



**Winter Waves  
OMNI Swim Club**

**Saturday, February 03, 2024 — to — Sunday, February 04, 2024**

**Sanction Number:** MN24W-01-132Y

**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 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 to anyone during the conduct of the event.

<b>Meet Director:</b>	Lindsey Hulit Harrigan, <a href="mailto:omniheadcoach@gmail.com">omniheadcoach@gmail.com</a> , 651-769-7004
<b>Meet Officials</b>	Meet Referee: Rebecca Binder Admin Referee: Rebecca Binder Deck Referee: Denis Ryan Starter: Justin Flattum Stroke & Turn Officials: Darcy Samson, Steve Senger
<b>Inquiries:</b>	Lindsey Hulit Harrigan, <a href="mailto:omniheadcoach@gmail.com">omniheadcoach@gmail.com</a> , 651-769-7004
<b>Emergency Phone:</b>	651-769-7004
<b>Meet Type:</b>	Open Invitational
<b>Teams Invited:</b>	Priority will be given to RFSC, BDOG, RWSC, NHCP, HAST, SCSC and NSAC. All other teams will be accepted on a first come, first served basis. 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.
<b>Fees:</b>	\$15 per swimmer flat fee + \$5/individual splash+ \$20/relay.
<b>Time Schedule:</b>	All ages will be combined into 1 session each day with warm-ups beginning at 9:00am, meet start at 10:00am.
<b>Awards, Prizes and Scoring:</b>	Best time ribbons will be provided
<b>Programs:</b>	Programs will be available via Meet Mobile and as a PDF on MNSI and host website.

**Amenities:** Concessions will be available for purchase. Lucky Ducks available for purchase prior to and at meet to be used to send motivational messages to your athletes

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## **FACILITY/LOCATION**

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**Meet Location:** Skyview Middle School 1100 Heron Avenue North, Oakdale, MN 55128.

**Directions:** Google Maps

**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 12 ft at the start end and 4 ft at the turn end.

**Course certification:** The competition course has NOT been certified in accordance to 104.2.2C(4).

**Medical Supervision:** Safety Officials will have first aid equipment and AED device available to athletes participating in the meet.

**Other:** The promotion of good sportsmanship and healthy competition is a strong focus of this meet. Coaches and athletes will strive throughout the meet to demonstrate behaviors that encourage confidence and excitement in all swimmers present at the meet.

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## **ENTRIES**

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**Entries To:** Lindsey Hult Harrigan, [omniheadcoach@gmail.com](mailto:omniheadcoach@gmail.com), 651-769-7004

**Form of Entries:** email entries are preferred

**Entry Start Date:** Entries will be accepted beginning at 8:00am on Friday, January 05, 2024

**Entry Close Date:** Entries will close at 9:00pm on Wednesday, January 24, 2024. 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 4 individual events per day and 1 relays per day. Seed times must be in yards.

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## **ELIGIBILITY / ATHLETES**

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**Eligibility:** All swimmers regardless of previous times achieved are welcome and encouraged to participate in this meet.

**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 \$100 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.

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**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 - 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 timing table. Check in with the Meet Marshall wearing the yellow vest. We will check his/her USA Swimming app for identification purposes to ensure they are legal to be on the pool deck. 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 timing table. Check in with the Meet Marshall wearing the yellow vest. We will check his/her USA Swimming app for identification purposes to ensure they are legal to be on the pool deck. 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.

**Safe Sport:**

- The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- The Minor Athlete Abuse Prevention Policy ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S.

Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after February 3, 2024, who has not completed Athlete Protection Training by the **first** day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after February 3, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

**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. Distance events will occur

following a 10 minute warm-up period and be combined across distances per the Meet Referee's discretion. Heats will be swum fastest to slowest.

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

**Open Lane Swims:** The MNSI "Open Lane Swim" procedure will be available at this meet. The open lane fee is \$ 5. Sign-up is on a first come basis at the timing table. Swimmers must be registered in the swim meet in order to have the opportunity to participate in Open Lane Swims. In the event of a missed heat, the Referee will determine if the missed swim may occur and how it is conducted. Swimmers may swim events for which they have no times. Swimmers may not exceed the event limit of 4 events including Open Lane Swims. Swimmers may scratch an event in order to swim on Open Lane Swim to stay within the entry limit. No refunds will be given for scratched events.

**Time Standards:** MN Swimming Time Standards – the most current edition published on the MNSI website will be used. Senior boys events will use the 13-14 age group time standards to qualify. Senior girls events will use the 15-16 age group time standards to qualify.

**ORDER OF EVENTS**

Saturday - Warm-ups 9:00, Meet start 10:00		Sunday - Warm-ups 9:00, Meet start 10:00	
1	**Mixed Open 200 FR Relay	13	**Mixed Open 200 Medley Relay
2	Mixed Open 200 FR	14	Mixed Open 100 FR
3	Mixed Open 50 FL	15	Mixed Open 50 BK
4	Mixed Open 100 BR	16	Mixed Open 200 BK
5	Mixed Open 50 BK	17	Mixed Open 50 BR
6	Mixed Open 200 FL	18	Mixed Open 200 BR
7	Mixed Open 50 BR	19	Mixed Open 100 IM
8	Mixed Open 100 BK	20	Mixed Open 50 FL
9	Mixed Open 100 IM	21	Mixed Open 100 FL
10	Mixed Open 50 FR	22	Mixed Open 50 FR
11	*Mixed Open 400 IM	23	Mixed Open 200 IM
12	*Mixed Open 500 FR	24	*Mixed Open 1000 FR
		25	*Mixed Open 1650 FR

\*Indicates events in which a positive check-in is required and in which swimmers will be required to provide their own timers and counters.

\*\*Mixed relay events may be comprised of any number of swimmers of any gender. They are not limited to 2 females and 2 males at this meet.

**Note: Lead-off times from mixed relays NOT made up of 2 females and 2 males will NOT be loaded into SWIMS.**

Meet Calculation Form

**Winter Waves  
OMNI SWIM CLUB  
FEBRUARY 3-4, 2024**

Sanction Number: MN24W-01-132Y

Entering Club's Name: \_\_\_\_\_ Club Code \_\_\_\_\_

Coach: \_\_\_\_\_ Phone # \_\_\_\_\_

Entries Person: \_\_\_\_\_ Phone # \_\_\_\_\_

**Entry Data Costs:**

\_\_\_\_\_ Total # swimmers x Flat Fee of \$ 15 = \$ \_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Splashes x \$ 5 = \$ \_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Relays x \$ 20 = \$ \_\_\_\_\_

**Total Due = \$ \_\_\_\_\_**

**Make checks payable to:** OMNI Swim Club **All fees are due** at 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.

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**Who should we contact if there is a problem with your entry file?**

Name \_\_\_\_\_

Phone: Day \_\_\_\_\_ Night \_\_\_\_\_

Email Address: \_\_\_\_\_