



2021 BAC January Time Trial Meet

Hosted by Billings Aquatic Club
PO Box 20413, Billings, MT, 59104
www.billingsaquaticclub.com
January 16th, 2021

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2120

Meet Referee	Administrative Official	Meet Director(s)
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FACILITY **Due to the capacity limit on the facility as well as our specific usage restrictions of the facility this meet will be a closed deck meet. Only meet management, officials, swimmers, and coaches may be on the pool deck as well as in the Fortin Center building. The meet will be broadcast LIVE through Facebook live at our Public Facebook Page Titled "Billings Aquatic Club Stingrays".**

The meet will be held at the Fortin Center on the campus of Rocky Mountain College, 1511 Poly Drive, Billings, Montana, 59102. The elevation of the facility is 3,123 ft. The pool is a six lane, 25 yard regulation short course pool with 5 non -turbulent lane lines. There is no separate warmup pool. There will be no locker rooms or restrooms available. Swimmers must come to the pool with swim suits on as there will be no deck changing. Timing will be by an automatic Colorado Timing System with pads at both ends of the pool or three manual times. The start end of the pool has a depth of 12 feet and the turn end of the pool has a depth of 4 feet. The competition course has not been certified in accordance with 104.2.2C(4).

DIRECTIONS Directions: Off of 17th Street West between Poly Drive and Rimrock Road. Take the 27th Street exit into Billings then turn north onto 27th Street. Continue north (straight) on 27th Street until you reach Poly Drive (approx. 2.5 miles) and turn left onto Poly Drive (traveling west). Continue west along Poly Drive to Rocky Mountain College on the Right (North). Take the second entrance into Rocky Mountain College off Poly Drive and follow the entrance road into the parking lot. Fortin Center is the large blonde brick building to the northwest of the parking lot (directly north of the football field). You may also turn west onto Rimrock Road off 27th Street and follow Rimrock Road to Rocky Mountain College and use the parking lot directly north of Fortin Center off Rimrock Road.

MEET FORMAT **This will be an Age Group Meet for BAC swim team members only.** Each session will accommodate a different BAC practice group. 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 and gender, except as noted. 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. 1650 Free and the 400 IM will be swum mixed fastest to slowest.

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 Centers for Disease Control 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 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 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.

We have taken enhanced health and safety measures for your swimmers and officials. All participants and officials must follow our COVID-19 guidelines and stay socially distanced from others as well as always wearing a mask if not competing. Each swimmer entering the pool area will be temperature tested and will have to verbally verify that they do not have any of the symptoms listed on our COVID-19 check in sheet as well as hand sanitizing immediately upon entry into the pool area. 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 Centers for Disease Control and Prevention, senior citizens and those with underlying medical conditions are especially vulnerable which is why this meet will be a closed meet with NO SPECTATORS allowed. Those volunteers, officials, staff, and swimmers who participate in the meet voluntarily assume all risks related to exposure to COVID-19.

Due to the capacity limit on the facility as well as our specific usage restrictions of the facility this meet will be a closed deck meet. Only meet management, officials, swimmers, and coaches may be on the pool deck as well as in the Fortin Center building. The meet will be broadcast LIVE through Facebook live at our Public Facebook Page Titled "Billings Aquatic Club Stingrays".

Billings Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, Yellowstone County, and Rocky Mountain College. Masks are mandatory for everyone on the Rocky Mountain College Campus at all times.

The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming during warmups and cool downs, swimmers must enter the pool using a three point entry. Time to practice Starts will be included in the warmup schedule. Coaches must closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshal will be on deck.

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.

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.

-Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, in changing areas, rest rooms, or locker rooms.

