



**Minnesota Achievement Championships
RIVER FALLS SWIM CLUB**

Saturday, July 09, 2022 — to — Sunday, July 10, 2022

Sanction Number: MN22S-06-009Y

Time Trial Sanction Number: MN22S-06-009YTT

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.

| | |
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| Meet Director: | Michael Brudzinski, 651-755-6825 headcoach@riverfallsswimclub.org |
| Meet Officials | Meet Referee: Melissa Wymer Admin Referee or Admin Official: TBD Deck Referee: TBD Starter: TBD Stroke & Turn Officials: TBD, TBD |
| Inquiries: | Michael Brudzinski, 651-755-6825 headcoach@riverfallsswimclub.org |
| Emergency Phone: | 651-755-6825. |
| Meet Type: | This is a 2 day meet for all swimmers with verifiable time slower than a "SILVER" time standard. All "Bronze" and "Pre-Bronze" times qualify. This is a closed meet: Only swimmers from the MN LSC can participate. |
| Fees: | \$9.20 per individual splash (\$4.25 Host Splash Fee + \$2.20 MNSI Splash Fee+ \$2.75 Facility Splash Fee), \$36.80 per relay splash (\$17.00 Host Relay Splash + \$8.80 MNSI Splash Fee + \$11.00 Facility Splash Fee) With the adoption of Policy 239, attending athletes will no longer have to pay a separate facility fee as set by the different championship hosts. The Championship Facility Splash Fee is created by adding together all of the MAC & MRC facility costs and dividing by the total number of estimated splashes for all sites. This allows all athletes to pay the same individual splash fee regardless of their zoned site and each athlete pays for the splash fee only for those swims they have entered. |
| Time Schedule: | Morning warm-up sessions will start at 7:30am, warm-up sessions will end at 8:25am and the meet will start at 8:30am. Afternoon sessions will not start before 1:15pm (time) following a 60 minute warm-up. |
| Awards: | Individual Events: Events: Strip Ribbons, 1 st – 8 th . Certificates will be issued for new Champ, Gold and Silver times. Ribbons for 1st-8th place will be awarded for each relay event. Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results. |
| 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. Livestream feed available throughout the meet. Northwest Designs Inc. on site for MAC clothing sales. |

FACILITY/LOCATION

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| Meet Location: | 818 Cemetery Road, River Falls WI 54022 |
| Directions: | 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. 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.

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

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| Facility: | 8 lanes, 25 yard indoor pool with lane lines 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 facility the meet is taking place at, including entry/exit procedures into the facility and cleaning protocols.</p> <p>Spectators ARE allowed at this event.</p> <p>Masks ARE NOT required at this event.</p> <p>Meet WILL be live-streamed.</p> <p>Changes to plans regarding spectators, masks, etc will be communicated to all teams attending prior to the meet.</p> <p>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.</p> <p>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.</p> <p>Any other revisions or changes, will be communicated to teams prior to arrival for the meet through the coaching staff.</p> |

ENTRIES

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| Entries To: | Michael Brudzinski, 651-755-6825 headcoach@riverfallsswimclub.org |
| Form of Entries: | email entries are required. It is the entering team's responsibility to check back with the host if the confirmation of entries is not received within 24 hours. |
| Entry Start Date: | Entries will be accepted beginning at 8:00 pm on Friday, June 03, 2022. |
| Entry Close Date: | An Email copy of your entry is due Wednesday, June 29, 2022 by 8:00 PM. Proof of Times are NOT required with entries. Be prepared to show OFFICIAL MEET RESULTS for any times not in SWIMS as per the Proof of Times guidelines for the meet. <u>Meet Mobile is NOT considered official results.</u> |
| To correct entry mistakes: | The host will confirm the entries received from each team as soon as it is administratively feasible. In the event there are mistakes, the entering team may submit corrections to the host for swimmers already in the meet. This is not to add swimmers or events for those who missed the June 29 th , 2022 deadline. |

To add new qualifiers only: Swimmers qualifying for new events between the entry deadline and 2:00pm on Monday, July 4, 2022 require the entering team to email all the initial entries AND the new qualifiers in a single new entry file to the host club, and bring to the meet a new hard copy with all the events and changes highlighted along with a check for the entry fees. This is not to add swimmers or events for those who missed the June 29th, 2022 deadline.

