

2023 Northland Conference Championship Swim Meet Guide

MEET DIRECTORS	Sarah Roberts s10L19r76@gmail.com (816) 517-9075 Poppy Lee leep@parkhill.k12.mo.us (816) 719-1810
MEET REFEREES	Craig Hill cmhgmh@sbcglobal.net Kristi Scamman kqueen@yaho.com (940) 224-1239
MEET ENTRIES/COMP.	Laura Graybill lmgraybill@gmail.com (816) 392-2501
HEAD STARTER	Jason Hipper jasonhipper@gmail.com (816) 559-1166
HEAT SHEET COORDINATOR & Treasurer	Jen Walters jwalters974@hotmail.com (816) 665-1870
PRESIDENT of NSC	Jason Hipper jasonhipper@gmail.com (816) 559-1166

The following provides Northland Conference Team Representatives and Coaches with information regarding the upcoming Championship Meet scheduled for July 17th - July 19th, 2023.

Representatives and coaches are strongly encouraged to circulate this information with swimmers and their parents.

Key Dates & Times

Monday, July 3rd	Senior Names due to Heat Sheet Coordinator/Treasurer Jen Walters by 5:00 PM jwalters974@hotmail.com
Thursday, July 6th	Tim Kidder Award nominations due by 5:00 PM via google form. Click Here for nomination link.
Friday, July 7th	Team Pages/Ads due to Heat Sheet Coordinator/Treasurer Jen Walters by 5:00 PM jwalters974@hotmail.com
Thursday, July 13th	All entries due to Entries Chair/Computer Director Laura Graybill by 5 PM. Entries will be returned to the teams for final approval by 10:00 PM that night. Changes, corrections, or additions will be accepted until 10:00 AM on Friday, July 14th, after which all entries are final!
Monday, July 17th	Prelims for 8 & Under Boys and Girls, 9-10 Boys and Girls and 11-12 Boys , including ALL individual events AND medley relays. Warm-ups begin at 4:20 PM and the Meet will begin at 5:45 PM
Tuesday, July 18th	Prelims for 11-12 Girls, 13-14 Boys and Girls, 15-18 Boys and Girls, including ALL individual events AND medley relays. Warm-ups begin at 4:20 PM and the Meet will begin at 5:45 PM. Senior Recognition at 5:25 PM

Wednesday, July 19th	FINALS for all age groups including ALL individual events AND freestyle relays. Warm-ups begin at 4:20 PM. Tim Kidder Award Announcement at 5:35 PM. Meet Start at 5:45 PM.
Thursday, July 20th	Rain date

CHAMPIONSHIP MEET FORMAT

- A. Seed time will be the best time from a dual meet recorded in electronic format or proven with information from an official meet record.
- B. The top qualifying times will swim in one finals heat and one or two consolation heats. The consolation heat(s) will be swum prior to the finals heat.
- C. In the event of ties, swim-offs will be swum per USA Swimming rules to determine placement in the finals and consolation heats. All other ties will be placed and scored as ties.
- D. The championship shall be conducted as a preliminaries and finals meet for individual strokes and timed finals for all relay events.
- E. In the event of withdrawal or absence barring of a swimmer from competition, the Referee shall fill the consolation or final, when possible, by the alternates for that age group stroke. In the case of finals, the swimmers in consolations shall replace swimmers displaced in finals.

SCORING:

INDIVIDUAL EVENTS				RELAYS	
Place	Points	Place	Points	Place	Points
1	27	13	13	1	35
2	25	14	12	2	30
3	24	15	11	3	25
4	23	16	10	4	20
5	22	17	8	5	15
6	21	18	7	6	10
7	20	19	6	7	5
8	19	20	5		
9	17	21	4		
10	16	22	3		
11	15	23	2		

12	14	24	1		
----	----	----	---	--	--

Swimmers

Swimmers need to have met the time standards in 2023 for the meet and also have participated in 3 dual meets for their team for the 2023 season to be eligible to swim in the Championship Meet. In order for a swimmer to be on a relay (regardless of qualifying for conference) they must still have participated in 3 meets during the 2023 season. 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 without the 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.

Relays

Relay times and entries must have a proven dual meet time from the current season aggregate time. Aggregate time is the sum of the four fastest times for each individual stroke from the current dual meet season. Once the Championship Meet is seeded, per USA rules changes can occur but seeding will not change. A swimmer may swim up age in a relay according to NSC Rule but may NOT swim in an Individual event. All other USA Swimming Rules will be followed.

