



2018 Montana Swimming Holiday Championships

Polson, Montana

Hosted by the Polson Lake Monsters

December 14-16, 2018

SANCTION #2001

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction.

Meet Director:
Shayna Swanson
(719)3228214

Meet Registrar:
Lanni Jacobson
(406)544-1170

Meet Referee:
Curt Jacobson
(406)370-2460

FACILITY	MVA is a regulation 25-yard, eight-lane pool with non-turbulent lane dividers and scoreboard/clock display showing event, heat, lane, place and time. Eight lanes will be used for the competition. MVA is equipped with Spectrum Aquatics Xcellerator starting blocks. At the discretion of meet officials, periodic breaks in the competition cycle will be provided for warm-up and warm down between events. The start end is 12' deep and the turn end is 4' deep. The competition course has been certified by USA Swimming as a "Permanent Racing Course." The copy of such certification is on file with USA Swimming. This is a partial closed deck meet; only athletes, certified coaches, USA officials, timers and meet management may be behind the blocks and in the timing area. Timing will be by an automatic Colorado Timing System with touch pads on the start end and manual backup timers. All events will be timed finals. There is seating available on deck for spectators and a room will be provided for swimmers in additional areas
Bull Pen	A bull pen will be in use to help keep the meet moving quickly, and to keep behind the blocks clear. Swimmers will check in at the bull pen and sit with their heat. They will be released to go behind their blocks 3 heats prior to their event. Only swimmers, officials, swimmer's aid and meet volunteers will be allowed to enter the bull pen during the meet.

MEET FORMAT	This will be a prelims/finals championship meet. Championship rules will apply There will be 10 and Under, 11-12 and 13 and Over age-groups; only men and women's disciplines. 10 and Under Swimmers must achieve one BB standard time, 11-12 Swimmers must achieve one “A” time and 13 and Over swimmers must achieve one “A” 13-14 qualifying time (see attached Time Standards). The 1650, 1000 and 500 free, 400 IM will be swum as timed finals during prelims, Relays will be swum in the Finals Session each day. All other events will be swum in prelim/finals championship format. There will be one heat of finals for 10 and Under age group, one heat of finals for 11-12 age group and two final heats for 13 and Over age group. Finals will be run as an 8 lane format. Events will be swum as listed on the schedule of events with the exception that: the 1650 free, 1000 free, 500 free and 400 IM into mixed gender heats and seeded and swum fastest to slowest. Swimmers in the 1650 free, 1000 free and 500 free must provide their own counters and timers. Positive check-in will be required for all swimmers 1650 free, 1000 free, 500 free, and 400 IM. Warm-up/cool-down breaks may be provided at the meet referee’s discretion.
SAFETY	The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. Each coach is responsible for informing swimmers of the provisions of the safety code before attending the meet. 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. No diving is allowed from the turn end of the pool.
RACING STARTS	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. 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 and Drones, is not permitted in changing areas, rest rooms, locker rooms or behind

	starting blocks. Operating of a drone, or any 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. Deck changing is not appropriate and is absolutely prohibited. Swimmers may change into and out of swim suits in the appropriate men's, women's, or family locker rooms. Swimmer may NOT change in the restroom located on the deck by the hot tub. 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. No area of the building should be considered secure. Lake Monsters Swim Club and or Mission Valley Aquatics are not responsible for loss or damage of any items.
ELIGIBILITY	All swimmers must be registered with USA Swimming. Swimmers must be registered prior to entry deadline. Age as of the first day of the meet shall determine the age group in which the swimmer must compete.
SWIMMERS WITH DISABILITIES	The Lake Monsters welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 106, to compete at the meet. Disabled swimmers must contact the meet referee to arrange for any needed accommodations by December 10, 2018. Please notify the meet referee if the use of personal assistants and/or registered service animals is required. 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 host team's ability to accommodate all requests.
ENTRIES	Entries shall only be accepted via OME by Wednesday December 10th. Completed paperwork, signed waiver, team entry report, and entry fees must be mailed by December 10th 2018.

