

WFF Summer Explosion

June 26 - 28, 2026

Event Hosted By: West Fargo Flyers

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



Meet Sanction Number: ND-LC-26-06-03

Masters Sanction: Sanctioned by ND LMSC for USMS Inc.

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 Referees: Lisa Montplaisir
Lisa.montplaisir@gmail.com

Admin Officials: Kari Ayers, Jodi Hendrickson

Starter: Chris Domitrovich

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. Officials will be assigned a location for each session; apprentices will be used. **If you know you will be coming and able to work, please let Lisa know.**

Meet Manager: Lisa Montplaisir and Kari Ayers
Send entries to lisa.montplaisir@gmail.com

Phone: 701-261-6164

- **Entry Deadline: Monday, June 15th, 8:00 p.m.; entries open Monday, June 1st**
- This is a prelim/final meet for 11+ with timed finals for 10U and masters.

Meet Site: Hulbert Aquatics Center
630 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 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.

Eligibility and Meet Format: This is a sanctioned invitational. Age as of June 26 will determine age-group of the swimmers. Event limit is 7 individual events and 2 relays for all ages.

Friday morning: Distance session (1 event limit)

Friday evening: 11+ prelims, (3 event limit)

Saturday morning: 11+ finals

Saturday afternoon: 10U timed finals, (3 or 4 event and 1 relay limit)

Saturday evening: 11+ prelims, (3 event limit)

Sunday morning: 11+ finals

Sunday afternoon: 10U timed finals. (3 or 4 event and 1 relay limit)

****Note, 10U can only do 4 events on one of the days to adhere to 7 event limit.****

The top 10 will advance to finals the next morning in the 11-12, 13-14, and 15 and over.

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 2026 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 2026 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: All athletes will be required to adhere to the NDLS Code of Conduct.

Athletes and Meet Personnel: All athletes and meet personnel will be required to adhere to USAS MAAPP policies in place at the time of the meet.

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 black shorts, pants or skirts, with black shoes. If officials have shirts from sanctioned meets of other colors, those are welcome to be worn during prelims and timed finals. Uniform for finals is the white shirt and black bottoms.

Rules: Current USA Swimming Long Course rules and safety policies as adopted by the NDLS and USA Swimming Rules and Regulations 2026 edition will govern the meet.

- This is a 11+ P/F and 10U timed final meet with a timed final distance session.
- 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.
- National scratch procedures per current *USA Swimming Rule Book*, Section 207.11.6 will be enforced. The scratch box will be maintained at the Announcers table and will close for the evening preliminary events 30 minutes after the end of the morning Finals session. Scratches on Friday will be due 30 min before start of the meet.
- 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 events will be accepted with no times (NT).
- Swimmer's 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 may be seeded and swam as mixed-gender events.

On Deck Registration: Will only be accepted for open lane swims.

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 Marshals 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.** Swimmers are not allowed to change in the public bathrooms, only the locker rooms. Safety Marshals will check credentials. There will be a designated locker room for 18 and over athletes.

Awards: Awards will be provided 1st – 10th place for athletes with medals for 1st – 3rd place. Please note, awards must be picked up prior to departure. Stickers will be available for athletes/coaches to pick up throughout the meet. Team trophies for 1st – 3rd place.

Swimsuits: Current USA 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 at least 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 USA Swimming, 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. In extreme cases (weather, facility problems), lack of participants (too few) or too many participants, an email notification of proposed changes will be sent ahead of time for consideration.

Concessions: Concessions will be available onsite.

Food and Container Policy: TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION. **NO GLASS IS ALLOWED IN THE POOL FACILITY.**

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 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: Timed Final and prelim session Heat Sheets will be emailed out by Thursday to coaches for distribution to teams. Heat sheets will also be free on 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.

Fees: \$80 total for the meet, there are no daily rates as we anticipate filling with teams attending all three days. Make checks payable to WFF. All fees are due with your entry and can be delivered at the time of the meet.