Warm-ups and Lane Assignments

Warm-ups will begin each night at 4:10 pm. At The Springs Aquatics Complex, both the warm-up pool down and competition pools will be utilized for warm-ups. There will be six warm up sessions. All teams will be assigned a warm-up session in the “warm-up” pool and then be able to practice starts in the “competition pool”. Warm-ups will end promptly at 5:20 pm. The warm-up pool will then remain closed until the start of the meet. Once the meet starts the warm-up pool will reopen for swimmers to warm-up and cool down. However, swimmers are NOT allowed to use the lane closest to the bulkhead during the meet. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.

Equipment

Each team will need to bring a table and chairs for their coaches. The conference will provide stop watches, clipboards and writing utensils.

Crash Areas

There will be **assigned** team crash areas. The primary crash area at The Springs Aquatic Center will be directly east of the competition pool outside of the fence (off the service road) and also in front of the complex in the northeast corner. Team areas will be marked with spray paint AND a team sign on a post (refer to the team map). Please only use this area for tents. Parents are NOT to arrive earlier than **3:30 pm**. The administrative area will be limited to authorized personnel as denoted by access pass. Signs and banners may be attached to the chain link fence which runs parallel to the pool and can be left up Monday and Tuesday nights. **All other signage and tents must be taken down nightly.** Parents and

swimmers are NOT allowed to crash inside of the gates. No oversized umbrellas or shade structures are allowed inside of the gate.

Parking

The southeast quadrant of the main parking lot is for handicap parking, head coaches, presidents, officials and vendors ONLY - all of which will need to have a parking pass. Your team will need to pick up your associated parking passes from a centralized location which will be shared a few days prior to the meet. There will be parking attendants directing the traffic flow who will also collect the parking passes as you enter the lot. They will direct you to the designated reserved parking area.

Disabled parking is also available in the lot. Parking attendants will direct you to these dedicated spots. There are approximately 200 additional spots in the lot. The southwest, northwest, and northeast quadrants of the lot are open parking- first come first served. Please park in the spaces provided. Once the lot is full, parking may be obtained along both sides of Congress Avenue - NOT in the middle or on the median.

At The Springs Aquatic Center, **NO PARKING IS ALLOWED IN THE VETERINARIAN'S OFFICE PARKING LOT, and NO PARKING IS ALLOWED ON THE GRASS BETWEEN THE POOL AND CONGRESS. Cars parked in No Parking areas WILL BE TICKETED AND TOWED AT THE OWNER'S EXPENSE.** Please be careful of pedestrians and inform your parents and other spectators to refrain from leaving any valuables in their vehicles.

The Springs Aquatic Center

The Springs Aquatic Center includes a competition pool as well as a water park with slides, fountains, etc. **The water park areas are off limits to swimmers and spectators.** Do not cross barriers or disobey safety marshals. Please be respectful of other spectators, we all have children that we want to watch and celebrate.

Concessions

At The Springs Aquatic Center, no outside food or drink may be brought in or consumed in the pool area with the exception of bottled water. **Alcoholic beverages of any kind are prohibited. Smoking is prohibited in the crash area and inside the fence of the facility.** Swimmers and parents may possess and consume personal food and drink in the crash areas outside the fenced pool area. No grilling will be allowed in the crash areas.

The following food and beverage options will be available for purchase all three nights and can be consumed inside the pool area at the picnic tables:

- Hy-Vee (located by the parking lot) - hamburgers, hotdogs, pulled pork, chips & drinks - CASH ONLY (possible Venmo).
- Rise Nutrition (located inside the pool area) - menu coming soon - CASH OR CARD accepted!
- Monday and Tuesday - Island Ice (located outside of the main gate of the facility) - snow cones - CASH OR CARD!
- Wednesday - Dippin Dots - (located outside of the main gate of the facility) - CASH OR CARD!

Other Vendor(s)

- Leigh's Tees (located inside of the pool area) - a variety of conference clothing along with other swim related screenprints - CASH OR CARD!

Swim Gear/Equipment

- Unfortunately there are NO available vendors to sell swim gear or equipment at our meet this year.

- PLEASE make sure to pack extra goggles and other essential equipment.

Officials

Officials should have signed up by July 8th. They will be selected from the list July 9th and then notified. The Championship Meet referee is Craig Hill. Stroke and turn judges, starters, and referees for the meet will be assigned for the meet according to their availability recorded on the official's survey that was sent. Assignments will be communicated via email.

