



MINNESOTA
SWIMMING

**2021 MN RFSC Autumn Dash Invite
November 20-21, 2021
LSC Sanction Requirements: MN21W-08-232Y**

LSC Sanction Requirements

In applying for the sanctioned meet on July 7, 2021, the Host Team, RFSC, agrees to comply with and to enforce health and safety mandates and guidelines of USA Swimming, Minnesota Swimming, the State of Wisconsin and St. Croix/Pierce County.

Statement of Local Protocols and Requirements

Guidelines and requirements can be found on the MNSI website [COVID-19 HUB](#).

As of July 7, 2021, which is the date the sanction request was submitted to MNSI, each facility/host team can set requirements specific to their facility/meet.

The Host Team will follow all current state, local, health and USA Swimming guidelines and/or requirements on the date(s) of the meet.

Plan for Spectators

Due to the current COVID-19 environment and limited pool deck space at the facility, the Host Team IS allowing spectators at this time, however there are many volunteer roles that will be required. The host team will continuously monitor the evolving guidelines pertaining to group size as it relates to COVID-19 and guidelines from various local and state agencies.

Plan for Ingress and Egress

Volunteers, officials, swimmers, spectators, and coaches will use the Northeast Door to enter and the Northwest Door to exit the facility.

Locker Rooms

Locker rooms CAN be used for changing during the meet. The Host Team is recommending that locker room use be minimized during the meet.

Total Planned Number of Individuals in

Pool Deck

- Swimmers - 200
- Coaches - 12
- Officials - 8
- Volunteers - 20
- Spectators – 240

Other Area

- Swimmers - 480
- Coaches - 10
- Officials - 0
- Volunteers - 10
- Spectators - 0

The Host Team will adjust planned number individuals on the meet date(s) to meet all current guidelines and requirements. Any changes to plans will be communicated to teams attending the meet in a timely manner.

Safe Sport Considerations

The Host Team will encourage parents to volunteer during the swim meet to reduce the number of people in the facility. The Host Team will provide areas for parents to ensure they have access to and/or opportunity to observe their swimmer.



**AUTUMN DASH INVITE
RIVER FALLS SWIM CLUB**

Saturday, November 20, 2021 — to — Sunday, November 21, 2021

Sanction Number: MN21W-08-232Y

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, River Falls Swim Club 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 River Falls Swim Club and other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

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

Meet Director:	Michael Brudzinski, headcoach@riverfallsswimclub.org, 651-755-6825
Meet Officials	Meet Referee: Kelly Robole Admin Official: Kelly Burrows Deck Referee: Kelly Robole Starter: Jocelyn Richardt & Ryan Carns Stroke & Turn Officials: Dustyn Sawall, Brian Baar, Jen Rems, Bill Rems
Inquiries:	Michael Brudzinski, headcoach@riverfallsswimclub.org, 651-755-6825
Emergency Phone:	651-755-6825
Meet Type:	Open Invite.
Teams Invited:	First Come, First Serve entries will be accepted until meet is full. 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. All participating athletes and clubs are registered only with MN Swimming. If participants will be competing from an adjacent LSC, the meet host must formally request permission from the LSC that registered the other athletes and/or clubs.
Fees:	\$6.00 per individual splash, \$24.00 per relay entry. \$2.00 program fee per swimmer.
Time Schedule:	Morning Sessions: (12& Under) warm-ups at 7:30am, meet start at 8:30am. Afternoon Sessions: (13 & Over) warm-ups will begin 15 minutes after the conclusion of the morning sessions final event; warm-ups will begin no later than 12:30pm, meet start one hour after the beginning of warm-ups.
Awards, Prizes and Scoring:	Personal Best and Heat Winner awards will be provided.
Programs:	Programs will be available via Meet Mobile and as a PDF on MNSI website.
Amenities:	Gymnasium and School Commons will be available for camping area. Concessions stand will be available for food and beverage purchase. Wi-Fi available. Will attempt to have a livestream feed available throughout the meet.

FACILITY/LOCATION

Meet Location:	818 Cemetery Road, River Falls, WI 54022
Directions:	<p>From St Paul, MN, take I-94 East to WI. Take Exit 3, Hwy 35 South, to River Falls. Go about 9 miles on Hwy 35, DO NOT take the River Falls exit. The highway will narrow to 2 lanes, and come to the intersection of Hwys 35/65 & 29. Continue straight through the intersection, South, for another mile. Turn Right (West) on Cemetery Road. Drive about 1 mile. The school is on the left side of the road. Turn into the first parking lot entrance, drive to the far back corner of the parking lot to the Aquatics Entrance.</p> <p>From Prescott WI, take Hwy 29 to River Falls, about 10.5 miles. Turn Right (East) on Cemetery Road. Go East for 0.5 miles, the school is on the right side of the road. Turn into the second parking lot entrance, drive to the far corner of the parking lot to the Aquatics Entrance.</p> <p>From Redwing, MN, take 63 North to Ellsworth, WI. Turn Left (North) on Hwy 65 at the first stoplight. Drive about 10 miles toward River Falls. Turn Left (west) on Cemetery Road. Drive about 1 mile. The school is on the left side of the road. Turn</p>

into the first parking lot entrance, drive to the far back corner of the parking lot to the Aquatics Entrance.