ENTRY LIMITS	Each swimmer may compete in a maximum of seven (7) individual events, a maximum of three (3) individual events on Saturday, and three (3) individual events on Sunday. Each swimmer may compete in (1) relays each day.
ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of OME deadline.
ENTRY DEADLINES	Entries must be received via OME by: Saturday, December 10, 2018 and entry reports signed waivers and entry fees must be mailed to the following address by December 10, 2018 Mail entries to: Attn: Lanni Jacobson Mission Valley Aquatic Center PO Box 8276 Missoula, MT 59807 No text messages will be accepted for entries or entry questions.
ENTRY FEES	An entry fee of \$18.00 plus \$3.00 per event will be charged for each swimmer competing in the meet. If there are outreach swimmers entered in the meet, those fees will be \$10.00 per swimmer. Proof of outreach status must be on record with the Montana Swimming registrar in order to receive this reduced fee. There will be a charge of \$8.00 per relay team. Entry fees must accompany the entries in US dollars. Please make checks payable to Montana Swimming. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be no refunds.
Make checks payable to Montana Swimming in US dollars; All fees are non-refundable	
Individual Event	\$3.00 per event
Relays	\$8.00 per relay
Entry Fee	\$18.00 Meet Entry Fee
Entry Fee – Outreach Swimmer Only	\$10.00 total Entry Fee

QUALIFYING TIME STANDARDS	Qualifying times will be a minimum of one 10 and U “BB” time for all 10 and U Swimmers, one 11-12 “A” time for all 11 and Over swimmers. Time standards are listed below. A maximum of seven (7) individual events for the meet. These qualifying times must be swum between September 1 2017 and December 10, 2018. Swimmers should enter with their fastest officially recorded time in yards or with a converted LCM or SCM time. No time (NT) entries will be accepted. Times will be seeded in yards.
SEEDING	Swimmers will be seeded slowest to fastest except the 1650 free, 1000 free, 500 free and 400 IM will be seeded and swum mixed fastest to slowest All events will be scored and awarded for both girls and boys. 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.
POSITIVE CHECK-IN	A positive check-in is required for all swimmers in the 1650 free, 1000 free, 500 free and 400 IM. The positive check-in sheet is posted at the timing table. Swimmers need to check in for the 1650 by 6:15 pm on Friday afternoon. Positive check-in for the 500 free will need to be completed by 7:30 am on Saturday and the 400 IM and 1000 free positive check in will need to be completed by 7:30 am on Sunday. Swimmers that fail to check in will be scratched from the event. Depending upon the number of scratches, the events may be re-seeded.
SCRATCHES	There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for checking in at the bull pen. Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days. To scratch for finals you will need to follow championship rules. If these rules are not followed penalties per USA Swimming rules will apply.
SCORING	Individual scoring: 9-7-6-5-4-3-2-1. Relay scoring: 18- 16-12-10-8-6-4-2.
AWARDS	Medals for 1 st – 8 th place, men and women, will be given. 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, all athletes and teams shall follow the published USA Swimming and Montana Swimming warm-up procedures. The safety marshal has the authority to ensure all teams, coaches, and swimmers follow all warm-up procedures. Swimmers should enter the competition and warm-up cool down pools using a three point entry for warm-ups. Friday Warm Ups will start at 6:10 pm for open general warmup. Saturday and Sunday mornings the pool will be open at 6:30 A.M. for early, open warm-ups but all swimmers MUST have their coach on deck during this time. On Saturday, the general team warm-up session will begin at 7:00 A.M. On Sunday, general team warm-ups will also start at 7:00 A.M. Warm-up times are subject to change depending upon the number of entries in this meet. Please check the MT Swimming and Lake Monster Team Unify Page for changes to warm-up times. Warm-up schedules and psych sheets will be posted on the on the Montana Swimming and Lake Monster Team Unify websites by Monday December 10th. Meet management reserves the right to change warm-up times according to the number of entries.

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. 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. Each team will be assigned lane timing assignments. A signup sheet will be posted at the meet specifying lane assignments. The officials meeting on Saturday and Sunday will begin 15 minutes after the start of general warm-ups.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. <u>There will be a coach meeting Saturday immediately after the conclusion of the general warm-up session.</u> 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: HOSPITALITY CONCESSIONS/ SWIM SHOP	All protests should be given to the meet referee. The hospitality room is located off the pool deck and is open to all coaches and officials. Food will be served throughout the meet. The Lake Monsters will operate a concession stand offering great nutritious food, snacks, and drinks throughout the meet for breakfast, lunch, and dinner. The Lake Monsters will also operate a swim shop with a variety of swim wear, caps, goggles, shirts, toys, and swim supplies for everyone.
MEET PROGRAM	There will be meet programs available for sale during the meet.
PARKING	Parking is available in the parking lot and on the street.
SPECTATORS	Spectators may be seated in the spectator areas on the bleachers on the pool deck. No spectators will be allowed along the west wall in the coach seating area. In the coach seating area only meet management, officials, and coaches may be in this area except that athletes may talk briefly with their coaches and then leave the area. We also ask that parents of 9 and over swimmers not be in the area behind the blocks unless you are timing.

