



2021 HOT Intra-squad Time Trial

Hosted by Hardin Otters

January 30, 2021

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2123.

Meet Referee

Rosanne Flann

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Meet Director

Ken Kunz

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Meet Registrar

Kristen Mark

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PO Box 6, Hardin, MT 59034

ENTRY SUMMARY

- Entry deadline January 27, 2021.
- Swimmers may enter six (6) individual events.
- Entry fee is \$10 per swimmer.
- **This is a time trial open only to currently registered athlete members of HOT.**
- Deck entries will not be taken.
- There are no relays offered at this meet.
- Face masks must be worn by all persons and social distancing is required. Any person refusing to comply with these requirements will be removed from the facility. Everyone must pass the health screening questionnaire to enter.
- A maximum of 150 people will be in the venue at any given time, as monitored by a meet marshal.

FACILITY	The meet will be held at the Hardin Community Activity Center, 621 West Eighth Street, Hardin, MT 59034. The elevation of the facility is 2907'. The pool is an indoor, eight lane, 25 yard regulation short course pool with 9 non-turbulent lane lines and KDI Paragon starting platforms. There is a separate warm-up cool down pool that will be available throughout the meet for coach supervised warm-ups. Directions: From I-90 take exit 495 South (Crawford Ave. /MT Hwy 313). Veer right at the Town Pump. The pool is located ¼ mile past Town Pump on your left across the street from Hardin High School. Timing will be by an automatic Colorado Timing System with pads at one end of the pool or two manual times. • The pool is 11 feet deep at the start end and 4'2" feet deep at the turn end. The competition course has not been certified in accordance with 104.2.2C (4). It has not been certified by Montana Masters.
MEET FORMAT	This is a sanctioned intra-squad time trial. Individual events will be swum as mixed-gender heats with age groups as noted on the event list. Age groups are 8 & U, 9-10, 11-12, 13-14, 15-16, and 17-18. Age as of January 30, 2021, shall determine the swimmer's age group for scoring and entry into the meet. The time trial will take place Saturday afternoon after the conclusion of the high school meet, approximately 3 p.m., and run in one session. There will be warm-ups prior to the beginning of the time trial. The meet referee reserves the option, depending upon the number of entries, to add additional sessions to reduce the number of persons in the facility to comply with local, county, and state COVID restrictions. Sessions may be flighted to comply with the venue capacity rules. The meet referee also reserves the option to add breaks between events or to modify meet operations to better manage COVID virus considerations or Safe Sport issues.
SAFETY, LIABILITY, and COVID REQUIREMENTS	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. In applying for this sanctioned event, the Hardin Otters agree to comply and enforce all health and safety mandates and guidelines of USA Swimming, MT Swimming, the state of Montana and Big Horn County. COVID-required mitigations include limiting the number of people in the Hardin Community Event Center to only one team per session. A maximum of 150 people may be in the venue. Additional restrictions may be imposed, and, if imposed, will be documented in the separate COVID Mitigation and Management Plan for this meet. Face masks or face shields are required for those in the building and appropriate social distancing will be mandated.

Flyover Starts: Flyover starts will be utilized. After the start, the athletes in the just finished heat must put on their mask upon leaving the pool. Swimmers may check in with their coach and then should return to their designated seating area.

Entering and Exiting the Facility: Persons may enter and exit the facility through the front doors. Please keep to your right when entering and exiting. Observe all signs posted for ingress and egress in the facility.

Seating: Athletes and parents must sit together as a family group. Each team will follow social distancing requirements within their area. While in the venue all social distancing protocols shall be followed.

Swimmer Marshalling Area: A marshalling area will be designated for swimmers to line up prior to each heat. Swimmers will be marched in at the appropriate time and must be wearing a face mask to the blocks.

Locker Rooms: Locker rooms have a maximum capacity of 15 people. Athletes must enter and exit the locker rooms through the pool only - no entry or exit is permitted through the lobby (except in the case of an emergency).

