



# 2023 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

## CENTRAL ZONE NORTH SECTION SPRING CHAMPIONSHIPS



Hosted by West Fargo Flyers  
Hulbert Aquatic Center – West Fargo, ND  
March 9-12, 2023

SANCTIONED BY NORTH DAKOTA SWIMMING: ND-SC-23-004

TIME TRIAL: ND-SC-23-004TT

This event is held under the Sanction of USA Swimming and North Dakota Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and North Dakota Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**MEET HOST:** West Fargo Flyers – [www.westfargoflyers.com](http://www.westfargoflyers.com)

**MEET SCHEDULE:**

	PRELIMS		FINALS	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-ups</u>	<u>Start</u>
Thursday			3:30pm	5:00pm
Friday	7:00am	9:00am	4:30pm	6:00pm
Saturday	7:00am	9:00am	4:30pm	6:00pm
Sunday	7:00am	9:00am	3:30pm	5:00pm

**GENERAL MEETING:** Wednesday, March 8 at 8:00pm to be held virtually. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.

**MEET REFEREE:** Marcus Stromberg – [mastromb@charter.net](mailto:mastromb@charter.net)

**LOCATION:** Hulbert Aquatic Center - 620 7<sup>th</sup> Ave E, 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. 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.

**PARKING:** There are 350 spots on-site, street parking, and additional 1000 lot spots at nearby schools (2 blocks).

**DECK ACCESS:** Main entrance for Athletes and Spectators is on the South side of the building. No spectators will be allowed on the pool deck. There will be a \$50 charge to replace a lost credential.

**SPECTATOR ADMISSION:** Spectator seating will open 90 minutes prior to the scheduled start of each session. \$3.00 on Thursday, \$6.00 on Friday-Sunday (10&U no charge). Heat sheets will be free on Meet Mobile and posted to our team page. Limited for purchase will be available for \$2 per session.

**OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE:** This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and recertification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

**FOR MORE INFORMATION, CONTACT:**

Lisa Montplaisir, Meet Director & Entry Chair 701-261-6164  
Alyssa Kellas, Facility Director  
Marcus Stromberg, Meet Referee 612-812-5800

[lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com)  
[akellas@west-fargo.k12.nd.us](mailto:akellas@west-fargo.k12.nd.us)  
[mastromb@charter.net](mailto:mastromb@charter.net)

## **ENTRY INTO THE MEET**

**ELIGIBILITY:** All swimmers MUST be current 2023 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete coach members for 2023 and have current certifications as a USA Swimming coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. USA Swimming App is acceptable proof of membership in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Athletes from LSCs outside Central Zone North section states listed, who have achieved a qualifying time standard for their event, will also be accepted into the meet on a first-come, first-served reservation not to exceed 250 total athletes.

**QUALIFYING:** The qualifying period is July 1, 2021 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters and Short Course Yards, and all events will be seeded in that order.

**ENTRY LIMITS:** Swimmers may compete in a maximum of three (3) individual events and one relay event per day including time trials.

**RELAY LIMITS:** Each team may enter a maximum of two (2) relay teams in each relay event.

**ENTRY FEES:** \$12.50 per individual event; \$25.00 per relay event

**ATHLETE SURCHARGES:** \$1.25 Central Zone surcharge; a \$7.00 North Dakota Swimming surcharge; and a Facility Surcharge of \$16.75 per athlete entered in the meet (including relay only athletes).

**BONUS ENTRIES:** There are no Bonus Event time standards for the meet. The 800 Free and 1500 Free events cannot be swum as a Bonus Event. Swimmers qualified in 1 individual event can have up to 3 Bonus Events. Swimmers qualified in 2 individual events can have up to 2 Bonus Events. Swimmers qualified in 3 individual events can have up to 1 Bonus Event. Swimmers entering 4 or more individual events are not permitted to swim a Bonus Event. Once an event is marked "bonus", it cannot be changed to a qualified event.

**ENTRY PROCEDURE:** All entries must be submitted via email attachment using a Commlink or SDIF file (Hy-Tek file). Such entries must comply with the current USA Swimming rules. Payment will be collected at the registration desk where credentials are picked up. No credentials will be given prior to payment. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Please contact Lisa Montplaisir at [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com) if you have any questions.