No new entries will be accepted after the 2:00 PM Monday deadline. It is the duty of the entering team to make sure their entry is correct. It is not the duty of the host to interpret the wishes of the entering team.

Late Entries: Any team or athlete missing the entry deadline will be permitted to submit a Late Entry subject to the following restrictions:

- 1) Late entries must be submitted via email to the Entries Chair, no later than Monday, July 4, 2022 at 2PM.

A one-time processing fee of \$50 and entry fees of 18.40 per individual event; \$73.60 per relay event must be paid prior to the start of the meet. (Fees are double the on-time entry fees. All Late Fees will go to the MN Swimming General Fund.)

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 championship events per day and 1 relay per day. Swimmers must have a verifiable time slower than a "SILVER" time standard. All "Bronze" and "Pre-Bronze" times qualify. These times must be verifiable from January 1, 2019 to present. The meet will be seeded with conforming times first and non-conforming times thereafter.

MAC Relays: 200 Freestyle and Medley Relays will be offered according to the following categories – 9-10/8&U girls/boys and Mixed 10&U in the AM sessions and 11-12/13&O girls/boys and MIXED 11&O in the PM Sessions. Each club is limited to three (3) relays per event. Ribbons for 1st-8th place will be awarded for each relay event.

- No "relay only" swimmers will be permitted to participate on relays. All swimmers must have qualified and be entered to swim an individual event in Minnesota Achievement Championship in order to participate on a relay.
- Once a swimmer is qualified and entered for a Minnesota Achievement Championship individual event there are no time requirements to participate on a relay.
- **Mixed Relays must be comprised of two boys and two girls.**
- All relays in each session will be combined and swum together. Swimmers may only swim 1 relay per day.

Proof of Times/Fines: A qualifying time may be achieved at USA Swimming sanctioned or approved or observed swim. These times are verified through the USA Swimming SWIMS database.

A qualifying time may also be achieved at a bona fide meet sanctioned and conducted by a recognized organization (i.e. high school, college, YMCA) with verifiable and independently obtainable results published by the meet host or that organization. This proof of time must come from the actual published results of the meet. Each team or individual is responsible for providing their proof of times.

A swimmer failing to achieve an event's qualifying time standard at the meet must provide proof of their qualifying time if it is not in the SWIMS database. If a time is not proven the entering party will incur a \$100 fine. Fines are to be paid to the MN Swimming General Fund. All fines must be paid by the end of the meet. After the conclusion of the meet, swimmers/clubs have one week to prove their times and have

their fine refunded. Failure of the team to pay the fine by the first meet of the following season's entry deadline will result in the team's charter being suspended until the fine is paid.

When an event does not have a qualifying time standard but requires a verifiable entry time, the swimmer must provide proof of that time if it is not in the SWIMS database. If the entry time cannot be verified the swimmer will be withdrawn from the event and any times they may have achieved in that event at the meet will not be included in the official results.

Meet Results are required for proof of times. MEET MOBILE RESULTS ARE NOT ACCEPTABLE AS THEY ARE NOT CONFIRMED ACCURATE.

