AREA METRO TOURNAMENT COMMITTEE

Website: www.metrotournament.com
Twitter: @fargometrotourn

To: Head Coaches – Girls Swim & Dive
Activities Directors

From: Logan Midthun, Tournament Manager
State Girls Swim & Dive Meet

Re: State Girls Swim & Dive Meet Information
Hulbert Aquatics Center, West Fargo
Friday, November 13 & Saturday, November 14, 2026

Schedule of Events

Friday, November 13

10:30 am	Building & Pool Deck opens for teams
11:00 am	Diving Warm-Ups begin
	Mezzanine/Seating Area opens for fans
	Coaches & Officials Meeting
11:15 am	Diving Sheets Due
	Officials Meeting
12:20 pm	Diving Warm-Ups End (clear pool)
12:30 pm	Diving Preliminaries begin
2:00 pm	Swimming Warm-Ups begin
3:15 pm	Clear Pool
3:20 pm	Introduction of Teams/Anthem
3:30 pm	Swim Prelims begin

Saturday, November 14

8:45 am	Building & Pool Deck opens for teams
9:00 am	Coaches-Scheduling Meeting
9:30 am	Mezzanine/Seating Area opens for fans
9:45 am	Diving Warm-Ups begin
10:35 am	Diving Warm-Ups end (clear pool)
10:45 am	Diving Semifinals begin
11:30 am	Coaches & Officials Meeting
11:45 am	Swimming & Diving Warm-Ups begin
1:00 pm	Clear Pool
1:05 pm	Introduction of Teams/Anthem
1:15 pm	Swimming & Diving Finals

- Friday- In the event Diving Prelims go beyond 2:00, swimmers will still get the 1 hour & 15-minute warm-up
- In the event Diving Prelims and/or Semi's finish early, the pool will open for warm-ups. Swim competition start times will not change.
- Diving boards will be open to warm-ups for finals when the 50 free begins. Divers in the finals will get a 10-minute warm-up.
- Friday- competition pool is open for all breaks of 10 minutes and over.
- Saturday- There will be a 10-minute break following the Medley relay.

Order of Events-Swimming & Diving Finals (Saturday):

1	200 Medley Relay		5	Diving Finals		9	200 Freestyle Relay
2	200 Freestyle		6	100 Butterfly		10	100 Backstroke
3	200 Individual Medley		7	100 Freestyle		11	100 Breaststroke
4	50 Freestyle		8	500 Freestyle		12	400 Freestyle Relay

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State Qualifying Times:

200 Free	2:13.48		100 Fly	1:09.02		100 Back	1:09.39
200 IM	2:29.78		100 Free	1:00.83		100 Breast	1:18.17
50 Free	27.53		500 Free	6:00.98		Diving	285/11 dives. 175/6 dives**

**with completion of 11 dive program

Coaches Meeting

Head coaches will meet **Saturday, November 14th** at **9:00 am** in the hospitality room to schedule for the 2027 season. Tournament manager will provide the shared calendar template for next year's schedule with coaches prior to the meeting. Coaches, please bring your own computer if you can so schedules may be entered at the meeting. Other items pertinent to Swim & Dive will also be discussed at the meeting. The tournament manager will provide ballots for Senior Athlete & Coach of the Year.

Name Badge & School Information:

Coaches & AD's- please complete the required information by the deadlines listed below. If you have any questions, please contact Jenny Schultz (schultj4@fargo.k12.nd.us).

- School Info---- State Girls Swim School Info. Due by **Wednesday, November 4.**
- Name badge form due by noon **Sunday November 8.**
  - Form_NameBadges_West.xlsx
  - Form_NameBadges_East.xlsx
- Coaches, please remind athletes that name badges must be worn at all times to have access to the pool deck.

Entries:

Entries are due no later than **9:00 am** on **Monday, November 9th.** Please email JeriAnn Everson at the NDHSAA Office (jeriann.everson@ndhsaa.org) with any questions.