An officials' meeting will be held each night prior to the start of the meet at 5:00 pm. All officials must attend this meeting. Each official's credentials and current USA membership will be checked nightly. Officials should wear white shirts and navy blue shorts. Meals and water will be provided. Parking will be reserved for officials that are on the list to volunteer that night. Parking tags will be handed to each team during the mandatory team representative walkthrough.

Coaches

A coaches meeting will be held directly after the officials meeting nightly. Scratches will need to be made at the computer table by 5:00 pm each night. **Coaches will be required to wear credentials during the meet.** You can log into <https://www.usaswimming.org/> to print your credentials. Without credentials you will not be allowed on the deck, in the coaching area, or at any of the meetings. Each team may have 1 (one) coaches' table whose dimensions may not be longer than 6 feet, wider than 30 inches, or taller than 30 inches. No people other than officials/coaches/and swimmers (who briefly stop to talk to coaches) are allowed on the sides of the championship pool. Coaches are encouraged to have only minimal conversations with swimmers at the coaches' tables to help maintain spectators' line of sight to the pool. Please do not allow swimmers to sit in front of tables or crash in the coach area. Water will be provided for the coaches. Teams are responsible for providing food for their coaches. Team representatives can purchase meal tickets from HyVee for their coaches.

Preliminary Competition: In preliminaries, if a swimmer elects not to swim an event in which he/she is entered, the swimmer or his/her coach or representative should scratch the event thirty (30) minutes prior to the beginning of a night's events.

Final Competition: Any swimmer who qualifies for consolation or finals and fails to appear will be removed from the meet, will not be awarded a medal, will not earn points for his/her team for that event, and will be disqualified for the remainder of the meet. A swimmer who qualifies for consolation or finals and is scratched by his/her coach prior to the start of the session shall not be awarded a medal or earn points for his/her team in that event but shall not be further penalized.

Conduct

NSC will provide a roped off area around the pool for officials. The areas will be labeled. Swimmers and spectators are NOT allowed inside of the roped off areas or in front of the Administrative table or timing console. Swimmers and Spectators are not allowed to approach officials regarding decisions or the administrative table regarding results or challenges. Any challenges or questions MUST go through each team's Head Coach and follow the proper procedures. Swimmers are not to hang on the lane lines during warm-ups. The warm up and cool down pool areas are only for swimmers entered in the meet and are for warm ups and cool downs ONLY. There is NO recording allowed from behind the blocks. No Parents are allowed behind the blocks unless they are assigned to that session's designated volunteer job that requires it, in which case they will have a wristband to allow access. Only officials, safety marshals and volunteers wearing a wristband will be allowed behind the blocks. Wristbands will be handed out at the volunteer check in table for those who require them. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Use of audio or visual recording devices, including a cell phone, are NOT permitted in Lockers Rooms, Bathrooms or changing areas. All swimmers, parents, and spectators are expected to abide by the rules of The Springs Aquatic Center, the Northland Swim Conference and USA Swimming. Parents, swimmers and spectators are expected to be respectful to one another and any volunteer worker. Any person who does not adhere to these rules will be escorted from the meet and will not be allowed to return for the remainder of the meet. Deck changes are strictly prohibited. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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. All 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 2.0 (“MAAPP 2.0”), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.

Clerk of the Course

There will be several clerks of the course for all evenings of competition. On Monday night each team is required to provide one coach or coach’s assistant to help at the clerk of the course for ALL events. On Wednesday, a referee with a radio will also be assisting The Clerk of the Course volunteers. Coaches and parents are responsible for getting their swimmers to the clerk of course on time. Once a swimmer has checked in with the clerk of the course, the swimmer shall not leave the alignment area. In the older age groups, it is ultimately the responsibility of the swimmer to get to their events on time. Swimmers are considered checked-in for their events when they submit their entries for the meet.

Results Posting

The referee will alert the Administrative officials when an event is closed for Prelims and Finals and report all DFS, DQ and NS. When the event is closed the administrative officials will proceed with scoring of the event. Results will be posted on the wall outside of the restroom on the wall area, be announced and will also be posted on Meet Mobile. *Please do not approach the Computers for results.*

Senior Recognition

Senior recognition will be done both in the Conference Heat Sheets and through the public address system prior to the start of the Tuesday night session.

