



Great Falls Swim Team Rapids Fall Sprint Eliminator Meet

Hosted by Great Falls Swim Team

October 30-31, 2021

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2203

Meet Referee

Name: Merle L. Gunderson

Phone: (406) 868-8433

E-mail: mtgunders@outlook.com

Meet Director

Pat King

303-877-4783

coachpatking@gmail.com

Meet Registrar

Dana Freshly

406-788-0242

dana.freshly@yahoo.com

FACILITY

The meet will be held at the Great Falls High School Pool, 1900 5th Ave South, Great Falls, MT 59405.

The pool elevation is 3324 Feet. The pool is a 6 lane (7 feet wide), indoor 25 yard short course regulation pool, with movable bulkhead, with 6 non-turbulent lane lines. Starting platforms are Spectrum Xcellerator, non-skid, adjustable kick plate starting platforms, equipped with Colorado Times Relay pads with Speed Lights.

The pool is 12 feet deep at the start end and 4 feet 3 inches deep at the turn bulkhead end of the course. The competition course has not been certified in accordance with 104.2.2C (4), each lane is measured with a laser prior to each session, required due to the movable bulkhead.

There is a separate warm-up cool down pool that will be available throughout the competitive meet for coach supervised warm-ups.

Directions: The High School Pool is located on 19th St. S. and 5th Ave. S. From 10th Ave. S. – turn North on 19th St. S. and go 5 blocks to the Bill Swarhout Fieldhouse 19th St will dead-end into the Fieldhouse parking lot. Parking is available on the South, West and East sides of the Fieldhouse. Pool is located in the lower level of the Fieldhouse. Use the South facing door on the lower level to enter the building.

MEET FORMAT

This meet is a Sprint Eliminator meet on Saturday and a time finals meet on Sunday.

Timing will be by full automatic Colorado Timing System with touchpads, relay takeoff pads including speed-light, at starting end of the pool with a secondary timing system of two manual watches or three manual times.

Saturdays 50's and 25's will be swum with a preliminary round as listed in the meet program. The Semi-Final Round will have 3 heats of each event (unless not enough swimmers are registered for that event). The final round will be one heat of each race.

After the final round of sprints, the 500 Free will take place Saturday afternoon. It will be seeded fastest to slowest. A positive check in will be required.

Sunday events will be swum slowest to fastest. Individual events will be swum and awarded as combined sex and age-groups as listed in the entry list.

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.

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.

SAFETY

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 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 the Montana Swimming LSC 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.

We have taken enhanced health and safety measures for your swimmers and officials. All participants and officials must follow our COVID-19 guidelines and stay socially distanced from others as well as always wearing a mask if not competing. Each swimmer entering the pool area will be temperature tested and will have to verbally verify that they do not have any of the symptoms listed on our COVID-19 check in sheet as well as hand sanitizing immediately upon entry into the pool area. 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 those with underlying medical conditions are especially vulnerable. Those volunteers, officials, staff, and swimmers who participate in the meet voluntarily assume all risks related to exposure to COVID-19.

Great Falls Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, Cascade County, and Great Falls School District

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. NO running or horseplay will be tolerated. A safety marshal will be on deck.

Masks must be worn by officials, coaches and spectators at all times. Swimmers must wear masks while they are not in the water.

Locker rooms are for swimmers only. Adults may use the bathrooms on the second floor next to the bleachers. Officials and coaches may use the bathrooms near the hospitality area. Failure to comply with this rule will result in removal from 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.

RULES

This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

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

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.

Visual recording devices, including a cell phone, are not permitted behind the starting blocks.

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.

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

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to 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.

Age as of the first day of the meet shall determine the age group in which the swimmer must compete.

**SWIMMERS
WITH
DISABILITIES**

The GREAT FALLS 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 GREAT FALLS SWIM TEAM's ability to accommodate all requests.

