



2018



Hosted by Falls Aquatic Swim Team

<http://fallsAquatic.com>

October 27-28, 2018

The meet is held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #1095

Meet Referee

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Meet Director

Jason Lorang

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Meet Registrar

Dana Freshly

406-788-0242

MeetRegistrar@FallsAquatic.com

MEET INFORMATION HIGHLIGHTS

Entry Deadline	Friday, October 19, 2018
Entry Limits	5 Individual + 1 relay per day 10 Individual events total
Entry Fees	\$18 Fee per Swimmer \$3 fee per event

FACILITY

The meet will be held at the Great Falls High School Pool, 1900 5th Ave South, Great Falls, MT 59405.

The pool elevation is 3324 Feet. The pool is a 6 lane (7 feet wide), indoor 25 yard short course regulation pool, with movable bulkhead, with 6 non-turbulent lane lines.

Starting platforms are Spectrum Xcellerator, non-skid, adjustable kick plate starting platforms, equipped with Colorado Times Relay pads with Speed Lights.

The pool is 12 feet deep at the start end and 4 feet 3 inches deep at the turn bulkhead end of the course. The competition course has not been certified in accordance with 104.2.2C (4), each lane is measured with a laser prior to each session, required due to the movable bulkhead.

There is a separate warm-up cool down pool that will be available throughout the competitive meet for coach supervised warm-ups.

DIRECTIONS

Directions: The High School Pool is located on 19th St. S. and 5th Ave. S. From 10th Ave. S. – turn North on 19th St. S. and go 5 blocks to the Bill Swarthout Fieldhouse 19th St will dead-end into the Fieldhouse parking lot. Parking is available on the South, West and East sides of the Fieldhouse. Pool is located in the lower level of the Fieldhouse. Use the South facing door on the lower level to enter the building.

MEET FORMAT

This is a timed finals meet.

Timing will be by full automatic Colorado Timing System with touchpads, relay takeoff pads including speed-light, at starting end of the pool with a secondary timing system of two manual watches or three manual times.

Individual events will be swum as combined age-groups as listed in the entry list. All individual events will be scored as 8 & Under, 9-10, 11-12, 13-14 15-21.

The 1000-yard Freestyle and 500-yard Freestyle will be deck seeded, if required, after positive check-in as a mixed age-group and sex event and will be scored by age-group and female/male.

Swimmers in the 1000 Free & 500 Free must provide their own timers, and must also provide their own counters.

The 1000-yard Freestyle and 500-yard Freestyle will be swum fastest to slowest.

At the Meet Referee's discretion, events may be combined by age, gender, provided there is at least one empty lane between such combined events. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers.

If only a few swimmers are entered into an event, other events may be combined, seeded and swum as a mixed event at the meet referee's discretion, but will be scored and awarded by sex and age group.

Relays will be seeded and swum as mixed. Teams may compete as all girls, all boys, or a mix of boys and girls.

Note that we are offering 3 25-yard events on each day, with the 25 free and 25 back offered each day. This is for the convenience of our newest swimmers, to ensure they have a fair number of events to choose from each day. The swimmer may elect to swim the same event twice and will be scored for each race individually. Both times will be entered into the USAS SWIMS.

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.

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.

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.

Visual recording devices, including a cell phone, are not permitted behind the starting blocks.

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) any time athletes, coaches, officials and/or spectators are present. 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. 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.

(Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc. such as for state championship meets.)

(If on deck USA Swimming registration is allowed at the meet, state so in this section. USA Swimming registration is allowed on deck at this meet.)

(For MT Championship meets, all swimmers must be registered athlete members of Montana Swimming.)

SWIMMERS WITH DISABILITIES

The FAST Team 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 FAST team's ability to accommodate all requests.