Facility:	8 lanes, 25 yard indoor pool with lanes and backstroke pennants. Slanted Starting blocks are 31 inches above the water surface.
Water depth:	The minimum water depth, measured in accordance with Article 103.2.3 is 12 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:	<p>The host team will abide by the COVID-19 Preparedness Plans for the River Falls High School and specific for the River Falls Swim Club. Those guidelines will be sent out with the meet information as well.</p> <ol style="list-style-type: none">1. Officials, coaches, volunteers, spectators, and swimmers are encouraged to follow recommended guidelines on social distancing and mask wearing depending on their vaccination status and level of comfort throughout the meet.2. Swimmers and Families should self-screen prior to arrival and not attend if: They have a fever above 100.4 degrees, have been in close contact with someone who has tested positive or is suspected of having COVID-19, or has demonstrated any of the common symptoms of COVID-19 within the past 3 days.3. Locker rooms will be available for bathroom use during the meet. Swimmers will be allowed to change into dry clothes after they have completed the meet in the locker rooms; there will be designated areas available for changing.4. All common use areas will be cleaned and sanitized between sessions.5. Any other revisions or changes, will be communicated to teams prior to arrival for the meet through the coaching staff.

ENTRIES

Entries To:	Michael Brudzinski, headcoach@riverfallsswimclub.org
Form of Entries:	email entries are preferred.
Entry Start Date:	Entries will be accepted beginning at 8:00 pm on Saturday, October 16, 2021
Entry Close Date:	Entries will close at 9:00pm on Wednesday, November 10, 2021. 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. All seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility:	Swimmers with Zone, Champ, MRC, MAC, and No Time are eligible to compete in the meet.
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 \$25 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:**

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.

- ❖ Coaches must check in on the pool deck at the Admin table, they will be issued a temporary bracelet after their credentials have been verified. 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) on the pool deck at the Admin table, they will be issued a temporary bracelet after their credentials have been verified. 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.

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.

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.

Warm-up:

Current MSI 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.

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.

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.

Rules and Regulations:

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.

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.

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. There will be a 10 minute break prior to the distance races each session. Distance events will be seeded fastest to slowest. All distance swimmers must provide their own lap counters.

Time Trials:

Time trials will NOT be offered at this meet.

Open Lane Swims:

Open Lane Swims will not be available at this meet.

Time Standards:

MN Swimming Time Standards – the most current edition published on the MSI website will be used. Senior boys events will use the 13-14 age group time standards to qualify. Senior girls events will use the 15-16 age group time standards to qualify.

ORDER OF EVENTS

Positive Check in for all distance events. Lap counters must be provided for all events 500 and longer.

SATURDAY MORNING- SESSION 1

Girls Event #	Event	Boys Event #
101	12 & Under 200 Free Relay	102
103	12 & Under 200 IM	104
105	12 & Under 200 Free	106
107	12 & Under 100 Fly	108
109	12 & Under 50 Free	110
111	12 & Under 200 Fly	112
113	12 & Under 100 Breast	114
115	12 & Under 50 Back	116
117	12 & Under 200 Breast	118
119	12 & Under 100 Back	120
121	12 & Under 50 Breast	122
123	12 & Under 200 Back	124
125	12 & Under 100 Free	126
127	12 & Under 50 Fly	128
129	12 & Under 100 IM	130
131	12 & Under 500 Free	132

SUNDAY MORNING- SESSION 3

Girls Event #	Event	Boys Event #
201	12 & Under 200 Medley Relay	202
203	12 & Under 200 IM	204
205	12 & Under 200 Free	206
207	12 & Under 100 Fly	208
209	12 & Under 50 Free	210
211	12 & Under 200 Fly	212
213	12 & Under 100 Breast	214
215	12 & Under 50 Back	216
217	12 & Under 200 Breast	218
219	12 & Under 100 Back	220
221	12 & Under 50 Breast	222
223	12 & Under 200 Back	224
225	12 & Under 100 Free	226
227	12 & Under 50 Fly	228
229	12 & Under 100 IM	230
231	12 & Under 400 IM	232

SATURDAY AFTERNOON- SESSION 2

135	13 & Over 200 Free Relay	136
137	13 & Over 200 Free	138
139	13 & Over 100 Fly	140
141	13 & Over 50 Free	142
142	13 & Over 200 Back	144
145	13 & Over 100 Breast	146
147	13 & Over 50 Back	148
149	13 & Over 100 IM	150
151	13 & Over 200 Breast	152
153	13 & Over 100 Back	154
155	13 & Over 200 IM	156
157	13 & Over 100 Free	158
159	13 & Over 200 Fly	160
161	13 & Over 50 Fly	162
163	13 & Over 400 IM	164
165	13 & Over 1000 Free	166

SUNDAY AFTERNOON- SESSION 4

235	13 & Over 200 Medley Relay	236
237	13 & Over 200 Free	238
239	13 & Over 100 Fly	240
241	13 & Over 50 Free	242
243	13 & Over 200 Back	244
245	13 & Over 100 Breast	246
247	13 & Over 50 Fly	248
249	13 & Over 100 IM	250
251	13 & Over 200 Breast	252
253	13 & Over 100 Back	254
255	13 & Over 200 IM	256
257	13 & Over 100 Free	258
259	13 & Over 200 Fly	260
261	13 & Over 50 Breast	262
263	13 & Over 500 Free	264
265	13 & Over 1650 Free	266

Meet Calculation Form

**AUTUMN DASH INVITE
RIVER FALLS SWIM CLUB
NOVEMBER 20-21, 2021**

Sanction Number: MN21W-08-232Y

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$ 6.00 = \$ _____ # of boys _____ # of girls _____

_____ Total Relays x \$ 24.00 = \$ _____

_____ Total # swimmers x \$ 2.00 (Program fee) = \$ _____

Total Due = \$ _____

Make checks payable to: RIVER FALLS SWIM CLUB **All fees are due AT MEET.**

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: _____