



**2024 MN STAR Invite
STAR SWIM TEAM**

Sunday, January 21, 2024

Sanction Number: MN24W-11-121Y

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: Chantal Bui - starswim@hotmail.com 651-704-0024

Meet Officials
Meet Referee: Jim Hanton
Admin Official: Roberta Casey
Deck Referee: Jim Hanton
Starter: Chantal Bui
Stroke & Turn Officials: TBD, TBD

Inquiries: Chantal Bui - starswim@hotmail.com 651-704-0024

Emergency Phone: 612-819-2494.

Meet Type: ABC Open Invitational meet

Teams Invited: All Teams - First come, first serve. 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: \$2.10 per individual splash, \$8.40 per relay splash, \$60 per swimmer

Time Schedule: One Session. Warm-up will be 8:00AM. Meet will start at 9:10AM.

Awards, Prizes and Scoring: Unique Heat winner awards to all Heat Winners.

Programs:	Programs will be available via Meet Mobile.
Amenities:	Minimal Concessions will be available. Large camping area.

FACILITY/LOCATION

Meet Location:	St. Catherine University, Butler Center Pool 2004 Randolph Ave., St. Paul , MN 55105
Directions:	<p>Directions from West Metro: Take I-94 east towards St. Paul. Take Cretin Avenue exit. South on Cretin to Randolph Avenue. East on Randolph to Fairview Avenue intersection. Right on Fairview.</p> <p>Enter the campus grounds at Gate 4. Directions from East Metro: Take I-35E south from I-94. Take Randolph Avenue exit west. Turn left on Fairview Avenue. Enter the campus grounds at Gate 4 on the right.</p>
Facility:	8 lanes, 25 yard indoor pool with lane lines 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 14 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).
Medical Supervision:	Lifeguards will be on duty. First Aid Kit and AED available.
Other:	The events and order of events may be changed with the approval of 100% of the teams attending the Meet. This may also include combining events.

ENTRIES

Entries To:	Matt Teske, starswimteamentry@gmail.com.
Form of Entries:	Email entries are required.
Entry Start Date:	Entries will be accepted beginning at 8:00 AM on Monday, December 11, 2023
Entry Close Date:	Entries will close at 8:00 PM on Thursday, January 11, 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. Seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility:	All swimmers. Please enter with a time, not NT.
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 at the timing table. 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. 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. <p>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.</p> <p>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.</p>
Safe Sport:	<ul style="list-style-type: none"> • 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 01/21/2024, 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 01/21/2024, 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. Boys 500 free will be swum

fastest to slowest with a positive check in required. Girls 400 IM will be swum fastest to slowest with a positive check in required.

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

Boys	Girls
1. 200 IM	2. 100 IM
3. 50 FREE	4. 50 FLY
5. 100 FLY	6. 200 FLY
7. 50 BREAST	8. 50 BACK
9. 100 BACK	10. 100 FREE
11. 200 FREE	12. 200 IM
13. 50 FLY	14. 50 BREAST
15. 100 BREAST	16. 200 BACK
17. 50 BACK	18. 50 FREE
19. 100 FREE	20. 200 BREAST
10 min Break	
21. 500 FREE	22. 400 IM

Meet Calculation Form

**2024 MN STAR Invite
STAR SWIM TEAM**

JANUARY 21, 2024

Sanction Number: MN24W-11-121Y

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

Coach: _____ **Phone #** _____

Entries Person: _____ **Phone #** _____

Entry Data Costs:

_____ Total # swimmers x Flat Fee of \$ 60 = \$ _____ # of boys _____ # of girls _____

_____ Total Splashes x \$ 2.10 = \$ _____ # of boys _____ # of girls _____

Total Due = \$ _____

Make checks payable to: STAR Swim Team **All fees are due** at 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: _____