**PARA ENTRY PROCEDURE:** Para Entries must be submitted via email to Lisa Montplaisir at [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com).

**OUT-OF-SECTIONAL ENTRIES:** If the meet does not fill, please contact Lisa Montplaisir at [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com)

**ENTRY DEADLINE:** Entries may be submitted online beginning January 20, 2023 (9:00am Central Time) and will be accepted through Monday, February 27, 2023 at 11:00pm (Central Time).

**NEW ENTRIES ACHIEVED AFTER THE ENTRY DEADLINE:** Entries for athletes achieving qualifying standards for the first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Monday, February 27, 2023 and Sunday, March 5, 2023.
2. New entries must be submitted by email to Lisa Montplaisir, [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com) and received no later than 1:00pm on Monday, March 6, 2023.
3. Confirmation of receipt of New Entries is the sole responsibility of the sender.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries do not result in unreasonable changes to the timeline
2. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Wednesday, March 8, 2023.
3. Late entries must be submitted via email to Lisa Montplaisir at [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com)
4. A one-time processing fee of \$50.00 plus meet entry fee of \$20.00 per individual event and \$25.00 per relay event must be paid prior to the start of the meet (5:00pm on Thursday, March 9, 2023).

**PROOF OF TIME:** In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be down-seeded. Failure to meet the qualification time during the competition and prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved. Fines not paid prior to the final session of the meet shall be automatically doubled.

## RULES & PROCEDURES

**RULES:** Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2022 Rulebook.

All applicable adults participating or associated with respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand the compliance with the MAAPP Policy is a condition of participation in the conduct of this competition. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.

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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**CREDENTIALS & DECK ACCESS:** Credentials are required for all Coaches, Athletes, Officials, Volunteers and Event Staff. No one is allowed on deck without a credential. Doors will be staffed with event security from open to close. There will be a \$50 replacement fee for any lost credential. Credentials will be labeled and there will be a \$500 fine for any Coach, Athlete, Official, Volunteer or Staff member's credential found on another person.

**COACHES CREDENTIALS:** If there is a special circumstance where extra credentials may be needed, please reach out to the Meet Director(s).

- 1-6 Swimmers = 1 Coach Credential
- 7-12 Swimmers = 2 Coaches Credentials
- 13-18+ Swimmers = 3 Coaches Credentials
- 19+ Swimmers = 4 Coaches Credentials

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms, is not appropriate and is prohibited.

**ATHLETE SEATING:** An official seating map will be distributed after entries close.

**WARM UP:** Feet-first, three-point entry only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. More detailed warm up procedures will be distributed after the entry deadline. Fins and paddles are not allowed in the competition pool.

**POOL HOURS:** Thursday doors will open at 3:00pm with a 3:30pm start for warm-up. Friday, Saturday, and Sunday doors open at 6:45am and the pool will open for general warm-up at 7:00am. The pool will close 30 minutes after the competition is completed each night. Anyone interested in pool time prior to the meet should contact the Hulbert Aquatic Center Director Alyssa Kellas at [akellas@west-fargo.k12.nd.us](mailto:akellas@west-fargo.k12.nd.us).

**CONDUCT OF THE MEET:** This meet is a prelim/final meet. 40 athletes will advance to the finals in events 400m or less with the "D" reserved for the fastest remaining athletes who are 18 years or younger. The top 10 18 & Under swimmers who do not qualify for the Bonus (C), Consolation (B) or Championship (A) heats will advance to the "D" final. If there are not enough 18 & Under swimmers to fill the "D" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Bonus, Consolation, or Championship heats. Finals will be in the following order: Protected Final (D), Bonus (C), Consolation (B), and Championship (A). Each event during finals will consist of a Protected Final, Consolation, and Championship Final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting. Para-athletes will be combined into events for prelims and compete in a separate para-event during finals.

- **Thursday:** The 800 Freestyle and 800 Freestyle Relay will be seeded with a positive check-in deadline 30 minutes after the conclusion of the General Meeting on Wednesday night. These events will be swum fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter.
- **Friday:** The 400 Freestyle Relay will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Thursday.