ELIGIBILITY / ATHLETES

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| Eligibility: | Swimmers must have a verifiable time slower than a "SILVER" time standard. All "Bronze" and "Pre-Bronze" times qualify. |
| Athletes with disabilities: | <p>Swimmers with a permanent disability as defined by USA Swimming are welcome to participate in this meet. Swimmers will use the 2018-2020 Para Swimming Time Standards for Minnesota Swimming to qualify. They must have a verifiable time slower than a "MRC" time standard in the SWIMS database or from results published by a bona fide sanctioning body, within the eligibility period for the meet, for the event(s) they wish to enter.</p> <p>The entering coach or swimmer must contact the Referee to discuss any modification for the disabled swimmer to participate. Swimmers entering under this criterion must be noted on the team's Proof of Time report.</p> |
| 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 swimmer per event. |
| 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

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| Coach's Meeting: | Will take place on a regular basis at the discretion of the referee. |
| Deck Access – Coaches & Official check-in: | <p>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.</p> <ul style="list-style-type: none">❖ 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 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.

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 changing is 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:

400 IM, 500 Free, 1000 Free, & 1650 Freestyle: These events will be deck seeded upon completion of the positive check-in. Positive check-in is required by the time stated at the coaches meeting at the timing table. Minnesota Scratch rules will be in effect. Heats for distance events may be combined across gender at the Meet Referee's discretion. All age groups (within the session) will be combined, heats **will NOT** alternate genders, and will be separated for score/awards by age group offered at the meet.

Saturday AM: The 500 FR will be swum slowest to fastest.

Saturday PM: The 1650 will be swum fastest to slowest and combine age groups when seeding.

Sunday PM: The 400 IM and 500 free will be swum slowest to fastest. The 1000 free will be swum fastest to slowest and combine age groups when seeding. (All age-groups in the session will be combined for seeding distance events (broken out for awards)).

Additional criteria for entering the 1000 Freestyle or the 1650 Freestyle events:

1. Swimmers with a “verifiable” time in the 400/500 Free may use that time to become eligible for the 1000 or 1650 provided they have not swum these events before (enter using “NT”). Note: this rule applies to this meet but not to the Minnesota Regional Championships or STATE meet.
2. Swimmers with a “verifiable” time in the 800/1000 may use that time to become eligible for the 1650 and vice-versa provided they have not swum the event before (enter using “NT”). Note: this rule applies to this meet but not to the Minnesota Regional Championships or STATE meet.

Time Trials:

Time trials will be offered, time permitting at the discretion of the meet referee. Time trials are open only to swimmers in the meet. Time trials count toward a swimmer’s daily entry limit (but not against their overall individual championship event total for the meet -See Entry Limitations). Sign up will be at the Admin/Meet Management table. There will be a cost of \$10.00 per time trial event. A 10 minute warm-up for time trials will be allowed as time permits at the discretion of the meet referee. Time trial swimmers are required to supply their own timer.

- Any time trial must be submitted by the athlete’s coach.

Time Standards:

MN Swimming Time Standards – the most current edition published on the MNSI website will be used.

Meet Lane Timing Needs:

A motion was passed on 10/20/1998 that states: “During all MNSI regularly bid, sanctioned events, visiting clubs will provide timers as necessary for the duration of the competition. The meet will not begin until the timing needs have been met. The host club may not place requirements on any individual team to participate at any specific level.”

If your club would like to help out on a specific time or day, please contact the Meet Director.

ORDER OF EVENTS

| SATURDAY AM | | | |
|--------------------|------------|----------------------|-------------|
| Girls | Age | Event | Boys |
| 1 | 9-10 | 200 Free Relay | 1 |
| 3 | 8 & U | 200 Free Relay | 4 |
| 5 | 10 & U | Mixed 200 Free Relay | 5 |
| BREAK | | | |
| 6 | 10 & U | 100 FL | 7 |
| 8 | 8 & U | 50 FR | 9 |
| 10 | 9-10 | 50 FR | 11 |
| 12 | 10 & U | 100 BK | 13 |
| 14 | 8 & U | 50 BR | 15 |
| 16 | 9-10 | 50 BR | 17 |
| 18 | 10 & U | 200 FR | 19 |
| BREAK | | | |
| 20 | 10 & U | 500 FR | 21 |