ENTRIES

Teams should e-mail entries MeetRegistrar@FallsAquatic.com using Hy-Tek or Team Unify software (preferred method) by Friday, October 19th, 2018. Along with your meet entry file, include your team meet entry report (relay and individual entries) and team entry fee report from Team Manager or Team unify (in PDF(preferred), word or rich text format). Do not include relay swimmer names with your relay entries. Please e-mail all reports. Completed paperwork, signed waiver, team entry report, and entry fees must be received by the first day of the meet, October 27th, 2018.

Individuals (not teams) without access to Hy-Tek or Team Unify software may submit your entries on the enclosed master entry sheet. Hy-Tek Lite entry software may be downloaded for free from the Hy-Tek website to enter swimmers. Swimmers may also e-mail the entry data to the registrar by the 19th of October 2017.

All relay only swimmers must be listed and pay the per swimmer surcharge.

Phone entries will be accepted until 8:00 PM Sunday, October 21st, 2018. Phone entries to Dana Freshly 406-788-0242. If there is no answer by phone, please leave your name and number and your call will be returned. Entry fees for phone entries must be received prior to the start of the meet.

Entries are to be submitted in SC yards. Submit your team's entries using Hy-Tek software to include a team entry report sorted by athlete name and a relay report from Team Manager. If e-mailing, please include these reports in Word or RTF. **"No Time" entries will be accepted.** The Entry Summary, Waiver, and USA Swimming Registration Confirmation Sheet must be filled out, signed and returned with the entries and reports.

ENTRY LIMITS

Each swimmer may compete in ten (10) individual events total, five (5) maximum per day, plus one relay per day. There will be no minimum waiting period between events.

Relay teams can be single sex or mixed within the event age range.

Each swimmer will be seeded according to their submitted fastest yard times. All swimmers must swim in their respective age groups. 8 & Under may choose 8 & Under events and 10 & Under events.

ENTRY VERIFICATION

Confirmation of registration will be provided if an email address is provided with entries.

ENTRY DEADLINES

Entries must be received by: Friday, October 19th, 2018

Mail fees and entry reports to: FAST PO Box 1504 Great Falls, MT 59403.

Phone/e-mail entries for individuals only (not teams) will be accepted until 8pm, Sunday October 21, 2018. Send the individual entries to MeetRegistrar@FallsAquatic.com or phone 406-788-0242. 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: FAST in US dollars; All fees are non-refundable	
Swimmer	\$18 per swimmer
Surcharge	\$3 per event
Individual Event	None
Relays	\$10.00 per relay
Late Entry Fee - after the 19 th Oct	Double the surcharge fee

SEEDING

The conforming time standard for this meet is yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be converted to short course yard times and seeded along with other entries

No time (NT) entries **will** be accepted. Times will be seeded in yards.

CHECK-IN

A positive check-in, with the meet referee, will be required for the following events:

- All ages: 500 free
- All ages: 1000 free

The 1000-yard freestyle and 500-yard freestyle will be deck seeded after positive check in. Positive check in for the 500 Freestyle is required prior to event 27. [Positive check in for the 1000 Freestyle will be required by the start of the event's warmup on Sunday morning.](#) These events will be swum as a mixed sex and combined event, seeded by entry time only, and will be scored by age group and female/male. There will be a fifteen minute warmup prior to the start of 500 Freestyle. [The 1000 freestyle and 500](#)

freestyle will be swum fastest to slowest. All swimmers in the 1000 and 500 must supply their own timers and counter.

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

No team scoring will be kept. Individual scoring will be kept. No relay scores will be kept. All scoring will be on a sixteen (16) place basis.

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

AWARDS

Events will be swum as combined age groups as designated on the Events List. Events will be scored 8&U, 9-10, 11-12, 13-14, 15-21.

Medals will be given to the top 6 in each event per age group 8&U, 9-10, 11-12, 13-14, 15-21. 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. During the competition, there will be lanes available for continuous warm-up/cool-down in the shallow end of the pool.

On Sunday, warm-ups for the 1000 Free will start at 7:00 a.m. Following the 1000 Free, there will be a general warm-up session before the beginning of the remaining events. On Saturday, a 15 minute warm-up session for the 500 free, will start at end of event #40. The warm-up cool down pool will be open throughout the meet for coach supervised warm-ups.

