



## **Spring 2024 UND Time Trials**

Sunday, February 11th 2024  
11:30 AM Warm-ups, 12:00 PM Meet Starts

Hyslop Sports Center, University of North Dakota  
Grand Forks, North Dakota

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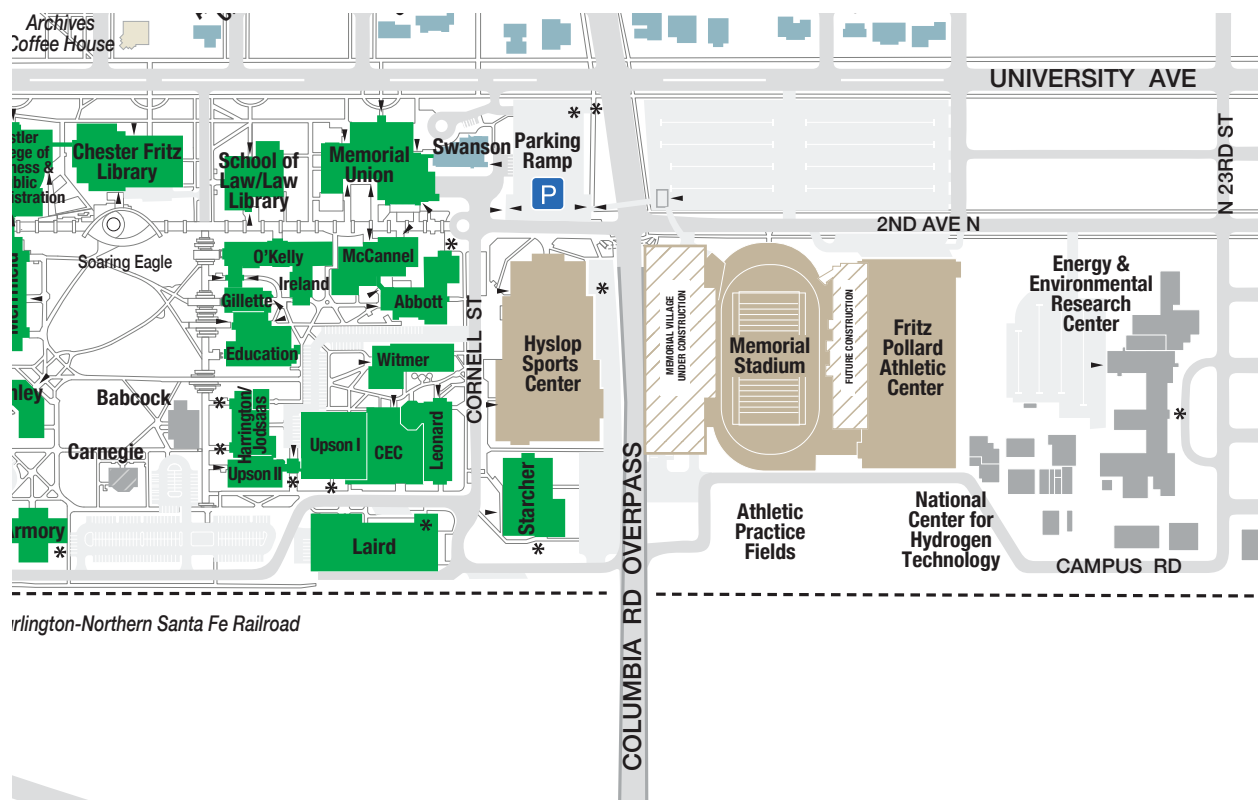
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# Hyslop Sports Center

Built in 1982 the Hyslop Sports Center pool is one of the finest in the nation. A state-of-the-art Daktronics video board overlooks the eight-lane, 50-meter pool with balcony seating. The pool is the annual host of the North Central Conference and North Dakota high school swimming and diving championships. It has hosted the Division II National Championship Meet three times in 1992, 1996 and 2003.

## Facility Address and Map

Hyslop Sports Center  
2751 2nd Avenue North  
Grand Forks, N.D. 58202



## Designated Car and Bus Parking

Pay-as-you-go parking in the parking ramp is used for most Hyslop events. Signs will be displayed to direct traffic to any other parking area designated for a Hyslop event, or more detailed information will be put out closer to the meet date.

## Facility Specifications

The Hyslop Center features a 50 meter pool with a center partition, 8 x 50 meter or 16 x 25 yard competition lanes, and an additional partition for a 25 yard warm-up/cool-down area. Stadium seating is available for spectators both on the pool deck and above beginning on the 2nd floor.

## Check-In

Swimmers can enter the Hyslop through doors 10 by the bus stop or 16 by the overpass.



## Locker Rooms

Men's and Women's locker rooms are available for use and include showers, day use lockers, and a suit dryer.

## Meet Schedule

11:00 AM - Doors open

11:30 AM - Competition pool opens for warm-ups

11:55 AM - President's Meeting

12:00 PM - Competition pool closes for meet start The cool-down lanes, opposite the diving boards, will remain open throughout the meet.

2:00 PM - *Estimated end of meet*

## UND Club Swim Information

### President

Hannah Laumb - [hannah.laumb@und.edu](mailto:hannah.laumb@und.edu)

### Meet Directors

Addison Espy - [addison.espy@und.edu](mailto:addison.espy@und.edu)

Augustas Senuta - [augustas.senuta@und.edu](mailto:augustas.senuta@und.edu)

## Rules and Regulations

The Spring 2024 UND Time Trials hosted at the University of North Dakota will follow all rules and regulations set forth by the United States Masters Swimming (USMS) association. More information about rules and regulations can be found on the USMS [website](#). By registering for the event, participants automatically agree to abide by all rules and regulations set forth by the Hyslop Sports Center, University Police Department, pool lifeguards and staff.