2018 Montana Swimming Senior Championships

Schedule of Events

Female Event Number	<u>FRIDAY</u>	Male Event Number
1	11 and Over Mixed 1650 Free (TF)	1
<u>Saturday</u>		
2	200 Medley RELAY (TF Finals)	3
4	Open 100 Freestyle	5
6	12&U 50 Breast	7
8	11&O 200 Breaststroke	9
10	12&U 50 Back	11
12	11&O 200 Backstroke	13
14	Open 100 Butterfly	15
16	12&U 100 Individual Medley	17
18	11&O 200 Individual Medley	19
20	Open 500 Freestyle - (TF)	20
<u>Sunday</u>		
21	200 Free RELAY (TF Finals)	22
23	10&U 200 Individual Medley	24
25	11&O 400 Individual Medley (TF Prelims)	25
26	Open 100 Backstroke	27
28	Open 200 Freestyle	29
30	Open 100 Breaststroke	31
32	12&U 50 Butterfly	33
34	11&O 200 Butterfly	35
36	Open 50 Freestyle	37
38	11&O 1000 Free (TF)	39

2018 Montana Holiday Championship

Time Standards (10 and Under 'BB' times)

Women				Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
35.19	38.89	39.89	50 Free	34.49	38.09	39.49
1:19.99	1:28.39	1:31.49	100 Free	1:18.79	1:26.99	1:30.29
2:57.39	3:15.99	3:20.99	200 Free	2:47.99	3:05.69	3:12.09
7:35.49	6:38.59	6:51.09	400/500 Free	7:26.99	6:31.19	6:44.59
41.89	46.29	48.89	50 Back	42.39	46.79	49.19
1:30.69	1:40.19	1:45.99	100 Back	1:29.69	1:39.09	1:43.59
47.49	52.49	53.99	50 Breast	46.59	51.39	53.29
1:44.99	1:55.99	2:01.49	100 Breast	1:41.89	1:52.59	1:57.69
41.79	46.19	47.29	50 Fly	40.49	44.79	45.99
1:39.09	1:49.49	1:52.99	100 Fly	1:37.99	1:48.29	1:51.39
1:31.69	1:41.29		100 IM	1:29.39	1:38.79	
3:15.59	3:36.19	3:43.19	200 IM	3:13.19	3:33.49	3:40.79

(11-12 'A' times)**Women****Men**

SCY	SCM	LCM	Event	SCY	SCM	LCM
29.09	32.19	33.19	50 Free	27.89	30.89	32.09
1:03.09	1:09.69	1:12.49	100 Free	1:00.89	1:07.29	1:09.89
2:18.19	2:32.69	2:37.29	200 Free	2:13.49	2:27.49	2:32.49
6:07.79	5:21.89	5:29.09	400/500 Free	5:57.69	5:12.99	5:21.89
12:41.19	11:06.19	11:31.59	800/1000 Free	12:27.89	10:54.59	11:18.59
21:20.59	21:13.09	22:04.99	1500/1650 Free	20:52.99	20:45.69	21:37.39
32.89	36.29	37.99	50 Back	32.29	35.69	37.49
1:11.79	1:19.29	1:23.29	100 Back	1:09.29	1:16.59	1:21.49
2:31.39	2:47.29	2:55.59	200 Back	2:27.99	2:43.49	2:52.19
36.89	40.79	41.99	50 Breast	36.19	39.99	41.59
1:20.39	1:28.89	1:33.39	100 Breast	1:18.39	1:26.59	1:30.39
2:54.09	3:12.39	3:19.49	200 Breast	2:47.09	3:04.59	3:12.59
31.49	34.79	35.39	50 Fly	31.19	34.49	35.29
1:11.19	1:18.99	1:20.79	100 Fly	1:09.59	1:16.89	1:18.59
2:34.99	2:51.29	2:55.59	200 Fly	2:31.39	2:47.29	2:53.19
1:12.29	1:19.89		100 IM	1:09.09	1:16.39	
2:34.89	2:51.59	2:56.79	200 IM	2:30.89	1:16.39	2:53.89
5:29.29	6:03.89	6:16.89	400 IM	5:19.79	2:46.69	6:08.69

2018 MT Senior Championship Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to: Attn: Lanni Jacobson PO Box 8276 Missoula, MT 59807 or lanni@ctgmt.com by December 10, 2018.

Team Name	
Club Code	
Coaches	
Coach Phone	
Coaches Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$3.00 per event	\$
Relay Entries		\$8.00 per relay	\$
Swimmer Surcharge		\$18.00 per swimmer	\$
Outreach Swimmer Charge		\$10.00 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. Lake Monsters Swim Club, Mission Valley Aquatic Center, 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

E

DATE

TITLE