



2021 Sink or Swim Havre Meet

January 9th, 2021 in Havre, Montana

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2110

Meet Referee

Merle Gunderson
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Meet Director

Hayley Coursey
(406) 885-5125
havreswim@gmail.com

Meet Registrar

Hayley Coursey
(406) 885-5125

Havre Lions Swim Team
P.O. Box 207
Havre, MT 59501

Facility/Location: The Havre Community Pool is located at 420 6th Avenue. The pool is a six lane, 25-meter regulation short course pool that is enclosed by non-turbulent lane dividers. The pool depth is 12 feet in the deep end and 3 feet 6 inches in the shallow end. Timing will be on Colorado Timing System and. The altitude is 2,536 feet. All events will be timed finals. The pool phone number is (406) 265-8161. There is no separate warm-up and cool down facility. The competition course has not been certified in accordance with 104.2.2C(4).

Meet Format

This will be a Havre Lion's intersquad meet. Each swimmer may swim in all events offered. 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. All events are timed swimmers will be seeded in mixed gender heats slowest to fastest according to submitted fastest meter times by age groups noted on the event list. This is not a scored meet.

Safety The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming **during all 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.

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.

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 children) from becoming exposed to, contracting or spreading COVID -19 while participating in a USA swimming sanctioned event. 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 loss, or an other loss, including but not limited to claims of negligence and give up any claims you may have to see damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

An inherent risk of exposure to COVID -19 exists in any public place where people are present. By attending this meet, you 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, this will be a closed deck meet. Only meet management, officials, swimmers and coaches may be on the pool deck. No spectators will be allowed.

In applying for this sanctioned meet, Havre Lion 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 Hill County.

Masks and socially distancing will be required at all times during the meet except when actively swimming. If a swimmer is unable to wear a mask for any reason for extended periods of time, it is recommended that they do not attend this meet.

Please do not attend if you are sick, including but not limited to a fever, muscle aches, sore throat, cough or gastrointestinal upset. Also if you have been exposed or have been identified as a close contact of someone testing positive for COVID -19 or have tested positive yourself.

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.

Warm-ups:

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. Swimmers will use a three-point entry to enter the pool during warm-ups except when doing supervised racing starts. The marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet management reserves the right to change general warm-up times and general meet start times according to the number of entries. Check your program or the Havre Lion's website or the MT Swimming website for the actual warm-up times. The tentative warm-up schedule is listed below.

The Meet Referee reserves the right to provide a warm-up/cool down lane or insert 10 minute warm-up breaks throughout the meet for the benefit of the swimmers.

Racing Starts

Any swimmer who is entered in the meet and is unaccompanied by an 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, 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.

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.

THERE WILL BE LIMITED USE OF THE LOCKER ROOMS FOR SHOWERING AND CHANGING WITH A CAP OF 15 SWIMMERS ALLOWED IN THE LOCKER ROOM AT A TIME. WE ASK THAT TIME IN THE LOCKER ROOM BE KEPT TO 5 MINUTES OR LESS AND A MASK IS REQUIRED WHILE IN THE LOCKER ROOM EXCEPT TO SHOWER. WHILE IN THE SHOWER YOU WILL BE REQUIRED TO REMAIN 6 FEET FROM OTHERS AT ALL TIMES.

Social distancing will be required in the Havre City facility at ALL times.

Failure to comply with the social distancing and mask requirements will result in being asked to leave the meet. Swimmers will be issued one warning prior to be asked to leave. NO REFUNDS WILL BE GIVEN IF YOU ARE ASKED TO LEAVE FOR NON COMPLIANCE.

Eligibility

All swimmers must be registered with USA Swimming Inc. prior to the 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 on the day of the meet (January 9th 2021) shall determine the age group in which the swimmer must compete.

Swimmers with disabilities

Havre Lions Swim 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 Havre Lion's ability to accommodate all requests.

Officials	To the extent possible, both 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. E-mail the Meet Referee prior to the meet if you plan to officiate and sign in at the officials meeting in the hospitality room. Trainees should attend the pre-meet officials meeting 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.
Coaches	All coaches on deck of USA Swimming athletes must be registered and have current coach certifications with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair.
Entry Fees	An entry fee of \$5 plus \$2.00 per event will be charged Swimmers may swim up to 3 individual events. Make checks payable to the Havre Lions Swim Team (HLST) . <i>No entries will be accepted without payment of fee in US dollars. There will be no refunds.</i>
Entries	Teams should e-mail entries to havreswim@gmail.com using Hy-Tek or Team Unify software by Friday, January 8th, 2021. Along with the meet entry file, include your team meet entry report and team entry fee report from Team Manager or Team Unify (in PDF, word or rich text format). Waivers may be electronically signed and e-mailed. Phone entries will not be accepted. No text messages will be accepted for entries or any other meet related questions. No Deck entry will be allowed at this time.
Entry Deadline	All entries must be received in Havre no later than Friday January 8th, 2021. E-mail entries to: havreswim@gmail.com Mail entries to: Havre Lions Swim Team P.O. Box 207 Havre, MT 59501
Entry Verification	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of the meet.
Scoring	This meet will not be scored.
Seeding	Each swimmer will be seeded according to age group and submitted times in meters. Failure to convert yard times to meters before submitting could result in your swimmers being incorrectly seeded. "No time" entries will be accepted. Deck seeding may be provided if there are open lanes and at the discretion of the referee.
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. There will be no penalty for swimmers who fail to scratch from an event.
Protests	All protests should be given to the Meet Referee.
Awards	No Awards at this meet.

Final Results	Meet results will be posted to the Montana Swimming website at: www.mtswimming.com
Concessions	There will be no Concessions at this meet.
Hospitality	There will be no hospitality at this meet, water will be provided.
Spectators	There will be no spectators at this meet.

2021 Sink or Swim Havre Meet Event List

Event Number	Event
Saturday:	
1	Mixed Open 50 Yard Freestyle
2	Mixed 8 & Under 25 Yard Freestyle
3	Mixed Open 50 Yard Backstroke
4	Mixed Open 100 Yard Freestyle
5	Mixed 8 & Under 25 Yard Backstroke
6	Mixed Open 50 Yard Butterfly
7	Mixed 8 & Under 25 Yard Backstroke
8	Mixed Open 50 Yard Breaststroke
9	Mixed Open 100 Yard IM

2021 Sink or Swim Havre Swim Meet

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Havre Lions Swim Team**):

Mail entries to: **Havre Lions Swim Team**

P.O. Box 207

Havre, MT 59501

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$5.00 per swimmer	
Individual Entries		\$2 per swimmer event	
Relay		N/A	
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. Havre Lion Swim Team, Havre City Pool, 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

