



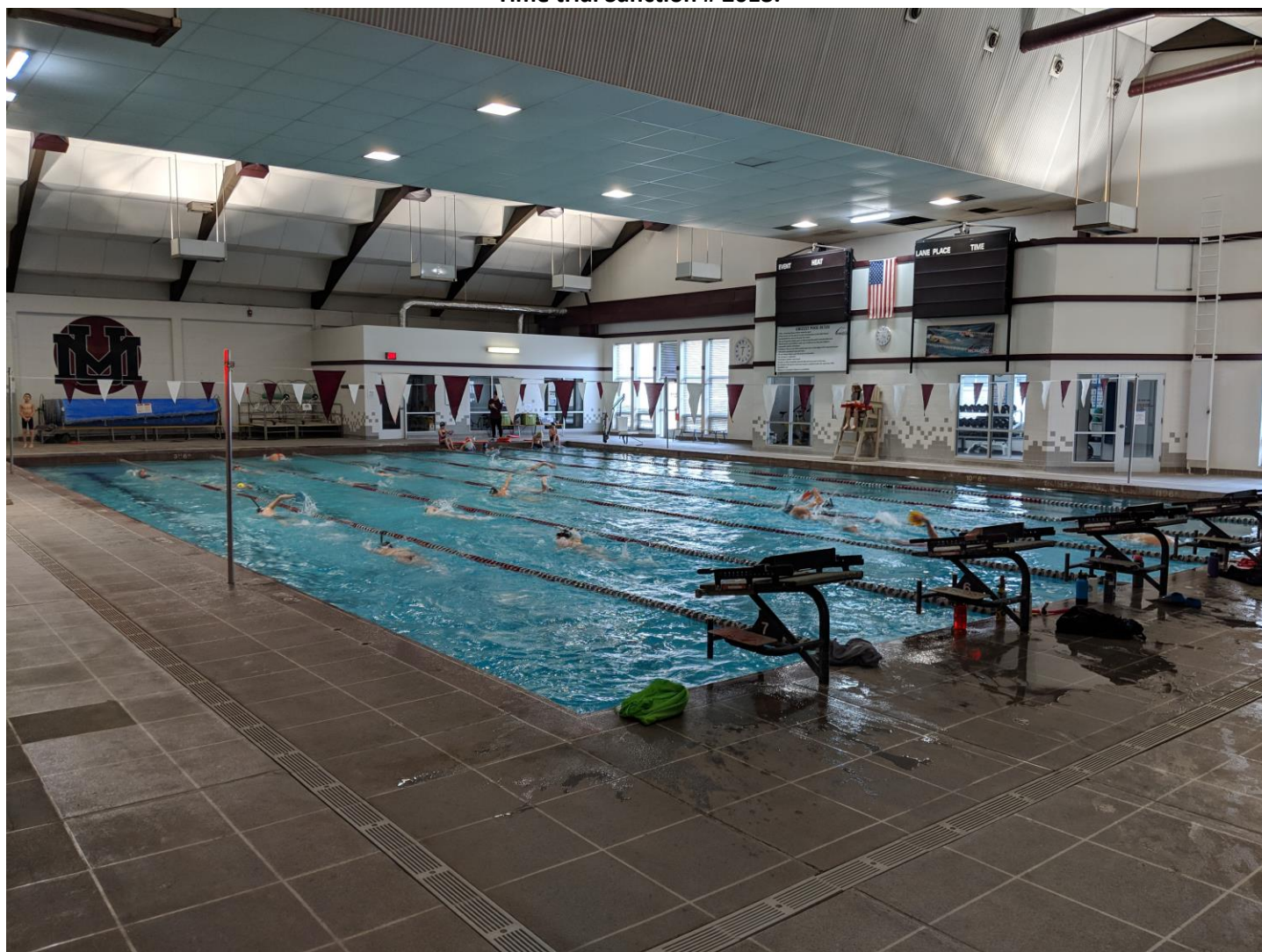
2019 Montana Swimming Short Course State Championships

Missoula, Montana

Hosted by the Missoula Aquatic Club

March 1 - 3, 2019

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2012.
Time trial Sanction # 2013.



Meet Referee

Curt Jacobson
(406) 370-2460

Email: cjacobson@ctgmt.com

Meet Director

Jed Dennison
(406) 531-1216

Email: Jed@macswim.org

Admin Referee

Lanni Jacobson
(406) 544-1170

Email: lanni@ctgmt.com

Facility

The meet will be held at the Grizzly Pool, which is located next to the Fieldhouse, southwest of the UM Washington Grizzly Football Stadium on the campus of the University of Montana in Missoula. The pool is a seven lane, 25 yard regulation short course pool. The pool is 12 feet deep at the start end and 3.5 feet deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Warm up/cool down lanes are not available.

