



**2018 HLST-MT Swim Mixer Meet**  
**Hosted by Helena Lions Swim Team**  
**July 28 – July 29, 2018**

**Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #\_\_\_\_\_.**

If the meet is dual sanctioned with Masters include -- This meet is dual sanctioned with Montana Masters sanction # \_\_\_\_.

**Meet Referee**

Phil Dolan  
(406)-227-6081  
spurko@msn.com

**Meet Director**

Kristin Lamping  
  
kristinlamping@gmail.com

**Meet Registrar**

Kyle Kallin  
(406)-459-0475  
kallinkyle545@gmail.com

**FACILITY**

Last Chance Splash Waterpark and Pool is located at 1203 Last Chance Gulch Helena, MT

This facility is an 8 lane, 50 meter outdoor pool equipped with non-turbulent lane ropes. There will be a warm up and cool down pool in the dive tank next to the pool. Timing will be done with automatic Daktronics Timing System with pads at the start end and two manual watches. The pool is 5 feet deep at the start end and 3'3" deep at the turn end. The competition course has not been certified in accordance with 104.2.2c(4)

Please note that this will be a **whistle free** meet. **All events will be started based on voice commands.** Please discuss this with your swimmers prior to the meet

**MEET FORMAT**

Events will be swum as noted on the enclosed Order of Events and will be scored 8 & U -9-10, 11-12, 13 & over. All events will be timed finals. The 400 free and 400 IM will be swum fastest to slowest, mixed heats. Some events may be over the top starts.

This is a mixer meet so there will be a slight change to format of teams. All the swimmers in the meet will be assigned as part of the Yellow Team or the Blue Team. Each swimmer will receive either a Yellow Team cap or a Blue Team cap to wear during the meet to show what team they are representing. When we calculate scores each swimmer's points will go towards their teams' total. The winning team will receive a build your own Sunday, the team that does not win will have an opportunity to build their own Sundays as well for a small fee.

**SAFETY**

The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming during warm-ups and cool downs, swimmers must enter the pool using a three point entry. Coaches are advised

to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshal will be on deck.

In the event of thunder or lightning the pool deck must be closed (all patrons out of the pool and off the deck) until 30 minutes after the last strike of lightning is seen or the last clap of thunder is heard.

## **RACING STARTS**

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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. Any swimmers who must start in the water shall be listed in a separate document returned with the entries.

## **RULES**

This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms anytime athletes, coaches, officials and/or spectators are present.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.

The USA Swimming Code of Conduct and athlete protection provisions will be enforced.

All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming.

Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet.

This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

## **ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. or US Masters Swimming. Swimmers must be registered prior to entry deadline. There will be no on deck USA Swimming registration available at this meet. Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair.

Age as of the first day of the meet shall determine the age group in which the

swimmer must compete.

## **SWIMMERS WITH DISABILITIES**

The HLST welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 106, to compete at the meet. Disabled swimmers or their coaches are required to provide advance notice in writing to the meet referee and meet director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. It is at the discretion of the meet referee to determine whether the needed accommodations can be met by the meet resources. Failure to provide advance notice may limit the HLST ability to accommodate all requests.

## **ENTRIES**

Teams should email entries to Kyle Kallin at [kallinkyle545@gmail.com](mailto:kallinkyle545@gmail.com) using Hy-Tek or Team Unify software (preferred method) by **Saturday July 21, 2018**. Along with your meet entry file, include your team entry report (relay and individual entries) and team entry fee report from Team Manager or Team Unify (in PDF word or rich text format). Waiver and fee summary should be mailed with the meet fees.

Individuals (not teams) without access to HY-Tek or Team Unify software may submit your entries on enclosed master entry sheet Hy-tek Lite entry software may be downloaded for free from the Hi Tek website to enter swimmers. Swimmers may also e-mail the entry data to the registrar by **July 21, 2018**.

All relay only swimmers must be listed and pay the per swimmer surcharge. Master swimmers are welcome and encouraged to compete at the meet. Please enter with your Masters ID number and not a USA Swim ID number.

