



2023 MN SEMS January Invite SEMS SWIM CLUB

Saturday, January 07, 2023 — to — Sunday, January 08, 2023

Sanction Number: MN23W-11-126Y

Held under the sanction of USA Swimming.

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, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agreed that Minnesota Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure or and infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in the USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MINNESOTA SWIMMING, SOUTH EAST METRO SHARKS (SEMS) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the SEMS and other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

SEMS and participating teams will include the above information in meet announcements, heat sheets and posted around the pool facility. SEMS reserves the right to cancel this meet at anytime.

Meet Director:	Tammy Verhoeven, office@semsswimclub.com, 651-231-5556
Meet Officials	Meet Referee: Scott Hauch & Mark Sorenson-Wagner Admin Referee or Admin Official: TBD Deck Referee: Scott Hauch/Mark Sorenson-Wagner Starter: TBD Stroke & Turn Officials: TBD, TBD
Inquiries:	Eric Seversen, coachseversen@semsswimclub.com, 651-295-2806
Emergency Phone:	651-231-5556, this is the meet director's phone
Meet Type:	Open Invitational
Teams Invited:	We'd love to host anyone interested in attending! Teams will comply with the current state, local, health and USA Swimming guidelines available on the meet date and should meet or exceed all requirements in their facility during the meet.
Fees:	\$9.20 per individual race, \$36.80 per relay. These fees include the MNSI per swim fees: \$2.20 for individual, \$8.80 for relays
Time Schedule:	Sat & Sun AM sessions (11-Under): 8:30am deck access, 8:45am start of warm-up, 9:45am meet start. Sat & Sun PM sessions (Open): warm-up begins 5min after the conclusion of the AM session, meet starts 1 hour 10min after end of AM session
Awards, Prizes and Scoring:	Heat Winner awards plus frequent Hot Heat awards
Programs:	Programs will be available via Meet Mobile and as a PDF on host website.
Amenities:	We will have the cafeteria adjacent to the pool area available for spectators to overflow off the pool deck -- this is NOT a camping area for swimmers. At the time of this sanction, no concessions will be offered. Swimmers should bring snacks, water, etc. for their time at the pool.

FACILITY/LOCATION

Meet Location:	Oltman Middle School, 6625 Goodview Ave S, Cottage Grove, MN 55016
Directions:	https://goo.gl/maps/q1bvtWdT8Xs
Facility:	8 lanes, 25 yard indoor pool with lanelines and backstroke pennants. Slanted Starting blocks are 30 inches above the water surface.
Water depth:	The minimum water depth, measured in accordance with Article 103.2.3 is 7 ft at the start end and 3.5 ft at the turn end.
Course certification:	The competition course has NOT been certified in accordance to 104.2.2C(4).
COVID-19 Procedures/Requirements:	The host team will abide by the COVID-19 Preparedness Plans for the facility the meet is taking place at, including entry/exit procedures into the facility and cleaning protocols.

Spectators ARE allowed at this event.

Masks ARE NOT required at this event.

Meet WILL be live-streamed.

Changes to plans regarding spectators, masks, etc will be communicated to all teams attending prior to the meet.

We will livestream the meet on YouTube for spectators not attending the meet. The youtube link will be sent to all teams prior to the meet to share with families. You can also search SEMS Swim Club on YouTube to find the livestream.

In general, the pool deck will follow a clockwise rotation. While officials, coaches and/or volunteers may move around more freely, swimmers shall follow a basic clockwise flow around the pool deck.

Swimmers behind the blocks: only the heat about to swim plus 1-2 additional heat may be behind the blocks. All other swimmers need to queue up in the deck space near the diving well.

ENTRIES

Entries To:	Eric Seversen, coachseversen@semsswimclub.com, call me with questions at 651-295-2806.
Form of Entries:	Email entries please!
Entry Start Date:	Entries will be accepted beginning at 6:00 PM on Saturday, December 03, 2022
Entry Close Date:	Entries will close at 10:00 PM on Wednesday, December 28, 2022. This is the final date that entries will be accepted for the meet.
Entry Limitations:	Age of a swimmer is determined by their age on the first day of the meet. A swimmer may compete in a maximum of 4 individual events per day and 1 relays per day. Seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility:	Swimmers with any times, including NT are welcome to participate!
Racing start 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.
USA Swimming Membership:	No swimmer will be permitted to compete unless the swimmer is a member as Provided in Article 302 of USA Swimming Rules. All coaches must be current members as provided in Article 302 of USA Swimming Rules. Any club or individual entering a non-USA Swimming registered swimmer will be subject to a \$100 fine per event per swimmer.
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 making arrangements for such supervision.

