

2020 Montana Swimming Short Course Junior B-C Championship

Hosted by the Lake Monsters Swim Team

March 6-8, 2020 - Polson, Montana

The meet is held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #

Meet Referee

Meet Director

Shayna Swanson

Email: coach@mvaquatics.org coachmatt@bozemanbarracudas.org

phone: (406) 883-4567

Meet Registrar

Matt Yovich

phone (406) 539-9802

MEET INFORMATION HIGHLIGHTS

	Entry Deadline	Wednesday, Feb 26, 2020
	Entry Limits	4 Individual + 1 relay per day 8 Individual events total
	Entry Fees	\$18 surcharge; \$3.00 per individual event; \$8 per relay Outreach swimmer fee: \$10.00 total Make checks payable to Montana Swimming
	Entry Qualification	Any swimmer, ages 9-21, may enter any event in which their best time in any course is a B time or <u>slower</u> in the qualifying period since January 1, 2019 8&U swimmers may enter any event they do <u>not</u> have a state qualifying time in any course in the qualifying period since January 1, 2019. No time (NT) entries WILL be accepted. All swimmers must be 2020 registered athlete members of Montana Swimming.
	Team Competition	Swimmers will earn points for their team. The top team will receive a special Team Champion banner to display at their home pool for the coming year.

FACILITY-

MVA is a regulation 25-yard, eight-lane pool with non-turbulent lane dividers and scoreboard/clock display showing event, heat, lane, place and time. Eight lanes will be used for the competition. MVA is equipped with Spectrum Aquatics Xcellerator starting blocks. The start end is 12 feet deep and the turn end is 4 feet deep. The altitude of the facility is 3114. The competition course has been certified by USA Swimming as a "Permanent Racing Course." The copy of such certification is on file with USA Swimming.

Timing will be by an automatic Colorado Timing System with touch pads on the start end and manual backup timers. All events will be timed finals.

There is seating available on deck for spectators and a room will be provided for swimmers and families to set up camp.

LOCATION-

The Mission Valley Aquatic Center is located at 309 Ridgewater Dr., Polson, Montana, 59860.

MEET FORMAT-

This is an age group, timed finals meet.

Individual events will be swum as combined age groups as listed in the entry list on page 9. All individual events will be scored as 8 & Under, 10 & Under, 11-12, 13-14, 15-16, and 17-21; boys & girls for each age group. All events will start from the starting block end of the pool.

The 1000-yard Freestyle and 500-yard Freestyle may be deck seeded, if required, after positive check-in as a mixed age group and single sex event and will be scored by age group and female/male. Swimmers in the 1000 Free & 500 Free must provide their own timers and their own counters. The 1000-yard Freestyle and 500-yard Freestyle will be swum fastest to slowest and will alternate girls and boys heats.

At the Meet Referee's discretion, events may be combined by age, gender, provided there is at least one empty lane between such combined events. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers. At the discretion of meet officials, periodic breaks in the competition cycle will be provided for warm-up and warm down between events. If only a few swimmers are entered into an event, other events may be combined, seeded and swum as a mixed event at the meet referee's discretion, but will be scored and awarded by sex and age group.

Relays will be seeded as girls, boys and mixed. Turn in relay cards at the meet. Mixed relays must be 2 boys and 2 girls all of the age required by the event description to be scored and to have the time entered in SWIMS. Relay events/heats may be combined at the meet referee's discretion.

This is a partial closed deck meet; only athletes, certified coaches, USA officials, timers and meet management may be behind the blocks and in the timing area. Exception: One (1) parent of an 8 & Under swimmer may be at the start area two (2) heats prior and one (1) heat after the swimmer's event.