USMS

Information

- Entries are to be emailed to the meet manager by the deadline.
- Include Name, DOB, USMS #, USMS Team, Events with estimated seed times.
- **This meet is Prelims/Finals for USA Swimmers. According to USMS rules, masters swimmers can only swim in the prelim portion of the meet. ** No Finals swims for masters swimmers.
- *Masters swimmers have a 3 event limit per session/day.*
- 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, there will be either a continuous a warm up lane or arrangements will be made to allow for warm up/cool down between events.
- Length of the competition course will be measured in accordance to USMS rules to allow for compliance and eligibility of swims for world records, USMS records, and/or USMS Top 10.
- Swimmers 18 years and older must use the Family Locker rooms.

Meet Schedule

Meet Start Times:

Start times will be adjusted based on the total number of entrants per session. On Friday, distance sessions are anticipated to begin with warmups at 9:30 a.m. and a 10:30 a.m. meet start, while the preliminary session is expected to have a 3:00 p.m. warmup and a 4:15 p.m. meet start. Finalized start times will be emailed and posted on our website (wfflyers.com) by Tuesday at 4:00 p.m. prior to the meet.

Facility & Warmups:

Building access, deck opening times, and warmup schedules will also be determined based on session entries and shared by Tuesday at 4:00 p.m.

Meetings:

Coaches' and official's meetings will take place 45 minutes before the meet start time.

FRIDAY AFTERNOON – TIMED FINALS SESSION FOR ALL AGES			
Warmups begin at 9:30 a.m., Meet starts at 10:30 a.m.*			
Mixed		Event	
1		1500 free (splits will be taken at 800)	
2		400 IM (11+ age groups)	
3		400 free (9-10 age group)	
*warmups will continue in the lesson pool for the later events			
FRIDAY EVENING 11+ PRELIMS			
Warmups begin at 3:00 p.m., Meet start 4:15 p.m. (10 lanes)			
Female	Event	Male	
4	200 IM	5	May be combined
6	50 free	7	May be combined
8	100 back	9	May be combined
10, 12	200 breast	11, 13	May be combined
14	100 fly	15	May be combined
16	200 free	17	May be combined
SATURDAY MORNING 11+ FINALS			
Warmups begin at 8:00 a.m., Meet start 9:15 a.m.			
4	11-12 200 IM	5	
4	13 -14 200 IM	5	
4	15+ 200 IM	5	
6	11-12 50 free	7	
6	13 -14 50 free	7	
6	15+ 50 free	7	
8	11-12 100 back	9	
8	13 -14 100 back	9	
8	15+ 100 back	9	

10	11-12 200 breast	11	Top 10 from seeding
12	13 -14 200 breast	13	
12	15+ 200 breast	13	
14	11-12 100 fly	15	
14	13 -14 100 fly	15	
14	15+ 100 fly	15	
16	11-12 200 free	17	
16	13 -14 200 free	17	
16	15+ 200 free	17	

SATURDAY AFTERNOON 10U TIMED FINALS

Female	Event	Male	
18	200 Free Relay	19	
20	200 IM	21	
	~10 min break		
22	50 Fly	23	
24	100 Free	25	
	~10 min break		
26	50 Back	27	
28	100 Breast	29	

SATURDAY EVENING 11+ PRELIMS

Female	Event	Male	
30, 32	200 fly	31, 33	May be combined
34	100 free	35	May be combined
36, 38	200 back	37, 39	May be combined
40	100 breast	41	May be combined
42, 44	400 free	43, 45	May be combined

SUNDAY MORNING 11+ FINALS			
Warmups begin at 8:15 a.m., Meet start 9:30 a.m.			
30	11-12 200 fly	31	Top 10 from seeding
32	13 -14 200 fly	33	
32	15+ 200 fly	33	
34	11-12 100 free	35	
34	13 -14 100 free	35	
34	15+ 100 free	35	
36	11-12 200 back	37	Top 10 from seeding
38	13 -14 200 back	39	
38	15+ 200 back	39	
40	11-12 100 breast	41	
40	13 -14 100 breast	41	
40	15+ 100 breast	41	
42	11-12 400 free	43	Top 10 from seeding
44	13 -14 400 free	45	Top 10 from seeding
44	15+ 400 free	45	Top 10 from seeding

SUNDAY AFTERNOON 10U TIMED FINALS			
Female	Event	Male	
46	200 Medley Relay	47	
48	200 Free	49	
	~10 min break		
50	100 Fly	51	
52	50 Breast	53	
	~10 min break		
54	100 Back	55	
56	50 Free	57	

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