Bleacher Assignments

There are sets of bleachers on each side of the competition pool available at The Springs Aquatic Center. The “Starter” side of the pool will host 5 teams and the “Water Park” side of the pool will host 6 teams. Some teams will more than likely have to share a set of bleachers. In this instance the bleachers will be divided and marked off with tape. Teams signs will be taped to their bleacher section.

Spectators, swimmers and coaches should refrain from standing in front of the bleachers.

Medical

Lifeguards will be available throughout the venue for medical assistance. Additionally, a licensed medical professional will be present and on call during each session of the meet for serious medical emergencies. Contact information for each medical professional will be printed in the heat sheet. An AED device is located in the Springs Office next door to the guard room.

ADA Compliant Crash Zone

There will be a designated area for handicap people. This area will be zoned off in front of The Springs Aquatic Center by the main entrance. This will be on concrete, where there is direct access to the pool. This is NOT a location for families to crash. The handicapped individual is allowed to have one guest with them along with any possible swimmer(s) whom they are responsible for. Due to space constraints this area is NOT meant to be a crash area for large families but strictly an area that provides deck accessibility for handicapped individuals. No tents or other shade structures will be allowed because this is already a shaded area. This space is available on a first come first serve basis and cannot be reserved in advance.

Lightning Policy

We will follow the Lightning Policy of the Facility. The meet referee, meet director(s), and pool representative will make weather related decisions regarding the meet.

Delay/Cancellation Policy

In the event of bad weather or other factors which are out of our control that could impact the meet, a decision will be made to delay or cancel the meet. The meet referee, meet director(s) and president of the NSC will conduct a quick meeting to determine if the meet should be delayed or canceled based on what's best for the swimmers and families keeping safety at the top most priority.

Awards

Swimmers finishing in 1st through 16th place will receive medals; 17th through 24th will receive ribbons.

TIM KIDDER AWARD

The Tim Kidder award will be presented immediately prior to the start on Wednesday night. This award, in memory of coach Tim Kidder who passed away in 2001, honors the individual who best portrays personal dedication and contributions to the Northland Swim Conference and the sport of swimming. Nominations are due to the conference President or Secretary by July 5th. The winner will be announced Wednesday, July 20th at 5:35pm.

SMALL & LARGE DIVISION CHAMPIONSHIP AWARDS

Banners for first, second and third place in small and large divisions will be awarded after final scoring tabulations on Final's night.

MOST IMPROVED TIMES AWARD

This team award will reflect the improvement of average aggregate individual times from the first recorded time for each swimmer and each event, to the best recorded time per swimmer per event prior to championship. The winner is announced at the conclusion of the meet on Final's night.

SPIRIT AWARD

Each team votes for the top three (3) teams for the Spirit Award. No team can vote for itself. Failure to submit your team's ballot to the Meet Director by the end of Tuesday night's prelims will eliminate your team from contention. The following criteria should be considered by the voting team: Theme, Enthusiasm, Banner, Sportsmanship, Participation, and Costumes/Attire. Ballots will be handed to the coaches before the start of prelims Tuesday night and must be returned to one of the meet directors. This award will be presented Wednesday night at the conclusion of the meet.

Clean Up

Each team is responsible to assist with clean up in their areas at the conclusion of each night. All teams are required to pick up trash from their bleacher and crash areas prior to leaving.

Team Job Assignments -

The Northland Swim Conference is a recreational league run by volunteers. This meet could not be held without the continued assistance of the many families that support their swimmers. In advance, we thank you all for your help. Each Team President was sent a list of their team's job assignments for the week.

- ALL Volunteers MUST check in at the "Volunteer Check In Tent" located by the warm up pool inside the gate. The exception to this is Parking Lot Attendants - they report directly to the island at the entrance of the parking lot.
- Please note that all 11 teams **MUST** provide an awards person for each half on Wednesday for finals.
- All teams are **required** to provide a coach or junior assistant coach to assist at the clerk of the course on Monday night for all events.
- All teams are also required to provide TWO coaches or junior assistants for the 8 and U Medley and Free Relays.

Mandatory Reply Acknowledging Reception of Meet Information

A mandatory reply from COACHES acknowledging they have received and read the important meet information will be required **Thursday, July 13th at 7:00 pm.**

A mandatory reply from TEAM REPRESENTATIVES acknowledging they have received and read the important meet information and facility logistics will be required by **Thursday, July 13th at 7:30 PM.**