparel will be available in the upper level of the pool area.

**Mile-Meet T-shirt:** More Information coming soon! T-shirts will be priced at \$13.00 each shirt. Sizes available include Youth S-L and Adult S to XL. Orders must be received no later than February 3, 2014. Order form will be available on <http://www.rvywahoos.org>.

**Food and Container Policy:** TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION.

**Parking Information:** Fee for parking in lot by Hyslop: \$8 (2 day), and \$5 (1 day). Patrons may also park in the parking ramp on 2nd Ave. The rate is \$1.50 for the first hour and a dollar every additional hour up to \$7 dollars for the entire day. Payment may be made at the lanes by credit card when leaving or by cash at the pay station in the Southwest tower in the ramp. If people

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have a UND Permit they can park in any lot for free (including the lot we sell and the surrounding lots). If they do not have a permit r pay they may receive a \$20 ticket.

**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:** See attached information

**Internet Information:** Psych sheets and meet information will be posted to the following web site <http://www.rvwywahos.org> prior to the start of the meet.

**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 blue shorts, pants or skirts, with white shoes.

**Coaches and Officials Hospitality:** A hospitality room will be provided with refreshments and snacks for coaches and officials.

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

**USA Swimming Membership:** All swimmers must be a current 2013 registered athlete member of US Swimming. Current 2013 USA Swimming coaches' registration with required additional certification is required of all Coaches. **Coaches must wear their credentials while on deck.**

**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 US Swimming policies governing swimsuits will be in effect and enforced.

**Deck Changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**Audio or Visual Recording Devices:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**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.

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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:** A DakTronics electronic timing system with two backup buttons and watches, horn start, and touch pads at the start end of the pool will be used.

**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 NDLS 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. Individual and relay events will not be accepted with no times (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 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 for 12 and under swimmers, the relays will be scratched.**

**Events will be seeded and swam as mixed events.**

**The 8 and under 25 yard events will start on the turn end.**

**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. Safety Marshalls will check credentials.

**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 February 21, 2014 shall determine age group for swimmers, including age group relays. Entries are open to 2014 registered USA and CASA swimmers.

**Awards:** Individual ribbons: 1-16    Relay ribbons: 1-3  
1-3 Overall High Place Individual Points Medals (scored using Individual events)

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## Scoring:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Awards will be based on USA Swimming's Standard Age Groups, 8 &U, 9-10, 11-12, 13-14, 15-16, and 17-18, 19 & Older will not be receive awards.

An individual overall high point award medals for 1-3 place will be awarded using USA Swimming Standard Age Groups. Scoring listing above. Relays will not be scored.

**Entry Limitations:** Each swimmer may swim a maximum of 7 individual events, 1 free relay, and 1 medley relay.

**Entry limitations per day: Friday** – 1 event/day                      **Saturday & Sunday** – 3 events/day

**Only** 8 & Under Relays may be swam as mixed relays.  
Swimmers may not swim-up an age group in individual or relay events.

## **Meet Schedule:**

**Friday February 21**    **Session 1:** Warm-ups begin at 6:00 pm. Session will start at 7:00 pm.

**Saturday Feb 22**        **Session 2:**  
Warm-ups will begin at 9:00 AM. Session starts at 10:15 AM.

**Sunday Feb 23**        **Session 3:**  
Warm-ups will begin at 8:00 AM. Session starts at 9:15 AM.

Officials meeting: 45 minutes prior to the start of each morning session. (Pool office)

Timers meeting with Chief Timer: 30 minutes prior to the start of each session.

Coaches meeting with referee 15 minutes prior to the start of each session in the pool office.

**If timeline exceeds the 4 hour time limit for 12 and under swimmers, the relays will be scratched. In addition to relay elimination, the meet referee reserves the right to scratch additional events if timeline goes beyond four hours for 12 and under swimmers.**

All events are timed finals. Heats will seeded by time, slowest to fastest. No time (NT) entries will be allowed for this meet.