TIME TRIAL –

At the Meet Referee's discretion, Time Trials will be available on Friday, March 6, and/or Saturday March 7, 2019 following the conclusion of Event 49 (500 Free). There will be a brief warm up for any swimmers who wish to swim time trial events. The time trial event will last no longer than one hour. Any Montana-registered USAS athlete is eligible to enter a time trial event. Registration will be verified. Athletes entered in the Junior B/C Championships may not swim more than one time trial event on Friday March 6 and not more than six individual events on Saturday March 7, 2019 inclusive of time trial events. Athletes not registered in the Junior B/C Championships meet may swim no more than two time trial events. Swimmers may swim any event swum in a Montana Swimming Championship meet. Time trial athletes must provide their own timers (two). Events maybe combined to get as many time trials in as possible. Time trials will cost \$15 per event. Must be paid in cash and entered on Saturday. There will be no advanced entry for time trials. Time Trial sign-ups will be announced prior to the meet.

RACING STARTS-

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal

guardian to ensure compliance with this requirement. Any swimmers who must start in the water shall be listed in a separate document returned with the entries.

SAFETY-

The Montana Swimming Safety guidelines are in effect for this meet and will be enforced.

For circle swimming during warm-ups and cool downs, swimmers must enter the pool using a three-point entry.

Coaches are advised to closely supervise their swimmers at all times and are responsible for informing swimmers of the provisions of the safety code before attending the meet.

NO running or horseplay will be tolerated.

A Safety Marshall will be on deck during the meet.

RULES-

This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Incorporated Rules and Regulations, except where rules therein are optional, and exceptions are stated. All swimmers must be under the supervision of a USAS member coach during all warm-ups, competition, and warm-downs. Swimmers competing at the meet without their regular coach in attendance will be assigned to a coach in attendance at the meet. Swimmers may request being assigned to a specific coach at registration.

Use of audio or visual recording devices, including a cell phone and drones, is not permitted in changing areas, rest rooms, locker rooms or behind starting blocks.

Operation of a drone, or any 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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.

The USA Swimming Code of Conduct and athlete protection provisions will be enforced.

All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming.

Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet.

This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

ELIGIBILITY-

Swimmers must be registered with USA Swimming and Montana Swimming for 2020 prior to the entry deadline. There will be no on deck USA Swimming registration available at this meet. Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair.

All Swimmers, including those already qualified for State, are invited to enter the BC Meet provided they meet the following criteria:

Swimmers ages 10&Under through 21 may enter any event in which they do NOT have a "BB" time or better, in any course (SCY, LCM, SCM), since January 1, 2019.

Swimmers 8 & Under may enter any event for which they do not have a state qualifying time in any coursed (SCY, LCM, SCM) since January 1, 2018.

EXCEPTION: 8 & Under swimmers may elect to swim either in 8 & Under events OR in 10 & Under events, but not both. 8 & Under swimmers may swim in 10 & Under relays.

Times achieved in a USA Swimming sanctioned, approved, or observed meet (or international equivalent, as appropriate) can be used to qualify for the Junior BC Championships. Times earned at a non-sanctioned meet cannot be used to enter the meet.

All individual entry times will be verified through the USA Swimming and/or the Montana Swimming times databases, as appropriate.

Swimmer's age as of the first day of the meet (March 6, 2020) shall determine the swimmer's age group.

SWIMMERS WITH DISABILITIES-

Montana Swimming and Lake Monsters Swim Team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 106, to compete at the meet, disabled swimmers or their coaches are required to provide advance notice in writing to the meet referee and meet director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. It is at the discretion of the meet referee to determine whether the needed accommodations can be met by the meet resources. Failure to provide advance notice may limit the Lake Monster team's ability to accommodate all requests.

