



# WINTER FREEZE SWIM MEET January 3 & 4, 2015

**Event Hosted By:** DICKINSON DOLPHIN SWIM TEAM

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

**Meet Sanction Number:** ND 2076



**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 Manager:** Duffy Nodland  
11077 33 Street SW  
Dickinson, ND 58601  
Phone: 701-290-6714  
duffynodland@hotmail.com

**Meet Referee:** Shane Peterson

**Admin Referee:** Duffy Nodland  
**Starter:** Maureen Bratten  
**Other Officials:** Carrie Hjellming  
**Safety Marshal:** Keith Jankowski

**Meet Site:** West River Community Center  
2004 Fairway Street  
Dickinson, ND 58601

**Directions to:** West River Community Center

**Facility:** The West River Community Center Pool is a twenty-five yard pool with eight lanes. 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 and Swim Supplies will be available throughout the meet.

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

**Parking Information:** open/free parking

**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.

**Internet Information:** Meet information will be posted to the following web site [ndswimming.org](http://ndswimming.org) prior to the start of the meet.

**Officials:** All officials will be USA Swimming certified officials. An Officials meeting will be held in Studio B exercise room (second floor of the WRCC). Coach’s Meeting on deck



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after completion of relays each day. 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 for coaches and officials.

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

**USA Swimming Membership:** All swimmers must be a current 2014/15 registered athlete member of USA Swimming. Current 2013/14 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 USA 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.

The decision of the jury may be appealed by either party to the NDLSA Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the NDLSA Board of Review.

**Timing:** Colorado Timing System with backup buttons and watches, horn start, and touch pads at the start and turn ends 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.



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**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. All 12 & U and 13 & Over events will be seeded and swum together to adhere to the four hour time rule.

All individual events will be scored by age groups:  
6 & U, 7 & 8, 9-10, 11-12, 13-14, 15-18

**The referee reserves the right to combine any heats or events.**

**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 of **January 3, 2015** shall determine age group for swimmers, including age group relays. On deck registration is not allowed for this meet.

**Awards:**  
Individual Events: 1-16 ribbons  
Relay Events: 1-8 ribbons  
All swimmers: Participation award  
High point trophies will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each age group.

**Scoring:**

Individual event scoring: 9-7-6-5-4-3-2-1

Relay events 18 - 14 - 12 -10 -8 - 6 - 4 - 2

Age groups: 6 & U, 8 & U, 9-10, 11-12, 13-14, 15-18

Swimmers may not score points in more than one age group Results are available by disk or e-mail at conclusion of meet; or may be found on the NDLS website at <http://www.ndswimming.org>.



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**Entry Limitations:** Swimmers may enter up to **4 individual events** and **1 relay per day**, not to exceed 8 individual events for the two day meet. All relays may be co-ed or not, at the discretion of each club. Two swimmers from a lower age group will be allowed to participate in a relay of the next higher age group. Swimmers from a higher age group may NOT compete in a lower age group relay. Each swimmer in the 500 Free **must** arrange for one person to time **AND** one to count laps. The 500 free is a mixed and open event.

**Time Trials:** Time trials are not offered.

**PLEASE NOTE: ALL TIMES ARE MOUNTAIN STANDARD TIME**

**Meet Schedule:** Saturday & Sunday

8:00 AM, Warmups begin

8:45 AM, Officials meeting & Scratch Meeting

9:15 AM, Competition begins

Break after event #18 on Saturday and after event #50 on Sunday

**\*\*\*THIS IS NOT A SPLIT MEET\*\*\***

**Entry fees:**    **\$1.50 per swimmer per individual event.**  
                      **\$3.00 per relay team per relay event.**  
                      **\$3.50 per swimmer for NDLS fee.**  
                      **\$18.00 per swimmer for pool/ electronic timer fee.**



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## Saturday – Session 1

Meet starts at 9:15 AM Mountain Standard Time

All events are timed finals

Event # (Girls/Boys)	Event
1	Mixed 8 and Under 100 Free Relay
3	Mixed 12 and Under 200 Free Relay
5	Mixed 13 and Older 200 Freestyle Relay
7/8	200 IM
9/10	8 and Under 25 Backstroke
11/12	12 and Under 100 Backstroke
13/14	13 & Over 200 Backstroke
15/16	12 and Under 50 Freestyle
17/18	13 and Over 100 Freestyle
45 Minute Break	
19/20	8 and Under 25 Breaststroke
21/22	12 and Under 100 Breaststroke
23/24	13 and Over 200 Breaststroke
25/26	12 and Under 50 Butterfly
27/28	13 and Over 100 Butterfly
29/30	12 and Under 200 Freestyle
31/32	13 and Over 400 IM

## Session 2

Sunday Meet Starts at 9:15 AM Mountain Standard Time

Event # (Girls/Boys)	Event
33	Mixed 8 and Under 100 Medley Relay
35	Mixed 12 and Under 200 Medley Relay
37	Mixed 13 and Older 200 Medley Relay
5 Minute Break	
39/40	13 and Over 50 Freestyle
41/42	8 and Under 25 Freestyle
43/44	12 and Under 100 Freestyle
45/46	13 and Over 200 Freestyle
47/48	12 and Under 50 Backstroke
49/50	13 and Over 100 Backstroke
45 Minute Break	
51/52	8 and Under 25 Butterfly
53/54	12 and Under 100 Butterfly
55/56	13 and Over 200 Butterfly
57/58	12 and Under 50 Breaststroke
59/60	13 and Over 100 Breaststroke
61/62	12 and Under 100 IM
63	Mixed 500 Freestyle



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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 =			
\$18.00 per swimmer electronic timer fee =			
\$ 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: Dickinson Dolphins Swim Team (DDST) **All fees are due with your entry.** If there are questions regarding the meet information contact Duffy Nodland by email: [duffynodland@hotmail.com](mailto:duffynodland@hotmail.com) or phone: 701-290-6714.

**Meet Entries:** Entries should be emailed to [duffynodland@hotmail.com](mailto:duffynodland@hotmail.com) by **Sunday, December 28, 2014.** If you do not receive a reply acknowledging receipt of your emailed entries, please call Duffy Nodland at 701- 290- 6714. Faxed or mailed entries will not be accepted.

**Who should Dickinson Dolphins Swim Team (DDST) 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: \_\_\_\_\_

**Mail Entries, Fee Summary and payment to:**

Make checks payable to DDST and mail to:

Dickinson Dolphins Swim Team  
 P.O. Box 881  
 Dickinson, ND 58602

**ENTRIES DUE:** Entries are due by **Sunday, December 28, 2014 by 11:59pm MDT**