

Up North 2025 23rd Annual Invitational

Grand Rapids, MN

Tuesday, December 30, 2025

TO: Athletic Directors and Swim Coaches
FROM: Dale Christy Activities Director - 218-327-5766
Nick Hansen, Head Coach – 330-257-5335
Michelle Nelson, Dive Coach - 612-382-0443
Sharalee Hoard, Meet Manager- 218-256-6979

Teams Invited: Burnsville, Chanhassen, Chisholm, Mesabi East, & Prior Lake

MEET TYPE:

- This is a 1-day high school invitational meet
- Admission fee is \$8 for adults, \$5 for students.
- Programs will be sold for a small cost.
- Hospitality will be provided for coaches and officials.
- Entry fee \$150.

MAKE CHECK PAYABLE TO ISD 318

SEND ENTRY FEES TO: Gigi Pehrson
Grand Rapids High School
800 Conifer Drive
Grand Rapids MN 55744

LOCATION: Robert J. Elkington Middle School 1000 NE 8th Ave • Grand Rapids, Minnesota 55744 • 218-327-5800

FACILITY: 8 Lanes x 25 yards, indoor pool with lane lines and backstroke pennants.

RULES AND REGULATIONS: All rules and regulations, orders of events, meet operations and requirements will be in accordance with Minnesota State High School League and National Federation of State High School Associations. .

TIME SCHEDULE: Diving Warm-up: 7:30 am - 8:50 a.m.
Dive Coaches Meeting: 8:30 am
Diving Finals: 9:00 a.m. (will cut to 20 divers after 5 dives)
Total Dives: 11
Swim Warm-ups: 11:00 -11:50 a.m.
Coaches Meeting: 11:30 am
Swimming Finals: 12:00 p.m.

TIMING: Colorado Automatic Timing System with watches as backup.

ENTRIES:

- Each team may enter four entries per event, relays included. Only two relays (your fastest) will score.
- Each swimmer must be entered in Hy-Tek in the events he is going to swim.

- List the names of your relay swimmers and four alternates.
- The meet will be run as a timed final and will be seeded accordingly.
 - Include seed times, exactly as your swimmers will be swimming in the meet. Swimmers will be seeded to the nearest hundredth of a second.
 - **Send all entries along with a PDF of entries by noon on Sunday, December 21, 2025. Due to Christmas we will need them earlier! Thank You!!**

Email entries to: jashoard@yahoo.com

AWARDS:

- Medals thru 8th place will be awarded, made by a local company Twisted Medals.

SCORING:

- All events will be scored to 16 places.
- Individual Event Points:
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay event points:
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

CONCESSIONS:

Available throughout the day

OFFICIALS: Jerry Casey, Jerold Meininger, David Copp, and Bryon Fraser

OTHER: No spectators allowed on the pool deck. No swimmers wearing street shoes will be allowed on the pool deck. Coaches and Officials are requested to wear clean tennis shoes. **NO GLASS ON DECK.**

Athletic Trainer: Will be on deck and available during the meet.

Diving will be an 11 Dive-event. You may enter 4 divers. Depending on the total number of divers entered, we will cut to the top 20 divers after 5 dives. At this time we will take a short break.

Dive lists are due no later than Noon on Sunday, December 21, 2025. Please submit dive lists via eDive using the following instructions.

Dive Entry Instructions

We will be using eDive to run the diving portion of the meet. The preferred method to submit your dive sheets is to go to the eDive online entry site <http://www.edive.info/emailentries.aspx> and fill in the information requested. **Please be sure that your swim coaches have entered your divers into the meet with their swim entries.**

Your Name:

Your email:

Your Team name:

Meet host email address:

jashoard@yahoo.com

Name of meet: **2025 Up North Invite**

Name of the Event: **High School Boys 11 Dives 1M**

The following are the rules that will apply to the 11-Dive event: [1] Each dive list must contain 11 dives [2]
The dive list must contain 5 voluntaries (indicate voluntary dives by clicking the box below the dive on the form) [3]

The dive list must contain 6 optionals [4] No dives can be repeated [5] Voluntaries must cover 5 categories [6] Optionals must cover 5 categories [7] Total dd of all voluntaries must be less than or equal to 9.0 [8] Rounds 1-5 must contain 2 voluntaries [9] Rounds 6-8 must contain 2 voluntaries [10] Rounds 9-11 must contain 1 voluntaries [11] Optional categories cannot be repeated in rounds 1-8 [12] Rounds 1-11 must be performed on 1M [13] Rounds 1-8 must cover 5 categories [14] Only dives from the NFHS rulebook are allowed

After you have filled in the dive information just click the "send my dive lists" and all the information will be sent. **Please send a separate email to me (Sharalee)** at jashoard@yahoo.com , **letting me know that you have sent your entries via eDive.** I will contact the diving coaches if there are corrections that need to be made to the dive sheets. If you have any questions please contact me at jashoard@yahoo.com or 218-256-6979. When your divers arrive at the pool, their dive sheets will be printed for them to review and finalize. Final dive sheets need to be signed by the diver, coach, and officials. **All dive lists are due by Noon, on Sunday, December 21, 2025, NO EXCEPTIONS.** Changes may be made to the dive lists during warm-up, but all sheets must be turned into the scoring table ½ hour before the start of the diving event.

ONCE THE DIVERS ARE SEEDED, NO ADDITIONAL DIVES MAY BE ADDED TO THEIR DIVE LISTS.