## **ENTRY LIMITS**

Each swimmer may compete in a total of eight (8) individual events with a maximum of four (4) individual events and one (1) relay on Saturday and four (4) individual events and one (1) Relay on Sunday.

## **ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

## **ENTRY DEADLINES**

The Meet Registrar must receive entries by the date and time listed in the Deadline and Meeting Summary (note: no earlier than 10 days prior to the start date of the meet). No late entries will be accepted. Entries must be received by: **July 21, 2018**

Mail Fees and Waiver to:  
**Helena Lions Swim Team**  
**PO Box 936**  
**Helena MT 59624**

Phone/e-mail entries for individuals only (not teams) will be accepted until **7:00 PM on July 22, 2018**. Send the individual entries to Kyle Kallin at (406)-459-0475 or [kallinkyle545@gmail.com](mailto:kallinkyle545@gmail.com). Entry fees for the individual entries must be received prior to the start of the meet. Deck entries will only be allowed at the discretion of the meet referee and will be seeded as non-

scoring (exhibition) swims and are not eligible for awards. No text messages will be accepted for entries or entry questions.

## **ENTRY FEES**

| Make checks payable to: Helena Lions Swim Team in US dollars<br>All fees are non-refundable |                  |
|---------------------------------------------------------------------------------------------|------------------|
| Individual Event                                                                            | \$2.00 per event |
| Relays                                                                                      | \$2.00 per relay |
| Athlete Surcharge                                                                           | \$16.00          |

An entry fee of \$16.00 plus \$2.00 per event will be charged for each swimmer competing in the meet. There will be a charge of \$2.00 per relay team. Entry fees must accompany the entries in US dollars. Please make checks payable to Helena Lions Swim Team. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be no refunds.

## **CHECK-IN**

All events will be pre-seeded. There will not be a positive check-in for the 400 Free or the 400 IM.

## **SEEDING**

Swimmers should enter with their fastest officially recorded time in meters (or enter with a converted LCM or SCM time). No time (NT) entries will be accepted. Times will be seeded in meters. Swimmers will be seeded slowest to fastest in all events except as noted. Distance races will be swum as a mixed event, but scored by age group and gender.

## **SCRATCHES**

There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks. Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days. There will be no penalty for swimmers who fail to scratch from an event.

## **SCORING**

Events will be scored as follows:

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events: Relays will be unscored

## **AWARDS**

Ribbons for first through twelfth will be awarded for each individual event in each age group for males and females -- 8&U, 9-10, 11-12, 13 and over. There are no awards for relays. There will be no awards ceremony. Teams shall designate a responsible adult to pick up all awards after the meet.

## **RESULTS**

**Results will be posted to the Montana Swimming web site at <http://www.mtswimming.com>.**

## **WARM-UPS**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times

according to the number of entries.

There will be a 20 minute warm up session before the 400 IM and 400 Free.

#### **OFFICIALS/TIMERS**

To the extent possible, teams are asked to provide timers and other certified meet officials. On deck training time will be available for those wishing to train as an official. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting each day in the hospitality area. Trainees should attend the pre-meet officials meetings daily and sign in. All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming Registration Chair. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

The officials' meeting will be 15 minutes before the start of the meet.

#### **COACHES**

All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings. There will be a coaches meeting at 8:00 AM on Saturday.

#### **PROTESTS:**

All protests should be given to the meet referee.

#### **HOSPITALITY**

There will be a hospitality area open to all coaches and officials.

#### **CONCESSIONS/ SWIM SHOP**

Refreshments will be available at the concession stand. The HLST parents will be operating a concession stand and swim shop during the meet serving a variety of healthy foods for breakfast, lunch and snacks.

#### **SPECTATORS**

Access to the pool deck may be gained through the south gates or through the pool office and locker rooms. Spectators may observe from the designated observation area on the 50 meter pool deck, however no chairs or camping is allowed within the fenced area. Spectators are requested to leave the pool area between races (Accommodations can be made for individuals with mobility restrictions-please check with the safety marshals at the meet.)

According to County Health Department regulations the number of spectators and participants allowed in the facility is limited in order to comply with pool capacity limits. If the capacity is exceeded the city reserves the right to close the south gates.