ENTRIES

Teams should e-mail entries dana.freshly@yahoo.com using Hy-Tek or Team Unify software (preferred method) by Friday, October 22nd. 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). Do not include relay swimmer names with your relay entries. Please e-mail all reports. Completed paperwork, signed waiver, team entry report, and entry fees must be received by the first day of the meet, October 30, 2021.

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. Swimmers may also e-mail the entry data to the registrar by October 22, 2021.

Phone entries will be accepted until 8:00 PM Sunday, October 24, 2021 Phone entries to Dana Freshly 406-788-0242. If there is no answer by phone, please leave your name and number and your call will be returned. Entry fees for phone entries must be received prior to the start of the meet.

Entries are to be submitted in SC yards. Submit your team's entries using Hy-Tek software to include a team entry report sorted by athlete name and a relay report from Team Manager. If e-mailing, please include these reports in Word or RTF. **"No Time" entries will be accepted.** The Entry Summary, Waiver, and USA Swimming Registration Confirmation Sheet must be filled out, signed and returned with the entries and reports..

ENTRY LIMITS

Saturday entry limits: Swimmers may swim in 3 events. This can consist of: 3 sprint events, 1 distance event and 2 sprint events, or 2 distance events and 1 sprint event. Swimmers must provide their own timers for distance events on Saturday.

Sunday entry limits: Swimmers may swim in 4 individual events.

Each swimmer will be seeded according to their submitted fastest yard times. All swimmers must swim in their respective age groups. Please note for swimmers 12 and under all races will be swum as mixed sex events.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES Entries must be received by: Friday, October 22, 2021
Mail fees and entry reports to: GREAT FALLS SWIM TEAM PO Box 1504 Great Falls, MT 59403.

Phone/e-mail entries for individuals only (not teams) will be accepted until 8pm, Sunday October 24, 2021. Send the individual entries to dana.freshly@yahoo.com or phone 406-788-0242. Entry fees for the individual entries must be received prior to the start of the meet. Deck entries will only be allowed at the discretion of the meet referee and will be seeded as non-scoring (exhibition) swims and are not eligible for awards. No text messages will be accepted for entries or entry questions.

ENTRY FEES

Make checks payable to: GREAT FALLS SWIM TEAM in US dollars; All fees are non-refundable	
Meet Fee	\$25.00 per swimmer; \$2.00 per event
Late Entry Fee	Double per swimmer

SEEDING The conforming time standard for this meet is yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be converted to short course yard times and seeded along with other entries
No time (NT) entries **will** be accepted. Times will be seeded in yards.

CHECK-IN Check in for event will be as stated in the Deadline and Meeting Summary

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. Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days. There will be no penalty for swimmers who fail to scratch from an event.

SCORING No team or individual scoring will be kept.

AWARDS Events will be swum as combined sex and age groups as designated on the Events List. **Events will be scored and awarded 10 and under boys and girls, 11-12 boys and girls, 13 and over boys and girls**

All swimmers will receive a participation gift. Prizes will be given for the top 6 swimmers in each final event. Places 1-3 will receive a stuffed shark, 4-6 a shark keychain. There will be no awards ceremony. Teams shall designate a responsible adult to pick up all awards after the meet.

RESULTS	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com. List any other sites where results will be posted.
WARM-UPS	<p>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.</p> <p>Swimmers should enter the pool using a three point entry for warm-ups.</p> <p>Warm-up times are subject to change depending upon the number of entries. Warm-up schedules will be e-mailed by Wednesday afternoon, October 27, 2021 to teams providing e-mail addresses</p>
OFFICIALS/TIMERS	<p>To the extent possible, teams are asked to provide timers and other certified meet officials. On deck training time will be available for those wishing to train as an official. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting in the hospitality room. Trainees should attend the pre-meet officials meetings daily and sign in. All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming Registration Chair. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.</p> <p>Each team will be assigned lane timing assignments. A signup sheet will be posted at the meet specifying lane assignments.</p> <p>The officials' meeting will be 15 minutes after the start of warmups</p>
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. 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 limited hospitality area open to all coaches and officials.
CONCESSIONS/ SWIM SHOP	Refreshments will be available at the concession stand. The GREAT FALLS SWIM TEAM parents will be operating a concession stand during the meet serving a variety of healthy foods for breakfast, lunch and snacks.
SPECTATORS	MASKS MUST BE WORN BY SPECTATORS AT ALL TIMES. Spectators may be seated in the spectator areas on the bleachers on the pool deck, on the