Diving:

This year, we will utilize eDive. All diving entries will be accepted through CleanEntries.com (eDive). PDF entries will still be accepted but please attempt to utilize eDive for entries first. If you have any questions regarding diving entries or eDive, please contact Gerald Brown at gbrown@west-fargo.k12.nd.us.

eDive State Registration Link: https://www.cleanentries.com/meet.aspx?id=B0B3D4C9-564A-4E76-8497-A33106974A4C
eDive how to use link: Directions for using Clean Entries (eDive)

Admission

Daily Admission

Reserved Seating: $16.00**
Unreserved Seating – Students (K-12): $5.00. Adults: $20.00

Tournament Pass

Reserved Seating: $32.00**

All reserved tickets will be purchased using the GoFan app. Service fees may apply*

NDHSAA GoFan Box Office- https://gofan.co/app/school/NDHSAA

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Other Important State Meet Information---- NDHSAA Girls Swim & Dive Know Before You Go

Live Stream Information----

https://ndhsaanow.com/news/2074/ndhsaa-girls-swimming-diving-state-meet-live-video-web-streamed-on-wday

Programs

Programs will be provided for coaches in the coaches' packet. Fans can download the program using the QR code provided near admissions. Updates will be posted on Meet Mobile and Digital Boards in the HAC.

State T-Shirt Sales

Northwest Designs Ink will be on site at the state meet for t-shirt sales. Shirts can also be ordered on their website- 2026 (NDHSAA) Girls State Swim & Dive Championship (46989ND) – Online Apparel

Award Presentations

Individual Awards for each event will be presented on Saturday immediately following the completion of the next event. Awards for each event will be announced to the top 16 individual event swimmers/divers & top 8 relays. Please inform your athletes that all place-winners are to report to the assigned staging area behind the awards stand as soon as possible, upon completion of their event. They will be placed in order of finish and then taken as a group to the podium.

The Senior Athlete of the Year, Coach of the Year and Team awards will be presented at the end of the meet. All-State Athletes will also be announced at the conclusion of the meet, please keep your school's all-state athletes on the deck near the bulkhead for an efficient awards ceremony.

Parking

Fargo/West Fargo Athletes, Managers & Coaches are to park in the North Berger Elementary School parking lot and enter in the North door. Busses are to drop off at the front doors of the Hulbert Aquatics Center and park in designated Bus parking areas.
FRIDAY: Buses can park at WFHS and along 7th street (East of the HAC). Buses can pick up at Berger Loop at end of the day.
SATURDAY: Buses can park in the Berger Elementary Bus Loop. Buses can drop off & pick up at Berger Bus Loop on Saturday.
(Do not park in Berger bus loop on Friday as school is in session)

Team Camps:

Each team will have an assigned team area on the pool deck. Teams are responsible for cleaning up their camp area. If any beverages are spilled, it is your team's responsibility to clean up the mess. Garbage cans are placed around the pool deck area. Please make sure everything is picked up and thrown away. Cooler should be carried into team area.

Team Banner/Poster

Each team will be able to hang their team banner/poster on the railings above their team camp. HAC staff can assist to hang each team's banner/poster. Banner/poster should have grommets. Facility has a NO TAPE policy.

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Hospitality

The classroom east of the concession area will serve as the hospitality room.

Warm-ups

Warm up lane assignments will be sent out the week of the State Meet.

Concessions

Concessions will be available on the lower level of the pool commons area.

Sports Medicine

Sports Medicine coverage will be provided by Sanford Sports Medicine, a partner of the Metro Tournament Committee.

Scoring:

Individual events (16 places): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
Each team shall be permitted a maximum of four entries in an individual event.

Questions/Concerns, contact:

Logan Midthun, District Activities Director- West Fargo Public Schools
Office: 701-499-1066. Cell: 701-799-0675
Email: lmidthun@west-fargo.k12.nd.us

Good luck the rest of the season and we look forward to hosting this State Championship Meet!

Logan Midthun, State Girls Swim & Dive Meet Manager