## Order of Events

Co-ed	Event
1	200 IM
2	50 Back
3	100 Breast
4	500 Free
5	100 Free
6	50 Fly
7	200 Free Relay
8	100 Back
9	200 Free
10	50 Breast
11	100 Fly
12	50 Free
13	100 IM
14	200 Medley Relay

Subject to change, If you would like to request additional events please use the google form [here](#). Event list closes on Monday, January 29th, 2024.

## Athlete Eligibility

A swimmer is eligible to participate in the Spring 2024 UND Time Trials if they meet all of the following criteria:

- 1) The individual is a current member of College Club Swimming or USMS.
- 2) The individual is enrolled at a college or university as a full-time or part-time undergraduate or graduate student during the Spring 2024 academic semester.
- 3) The individual is not a varsity swimming athlete and is not receiving a swimming athletic scholarship for the Spring 2024 academic semester.
- 4) Swimmers not registered through CCS will still be eligible to participate and score points in the event if they satisfy the requirements listed in points 1-3 but will not have their official times listed in the CCS database.

## Scoring

The scoring of the event will be broken down according to USMS guidelines represented in the table below.

Invitational Meet								
Place	1	2	3	4	5	6	7	8
Individual Event	9	7	6	5	4	3	2	1
Relay Event	18	14	12	10	8	6	4	2

## Results

Results will be calculated immediately following the conclusion of the final event and will be announced on deck as soon as possible. Swimmers registered through College Club Swimming (CCS) will also be eligible to have their time results uploaded to the official CCS database. Swimmers not registered through CCS will still be eligible to participate and score points in the event but will not have their official times listed in the CCS database.

## Meet Entry Guidelines

There are no qualifying time-entry requirements to participate in this meet.

For swimmers who are interested, here is the 2024 link for the College Club Swimming National Qualifying Standards times. <https://www.collegeclubswimming.com/c/72E6D32/file/2024NQTs.pdf>

Individual Events: Teams may register any one swimmer for a maximum of 4 individual events.

Relay Events: Teams may register any one swimmer for a maximum of 3 relay events in addition to their individual events. A club team may enter multiple relay teams for each relay event.

## Entry Fees

Swimmers are required to pay a \$10 cash only meet fee at time of check-in.

## Entry Deadlines and Procedures

All teams must submit their final entries via the Google Forms link [here](#) or through CCS by 11:59 pm Monday, February 5th, 2024. Relay entries can be emailed to [addison.espy@und.edu](mailto:addison.espy@und.edu).



# Travel

## Air Transportation

Grand Forks International Airport (7 mi) - Grand Forks' local airport is the most convenient option. Delta operates two flights daily from Minneapolis. Allegiant operates seasonal routes.

Fargo Hector International Airport (70 mi) - Fargo's airport offers the best value for most travelers to the region. Delta, United, American, Allegiant, Frontier, and Sun Country serve the Fargo Airport, see bus section in Ground Transportation.

Minneapolis-St. Paul International Airport (330 mi) - Although the furthest option, due to the frequency of flights MSP is a common airport used by residents and visitors to Grand Forks. See bus section in Ground Transportation.

## Ground Transportation

Train - Amtrak runs daily service from Chicago to Seattle serving cities in Wisconsin, Minnesota, North Dakota, Montana, Oregon, and Washington.

Bus - Jefferson Lines/Greyhound offer daily service to/from Grand Forks as well as a "College Connection" to/from NDSU in Fargo to UND. Landline also operates non-stop from Minneapolis-St. Paul International Airport to Fargo International Airport and recently added service from Fargo Airport to the UND Campus in Grand Forks.

Charter Bus/Personal Vehicle - Grand Forks is conveniently located along the I29 Corridor.

Contact Addison for help with travel plans

Addison Espy  
Meet Director  
224-778-0076  
addison.espy@und.edu

## Lodging

Many hotels are located in the Grand Forks area. Hotels along 42nd st. south of Demers Ave. are walking distance to the Alerus Center which hosts many events and concerts throughout the year. Those along 32nd Avenue are located within walking distance to many restaurants, a mall, and many department stores. The City of Grand Forks maintains a multi-use path connecting most of the city.

## Things to Do

Events - Many events occur throughout the year, they can be found at the following hyperlinks:

[Visit Grand Forks](#)

[Alerus Center](#)

[UND Events](#)

Restaurants - Most chain restaurants are located along 32nd avenue while locally owned restaurants are mostly in the downtown area and throughout town.

Grand Forks Greenway -The Greenway is approximately 2,200 acres of natural open space in the heart of Grand Forks, ND, and East Grand Forks, MN. The Greenway features several parks, a campground, two golf courses, three disc golf courses, over 20 miles of multi-purpose trails, and shore bank fishing sites.

Movie Theater - River Cinema in East Grand Forks, MN.

## Getting Around

Uber and Lyft are popular options. Other taxi services are:

Party Pilot - A fun Uber/Lyft/Taxi alternative. Schedule via app. [App Store](#) [Google Play](#)

S&S Taxi - [\(701\) 772-4142](#)

Free bikes are located throughout town, more on that [here](#).

Bird scooters are available on the UND campus.

Local Bus - Cities Area Transit offers a local bus service. [More info](#)