**Fees:** \$ 3.50 per swimmer for NDLSL fee  
\$ 1.50 per swimmer per individual event  
\$ 3.00 per Relay event  
\$ 1.00 per unattached swimmer (if applicable)  
\$19.50 per swimmer for timer/pool rental

Summary cost per calculation sheet is attached. Checks must accompany entries and made payable to Red River Valley Y Wahoos.

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## Fee Calculation Form – return with your entry

Club Name: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_  
 Coach: \_\_\_\_\_ Coach's Cell Phone # ( ) \_\_\_\_\_  
 Entries Chair: \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Number of Swimmers	Amount	Number	Number
	Total Swimmers x \$3.50 NDLSF Fee =		
	19.50 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: Red River Valley Y Wahoos **All fees are due with your entry.**  
 Summaries should be mailed to the following:

Name: Janna Schill  
 Address: 3810 Mulberry Dr  
 City/State/ZIP: Grand Forks, ND 58201

**Who should RRVY Wahoos 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 # ( ) \_\_\_\_\_

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

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Mail Entries to:**  
 Red River Valley Y Wahoos  
 c/o Janna Schill  
 3810 Mulberry Dr  
 Grand Forks, ND 58201  
 janna.schill@gmail.com

**ENTRIES DUE Electronic Entries (via email to Meet Manager)) February 16, 2014 8 P.M.  
 Paper Entries (with email backup) – Postmark February 11, 2014 8 P.M.  
 Late ENTRIES WILL BE CHARGED A \$50.00 LATE FEE**

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All heats will be swum as timed finals and seeded by time slowest to fastest.

Only 8 and under relays can be swam as mixed relays.

### **Session 1: Friday – February 21, 2014: Warm-ups 6:15 PM. Event Start: 7:00 PM**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	500 Free (12 and under)*	2
3	1650 Free (11 and over)*	4

\*all swimmers need to provide his/her own lap counters

### **Session 2: Saturday – February 22, 2014**

Warm-up begin at: 9:00 AM. Events begin at 10:15 AM.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
5	400 Free Relay (15-18)	6
7	200 Free Relay (13 & Over)	8
9	200 Free Relay (12 and Under)	10
11/12	100 Free Relay (8 & U Mixed)	11/12
13	200 Breast (11 and over)	14
15	25 Breast (8 and U)	16
17	50 Fly (Open)	18
19	100 Free (Open)	20
21	25 Back (8 and U)	22
23	200 Back (11-12)	24
25	50 Free (Open)	26
27	100 Breast (Open)	28
29	200 IM (9 and Over)	30
31	200 Back (13 and over)	32
33	500 Free * (13 and over)	34

\*all swimmers need to provide his/her own lap counters

### **Session 3: Sunday February 24, 2014**

Warm-ups will begin at 8:00 AM. Session Events starts at 9:15 AM.

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	400 Medley Relay (15-18)	36
37	200 Medley Relay (13 and Over)	38
39	200 Medley Relay (12 and Under)	40
41/42	100 Medley Relay (8& U mixed)	41/42
43	25 Free (8 & Under)	44
45	200 Fly (11 & 12)	46
47	50 Back (Open)	48
49	200 Free (9 and Over)	50
51	100 Back (Open)	52
53	25 Fly (8 and Under)	54
55	100 Fly (9 and Over)	56
57	50 Breast (Open)	58
59	100 I.M. (Open)	60
61	200 Fly (13 & Over)	62
63	400 IM (13 & Over)	64

# 2014 RRVY Wahoo's Mile Meet – February 21-23, 2014

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## Hotel Information:

Room Block Dates: Feb 21 & 22, 2013 (Fri & Sat)

Room Block Release Date: 30 days prior to event

## Hotel Block Information.

Hotel	Phone	# of Rooms	Room Rate (tax not included)
Howard Johnson Contact: Brad Sather	701-772-7131 800-465-4329	15	\$99
Hilton Garden Inn Contact: Kate Noterman	701-775-6000 800-445-8667	15	\$129
SpringHill Suites Contact: Mike Brown	701-757-4150 888-236-2427	20	\$125.00