ENTRIES-

- Teams should e-mail entries Matt Yovich (coachmatt@bozemanbarracudas.org) using Hy-Tek or Team Unify software by Wednesday February 26, 2020. Along with your meet entry file, include your team meet entry report (relay and individual entries) and team entry fee report from Team Manager or Team unify (in PDF (preferred), word or rich text format). Please e-mail all reports. Completed paperwork, signed waiver, team entry report, and entry fees must be received by March 5, 2018. Mail Fees and hardcopy entries reports to:

**Stephanie Boysen
PO Box 5208, Helena, MT 59604-5208**

Please make all Checks payable to: **Montana Swimming**

- Individuals (not teams) without access to Hy-Tek or Team Unify software may submit your entries on the enclosed master entry sheet. Hy-Tek Lite entry software may be downloaded for free from the Hy-Tek website to enter swimmers. Unattached swimmers may also e-mail the entry data to the registrar by February 20, 2020.
- All relay only swimmers must be listed and pay the per swimmer surcharge. No Deck entries will be allowed. The Entry Summary, Waiver, and USA Swimming Registration Confirmation Sheet must be filled out, signed and returned with the entries and reports. No Phone or Text Messages Entries will not be allowed. Text messages **will not be accepted** for entries, entry changes, proof of time, entry reports, warm-up times, meet start times, or other meet entry requests. Email is preferred for these communications.

SEEDING-

All seeding will be according to the USA Swimming and Montana Swimming rules based on the entry data. The conforming time standard for this meet is yards. All conforming times will be arranged in time order followed by non-conforming times in long course meters and then short course meters (**Y-L-S**). Events will then be seeded in normal fashion. Swimmers will be seeded and swum from slowest to fastest unless otherwise indicated.

No time (NT) entries **will** be accepted.

RELAYS-

Relays will be swum and scored as 10 & U and 11-21 -- for girls, boys, and mixed relays. Official mixed relays must be 2 boys and 2 girls of appropriate age for the relay score or to enter the time into SWIMS. Non-compliant relays will be marked as exhibition.

Relay entry times may be established by aggregating the individual times of the four swimmers involved.

Relay cards must be completed and placed in the relay card box located at the timing table on the pool deck (preferred method) or turned in as directed by the Meet Referee.

Relay swimmers must swim the race in the order the swimmers are listed on the relay entry card given to the lane timer.

Relay scores will be added to the overall team scores. Only one (1) relay from each team per age group and gender will be eligible to score. Teams may enter an unlimited number of relays per event.

Relay only swimmers may only swim a leg of a relay in which the swimmer's best time is a B time or slower in any course in the qualifying period. Relay-only swimmers must pay the meet surcharge fee. Please designate the relay only swimmers in the entry file.

Relay exception for 8 & Under swimmers: 8 & Under swimmers may swim the 10 & Under relay events regardless of which age group they choose to swim in at the meet.

ENTRY LIMITS-

Each swimmer will be seeded according to their submitted fastest yard times. Each swimmer may compete in eight (8) individual events total, a maximum of four (4) individual events on Saturday (+1 relay event) and a maximum of four (4) individual events on Sunday (+1 relay event). There will be no minimum waiting period between events, please take this into account when choosing swimmer's events.

ENTRY DEADLINES-

Entries must be received by: Wednesday, February 26, 2020

Mail fees and entry reports to:

Stephanie Boysen
PO Box 5208, Helena, MT 59604-5208

Late entries may be accepted at the discretion of the Meet Referee. If the late entry is accepted there will be a late charge of \$35.00 charged in addition to the regular meet entry fees. Entry fees for the individual entries must be received prior to the start of the meet.

ENTRY VERIFICATION-

Confirmation of registration will be provided if an email address is provided with entries.

ENTRY FEES-

Make checks payable to: Montana Swimming in US dollars; All fees are non-refundable	
Swimmer Surcharge	\$35.00 flat fee per swimmer
Relays	\$8.00 per relay
Late Entry Fee	\$35.00 per swimmer, \$12.00 per relay

CHECK-IN-

A positive check-in, with the meet referee, will be required for the following events:

- All ages: 500 Free
- All ages: 1000 Free

The 1000-yard Freestyle and 500-yard Freestyle will be deck seeded after positive check in. Positive check in for the 500 Freestyle will be required prior to event 43. Positive check in for the 1000 Freestyle is at the start of warm-ups on Sunday morning. These events will be swum as a single sex and alternating girls and boys, seeded by entry time only, and will be scored by age group and female/male. There will be a 15-minute warm-up prior to the start of 1000 Freestyle. The 1000 Freestyle and 500 Freestyle will be swum fastest to slowest. All swimmers in the 1000 and 500 must supply their own timers and counters.