bleachers on the balcony above the east end of the pool. Additional spectator areas will be provided in the gym or hallways. The west deck of the pool will be open for spectator use only. Parents can come to that area to watch their swimmers race.

**Great Falls Rapids Fall Sprint Eliminator
ORDER OF EVENTS - Saturday, October 30, 2021**

Session 1: AM Distance

Girls/Women	Event	Boys/Men
1	13-21 400 IM (Mixed)	1

Session 2: Sprint Events

Girls/Women	Event	Boys/Men
3	10 & U 50 Fly (Mixed)	3
4	11-12 50 Fly (Mixed)	4
5	13-21 50 Fly	6
7	10 & U 50 Back (Mixed)	7
8	11-12 50 Back (Mixed)	8
9	13-21 50 Back	10
11	10 & U 50 Breast (Mixed)	11
12	11-12 50 Breast (Mixed)	12
13	13-21 50 Breast	14
15	10 & U 50 Free (Mixed)	15
16	11-12 50 Free (Mixed)	16
17	13-21 50 Free	18
19	10 & U 25 Fly (Mixed)	19
20	11-12 25 Fly (Mixed)	20
21	13-21 25 Fly	22
23	10 & U 25 Back (Mixed)	23
24	11-12 25 Back (Mixed)	24
25	13-21 25 Back	26
27	10 & U 25 Breast (Mixed)	27
28	11-12 25 Breast (Mixed)	28
29	13-21 25 Breast	30
31	10 & U 25 Free (Mixed)	31
32	11-12 25 Free (Mixed)	32
33	13-21 25 Free	34

****Please note there will be a significant break between each sprint round****

Session 3: PM Distance

Girls/Women	Event	Boys/Men
35	10-21 500 Free (Mixed)	35

ORDER OF EVENTS - Sunday, October 31, 2021**Session 4: Timed Finals**

Girls/Women	Event	Boys/Men
37	12 & U 200 IM (Mixed)	37
39	13-21 200 IM (Mixed)	39
41	12 & U 100 Free (Mixed)	41
43	13-21 100 Free (Mixed)	43
45	12 & U 200 Fly (Mixed)	45
47	13-21 200 Fly (Mixed)	47
49	12 & U 100 Breast (Mixed)	49
51	13-21 100 Breast (Mixed)	51
53	12 & U 200 Back (Mixed)	53
55	13-21 200 Back (Mixed)	55
57	12 & U 100 Fly (Mixed)	57
59	13-21 100 Fly (Mixed)	59
61	12 & U 200 Breast (Mixed)	61
63	13-21 200 Breast (Mixed)	63
65	12 & U 100 Back (Mixed)	65
67	13-21 100 Back (Mixed)	67
69	12 & U 200 Free (Mixed)	69
71	13-21 200 Free (Mixed)	71
73	12 & U 100 IM (Mixed)	73
75	13-21 100 IM (Mixed)	75

Great Falls Rapids Fall Sprint Eliminator Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **GREAT FALLS SWIM TEAM**):

GREAT FALLS SWIM TEAM PO Box 1504 Great Falls, MT 59403

Team Name	
Club Code and LSC Code	
Coach Name	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$25.00	\$
Individual Events		\$2.00	
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. GREAT FALLS SWIM TEAM, 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)

CLUB

TITLE

DATE