

2023 Last Chance Meet

February 11th & 12th, 2023

SANCTION

Held under sanction of USA Swimming, Inc. (USA-S) and New Mexico Swimming Inc. (NMSI).

Sanction Number: NMS23O07R

HOST

Roadrunners of Albuquerque Aquatic Club (RAAC)

KEY MEET PERSONNEL

Meet Director: Matt Benedict

Meet Referee: Debbie Schmidt

Admin Official: Brandi Nolen

Entry Chair: Brandi Nolen

LOCATION

West Mesa Aquatic Center

6705 Fortuna Rd NW, Albuquerque, NM 87121

DIRECTIONS:

Exit I-40 on Coors Blvd and head South to Fortuna, turn right, go past West Mesa HS and the pool is located just west of the school. Parking is on the north side of the facility for the meet.

FACILITY

The West Mesa Aquatic Center is an indoor 50 Meter, 8 Lane facility with a bulkhead at 25 yards. Only the deep end 8 lanes will be used during competition. During the meet, additionally the other half of the pool will be used for warm up/warm down. The pool is equipped with wave suppressing lane lines and a Colorado Timing and Scoreboard system. Facility altitude is measured as 5125ft. The competition course has not been certified in accordance with 104.2.2C(4).

WMAC prohibits smoking or use of other tobacco products on the pool deck, in the changing rooms, in spectator seating, and in all areas used by swimmers during this meet. No glass containers will be allowed anywhere inside the WMAC. There is no food allowed inside of the facility. Team and families will be allowed to set

up outside in the parking lot if they so wish. **There are NO PETS allowed on the deck. Use of profanity is prohibited.**

DISCLAIMER COVID-19: 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, NEW MEXICO SWIMMING, AND VIPERS OF ALBUQUERQUE SWIM 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19.

LIABILITY

In granting this approval it is understood and agreed that USA Swimming, Inc. (USA-S), New Mexico Swimming (NMSI), Roadrunners of Albuquerque Aquatic Club (and its Board of Directors), the City of Albuquerque, West Mesa Aquatic Club, West Mesa Aquatic Center and all meet officials shall be held free and held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event, which includes warm-up sessions. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable. Please be respectful of the facility and all visitors within. Vandalism to property

will not be tolerated. If anyone witnesses such behavior, please report to the Meet Director or Meet Referee.

RULES

Current USA Swimming Rules and Regulations govern this meet, except as noted in this meet information. See attached order of events for the list of events and their schedule.

MINOR ATHLETE ABUSE PREVENTION POLICY

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

LOCKER ROOMS

Use of audio or visual recording devices, including a cell phone camera is not permitted in changing areas, restrooms, 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 prohibited. Following MAAPP guidelines, only athletes will be allowed in the locker rooms at the east end of the pool. All others, coaches, officials, and adults will be required to use bathrooms at the south end of the facility. Athletes will not be allowed in the officials and coaches bathroom areas.

ELIGIBILITY

Swimmers must be 2023 USA Swimming registered. **All registrations will be verified. No on deck registrations will be accepted.** Swimmer’s age as of February 11th, 2023 will determine their age for the meet. There are no time standards for this meet.

UNACCOMPANIED SWIMMER

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. All swimmers must be under the direct supervision of an attending coach throughout the meet, if an unaccompanied swimmer needs assistance contacting an attending coach, please contact the meet referee or the meet director.

DISABLED SWIMMERS

Disabled swimmers are welcome. Please contact the Meet Referee if special considerations are needed.

SWIMWEAR

Swimwear must conform to those rules specified in the USA Swimming Rulebook 102.8, SWIMWEAR.

SAFETY GUIDELINES

Safety Marshals shall be on deck to enforce the safety guidelines. The marshals, under the direction of the Meet Referee, shall have the authority to remove any swimmer or coach found to be in violation of unsportsmanlike conduct, swimming ethics, or procedures outlined in the meet information. USA Swimming certified Coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures. All swimmers must be supervised by a certified USA Swimming Coach throughout the warm-up session.

DRONES

Drones are prohibited over venues any time athletes, coaches, officials, and /or spectators are present.

COACHES

There will be a coaches meeting approximately 15 minutes prior to the start of warmup. All coaches must show their valid USA swimming Member Card credentials upon arrival at the meet.

OFFICIALS

Volunteer officials and training officials are welcome and encouraged. Visiting team officials who would like to volunteer at the meet should contact the Meet Referee. All officials must be current in their certifications. Individual entry fees for one swimmer of officials who work both sessions will be waived. Please provide the names of the officials and the swimmer when submitting entries.

PROGRAMS, HEAT SHEETS, AND RESULTS

Programs, including heat sheets, will be available for purchase at the meet. Results will also be posted on meet mobile. Final results will be emailed to all participating teams.

CONCESSIONS

Food concessions will not be available at the meet. No food allowed in facility.

FORMAT

This is a timed finals meet. All events will be functionally seeded in the athlete's gender and age.

ENTRIES

Swimmers may compete in a maximum of four (4) individual events per session. All entries are to be received no later than **Friday, February 3rd, 2023**. No late entries will be accepted. All teams must submit their entries via email, using Hy-Tek Team Manager software or through Team Unify, along with a PDF copy of a meet entries report by athlete name. Please email electronic entries to Brandi Nolen at brandi@beastswim.com. You must include the name, email address, and phone number of the person who prepared the entries for clarification purposes. Paper entries and non-Hy-Tek email entries will be subject to an additional charge of \$5.00 per swimmer. The membership affidavit can be scanned/emailed at the time of entries or turned into the Clerk of Course before Friday warmups begin.

There will be NO deck entries.

Time Trials

Time trials will be offered at the conclusion of the Sunday session only at the sole discretion of the Meet Referee. Time trials do not count against the meet limit of 4 events per session. Swimmers must be entered in an individual event in the meet to be eligible to participate in time trials. The USA Swimming protocol will be used for time trial event Rules Governing Sanctioned order. The deadline for time trial entries will be decided by the Meet Referee, announced, and posted with the Clerk of Course. Swimmers will not be allowed to exceed the 6 events per day rule with entries in the time trials.

Swimmer Cap

The number of swimmers in the meet will be capped at 350. Entries will be accepted in the order they are received. If total entries on a given date cause the meet to exceed 350 swimmers, all entries received that day will be accepted up to a total of 400 swimmers. This is the hard cap for the meet.

ENTRY FEES

Individual Entry Fee, \$5

NMS Surcharge, \$7

Pool Surcharge, \$14

Time Trials, \$10

Meet fees will be waived for qualified swimmers in accordance with sections 7.1.1.1 and 7.1.6 of NMSI Rules and Regulations. Other meet fees are not refundable.

PAYMENT

Full payment can be made by cashier's check or team check **payable to "Roadrunners of Albuquerque Aquatic Club" or "RAAC"**

Payment can be mailed to:
Roadrunners Aquatic Club
P.O. Box 90973
Albuquerque, NM 87199

If meet entry fees are not paid by the start of warmups on Saturday, February 11th, 2023, coaches will not receive their packets and swimmers may be scratched from the meet until full payment is made.

EVENT SEEDING

All entries will be seeded by yards or with NT. Events will be seeded slowest to fastest.

SCORING AND AWARDS

There will be no individual or team scoring. There will be no ribbons or medals.

Distance, 400 IM & 1650 Freestyle:

Positive check in is required 30 minutes before the start of the meet. Swimmers will be required to supply their own timers and counters.

WARM-UP PROCEDURES

Warm-up Procedure: General warm up for 35 minutes and specific warm up for 15 minutes. Please enter using feet first only entry.

Saturday, Feb. 11th

- General Warm up: 3:30 pm
- Dive-Starts: 4:05 pm
- Meet Start: 4:30 pm

Sunday, Feb. 12th

- General Warm Up: 8:00 am
- Dive-Starts: 8:35 am
- Meet Start: 9:00 am

SCHEDULE OF EVENTS

SATURDAY – February 11th

EVENT # Description

- #1. Open 50 Free**
- #2. 11 & Over 200 Breast**
- #3. Open 100 Back**
- #4. 11 & Over 200 Fly**
- #5. 12 & Under 50 Breast**
- #6. Open 200 Free**
- #7. 12 & Under 50 Back**
- #8. 11 & Over 400 IM**

SUNDAY – February 12th

- #9. 11 & Over 500 Free**
- #10. 12 & Under 50 Fly**
- #11. Open 100 Free**
- #12. Open 100 Breast**
- #13. 11 & Over 200 Back**
- #14. Open 100 Fly**
- #15. 12 & Under 100 IM**
- #16. Open 200 IM**
- #17. 13 & Over 1650 Free (w/1000 split)**