SCRATCHES-

There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks. Swimmers failing to report for their races will be scratched at the blocks. Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days.

SCORING-

Individual scoring will be kept. All scoring will be on a sixteen (16) -place basis.

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events: 18-14-12-10-8-6-4-2. Only one relay from each team will score.

Relay points will only be used to determine Team Points (see awards below). Only one relay per team will be scored.

AWARDS-

Individual events will be scored and awards given for 8&U, 9-10, 11-12, 13-14, 15-16 and 17-19, boys & girls in each age group. Relays will be scored and awards given for 10&U and 11 & Over.

Medals will be given for all individual events for 1st thru 8th place and Ribbons will be given in all individual events for places 9th thru 16th. Teams shall designate a responsible adult to pick up all awards after the meet.

SPIRIT BANNER-

A traveling Team Spirit Banner will be awarded to the team showing the best display of team spirit, as determined by Coaches, Officials and Meet Management.

B-C TEAM CHAMPIONSHIP-

There will be a B-C Champion Team Award (a traveling banner) given to the team with the top total team score.

RESULTS-

Results will be posted to the Montana Swimming web site at <http://MTSwimming.com>

WARM-UPS-

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/cool-down in the shallow end of the pool.

On Saturday, a 15-minute warm-up session for the 500 Free will start at end of Event No. 48.

On Sunday, warm-ups for the 1000 Free will be announced. Following the 1000 Free, there will be a general warm-up session before the beginning of the remaining events.

Swimmers must enter the pool using a three-point entry for warm-ups except for designated start/sprint lanes or time.

Warm-up times are subject to change depending upon the number of entries. Teams will be notified by email of the actual warm-up schedule by Tuesday, March 3, 2018 and posted on the MT Swimming website (<http://MTSwimming.com>).

OFFICIALS/TIMERS-

To the extent possible, teams are asked to provide certified officials for the meet. To the greatest extent possible, LAKE MONSTERS SWIM TEAM will provide lane timers. For those out-of-town guests who wish to assist with lane timing, there will be a sign-up sheet posted at the meet. Thank you.

All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming registration chair. Officials certified less than one year are encouraged to

contact the meet referee to officiate at this meet. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

The officials' meeting will begin on Saturday 15 minutes after the start of warm-ups; on Sunday it shall begin 15 minutes after the conclusion of the 1000 free.

COACHES-

All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. There will be a coach meeting immediately following the last set of warm-ups on Saturday. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

PROTESTS-

All protests should be given to the meet referee.

HOSPITALITY-

There will be a hospitality area open to all coaches and officials.

CONCESSIONS/SWIM SHOP-

The LAKE MONSTERS SWIM TEAM parents will be operating a concession stand during the meet serving a variety of healthy foods for breakfast. A food truck will provide all other meals. A swim shop will be present to provide essential needs during the meet.

SPECTATORS-

Spectators may be seated in the spectator areas, on the bleachers or the pool deck. As previously stated, meet management requests only timers, officials, coaches, swimmers and parents of 8 & Under swimmers be behind the blocks. We want all swimmers to have an enjoyable meet, but it can be difficult for athletes to get to their starting block if too many people are in the way.

TEAM SPIRIT BANNERS-

All teams are encouraged to bring their team banners. Space will be provided to hang these banners on the west side of the pool, opposite the spectator viewing. We will be happy to provide all necessary hardware to hang a banner. Please check with the meet manager for assistance with your banner.