- There will be no locker rooms or restrooms available. Swimmers must come to the pool with swim suits on as there will be no deck changing. Violations of this policy will result in the offending swimmer being removed from the meet.
- The only area available to swimmers and meet management is the pool area and deck. All other areas of the Fortin Center as well as Rocky Mountain College are off limits.
- 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 and will display their current credentials at all times during the meet. All swimmers must be under the supervision of a USAS member coach during all warmups, competition, and cool-downs. Swimmers competing at the meet without their regular coach in attendance will be assigned to a coach in attendance at the meet. Swimmers may request being assigned to a specific coach at registration.
- 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. and must be registered under the Billings Aquatic Club in order to compete. Swimmers must be registered prior to 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 w/ DISABILITIES	The Billings Aquatic Club 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 Billings Aquatic Club's ability to accommodate all requests.
ENTRIES	This is a Billings Aquatic Club member only meet. There will be no outside teams invited. Entries will be submitted in SCY. No Time entries will be accepted. Entry deadline is 5pm on Monday, January 11 th . BAC Coaches will select each swimmer's time trial event(s).
ENTRY FEES	An entry fee of \$5.00 per event will be charged for each swimmer competing in the meet.
SEEDING	Swimmers should enter with their fastest officially recorded time in yards. No time (NT) entries will be accepted, however reasonable time estimates are preferred to ensure balanced heats. Times will be seeded in yards.
PRE-SEEDING	All events will be pre-seeded.
SCRATCHES	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	There will be no scoring.
AWARDS	There will be no awards.
RESULTS	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com as well as Meet Mobile.
WARMUPS	In accordance with USA Swimming guidelines, there will be a published warmup procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers

follow all warmup procedures. Meet Management reserves the right to change warmup times according to the number of entries. There is no separate warmup pool. Continuous warmup/cool-down lanes are not available. The last ten minutes of each warmup session may be used to practice racing starts in all lanes, with the exception of Lane 6. Coaches must supervise the practice of racing starts.

General estimations for warmup start times are listed below on the event list page. Start times for warmups and the session will be finalized after all the entries for that specific BAC practice group are seeded. Swimmers must enter the pool using a three point entry for warmups. Warmup times are tentative and subject to change depending upon the number of entries. Swimmers will be notified of any changes by Wednesday, December 16th on the BAC Weekly Newsletter.

OFFICIALS 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 no on deck training time for new/apprentice officials this meet due to the capacity limit of the pool area. Instead training will be available for advancement only for those already certified and registered as officials. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting each day.

The officials' meetings if held will be in the Lifeguard Room off the pool deck at the beginning of each session of Warmup at 8am.

TIMERS All timers will be BAC Swimmers. This will allow each BAC practice group member to remain in the pool area and on the pool deck throughout the Time Trial Meet for their group as our specific usage restrictions of the facility are limited to just the pool area to limit COVID-19 contact points.

COACHES All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair and must display their credentials during the duration of the meet.

PROTESTS: All protests should be given to the meet referee.

HOSPITALITY There will be no hospitality for this meet.

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

SPECTATORS Due to the capacity limit on the facility as well as our specific usage restrictions of the facility this meet will be a closed deck meet. Only meet management, officials, swimmers, and coaches may be on the pool deck as well as in the Fortin Center building. The meet will be broadcast LIVE through Facebook live at our Public Facebook Page Titled "Billings Aquatic Club Stingrays".

Warmup Order for the BAC Time Trial on Saturday, January 16th
 Warmups for Session 1 begin at 8am and Racing begins at 8:30am

1. 100 Free	2. 50 Fly	3. 50 Back
4. 50 Breast	5. 50 Free	6. 100 IM

Warmup Order for the BAC Time Trial on Saturday, January 16th
 Warmups for Session 2 begin at 9am and Racing begins at 9:30am

7. 100 Free	8. 50 Fly	9. 50 Back
10. 50 Breast	11. 50 Free	12. 100 IM

Warmup Order for the BAC Time Trial on Saturday, January 16th
 Warmups for Session 3 begin at 10am and Racing begins at 10:30am

13. 100 Free	14. 100 IM	15. 50 Back
16. 50 Fly	17. 100 Back	18. 50 Free

Warmup Order for the BAC Time Trial on Saturday, January 16th
 Warmups for Session 4 begin at 11am and Racing begins at 11:30am

19. 50 Back	20. 25 Free	21. 25 Breast
22. 25 Back	23. 50 Free	