| SATURDAY PM | | | |
|--------------------|------------|----------------------|-------------|
| Girls | Age | Event | Boys |
| 22 | 11-12 | 200 Free Relay | 23 |
| 24 | 13 & O | 200 Free Relay | 25 |
| 26 | 11 & O | Mixed 200 Free Relay | 26 |
| BREAK | | | |
| 27 | 11-12 | 400 IM | 28 |
| 29 | 13 & O | 400 IM | 30 |
| 31 | 11-12 | 100 FL | 32 |
| 33 | 13 & O | 100 FL | 34 |
| 35 | 11-12 | 50 FR | 36 |
| 37 | 13 & O | 50 FR | 38 |
| 39 | 11-12 | 100 BK | 40 |
| 41 | 13 & O | 100 BK | 42 |
| 43 | 11-12 | 200 BR | 44 |
| 45 | 13 & O | 200 BR | 46 |
| 47 | 11-12 | 50 BR | 48 |
| 49 | 13 & O | 200 FR | 50 |
| 51 | 11-12 | 200 FR | 52 |
| BREAK | | | |
| 53 | 13 & O | 1650 FR | 54 |
| 55 | 11-12 | 1650 FR | 56 |

| SUNDAY AM | | | |
|------------------|------------|------------------------|-------------|
| Girls | Age | Event | Boys |
| 57 | 9-10 | 200 Medley Relay | 58 |
| 59 | 8 & U | 200 Medley Relay | 60 |
| 61 | 10 & U | Mixed 200 Medley Relay | 61 |
| BREAK | | | |
| 62 | 10 & U | 200 IM | 63 |
| 64 | 8 & U | 50 BK | 65 |
| 66 | 9-10 | 50 BK | 67 |
| 68 | 8 & U | 100 FR | 69 |
| 70 | 9-10 | 100 FR | 71 |
| 72 | 10 & U | 100 BR | 73 |
| 74 | 9-10 | 50 FL | 75 |
| 76 | 8 & U | 50 FL | 77 |

| SUNDAY PM | | | |
|------------------|------------|------------------------|-------------|
| Girls | Age | Event | Boys |
| 78 | 11-12 | 200 Medley Relay | 79 |
| 80 | 13 & O | 200 Medley Relay | 81 |
| 82 | 11 & O | Mixed 200 Medley Relay | 82 |
| BREAK | | | |
| 83 | 11-12 | 200 IM | 84 |
| 85 | 13 & O | 200 IM | 86 |
| 87 | 11-12 | 50 BK | 88 |
| 89 | 13 & O | 200 BK | 90 |
| 91 | 11-12 | 200 BK | 92 |
| 93 | 13 & O | 100 FR | 94 |
| 95 | 11-12 | 100 FR | 96 |
| 97 | 13 & O | 100 BR | 98 |
| 99 | 11-12 | 100 BR | 100 |
| 101 | 11-12 | 200 FL | 102 |
| 103 | 13 & O | 200 FL | 104 |
| 105 | 11-12 | 50 FL | 106 |
| 107 | 13 & O | 500 FR | 108 |
| 109 | 11-12 | 500 FR | 110 |
| BREAK | | | |
| 111 | 13 & O | 1000 FR | 112 |
| 113 | 11-12 | 1000 FR | 114 |

**Minnesota Achievement Championships
RIVER FALLS SWIM CLUB
July 9-10, 2022**

Sanction Number: MN22S-06-009Y
Time Trial Sanction Number: MN22S-06-009YTT

Entering Club's Name: _____ **Club Code** _____

Coach: _____ **Phone #** _____

Entries Person: _____ **Phone #** _____

Entry Data Costs:

_____ Total Splashes x \$ 9.20 = \$ _____ # of boys _____ # of girls _____

_____ Total Relays x \$36.80 = \$ _____

Total Due = \$ _____

Make checks payable to: RIVER FALLS SWIM CLUB **All fees are due** By the start of the 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 _____