Umbrellas, tarps, and canopies for swimmers and spectators will not be allowed inside the fence and on the pool deck but allowed in the adjacent Memorial Park area during the meet. Due to underground watering lines, do not use stakes to secure umbrellas, tarps, canopies or tents in the park.

There is no overnight camping allowed in Memorial Park.

Access to the pool deck may be gained through the south gates or through the pool office and locker rooms. Spectators may observe from the designated observation area on the 50 meter pool deck, however no chairs or camping is allowed within the fenced area. Spectators are requested to leave the pool area between races (Accommodations can be made for individuals with mobility restrictions-please check with the safety marshals at the meet.)

According to County Health Department regulations the number of spectators and participants allowed in the facility is limited in order to comply with pool capacity limits. If the capacity is exceeded the city reserves the right to close the south gates.

Saturday July 28 after the meet is over there will be a barbeque and pool party. This will run from 5:00-7:30, swimmers and their families will have an opportunity to use the waterpark for free during this time.

## ORDER OF EVENTS

**Saturday, July 28**

**Warm-up: 8:00-9:00 AM; Meet Start: 9:10 AM**

| <b>Girls/Women</b> | <b>Event</b>                 | <b>Boys/Men</b> |
|--------------------|------------------------------|-----------------|
| <b>1</b>           | <b>Open 200 Backstroke</b>   | <b>2</b>        |
| <b>3</b>           | <b>Open 50 Freestyle</b>     | <b>4</b>        |
| <b>5</b>           | <b>Open 100 Breaststroke</b> | <b>6</b>        |
| <b>7</b>           | <b>Open 200 Freestyle</b>    | <b>8</b>        |
| <b>9</b>           | <b>Open 50 Backstroke</b>    | <b>10</b>       |
| <b>11</b>          | <b>Open 100 Butterfly</b>    | <b>12</b>       |
| <b>13</b>          | <b>Mixed 200 Free Relay</b>  | <b>13</b>       |
| <b>14</b>          | <b>Mixed 400 IM</b>          | <b>14</b>       |

**Sunday, July 29**

**Warm-up: 8:00-9:00 AM; Meet Start: 9:10 AM**

| <b>Girls/Women</b> | <b>Event</b>                  | <b>Boys/Men</b> |
|--------------------|-------------------------------|-----------------|
| <b>15</b>          | <b>Open 200 Butterfly</b>     | <b>16</b>       |
| <b>17</b>          | <b>Open 50 Breaststroke</b>   | <b>18</b>       |
| <b>19</b>          | <b>Open 100 Freestyle</b>     | <b>20</b>       |
| <b>21</b>          | <b>Open 200 Breaststroke</b>  | <b>22</b>       |
| <b>23</b>          | <b>Open 50 Butterfly</b>      | <b>24</b>       |
| <b>25</b>          | <b>Open 100 Backstroke</b>    | <b>26</b>       |
| <b>27</b>          | <b>Open 200 IM</b>            | <b>28</b>       |
| <b>29</b>          | <b>Mixed 200 Medley Relay</b> | <b>29</b>       |
| <b>30</b>          | <b>Mixed 400 Freestyle</b>    | <b>30</b>       |

## HLST-MT Swimming Mixer Meet: Entry Fee Summary and Waiver/Release From

Complete and email or mail this form along with entry fees to (checks payable to HLST):  
**Helena Lions Swim Team PO Box 936 Helena Mt 59624 / [kallinkyle545@gmail.com](mailto:kallinkyle545@gmail.com)**

|                        |  |
|------------------------|--|
| Team Name              |  |
| Club Code and LSC Code |  |
| Coach Name             |  |
| Coach Phone            |  |
| Coach Email            |  |
| Team Address           |  |

| Item                  | Total Number | Cost per            | Total |
|-----------------------|--------------|---------------------|-------|
| Individual Entries    |              | \$2.00 per event    | \$    |
| Relay Entries         |              | \$2.00 per relay    | \$    |
| Swimmer Surcharge     |              | \$16.00 per swimmer | \$    |
| <b>Total Fees Due</b> |              |                     | \$    |

### **Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Montana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. HLST, Montana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the above named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE