



LSC Sanction Requirements

In applying for the sanctioned meet on November 13-14, 2021, the Host Team, West Express Swim Team, agrees to comply with and to enforce health and safety mandates and guidelines of USA Swimming, Minnesota Swimming, the State of Minnesota and Carver County.

Statement of Local Protocols and Requirements

Guidelines and recommendations for Youth Sports can be found on the MNSI website [COVID-19 HUB](#).

As of 9/7/21 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 NOT 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, and coaches will use the 7F to enter and the 7F 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. Access to the locker rooms will only be available thru the deors on the pool deck.

Total Planned Number of Individuals in All Areas Used for Swim Meet

Pool Deck

- Swimmers - 110
- Coaches - 10
- Officials - 8
- Volunteers - 22
- Spectators - 0

Other Area

- Swimmers - 185
- Coaches - 10
- Officials - 0
- Volunteers - 5
- 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 all 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.



West Express Fall Invite
WEST EXPRES SWIM TEAM

Saturday, November 13, 2021 — to — Sunday, November 14, 2021

Sanction Number: MN21W-09-243Y

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, West Express Swim Team 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 West Express Swim Team and other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

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

Meet Director:	Brooks Royal (619) 804-7251
Meet Officials	Meet Referee: Lutfi Tardia Admin Official: Kim Togstad Deck Referee: Lutfi Tardia Starter: Alex Kent or Eugene Burd Stroke & Turn Officials: TBD, TBD
Inquiries:	Heidi Miler (612) 599-7712
Emergency Phone:	Brooks Royal (619) 804-7251
Meet Type:	Invitational; 12 and Unders will swim in the morning; 13 and Older will swim in the afternoon
Teams Invited:	West Express, Rochester Swim Club, Foxjets, Piranhas and other teams as space allows. 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:	\$8.00 Facility Fee plus \$8.00 per splash, which includes the \$2.20 MSI Splash Fee.
Time Schedule:	Saturday & Sunday morning warm-up sessions will start at 7:30 AM and will end at 8:50 AM, with the meet starting at 9:00 AM. The afternoon warm-up sessions will not start before 12:00 PM and will include an 80-minute warm-up, with the meet starting at approximately 1:30 PM.
Awards, Prizes and Scoring:	12 & Unders will receive heat winner prizes. There will be no other awards, prizes or scoring.
Programs:	Programs will be available via Meet Mobile and as a PDF on host website.
Amenities:	There will be no concessions at this meet. Hospitality will be provided with lunch served for those coaches and officials working both the morning and afternoon sessions each day. Parents and Families will be able to watch the meet thru a livestream.

FACILITY/LOCATION

Meet Location:	Pioneer Ridge Middle School, 1085 Pioneer Trail, Chaska, MN 55318
Directions:	From Hwy 212 head South to Pioneer Trail and go right past Chaska High School. Pioneer Middle School is on your right.
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 NOT allowed at this event.

Masks ARE required at this event.

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

ENTRIES

Entries To:	Heidi Miler (612) 599-7712 westexpresscoach@hotmail.com
Form of Entries:	Please email all entries.
Entry Start Date:	Entries will be accepted beginning at 5:00 PM on Monday, October 11, 2021
Entry Close Date:	Entries will close at 8:00 PM on Wednesday, November 03, 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 3 individual events per day. All seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility:	All swimmers are welcome, including those without entry times. This meet will be pre-seeded and no deck entries will be allowed.
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 at the volunteer table located in the hallway near the locker rooms. 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 volunteer table located in the hallway near the locker rooms. 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 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.

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. The 500 and 1000 Freestyle as well as the 400 IM will be positive check-in 90 minutes before the event and will be swum mixed age and gender, seeded fastest to slowest. The 1000 will be preceded by a 10-minute warm-up.

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

Open Lane Swims: Open Lane Swims will NOT be offered at this meet.

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

ORDER OF EVENTS

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SATURDAY MORNING Warm Up 7:30 am / Meet Start 9:00 AM			SUNDAY MORNING Warm-Up 7:30 AM / Meet Start 9:00 AM		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
1	11-12 200 Free	2	71	11-12 200 IM	72
3	9-10 200 Free	4	73	10/U 200 IM	74
5	8/U 50 Back	6	75	8/U 50 Free	76
7	11-12 50 Back	8	77	11-12 100 Free	78
9	9-10 50 Back	10	79	10/U 100 Free	80
11	8/U 50 Breast	12	81	8/U 100 Free	82
13	11-12 100 Fly	14	83	11-12 50 Fly	84
15	10/U 100 Fly	16	85	9 -10 50 Fly	87
17	8/U 100 IM	18	87	12/U 200 Breast	88
19	11-12 100 IM	20	89	11-12 50 Free	90
21	9-10 100 IM	22	91	9-10 50 Free	92
23	11-12 50 Breast	24	93	8/U 50 Fly	94
25	9-10 50 Breast	26	95	12/U 200 Fly	96
27	8/U 50 Free	28	97	9-10 100 Back	98
29	12/U 200 Back	30	99	11-12 100 Back	100
31	9-10 100 Breast	32	101	8/U 50 Back	102
33	11-12 100 Breast	34		10 Min Break	
			103	12/U 500 Free	104

SATURDAY AFTERNOON 80 Minute Warm-Up at Conclusion of Morning Session			SUNDAY AFTERNOON 80 Minute Warm-Up at Conclusion of Morning Session		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
41	13-14 200 Free	42	111	13-14 200 IM	112
43	15/O 200 Free	44	113	15/O 200 IM	114
45	13-14 100 Fly	46	125	13-14 50 Free	126
47	15/O 100 Fly	48	127	15/O 50 Free	128
49	13-14 100 IM	50	129	13-14 200 Breast	130
51	15/O 100 IM	52	131	15/O 200 Breast	132
53	13-14 100 Breast	54	133	13-14 100 Free	134
55	15/O 100 Breast	56	135	15/O 100 Free	136
57	13-14 200 Back	58	137	13-14 200 Fly	138
59	15/O 200 Back	60	139	15/O 200 Fly	140
	10 Min Break		141	13-14 100 Back	142
61	13/O 400 IM	62	143	15/O 100 Back	144
63	13/O 500 Free	64		10 Min Break	
			145	13/O 1000	146

Meet Calculation Form

West Express Intrasquad Meet
WEST EXPRESS SWIM TEAM
11/13/2021 - 11/14/2021

Sanction Number: MN21W-09-243Y

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$ 8.00 = \$ _____ # of boys _____ # of girls _____

_____ Total # swimmers x \$ 8.00 (Facility fee) = \$ _____

Total Due = \$ _____

Make checks payable to: West Express Swim Team **All fees are due** at the start of warm ups on the first day.

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: _____