MEET ADMINISTRATION, CONDUCT

Coach's Meeting:	Will take place on a regular basis at the discretion of the referee.
Deck Access - Coach & Official check-in:	<p>Due to USA Swimming insurance, only athletes, working coaches or officials, authorized meet volunteers and facility personnel are allowed on deck. All others must remain off the pool deck unless timing for an event in which swimmers must provide their own timer.</p> <ul style="list-style-type: none">❖ Coaches must check in at the coach/officials check in table outside the pool area. If you arrive later in the meet please check in at the Timing/Scoring table. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet.❖ Working officials must check-in with the Referee (or designee) at the coach/officials check in table outside the pool area. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet. <p>All working coaches or officials, and any other person required by sanction to be members of USA Swimming shall visibly display the valid membership credential for the meet at all times.</p> <p>The Referee and/or Meet Director(s) (or their designees) reserve the right to ask a working coach or official for proof of their active membership during the meet, and/or deny deck access if a working coach or official does not comply or any membership requirement is no longer valid.</p>
Warm-up:	<p>Current MNSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.</p> <p>Swimmers and coaches are expected to be acquainted with all rules and regulations; the NO Diving and Slip-In Entry rules will be strictly enforced.</p> <p>Violation of MNSI Meet Warm-up Policy (Policy #250) will result in the offending swimmer being barred from his/her next individual event in the meet.</p>
Rules and Regulations:	<p>All information, rules and regulations including time standards, schedules, order of events, meet operations, and requirements will be in accordance with Minnesota Swimming Inc. policies, rules and regulations and USA Swimming Rules and Regulations current edition, and take precedence over any errors or omissions on this form.</p> <p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p>
Changes to the Meet Information:	Any changes to the meet information will be discussed, reviewed and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a 100% vote of coaches in attendance at the appointed meeting.

- Prohibited:**
- ✓ **Deck changing: Deck changes are prohibited.**
 - ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms, locker rooms nor behind the blocks at either the start of the race or as swimmers exit the pool.
 - ✓ **Operations 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.

Distance Events: Heats for distance events may be combined across gender at the Meet Referee’s discretion. Minnesota Scratch rules will be in effect. All 500 freestyles and 400 IMs will be seeded slow to fast. We will do a positive check in to determine if a reseed is necessary. If not we will run as seeded in the original program. Additionally, we will determine if we have time to fit in break of the main pool, lasting up to 10 minutes, prior to the start of the 500 Free and 400 IM events. NOTE: The diving well will be available for athletes to warm-up/cool-down throughout the meet. The meet director and meet referee will make the determination regarding breaks once all teams’ entries have been received and the meet has been seeded.

Time Trials: Time trials will NOT be offered at this meet.

Open Lane Swims: The MNSI “Open Lane Swim” procedure will not be available at this meet.

Time Standards: No Senior time standards will be used for this meet.

ORDER OF EVENTS

<u>Girls</u>			<u>Saturday AM</u>		<u>Boys</u>	<u>Girls</u>			<u>Sunday AM</u>	<u>Boys</u>
1	11-Under	200	Freestyle Relay	2	33	11-Under	200	Medley Relay	34	
3	11-Under	200	Freestyle	4	35	11-Under	100	Freestyle	36	
5	11-Under	100	Individual Medley	6	37	11-Under	200	Individual Medley	38	
7	11-Under	100	Breaststroke	8	39	11-Under	50	Breaststroke	40	
9	11-Under	50	Backstroke	10	41	11-Under	100	Backstroke	42	
11	11-Under	50	Butterfly	12	43	11-Under	100	Butterfly	44	
13	11-Under	50	Freestyle	14	45	11-Under	500	Freestyle	46	

<u>Girls</u>			<u>Saturday PM</u>		<u>Boys</u>	<u>Girls</u>			<u>Sunday PM</u>	<u>Boys</u>
15	Open	200	Freestyle Relay	16	47	Open	200	Medley Relay	48	
17	Open	200	Freestyle	18	49	Open	100	Freestyle	50	
19	Open	100	Individual Medley	20	51	Open	200	Individual Medley	52	
21	Open	100	Breaststroke	22	53	Open	50	Breaststroke	54	
23	Open	200	Backstroke	24	55	Open	200	Breaststroke	56	
25	Open	50	Backstroke	26	57	Open	100	Backstroke	58	
27	Open	50	Butterfly	28	59	Open	100	Butterfly	60	
29	Open	50	Freestyle	30	61	Open	200	Butterfly	62	
31	Open	400	Individual Medley	32	63	Open	500	Freestyle	64	

Meet Calculation Form

**2023 MN SEMS January Invite
SEMS SWIM CLUB
SATURDAY-SUNDAY, JANUARY 7-8, 2023**

Sanction Number: MN23W-11-126Y

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$ 9.20 = \$ _____ # of boys _____ # of girls _____

_____ Total Relays x \$ 36.80 = \$ _____

Total Due = \$ _____

Make checks payable to: SEMS All fees are due before the start of the meet unless otherwise arranged in advance.

E-Mail results to: Name _____

Email Address _____

The undersigned team representative certifies by his/her signature that all athletes participating in this meet are currently registered athlete members of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

Who should we contact if there is a problem with your entry file?

Name _____

Phone: Day _____ Night _____

Email Address: _____