The timing system is Colorado Timing System 6 with touchpads at both ends of the pool, including three manual backup systems. New Spectrum Xcellerator starting platforms give swimmers exposure to the latest racing advantage. Spectrum back stroke wedges are available to swimmers.

Meet Format

The 2019 MT Short Course state meet is an age group meet. There will be preliminary sessions on Friday, Saturday, and Sunday. Finals will be conducted each day after preliminaries. **This is a split session meet with 8&U and 10&U races in mid-day sessions between preliminaries and finals for the 11&Over swimmers.**

Over the top starts will be used during preliminary competition. In preliminaries, swimmers in the backstroke, medley relays, and 25 yard events should clear the pool immediately upon completion of the race. Swimmers in all other races should remain in the pool motionless next to the end wall and the lane ropes until the next race is started.

Swimmers in finals should report to the staging area which is located by the doors to the sauna next to the timing table to line up, march in, and be introduced prior to each event and heat.

All 8 and Under and 10 & under events will be swum as timed finals session scheduled between preliminaries and finals for 11 and over swimmers each day. They will have their own separate warm-up that will start immediately after the conclusion of the 1000 Free on Friday, 500 Free on Saturday and 1650 Free on Sunday. Awards for 8 and Under and 10 and Under events will be given each day during breaks between events in their timed finals sessions when deemed appropriate.

The 11 to 21 age groups will swim all events combined during preliminaries but will swim separately during finals and be scored and awarded separately as described in the 'Age Groups' Section. Exception: The 15-16 and 17-21 finals will be swum combined into two heats, but scored separately by age group. Empty lanes in the 15-21 events will be filled with non-scoring swimmers from the respective age group with more than seven swimmers qualified for the finals heat. These finals will only be seeded by time without respect to qualified or non-scoring swimmer's times. The non-scoring swimmers will not receive points for their swims even if they finish before a finals qualified swimmer. The non-scoring swimmers' times shall be shown with an X in front of the seed time and in the final results for these swims.

The 500-yard freestyle, 1000-yard freestyle, 400-yard IM, the 1650-yard freestyle, will be timed finals and will be swum during preliminaries, swimming the heats fastest to slowest, alternating between girls and boys events/heats.

Swimmers entering the 1650, 1000, and the 500 freestyle must supply a person to count laps and two timers.

Relays: 10 and Under relays will be swum as timed finals events in the 10 and Under sessions. 11 and Over relays will be swum as timed finals as the last event in finals each day.

See the **Seeding** section for additional information. **Swimmers entered in the 500 Free, 1000 Free and 1650 Free must provide their own timers and counters. Positive check-in will be required for all swimmers in the three (3) distance free events listed above as well as the 400 IM event.**

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 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 and Drones, is not permitted in changing areas, rest rooms, locker rooms or behind starting Blocks.

Operation 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.

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.

Swimmers may change into and out of swim suits in the appropriate men's, women's, or family locker rooms. Swimmers 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 swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.

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. MT Swimming, and Missoula Aquatic Club are not responsible for loss or damage of any items.

All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.

Age Groups

Age groups for this meet are 8&U, 10&U, 11-12, 13-14, 15-16, and 17-21. A qualified swimmer age 8 and under may swim in either the 8 and under age group or the 10 and under age group but not in both (see the relay exception). All combined events will be awarded and scored separately by age group. Age on March 1, 2019 shall determine the swimmer's age group for the meet.

Eligibility

All swimmers must be currently registered with USA Swimming and Montana Swimming. All swimmers with Flex memberships must upgrade to either a Seasonal or Year Round USA Swimming membership in order to swim in this meet. Swimmers with a Flex memberships are not eligible to swim in this meet. There is no deck registration at this meet.

Swimmers must have achieved at least one qualifying time standard in any course between January 1, 2018, and the entry deadline, except relay only swimmers. Swimmers ages 8 and under must qualify in each individual 8 & under event entered. The 10 & U and older (11-21 year old) swimmers must enter at least one event with a "BB" or faster qualifying time and then may enter any subsequent event in which they have achieved a "B" time or faster. Teams entering swimmers who are not currently a registered USA Swimming athlete member may be fined \$25.00 per swimmer by the Montana Swimming Registration Chair.

