



2019 UT HAST Monster Mash Inter-Squad Meet

Hosted by
Hilltop Aquatics Swim Team

Held under the sanction of USA Swimming

Sanction#: UT19-104
October 26, 2019

In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Utah Swimming LSC, and HAST club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location:	American Fork Fitness Center 454 North Center American Fork, UT 84003 Emergency calls the day(s) of the meet: 801-763-3084		
Session Dates and Times:	Session	Warm Up	Meet Starts
	Saturday, October 26, 2019	7:30 am	8:30 am
Facility:	Pool Specifications: 25-yard pool with eight (8) lanes Start End Water Depth: 6.5 to 7 feet @ 1 meter from wall; 6.5 to 7 feet @ 5 meters from wall Turn End Water Depth: 12 feet @ 1 meter from wall; 12 feet @ 5 meters from the wall Timing: Daktronics Timing System & pads with a horn start, with Message Center Scoreboard Pool Certification: The competition course has not been certified in accordance with 104.2.2C(4).		
Meet Directors:	DaNene Adamson Brydie Smith	801-763-3084 x-408 270-839-5768	HAST@hilltopaquatics.org alpha64smiths@yahoo.com
Meet & Deck Referees:	Rebecca Harding Mike Wynn	801-921-3154 801-372-1299	rjharding37@gmail.com wynnclan@gmail.com
Meet Starters:	Alex Smith	270-839-5708	alpha64smiths@yahoo.com
Meet Admin. Official	Jennifer Nielson	801-310-3520	jenn.n@comcast.net
Eligibility:	<ul style="list-style-type: none"> This meet is open to all swimmers affiliated with HAST who are currently 2019 registered USA Swimming athletes. HAST Inter-squad Meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Swimmer's age on the first day of the meet determines age group for the entire competition. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. 		
Deck Registration:	No deck registration will be accepted; swimmers must be registered at time of entry.		
Entry Limits, Fees and Deadlines:	<ul style="list-style-type: none"> The meet will be limited to the number of swimmers dictated by the timeline & deck capacity constraints. Individual swimmers may enter up to FOUR (4) individual events. 		

	<ul style="list-style-type: none"> • <u>NT's will be accepted.</u> • \$10.00 Surcharge • All entries and fees must be received (in the hands of the below designated person) on or before FRIDAY, October 18th at noon. • Email or mail entries to: HAST@hilltopaquatics.org DaNene Adamson c/o AF Fitness Center 454 North Center American Fork, UT 84003
Entry Rules:	<ul style="list-style-type: none"> • Please submit all entries by email using Hy-tek software or using the entry form available at the Utah Swimming website. Teams entering via e-mail must supply a hard copy with verification of times. Said person will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Teams using the official entry form must make sure that each form is signed, and time verification is included on each entry. Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission. • Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A printed copy of submitted entries will be used to resolve any entry issues • <i>Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.</i> • Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. • It is preferred that entries are submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Event seeding will be in the following order: conforming SCY, non-conforming LCM, non-conforming SCM • Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event. • A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.
Meet Format, Check-in and Scratches	<ul style="list-style-type: none"> • This meet will run as timed finals. • This meet is a negative check-in • Events can be combined, without a lane in between and can swim two to a lane at the referee's discretion.
Meet Format, Check-in and Scratches	<p>USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3

Warm-up:	<p>USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3 • During the last 15 minutes of warm-up, lanes 2, 4 and 6 will be opened for diving starts in the competition pool. • All lanes will be open for warmup to all swimmers, with Lanes 1 & 2 possibly restricted to younger swimmers only. • The meet Referee may make changes at any time as determined to be in the best interest of the athletes and the conduct of the meet.
Dive Certification:	"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." 202.4.10D
Restrictions:	<ul style="list-style-type: none"> • Deck Changes are prohibited. 202.4.10I • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.10H • 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. 202.4.10J
Concussion:	Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.
Adaptive Swimming	Adaptive swimming: In accordance with USA Swimming rule 202.4.14 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities in accordance with USI P&P 1.17. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.
Deck Access:	Deck access is limited to swimmers, coaches, officials, and meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5
Athlete Protection:	<ul style="list-style-type: none"> • All coaches and officials must show proof that they are certified to be on deck at check in. • We ask that all spectators use the locker rooms in the facility. Random locker room checks will be performed as per MAAPP governs. • Volunteers/Coaches/Officials must use the Family restroom, <u>located by the guard room</u>. We ask you enter/exit the locker rooms from the entrance nearest the pool doors.
Awards:	<ul style="list-style-type: none"> • Ribbons will be awarded 1st through 12th place in each age group and event for boys & girls in "BB", "B", and "C" divisions. • Awards will be given by age groups: 6 & under, 7-8 yr., 9-10 yr., 11-12, 13-14 yr. age groups. • 15 & older swimmers will not receive awards.
Results:	<ul style="list-style-type: none"> • Results will be available on the HAST website: www.hilltopaquatics.org • Results will be emailed to participating teams. • Final Results will be available on the Utah Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format.
Officials:	Officials helping at this meet will be given a gift card for their participation at each session of this meet. We appreciate all their help at this meet!!
Hospitality:	Limited Hospitality will be offered.
Concessions:	Limited concessions will be offered.
Facility Use:	The hot tub and all other Fitness Center facilities other than the locker rooms, restrooms and reception area are off limits to everyone except paying Fitness Center participants. The shallow end of the pool is ONLY open to paying Fitness Center participants with wristbands.
Parking:	Free parking is available next to the building, and in the lower parking lot of the facility.
Web Site:	For meet info, please visit the Utah Swimming web site at: http://www.swimutah.com



HAST Monster Mash Meet

Saturday, October 26th
(Warm-up @ 7:30 am - Start @ 8:30 am)

Mixed	Event Description
1	Mixed 19 & under 200 IM
2	Mixed 19 & under 100 Back
3	*Mixed 19 & under 50 Breast
4	Mixed 11 & over 200 Fly
5	Mixed 19 & under 100 Free
6	*Mixed 8 & under 25 Breast
7	*Mixed 8 & under 25 Free
8	*Mixed 19 & under 100 IM
9	*Mixed 19 & under 50 Back
10	Mixed 11 & over 200 Breast
11	Mixed 19 & under 100 Fly
12	Mixed 19 & under 200 Free
13	*Mixed 8 & under 25 Fly
14	*Mixed 8 & under 25 Back
15	Mixed 19 & under 100 Breast
16	*Mixed 19 & under 50 Fly
17	Mixed 11 & over 200 Back
18	Mixed 19 & under 50 Free
	<i>*MIXED Gender</i>
	<i>Be mindful of signing up for back-to-back events</i>

Awarded Age groups: 6 & u, 7-8, 9-10, 11-12, 13-14
**Non-conforming events, and not recognized events as per USA Swimming rules.*