- **Saturday:** The 400 Medley Relay will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Friday.
- **Sunday:** The 1500 Freestyle will be seeded with a positive check-in 30 minutes after the start of finals on Saturday. The fastest heat of women and men will be seeded into finals. All other heats will be swum at the end of prelims (following the 400 Medley Relay) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. Positive check-in is required by 30 minutes after the start of finals on Saturday.

**SCRATCHES:** The following are the scratch deadlines for each day's events:

- Deadline for Day 1 events: 30 minutes after general meeting
- All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals.

The meet will be administered according to the National Championship scratch procedures (2022 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches scratch events via email to Lisa Montplaisir at [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com). Scratches submitted by email must be completed by the deadlines listed above.

**POSITIVE CHECK-IN:** Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to Lisa Montplaisir at [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com). Positive check-ins submitted by email must be completed by the deadlines listed above.

**MEET COMMITTEE:** A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SCORING:** All events will be scored to 20 places using the following:

Individual Scoring: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
 Relay Scoring: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-3-4-2

**AWARDS:**

Individual: Top 8 Awarded (medals)  
 Relays: Top 8 Awarded (medals)

**TIME TRIALS:** Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$20.00 per individual event and \$60.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter for all time trial events. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

## ORDER OF EVENTS

WOMEN

MEN

### Thursday, March 9, 2023

1	800 Freestyle	2
3	800 Freestyle Relay	4

### Friday, March 10, 2023

5	200 Backstroke	6
7	100 Freestyle	8
9	200 Butterfly	10
11	400 Freestyle	12
13	400 Freestyle Relay	14

### Saturday, March 11, 2023

15	200 Freestyle	16
17	200 Breaststroke	18
19	100 Butterfly	20
21	400 IM	22
23	400 Medley Relay	24

### Sunday, March 12, 2023

25	100 Backstroke	26
27	100 Breaststroke	28
29	50 Freestyle	30
31	200 IM	32
33	1500 Freestyle	34



# 2023 Time Standards

## CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

*Qualifying from July 1, 2021 through the Entry Deadline*

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.49	24.99	<b>50 Freestyle</b>	22.29	25.69
1:01.29	53.99	<b>100 Freestyle</b>	48.49	56.09
2:12.09	1:56.89	<b>200 Freestyle</b>	1:46.49	2:02.49
4:38.39	5:09.99	<b>400/500 Freestyle</b>	4:47.89	4:18.19
9:33.39	10:38.39	<b>800/1000 Freestyle</b>	9:58.49	9:02.79
18:21.49	17:59.99	<b>1500/1650 Freestyle</b>	16:46.79	17:24.99
1:09.99	59.99	<b>100 Backstroke</b>	55.59	1:03.89
2:30.39	2:10.49	<b>200 Backstroke</b>	2:00.39	2:18.79
1:19.49	1:08.99	<b>100 Breaststroke</b>	1:03.09	1:12.29
2:51.79	2:29.99	<b>200 Breaststroke</b>	2:17.59	2:38.79
1:07.59	59.09	<b>100 Butterfly</b>	53.49	1:00.99
2:30.89	2:12.09	<b>200 Butterfly</b>	2:01.79	2:18.49
2:30.29	2:11.99	<b>200 Individual Medley</b>	1:59.99	2:18.39
5:20.39	4:39.99	<b>400 Individual Medley</b>	4:19.99	4:57.89
4:21.89	3:43.89	<b>400 Free Relay</b>	3:22.09	3:55.29
9:25.99	8:05.39	<b>800 Free Relay</b>	7:27.79	8:36.29
4:52.99	4:05.69	<b>400 Medley Relay</b>	3:43.99	4:23.89

*NO BONUS STANDARDS. 800M FREE & 1500M FREE CAN NOT BE SWUM AS A BONUS EVENT.  
 Bonus Formula: 1 Cut, 3 Bonus; 2 Cuts, 2 Bonus; 3 Cuts, 1 Bonus; 4 or More Cuts, No Bonus.*