A swimmer qualified in either the 1000 or 1650 freestyle automatically qualifies for the opposite event. If a swimmer does not have an established qualifying time for the opposite event, the swimmer shall be entered with the established "B" time in the same course as the qualifying time in the opposite event. Any swimmer who enters the 1000 or 1650 yard freestyle may enter at his/her fastest time or at the B time standard. This opposite event swim will not be designated a bonus swim for seeding purposes.

A qualifying time in 100 yard/meter of the backstroke, breaststroke, or butterfly for the 13-21 age group swimmers automatically qualifies the swimmer for the 50 yard/meter of the same stroke in the same course. The entry time will be the Montana Swimming Qualifying time for that course. Designate the swim as bonus in the On Line Meet (OME) entry file indicating that the 50 event is the bonus swim for the 100 qualifying swim if the swimmer does not have a qualifying time in the 50 event.

Altitude adjusted times will be accepted. OME will automatically complete this process for you.

No time (NT) entries will not be accepted for any event.

Any time that is flagged in OME as not meeting the qualifying time standards will require proof of time for entry. Times must be proven through the SWIMS database. Swimmers with times that are not proven will be scratched from the event.

Only times achieved in a USA Swimming sanctioned or approved meets or at a USA Swimming sanctioned time trial or swims requested to be observed under authorization of USA Swimming rules at other meets (MHSA High School State Swimming Championships) can be used to qualify for this state meet. Times earned at a non-sanctioned meet or time trial cannot be used to enter this meet. **All individual entry times must be proven through the USA Swimming SWIMS database. All 25 yard/meter events must be proven through the MT Swimming time's data base.**

Swimmers with Disabilities

Montana Swimming and Missoula Aquatic Club welcome 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 Missoula Aquatic Club's ability to accommodate all requests. Montana Swimming will follow USA Swimming guidelines with regards to time standards for swimmers with disabilities. Please refer to the list of standards located within this meet announcement for those times. If a swimmer needs to use these time standards in order to enter the meet, please contact Lanni Jacobson (lanni@ctgmt.com) to receive guidance on how to enter those swimmers via OME.

Entries

Entries are to be submitted using USA Swimming's OME (Online Meet Entry) by midnight on February 20, 2019. You can access this entry file under the events tab or on the homepage on the USA Swimming website at www.usaswimming.org/ome. This method is to be used by all teams and unattached swimmers entering this meet. If you have questions on how to enter your swimmers using OME please contact Lanni Jacobson via email lanni@ctgmt.com or by phone at 406-544-1170. **Converted times will not be accepted.**

Once you complete your online entry, you will receive a confirmation e-mail from OME. Bring it and all documentation with you to the meet in case of entry problems. When entering an individual time not in SWIMS, please ensure that the missing data is downloaded into SWIMS as soon as possible. Contact Lanni Jacobson for assistance.

Please note once you have completed the meet checkout in OME you **can not** make any modifications to your meet entries.

Entries should be paid for by cash or a single check payable to MT Swimming and mailed to Lanni Jacobson Montana Swimming PO Box 8276 Missoula, MT 59807. You **can not** pay with a credit card on OME.

Absolutely NO text messages will be accepted for entries, entry changes, proof of time, entry reports, warm-up times, meet start times, or other meet entry requests. Email is preferred for these communications.

Entry Limits

Each swimmer aged 10&U and older (11-21) may compete in a maximum of **seven (7)** individual events for the entire meet including time trials with a maximum of three (3) individual events and one (1) relay per day.

8&U swimmers may compete in a maximum of **six (6)** individual events with a maximum of three (3) individual events and one (1) relay per day.

All swimmers must be pre-registered for the meet by the entry deadline.

No deck entries will be allowed except for time trials.

There will be no minimum waiting period between events. Please consider this when entering swimmers in consecutive events.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 72 hours of receipt.

Entry Deadlines

The meet registrar must receive entries via OME by midnight, **Wednesday, February 20, 2019**. The entry fee summary and waiver release form, USA Swimming registration form, and entry fee payment must be received by Friday, February 22, 2019.

Late Entry Deadline: Entries for first time qualifying swims must be received by 11:59 PM (MDT or MST), Saturday, February 23, 2019, entered only by e-mail. These entries may not be used to improve the seed time of a previously submitted entry. Late entries for new qualifying swims will be accepted (again updating times after the late entry deadline is not permitted). No addition of swimmers, added events, relays or changes will be allowed after the late entry date.

Late entry fee \$ 25.00 and double event fee and relay entry fee.

Mail entry fees and entry reports to:

Lanni Jacobson
Montana Swimming
PO Box 8276
Missoula, MT 59807

Please email all entry questions and reports to lanni@ctgmt.com. No text messages will be accepted for entries or questions.

Entry Fees

Make checks payable to Montana Swimming, all fees are non-refundable.

Individual Events: \$3.00 per event
Relays: \$8.00 per relay
Surcharge \$18.00 per swimmer surcharge

Entry fees must accompany the entries in US dollars. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed.

Seeding

All seeding will be according to the USA Swimming rules based on the entry data. All conforming times shall be arranged in time order. Non-conforming times will then be arranged in time order in yards followed by long course meters then by short course meters (Y-L-S). After arranging the times as listed, the event will be seeded in normal fashion.

Relays

10 and under relays will be swum in the respective 10&U session as timed final events.

Relays for swimmers ages 11-21 will be swum as the last events in finals each day.

Relay times may be established by adding the individual times of the four swimmers involved. **Relays must be entered with a time and swimmer names.** The full name of those entered in a relay entry card (including alternates) must be entered in OME. The 15-21 year old swimmers will swim as a single age group for relays.

Relay cards must be completed and placed in the relay card box located at the timing table on the pool deck (preferred method) or turned in to the Meet Referee by 9:30 am for 10 and under relays and by the start of the finals events for 11-21 year old relays each day of the meet for that day's relay's events.

Relay swimmers must swim the race in the order the swimmers are listed on the relay entry card given to the lane timer.

Relay scores will be added to the overall team scores. Only one (1) relay from each team per age group and sex will be eligible to score. Teams may enter an unlimited number of relays per event if so desired.

Relay only swimmers do not have to be qualified and entered into an individual event, but must pay the meet surcharge fee. Please designate the relay only swimmers in the OME entry file.

Relay exception for 8 & Under swimmers: 8 & Under swimmers may swim the 10 & Under relay events regardless of which age group they choose to swim in at the meet.

Swimmers/teams who fail to report for a relay event will be scratched without penalty.

Positive check-in for 400 IM, 1000, 500, and 1650 free

Positive check-in located at the computer/console table, will be required 10 minutes before the first preliminary race of that session each day, except for the 400 IM on Saturday. The check-in deadline for the 400 IM will be at 7:00 am on Saturday morning. Positive check-in for the 1000 free on Friday will be required 10 minutes before that start of Event 1 (200 Fly) that morning, check-in for the 500 Free for 11-21 age group will be 10 minutes before the start of Event 35 (400 IM) . The 10 and Under 500 free the positive check-in will be 10 minutes before the start of Event 47 8&U 100 IM on Saturday. On Sunday positive check-in deadline for the 1650 is 10 minutes before the start of Event 71 200 breaststroke.

Swimmers that fail to check in will be scratched from the event and will face the preliminary scratch penalty listed below. Depending upon the number of scratches, the events may be re-seeded. The events will be listed as seeded in the meet program.

Clerk of Course

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.

Scratches

USA Swimming Championship scratch procedures will be in effect for this meet. Exceptions for failure to compete

are listed below. The meet referee will make the final decision. Swimmers and coaches are responsible for being familiar with this meet's scratch rules and check-in procedures.

Preliminary scratch deadline: The scratch deadline is 10 minutes prior to the start of the first preliminary race each day. Scratches shall be reported on the scratch sheet at the timing table, or may be given to the meet referee by the deadline.

Preliminary scratch procedures and penalties: Any swimmer who fails to compete in a preliminary heat in which they are entered and have not been correctly scratched (see exceptions for failure to compete), will be barred from all further individual and relay events that day – including any final swims – except if a swimmer has qualified for finals in an event prior to the no show event, the swimmer may compete in that prior event(s) in finals that evening. Additionally, the swimmer must report to the meet referee his or her intention to compete in any individual events on succeeding days.

A swimmer may also scratch from a preliminary event with a declared false start by reporting to the deck referee prior to the start of the race and declaring his/her intent not to compete. A declared false start will be charged as a false start. Note -- A declared false start may not be used to scratch from a finals event.

Swimmers who fail to report for a timed final (TF) event will be scratched without penalty.

Finals scratch deadline: Any swimmer qualifying for any individual finals race must scratch or declare his/her intention to scratch within thirty (30) minutes of the preliminary event results being announced or posted. Swimmers should report to the administrative referee, meet referee or timing personnel (as announced or listed in the meet announcement) to scratch or declare an intent to scratch. Swimmers declaring an intent to scratch must scratch by no later than thirty (30) minutes after his/her last individual preliminary event that session. Swimmers who declare an intent to scratch but fail to return to scratch from the finals event will be seeded into the final event. Alternates should be on deck for each final event in case of an undeclared scratch. Alternates will not be penalized for failure to show for the event in the case of an undeclared scratch.

Finals scratch penalties: Any swimmer qualifying for a final race in an individual event that does not properly scratch and fails to compete in that event will be barred from all further individual and relay competition for the remainder of the meet except as noted under the exceptions for failure to compete. In addition, fifty (50) points will be subtracted from the team score if a swimmer fails to report the scratch from finals in the correct manner, except as listed below for exceptions for failure to compete.

Exceptions for Failure to Compete: No penalty shall apply for failure to scratch or compete in an individual event in preliminaries or finals if the meet referee is notified in the event of quick-onset illness, injury, or circumstances beyond the swimmer's control. The meet referee will make the final decision.

**Time Trials:
Sanction
Number
2013**

Time trials will be offered on Saturday at the meet referee's discretion at the conclusion of preliminary competition for that day. Only swimmers entered in the meet may enter these time trials. Swimmers may compete in a maximum of six/seven individual events, depending on the entered age group, including time trials, with no more than three individual events per day. Swimmers may enter seven individual events, but must properly scratch from one event to compete in one time trial event. Relay only swimmers may swim time trials.

All time trials will be deck entered. Entries for time trials may be listed on time trials sheet at the timing table (preferred method) or may be given to the meet referee by the announced deadline. The coach, swimmer, or parent/guardian may enter the swimmer into the time trials. Time trial entry fee is \$3.00 per event entered. Time trials, if needed, will be offered on Saturday. Further information regarding the time trials will be announced during the meet.

Scoring

- Individual scoring: 8-6-5-4-3-2-1.
- Relay scoring: 18-14-12-10-8-6-4-2. Only the top scoring relay team in each age group and sex from each team will be eligible for points
- Scoring is based on an 7-lane pool per USA-S rules 102.25.3

Awards

Individual medals will be awarded for 1st through 8th place and ribbons for 9th through 16th place. For events swum in preliminaries, 8th through 16th place will be awarded based on preliminary times while 1st through 7th will be awarded based on finals times. Relays will be awarded medals 1st through 3rd place.

Swimmers age 8 & under through 10 years old may participate in the medal ceremony on the pool deck to receive their award at that time. Swimmers aged 11 through 21 years old may pick up their medals from their coaches.

High Point Team will be awarded to the team accumulating the highest number of points (individual and relay points combined) will be awarded the traveling short course state championship trophy. Traveling trophies will

also be awarded to the **women's and men's high point teams** accumulating the greatest number of combined individual and relay points.

Other Awards: The traveling Spirit Award will be given to the team demonstrating the best overall team participation, team spirit, and conduct during the meet. The meet manager, coaches, and officials will vote for the award.

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.

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

Prelims "Early" Open Warm-ups: On Friday, Saturday and Sunday, the pool will be open for coach supervised open warm-ups each day from 6:30 am to 7:00 am. (We reserve the right to have general session prelim warm-ups starting as early as 6:00 am if deemed necessary so early open warm-up times may be adjusted.)

Prelims Warm-ups: On Friday, Saturday and Sunday, general session warm-ups for prelims will begin at 7:00 am and teams will be assigned lanes and times these for prelim warm-ups. At the meet referee's discretion Prelim Warm-ups may be moved to one hour starting at 6:00 am depending upon the number of swimmers entered in the meet. There will be a separate warm-up period for the 10 and Under Timed finals session.

Finals Warm-ups: There will be a one-hour break between the end of preliminary competition and the start of finals warm-ups each day or as designated by the Meet Referee. Championship finals warm-ups will begin at 4:00 pm each day with Finals starting at 5:00 pm.

Warm-ups for finals will be open and coaches may open start lanes at their discretion beginning 20 minutes after the start of finals warm-ups. Lane 1 will be a pace lane only during finals warm-ups. No starts in Lane 1 during finals warm-ups.

NOTE -- Warm-up times are subject to change depending upon the number of entries in this meet. Please check the MT Swimming website for changes to warm-up times. The warm-up schedule and psych sheets will be posted on the Montana Swimming website at <http://www.mtswimming.com>.

Officials

- **A mandatory officials' briefing will be held at 7:30 a.m. prior to the start of preliminaries each day.**
- **A mandatory officials' briefing will be held beginning 10 minutes after the start of finals warm-ups each day.** Officials should attend all meetings.
- All officials officiating at this meet must be a USA Swimming currently certified official for a minimum of one year in the position you wish to work at the meet to be eligible to officiate at this meet (or have permission from the Meet Referee). Officials not meeting this requirement are invited to attend all the pre-meet meetings, but may not officiate during the meet.
- All officials shall wear a white short-sleeve polo shirt for all sessions. Men may wear either navy blue slacks or navy blue shorts for prelims and navy blue slacks for finals. Women may wear a navy blue skirt/skort, shorts, capris, or slacks for prelims and a navy blue skirt/skort or slacks for finals. White shoes and socks shall be worn.
- Officials requesting assigned positions (deck referee, starter or chief judge) must work all sessions for each day.
- Officials are required to show current USA Swimming non-athlete registration and official certification.

Timers

There will be a signup sheet for timers at the meet. Each team is expected to provide timers for 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. **There will be a coaches meeting on Friday and Saturday at 6:40 a.m. in the hospitality room.** Other meetings may be held at the meet referee's discretion. Meet Management requires that at least one coach representative is in attendance at all coaches meetings. This meeting time may change if the warm-up schedule changes.

Protests:

All protests should be given to the meet referee.

Hospitality

The hospitality room is located in the meeting space on the pool deck in the north east corner of the pool. Breakfast, lunch and snacks will be served.

Concessions

The Missoula Aquatic Club will operate a concession stand offering great nutritious food, snacks, and drinks

Swim Shop	throughout the meet for breakfast, lunch, and dinner. MAC will also operate a swim shop with a variety of suits, caps, goggles, and swim supplies for everyone.
Meet Apparel	Fine Designs will have a great selection of custom t-shirts, hoodies, sweats and shorts for the Montana Swimming Short Course Championships for sale.
Meet Program	The Montana Swimming Short Course State Championship meet program will be for sale for \$10.00. Spectators who purchase a program will also receive a free finals heat sheet each day.
Parking	Parking is available in designated lots close to Grizzly Pool.
Spectator Seating	There will be spectator seating available in the viewing area on the west side of the pool, as well as the East Gym in the Field House Spectators may be seated in the spectator areas on the bleachers on the pool deck, on the balcony above the start end of the pool, and on the bleachers along the windows in the upstairs workout room. 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 or meet management.
Banners	Banners and flags maybe hung in the pool area. Please use care if using tape on the walls. No helium balloons may be brought into the facility. Artificial noisemakers will be allowed only at the meet referee's discretion and may be removed by the meet referee or the safety marshal. No laser pointers will be allowed.
Senior Recognition	Graduating high school and college swimmers will be recognized at the beginning of prelims on Saturday. Please e-mail a very brief statement for each swimmer, no longer than 1/8 page in length stating the swimmer's name, high school, MT Swimming team, brief college or career plans, and any future swimming plans, to seniorrecognition@mtswimming.com by February 25, 2019.
Athlete Meeting	The Montana Swimming athlete meeting will be held Saturday after the conclusion of the 10 and Under 500 Freestyle. The location will be announced that day during preliminaries. Each team should send an athlete representative to the meeting. All athletes are welcome to attend. The Montana Swimming athlete representative will be elected at this meeting.
Montana Zones Meeting	There will be a Montana Zone Team meeting on Sunday afternoon after the conclusion of the 10 and Under 200 Free Relay. The meeting will take place in the bleachers in the viewing area on the west side of Grizzly Pool. All swimmers who have made a 2019 Western Zone age group or senior meet qualifying time, those swimmers who hope to qualify for the meets, their parents, coaches, officials, and anyone else who is interested in the Zone meets are invited to attend. Jess Kaufman of BAC is the Montana Zone Team Coordinator. The 2019 Western Zone Senior Championship meet is July 30 – August 3, 2019 in Clovis, CA. The 2019 Western Age Group Zones Championship meet is August 7-10, 2019 in Gresham, OR.
Final Results	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com .

2019 Montana Long Course State Championships

Order of Events

Friday March 1, 2019 11&Over Preliminaries				Saturday March 2, 2019 11&Over Preliminaries				Sunday March 3, 2019 11&Over Preliminaries			
Girls		Boys		Girls		Boys		Girls		Boys	
1	11-21	200 Fly	2	35	11-21	400 IM	36	71	11-21	200 Breast	72
3	11-21	50 Back	4	37	11-21	200 Back	38	73	11-21	50 Fly	74
5	11-21	200 Free	6	39	11-21	50 Free	40	75	11-21	100 Free	76
7	11-21	100 Breast	8	41	11-21	50 Breast	42	77	11-21	100 Back	78
9	11-21	200 IM	10	43	11-21	100 Fly	44	79	11-12	100 IM	80

15 Minute Warm-up

Events 11 and 12 will swim
Fastest to Slowest, alternating
Heats between girls and boys

15 Minute Warm-up

Events 35, 36, 45 and 46 will swim
Fastest to Slowest, alternating
Heats between girls and boys

15 Minute Warm-up

Events 79 and 80 will swim
Fastest to Slowest, alternating
Heats between girls and boys

11	11-21	1000 Free	12	45	11-21	500 Free	46	81	11-21	1650 Free	82
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45 Minute 10&U Warm-up

45 Minute 10&U Warm-up

45 Minute 10&U Warm-up

Friday March 1, 2019 10 & Under Timed Finals				Saturday March 2, 2019 10 and Under Timed Finals				Sunday March 3, 2019 10 and Under Timed Finals			
Girls		Boys		Girls		Boys		Girls		Boys	
13	8&U	25 Back	14	47	8&U	100 IM	48	83	8&U	25 Fly	84
15	10&U	50 Back	16	49	10&U	100 IM	50	85	10&U	50 Fly	86
17	8&U	50 Free	18	51	10&U	50 Free	52	87	8&U	25 Free	88
19	10&U	200 Free	20	53	8&U	25 Breast	54	89	10&U	100 Free	90
21	8&U	50 Breast	22	55	10&U	50 Breast	56	91	8&U	50 Back	92
23	10&U	100 Breast	24	57	8&U	50 Fly	58	93	10&U	100 Back	94
25	10&U	200 IM	26	59	10&U	100 Fly	60	95	10&U	200 Free Relay	96
27	10&U	400 Free Relay	28	61	10&U	200 Medley Relay	62				
				63	10&U	500 Free	64				

**DURING EACH 10 AND UNDER TIMED FINALS SESSION, THERE WILL BE A MANDATORY BREAK
BETWEEN EACH EVENT.**

WARM-UPS FOR FINALS WILL START NO EARLIER THAN 4:00 PM WITH FINALS TO START AT 5:00PM

Friday March 1, 2019 11&Over Finals				Saturday March 2, 2019 11&Over Finals				Sunday March 3, 2019 11&Over Finals			
Girls		Boys		Girls		Boys		Girls		Boys	
29	11-12	400 Free Relay	30	65	11-12	200 Medley Relay	66	97	11-12	200 Free Relay	98
31	13-14	400 Free Relay	32	67	13-14	200 Medley Relay	68	99	13-14	200 Free Relay	100
33	15-21	400 Free Relay	34	69	15-21	200 Medley Relay	70	101	15-21	200 Free Relay	102

**Montana Swimming Age Group
2017-2020 State Short & Long Course Championship Meets**

8 & Under Qualifying Times

GIRLS

Event	SC Yards	SC Meters	LC Meters
25 Freestyle	21.39	23.64	
50 Freestyle	46.67	51.59	52.91
25 Backstroke	25.84	28.59	
50 Backstroke	56.39	1:02.39	1:05.87
25 Breaststroke	29.31	32.38	
50 Breaststroke	1:03.95	1:10.67	1:12.59
25 Butterfly	26.06	28.81	
50 Butterfly	56.87	1:02.87	1:04.31
100 IM	2:03.11	2:16.07	
**100 free (Long Course ONLY)	1:47.51	1:58.78	2:02.87
**100 Back (Long Course ONLY)	2:02.39	2:15.23	2:23.03

BOYS

Event	SC Yards	SC Meters	LC Meters
25 Freestyle	20.95	23.09	
50 Freestyle	45.71	50.39	52.31
25 Backstroke	26.23	28.98	
50 Backstroke	57.23	1:03.23	1:06.35
25 Breaststroke	28.65	31.67	
50 Breaststroke	1:02.51	1:09.11	1:11.63
25 Butterfly	25.13	27.77	
50 Butterfly	54.83	1:00.59	1:02.15
100 IM	1:59.27	2:11.75	
**100 free (Long Course ONLY)	1:45.35	1:56.39	2:00.83
**100 Back (Long Course ONLY)	2:00.23	2:12.83	2:18.83

13 – 21 year old Qualifying Times for the

2017-2020 MT Swimming Age Group State Championship Meets

50 Back, 50 Breast, 50 Butterfly

Girls			Boys			
LCM	SCM	YARD	EVENT	YARD	SCM	LCM
37.99	36.29	32.89	50 Back	32.29	35.69	37.49
41.99	40.79	36.89	50 Breast	36.19	39.99	41.59
35.39	34.79	31.49	50 Fly	31.19	34.49	35.29

The above times are the "BB" qualifying time standards for each event for swimmers in the 13-14, 15-16, and 17-21 age groups for the Montana Swimming State Age Group Short Course and Long Course Championship meets. All qualifying times must be swum in the correct time period for the meet entered. Times were adjusted in October 2016 and are the current 11-12 year old "A" TUSS time standards.

** The 8 and under 100 free and 100 back are ONLY swum during the Long Course State Championship Meet, not during the Short Course State Championships.

Para 1 LSC Motivational Time Standards																		
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys								
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1		
	SCY	LOM	SCY	LOM	SCY	LOM	SCY	LOM		SCY	LOM	SCY	LOM	SCY	LOM	SCY	LOM	
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:28.89	1:28.89		50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09		100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49		200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2		
	SCY	LOM	SCY	LOM	SCY	LOM	SCY	LOM		SCY	LOM	SCY	LOM	SCY	LOM	SCY	LOM	
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59		50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19		100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79		200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39		400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3		
	SCY	LOM	SCY	LOM	SCY	LOM	SCY	LOM		SCY	LOM	SCY	LOM	SCY	LOM	SCY	LOM	
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69		50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79		100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99		200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39		400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79		800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39		1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19		50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59		100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89		200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59		
1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79		
		4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89		
48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89		
1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59		
		3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39		
3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59		
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39		

2019 Montana Swimming Short Course State Championships Entry Fee Summary and Waiver/Release Form

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

Lanni Jacobson PO Box 8276 Missoula, MT 59807. E-mail: lanni@ctgmt.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach 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	\$
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. Missoula Aquatic Club, Montana Swimming, 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 and/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



Officials Request for Assigned Position

Due Date Saturday February 22, 2019

To: Meet Referee Curt Jacobson

Meet: 2019 Montana Short Course State Championship

Meet Dates: March 1 – 3, 2019

Email to (preferred): cjacobson@ctgmt.com

Mail to: Curt Jacobson PO B02 8276 Missoula, MT 59807

Phone (406)370-2460

Please consider me to work in the following assignment at the above meet (if you want to be evaluated for this same position you must also fill out the Evaluation Request form as well):

Name: _____ **LSC:** _____ **USA S Reg #** _____

Email: _____ **Phone:** _____

Mailing Address: _____

Polo Shirt Size (Dri-fit shirts): _____ **Men's size or** _____ **Women's size**

I will work all sessions: _____ **; or only the following sessions:** _____

	Level	LSC/N2/N3	Years•months	Level
		(Choose each position)		
Current Certifications:	Stroke & Turn Judge:	☐		
	Chief Judge:	☐		
	Starter:	☐		
	Deck Referee:	☐		
	Administrative Referee:	☐		
	Meet Referee:	☐		

Requested Positions: (You must work all sessions at the meet for a position of Referee, Administrative Referee, Starter, or Chief Judge.)

Stroke & Turn Judge:	☐
Chief Judge:	☐
Starter:	☐
Deck Referee:	☐
Administrative Referee:	☐

Your Request: ☐ **sorry, were not selected.**

Selected for the following position - ☐ **S&T,** ☐ **CJ,** ☐ **Starter,** ☐ **Deck Ref,** ☐ **Ad Ref**

_____, **Meet Referee.** **Date:** _____

Send "Confirmation"/"Sorry" to applicant.

Evaluation Request Form

Due Date: Saturday February 22, 2019

NO LATE EVALUATION REQUESTS WILL BE ACCEPTED

To: Meet Evaluator: Mary Jo Swalley

If you would like to be evaluated for a position at the 2019 Short Course State Meet – Please fill out the information below and email the form to email addresses listed below. You also must fill out the Officials request for Assigned position form.

When completed Email to: lanni@ctgmt.com and cjacobson@ctgmt.com

Name: _____ LSC: _____

USAS Registration ID: _____

Current Certifications

	LSC/NATL Cert (i.e L2, N3)	Years/Months
Stroke and Turn Judge:	_____	_____
Chief Judge	_____	_____
Starter	_____	_____
Deck Referee	_____	_____
Admin Referee	_____	_____
Meet Referee	_____	_____

Requested Position to be evaluated for

Stroke and Turn Judge:	_____
Chief Judge	_____
Starter	_____
Deck Referee	_____
Admin Referee	_____
Meet Referee	_____