



**2024 MN RSC Summerfest
ROCHESTER SWIM CLUB**

Friday, June 07, 2024 — to — Sunday, June 09, 2024

Sanction Number: MN24S-04-169M

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.

- Meet Director:** Autumn Kappes, meetentries@rochesterswimclub.com
- Meet Officials**
Meet Referee: Jack Swanson
Admin Referee or Admin Official: TBD
Deck Referee: TBD
Starter: TBD
Stroke & Turn Officials: TBD, TBD
- Inquiries:** Autumn Kappes, meetentries@rochesterswimclub.com, 507-696-1885
- Emergency Phone:** Rochester Rec Center 507-328-2500
- Meet Type:** Invitational; All events are open and mixed gender.
- Teams Invited:** Invite to teams in MN and WI. 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.
- Fees:** \$10/Flat Rate per athlete plus \$10.10/individual event
- Time Schedule:** *Athletes swim AM or PM, not both on Saturday*
Friday PM Session 4:30pm Warmups; 5:30pm Start
Saturday AM Session 7:30am warm up; 8:30am start

Saturday PM Session 12:00pm warm up; 1:00pm start

Sunday AM Session 7:30am warmup; 8:30am start

**Awards, Prizes
and Scoring:**

No awards; only heat winners

Programs:

Programs will be available via Meet Mobile and as a PDF on host website.

Amenities:

Limited concessions will be available in the gym. Gym will be available for additional spectator seating at tables/chairs. No camping in the gym, pool deck, or around building.

Hospitality meals will be provided to coaches and officials that work multiple sessions each day.

FACILITY/LOCATION

Meet Location:

21 Elton Hills Road NW Rochester, MN .

Directions:

Approaching Rochester from the South or North on US Hwy 52 take the 19th Street NW exit. From the North, take a left across the bridge and continue on the Elton Hills Drive. Follow Elton Hills Drive to just before the intersection with Broadway (0.8 mile). The Rec Center is on the left prior to the Broadway Intersection. If you approach from the South take the 19th Street Exit, veer right and continue through the light onto Elton Hills Drive. Follow Elton Hills Drive for about 1 mile. Pool is on the left. Entrance to the pool during competition is on the WEST side only.

Facility:

8 lanes, 50 meter indoor pool with lane lines and backstroke pennants. Slanted Starting blocks are 29.5 inches above the water surface.

Water depth:

The minimum water depth, measured in accordance with Article 103.2.3 is 13.5 ft at the start end and 4.5 ft at the turn end.

Course certification:

The competition course HAS been certified in accordance to 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Medical Supervision:

There is always an abundance of doctors and nurses at our meets in the med city. We have 1-2 lifeguards on duty at all of our meets.

Other:

There are 950 seats located on the upper west side of the pool. All spectators must stay in these upper bleachers. Parents are not allowed on deck at any time. Only athletes, coaches, officials, and current volunteers can be on deck and/or in the stands on the deck. Teams are responsible for cleaning up their areas at the conclusion of each session.

The Rochester Swim Club reserves the right to remove anyone from the facility or facilities the club is using while conducting a swim meet. Facility staff and or local law enforcement will be called if a person chooses to be argumentative or unwilling to respect the wishes of the Rochester Swim Club administration.

ENTRIES

Entries To:

Autumn Kappes, meetentries@rochesterswimclub.com

Form of Entries:

Email only, meetentries@rochesterswimclub.com

Entry Start Date:	Entries will be accepted beginning at 10:00am on Tuesday, May 14, 2024. First come, first served until full.
Entry Close Date:	Entries will close at 10:00am on Tuesday, May 28, 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 8 individual events in the meet. Maximum of 2 individual events on Friday, 4 individual events on Saturday and 2 individual events on Sunday. Seed times must be in meters.

ELIGIBILITY / ATHLETES

Eligibility:	Anyone can enter; No time standards. Only entered at LCM Times, NO conversions. NO NT Times accepted! Every event will run fast to slow. All events are open & mixed gender. Saturday-athlete can swim AM or PM, not both. Limited to entries on Friday, 4 entries Saturday; 2 on Sunday
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.

MEET ADMINISTRATION, CONDUCT

Coach's Meeting:	Will take place on a regular basis at the discretion of the referee.
Deck Access - Coach & 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 with meet director in clerk of course 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) with Meet Referee in the Bob Fick Room. 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) 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. 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.
- 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 June 7, 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 June 7, 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. Heats for distance events may be combined across gender at the Meet Referee’s discretion. Minnesota Scratch rules will be in effect. Distance events Sunday limited to 8 heats per event. Events will run fast to slow, open, mixed gender. 800 athletes must provide timers and counters.

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 \$ 10. 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 5 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:

No Senior time standards will be used for this meet.

ORDER OF EVENTS

Session 1 Friday PM Starts at 5:30 pm

Age Group	Event #	Gender	Event
Open	1	Mixed	400 Free
Open	2	Mixed	100 Back
Open	3	Mixed	200 Breast
Open	4	Mixed	50 Free

Session 2 Saturday AM Starts at 8:30am

Age Group	Event #	Gender	Event
Open 11 & 0	5	Mixed	200 Free
Open 11 & 0	6	Mixed	100 Breast
Open 11 & 0	7	Mixed	200 Fly
Open 11 & 0	8	Mixed	50 Free
Open 11 & 0	9	Mixed	200 IM
Open 11 & 0	10	Mixed	100 Fly
Open 11 & 0	11	Mixed	200 Back
Open 11 & 0	12	Mixed	100 Free

Session 3 Saturday PM Starts at 1:00pm

Age Group	Event #	Gender	Event
Open	13	Mixed	200 Free
Open	14	Mixed	50 Back
Open	15	Mixed	100 Fly
Open	16	Mixed	100 Free
Open	17	Mixed	50 Breast
Open	18	Mixed	200 IM
Open	19	Mixed	50 Fly
Open	20	Mixed	100 Breast
Open	21	Mixed	50 free

Session 3 Sunday AM Starts at 8:30am

Age Group	Event #	Gender	Event
Open	22	Mixed	400 IM
Open	23	Mixed	800 Free

Meet Calculation Form

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ROCHESTER SWIM CLUB
June 7-9, 2024**

Sanction Number: MN24S-04-169M

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total # swimmers x Flat Fee of \$ 10.00 = \$ _____ # of boys _____ # of girls _____

_____ Total Splashes x \$ 10.10 = \$ _____ # of boys _____ # of girls _____

Total Due = \$ _____

Make checks payable to: Rochester Swim Club **All fees are due** before the meet starts.

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: _____