Swimmers should enter the pool using a three point entry for warm-ups.

Warm-up times are subject to change depending upon the number of entries. Teams will be notified of any changes by Tuesday, October 23rd, 2018. Warm-up schedules will be e-mailed by Wednesday afternoon, October 24th, 2018, to teams providing e-mail addresses and posted on the MT Swimming website as well as the Falls Aquatic website (<http://FallsAquatic.com>).

OFFICIALS/TIMERS

To the extent possible, teams are asked to provide certified officials for the meet. To the greatest extent possible, FAST parents will serve as timers. For those out-of-town guests who wish to assist with lane timing, there will be a sign up sheet posted at the meet.

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 room. 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 Saturday beginning 15 minutes after the start of warmups; Sunday beginning 15 minutes after the conclusion of the 1000 free.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. There will be a coach meeting at immediately following the last set of warm-ups. 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.

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

The FAST parents will be operating a concession stand during the meet serving a variety of healthy foods for breakfast, lunch and snacks. A swim shop will be present to provide essential needs during the meet.

SPECTATORS

Spectators may be seated in the spectator areas on the bleachers on the pool deck, on the bleachers on the balcony above the east end of the pool. Additional spectator areas will be provided in the gym or hallways. The west deck of the pool will be open for spectator use only. Parents can come to that area to watch their swimmers race.

TEAM SPIRIT BANNERS

ALL Teams are encouraged to bring their team banners. Space will be provided to hang these banners on the west side of the pool, opposite the spectator viewing. We will be happy to provide all necessary hardware to hang a banner. Please check with the meet manager for assistance with your banner.

2018 FAST FALL FROST

October 27-28, 2018

Falls Aquatic Swim Team, Great Falls, MT

Saturday, October 27 th			Sunday, October 28 th		
Girls		Boys	Girls		Boys
1	8 & U 25 Breast	2	42 (mixed)	11 & Over 1000 Free	
3	12 & U 100 Breast	4	General Warm Ups		
5	12 & U 100 Free	6			
7	8 & U 25 Back	8	43	8 & U 25 Back	44
9	11 & Over 200 Fly	10	45	12 & U 50 Breast	46
11	12 & U 50 Fly	12	47	12 & U 200 Free	48
13	12 & U 200 IM	15	49	8 & U 25 Free	50
15	12 & U 200 Back	16	51	12 & U 200 Breast	52
17	8 & U 25 Free	18	53	8 & U 25 Fly	54
19	12 & U 100 IM	20	55	12 & U 100 Fly	56
21	12 & U 50 Back	22	57	12 & U 100 Back	58
23 (Mixed)	12 & U 100 Medley Relay		59	12 & U 50 Free	60
25 (Mixed)	12 & U 200 Medley Relay		61(Mixed)	12 & U 100 Free Relay	
27 (Mixed)	13 & Over 200 Medley Relay		63(Mixed)	12 & U 200 Free Relay	
29	13 & Over 100 Breast	30	65(Mixed)	13 & Over 200 Free Relay	
31	13 & Over 200 Back	32	67	13 & Over 200 Breast	68
33	13 & Over 50 Fly	34	69	13 & Over 100 Fly	70
35	13 & Over 200 IM	36	71	13 & Over 50 Breast	72
37	13 & Over 50 Back	38	73	13 & Over 200 Free	74
39	13 & Over 100 Free	40	75	13 & Over 100 Back	76
15 minute Warm Up			77	13 & Over 50 Free	78
41 (Mixed)	11 & Over 500 Free				

FAST Fall Frost Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **FAST**):

FAST PO Box 1504 Great Falls, MT 59403

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

Item	Total Number	Cost per	Total
Individual Entries		\$3.00 per event	\$
Relay Entries		\$10.00 per relay	\$
Swimmer Surcharge		\$18.00 per swimmer	\$
Total Fees Due			\$

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. **TEAM HOST, FACILITY**, 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE