



2020 MYST December Time Trial
Hosted by Missoula YMCA
3000 South Russell, Missoula, MT. 59801
December 12, 2020

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

In applying for this sanctioned event, the Missoula YMCA Swim Team (MYST) agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana and Missoula county/city.

Meet Referee
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FACILITY Due to the capacity limit on the facility and to stay in accordance with the Missoula County Health Department, this will be a closed deck meet. Only meet management, officials, swimmers, and coaches may be on the pool deck. To allow interested parties to watch, and in support of Safe Sport considerations the meet will be broadcast live on the Missoula YMCA Facebook page.

The meet will be held at the missoula YMCA which is located at 3000 South Russell Street in Missoula, Montana. The Missoula YMCA pool is a 25-yard, 6 lane pool with non-turbulent lane dividers, and Xcellerator DP starting blocks. The start end of the pool is 12 feet deep and the turn end is 4 feet deep.

The elevation of the facility is 3,209 feet. The competition course has not been certified in accordance with 104.2.2C(4). A Colorado Time Infinity start system, and an automatic Colorado Timing touch pad system with touch pads at the start end of the pool, and manual timers will be used. Swimmers must come to the pool with swimsuits on as there will be no deck changing, Warm-ups will occur prior to the start of the time trial and cool down will be available at the conclusion of the meet.

DIRECTIONS From I-90, take Orange Street exit #104. Travel south on Orange St. and continue on this road as it becomes Stephens Ave. Turn right onto Brooks St. and travel south past the intersection with South Ave and take the next left onto Livingston Ave. Take the next right onto Russell St. and continue south for approximately .25 blocks to reach the Missoula YMCA on the east side of the road.

MEET FORMAT This will be an Age Group Time Trial Swim Meet for MYST swim team members, and two Winter Junior Qualifiers from GAC and one from MAC. The MYST middle group will swim first for the day, followed by the littles, and then the bigs swim last. There will be 30 minute breaks between each group for cleaning and disinfecting. All events will be timed finals. Events will not be scored. Swimmers will be seeded slowest to fastest according to submitted fastest yard times by age, gender, provided there is at least one empty lane between such combined events. The referee may waive the empty lane requirement with concurrence of the coaches of the affected swimmers.

The number of swimmers attending this meet will not exceed 25 at any one time, or any one session. Those swimmers will remain on deck between events, wear masks when not racing, and remain socially distanced at all times while on deck.

SAFETY An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in the USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming, MYST, The Missoula YMCA, and the Montana Swimming LSC and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease, or property losses or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

The Missoula YMCA Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Missoula County. Masks are mandatory at all times.

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. Time to practice starts will be included in the warm-up schedule. Coaches must closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshall will be on deck.

The Missoula YMCA Swim Team and The Missoula YMCA have taken enhanced health and safety measures for the meet management, swimmers, and coaches attending this meet. Those in attendance must follow all posted instructions while visiting the Missoula YMCA. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Center for Disease Control and Prevention, senior citizens and guests with underlying health conditions are especially vulnerable. By attending this meet at the

Missoula YMCA, you voluntarily assume all risks related to exposure to COVID-19.

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 swimmer 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changing 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 the Montana Swimming Registration Chairperson prior to the start of the meet.

This meet may be covered by the media, including photographs, video, webcasting 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., and must be registered with the Missoula YMCA Swim Team, GAC, or MAC. Swimmers must be registered prior to the entry deadline. There will be no on deck USA Swimming registration available at this meet. Age as of the day of competition shall determine the age group in which the swimmer must compete.

SWIMMERS WITH DISABILITIES

The Missoula YMCA Swim Team welcomes 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 assistant 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 YMCA Swim Team's ability to accommodate all requests.

ENTRIES

Each MYST swimmer is limited to 4 time trial events in their respective session. This is a Missoula YMCA Club member only meet, with the exception of two GAC and one MAC swimmer. There will be no other outside teams invited. Entries will be submitted in SCY. No time entries will be accepted, There will be no deck entries accepted. Entry commitment deadline is 5pm prior to the respective competing session day. Swimmers will choose their events or entries will be chosen by Coach Kirby Beierle.

ENTRY FEES

Each swimmer will pay a \$5.00 entry fee for the meet.

SEEDING

Swimmers should enter with their fastest officially recorded time in yards (or enter with a converted LCM or SCM time). No time (NT) entries will be accepted however reasonable time estimates are preferred to ensure

balanced heats. Times will be seeded in yards. Swimmers will be seeded slowest to fastest in all events.

CHECK-IN	There are not any positive check-in events for this meet.
SCRATCHES	Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet, on each day, There will be no penalty for swimmers who fail to scratch for the event.
SCORING	There will be no scoring at this time trial.
AWARDS	There will be no awards at this time trial.
RESULTS	Results will be posted to the Montana Swimming website at http://www.mtswimming.com . Results will also be on meet mobile.
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 marshall 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 is no separate warm-up pool. Continuous warm-up/cool-down lanes are not available. The last 10 minutes of each warm-up session bay be used to practice racing starts in all lanes. General warm-ups will be held at 7:30am, with the meet starting at 8:00am for the middles. 10:30am warm-ups with the meet starting at 11:00am for the littles. 1:30pm warm-ups with the meet starting at 2:00pm for the bigs.
OFFICIALS/TIMER	All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming Registration Chair. Meet officials will display their current credentials at all times during the meet. There will be limited on deck training time for new/apprentice officials at this meet due to the limited capacity of the meet. The officials' meetings will be in the lifeguard room off the pool deck at the beginning of each warm-up at 7:30am, 10:30am, and 1:30PM. All officials must wear a mask while officiating.

This meet will have a meet referee, a starter, and 3 stroke and turn officials, on deck, wearing masks at all times.

This meet will have 8 timers, and 1 back-up timer. Those 9 timers have signed up prior to the meet, to ensure that we are keeping the number of people on deck under 50 people total during any one time/any one session. This number will allow us to meet the specific usage restriction of the facility to limit COVID-19 contact points. All timers will wear a mask for the duration 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. All coaches must display their credentials during the duration of the meet.

PROTESTS All protests should be given to the meet referee.

HOSPITALITY There will be hospitality for the officials. All items will be individually packaged and premade.

**CONCESSIONS/
SWIM SHOP** There will be no concessions stand or swim shop for this meet.

SPECTATORS Due to our specific usage restrictions of the facility and to follow gathering guidelines as outlined by Missoula County Health Department, this will be a closed deck meet, and there will not be more than 50 people in the pool deck area at any time/during any one session.

Only meet management, officials, swimmers, and coaches may be on the pool deck. Meet management, officials, swimmers, and coaches will enter the pool from the spectator area. Swimmers will exit through the locker rooms. Officials, meet management, and coaches will exit through the aquatics office. The spectator area will not be open. The meet will be broadcast live through YMCA Facebook live.

ORDER OF EVENTS

Order of Events for Middles Saturday December 12

Warm-up 7:30am, Meet Start 8:00am

Event

1. 200 Back	4. 200 Breast	7. 50 Free
2. 50 Free	5. 100 Back	8. 200 Free
3. 100 Fly	6. 100 Free	

Order of Events for Littles Friday December 12

Warm-up 10:30am, Meet Start 11:00

Event

9. 10 Back	12. 100 Breast	15. 100 Free
10. 50 Free	13. 25 Fly	
11. 25 Back	14. 50 Back	

Order of Events for Bigs Friday December 12

Warm-up 1:30pm, Meet Start 2:00

Event

16. 200 Back	19. 200 Breast	22. 50 Breast
17. 50 Free	20. 100 Back	23. 200 Free
18. 100 Fly	21. 100 Free	