PLACES TO STAY-

Following below is a list of hotels and rentals available for your stay in Polson during the meet.

Red Lion Inn and Suites (200 Yards to Pool)	(406) 872-2200
KwaTaqNuk Resort (3.0 Miles to Pool)	(406) 883-3636
Port Polson Inn (3.2 Miles to Pool)	(406) 883-5385
Fleming Rentals (Varies)	(406) 871-5991

Please contact Mission Valley Aquatics (406) 883-4567 for more information to help make your stay in Polson.

2018 MT Swimming/LAKE MONSTER B-C Championship
March 6-8, 2020

All Events are Timed Finals

Saturday, March 9				Sunday, March 10			
Girls			Boys	Girls			Boys
Team Warm-ups (TBA)				1000 Free Warm-ups (TBA).			
1	8&U	50 Back	2	50	11-21	1000 MIXED Freestyle	
3	10&U	50 Back	4				
5	11-12	50 Back	6	Team Warm-ups follow 1000 Free			
7	13-21	50 Back	8	51	11-21	200 Breast	52
9	11-21	200 Fly	10	53	8&U	25 Fly	54
				55	10&U	100 Fly	56
11	8&U	25 Breast	12	57	11-12	100 Fly	58
13	10&U	100 Breast	14	59	13-21	100 Fly	60
15	11-12	100 Breast	16				
17	13-21	100 Breast	18	61	8&U	50 Free	62
				63	10&U	50 Free	64
19	8&U	100 IM	20	65	11-12	50 Free	66
21	9-21	200 IM	22	67	13-21	50 Free	68
23	8&U	25 Free	24	69	9-12	100 IM	70
25	10&U	100 Free	26				
27	11-12	100 Free	28	71	8&U	25 Back	72
29	13-21	100 Free	30	73	10&U	100 Back	74
				75	11-12	100 Back	76
31	8&U	50 Fly	32	77	13-21	100 Back	78
33	10&U	50 Fly	34				
35	11-12	50 Fly	36	79	8&U	50 Breast	80
37	13-21	50 Fly	38	81	10&U	50 Breast	82
				83	11-12	50 Breast	84
39	10&U	200 Free	40	85	13-21	50 Breast	86
41	11-21	200 Back	42				
				87	11-12	200 Free	88
				89	13-21	200 Free	90
43	10&U	200 yard Medley Relay	44	91	10&U	200 yard Free Relay	92
45	10 & U	200 MIXED Medley Relay		93	10 & U	200 MIXED Free Relay	
46	11-21	200 yard Medley Relay	47	94	11-21	200 yard Free Relay	95
48	11-21	200 MIXED Free Relay		96	11-21	200 MIXED Free Relay	
15 Warm-up before 500 Free							
49	9-21	500 MIXED Free					

MT Swimming B-C Entry Fee Summary and Waiver/Release Form

Complete and email this form (checks payable to **MT Swimming**) to: **Matt Yovich, coachmatt@bozemanbarracudas.org**

Send Checks and hard copy forms to: Stephanie Boysen, PO Box 5208, Helena, MT 59604-5208

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$35.00 per swimmer	
Relay Entries		\$8.00 per relay	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Montana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. MVA, Montana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the above named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

SIGNATURE (Coach or Club Representative) Title CLUB DATE

INDIVIDUAL/MASTER ENTRY FORM 2018 Montana Swimming Junior B-C State Championships

March 10-11, 2018

Team: _____ Coach: _____ E-mail: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Team Abbreviation: _____

Name <small>(Legal first, middle, and last name)</small>	Age	Sex	USAS #	Event# Time	Event# Time	Event # Time	Event # Time	Event # Time	Event # Time	Event # Time	Fees

Total Swimmers this sheet _____ x \$35.00 = _____

Total Relays _____ x \$8.00 = _____

Total Due \$ _____