Safe Sport: Parents and legal guardians will have access to observe their children at the venue and/or through a live feed. Each athlete may have one parent/legal guardian in attendance at the meet. If a parent or legal guardian is serving as a timer or official, the swimmer may have a second parent in attendance at the meet provided the session does not exceed the venue capacity limits.

Enhanced Cleaning: The facility will be cleaned during breaks between sessions. Disinfecting chemicals used are approved by the CDC.

Food: No food is allowed in the venue. Persons are encouraged to eat outside or in their vehicles. Water bottles, sports drinks, coffee, soda and similar drinks are allowed in the facility.

We have taken enhanced health and safety measures for athletes, officials, coaches and spectators. You must follow all posted instructions while attending the HOT Sugar Beet Classic. 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 guests with underlying medical conditions are especially vulnerable. By attending the HOT Sugar Beet Classic you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc. and Montana 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 MONTANA SWIMMING 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. It is understood and agreed that USA Swimming, Inc., Montana Swimming, Inc., the Hardin Otters Swim Team (HOT), Hardin School District, the Hardin Community Activity Center, and all agents and meet officials shall be held harmless from any and all liabilities or claims for damages arising by reason of injuries or illness to anyone during the conduct of this meet, which includes warm-up sessions. Additional safety information: 1. The shallow end of the pool will be open for all swimmers during the meet. This is for warm-ups and lap swim only. 2. The hot tub and baby pool will be closed. Please keep swimmers out of these areas. 3. No glass containers, large or hard sided coolers are allowed in the building 4. No area of the center should be considered secure. The Hardin Otters Swim Team and the Hardin Community Activity Center will not be held responsible for loss of or damage to any items.
HEALTH SCREENING QUESTIONNAIRE	Parents are required to complete a health screen for themselves and their children as are spectators, officials, coaches, and meet management prior to leaving home for the meet. Persons who have symptoms or signs of illness should not attend the meet. Please adhere to the health screening protocols. By attending this swim meet you are acknowledging your response to the questions below is NO. If you have any questions about the health screening contact your team coach or representative. <u>Questions:</u> 1. Do you or your child have any of the following symptoms that are not explained by another medical condition? • Fever • Cough • Shortness of breath • Chills • Muscle Aches • Sore throat • Loss of taste or smell • Vomiting or • Diarrhea. 2. Have you or your child had contact with anyone known to have a lab-confirmed case of COVID-19 within the past 14 day? 3. Are you or your child currently in quarantine or isolation due to COVID-19? 4. Take your temperature prior to leaving for the time trial. Do you have a temperature of 100.4° F or higher? You will not be admitted to the facility.

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 should be listed in the documents returned with the entries.
RULES	This time trial 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. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition. • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • Visual recording devices, including a cell phone, are not permitted behind the starting blocks. • 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. • 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. Swimmers ages 12 and under may <u>not</u> compete wearing a tech suit. (See the 12&U tech suit ban requirements posted on the MT Swimming website.) 12 and under swimmers competing in a banned technical suit will be disqualified from any event in which the banned suit is worn.
ELIGIBILITY	This is an intra-squad time trial open only to currently registered athlete members of HOT. All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to 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 as of the first day of the meet shall determine the age group in which the swimmer must compete.
	There are no qualification time standards to enter the meet.

SWIMMERS WITH DISABILITIES	The Hardin Otters 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 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 Hardin Otters ability to accommodate all requests.
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ENTRIES	1. Teams should e-mail entries to Kristen Mark at hardinotters@gmail.com using Team Manager (preferred method) or Team Unify software by the entry deadline on Wednesday January 27, 2021 . Along with your meet entry file, include your team meet entry report (individual entries) and team entry fee report from Team Manager or Team unify (in PDF, word or rich text format). Please e-mail all reports. Completed paperwork, signed waiver, team entry report, and entry fees must be received by Saturday January 30, 2021.
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ENTRY LIMITS	Swimmers may enter six (6) individual events on Saturday..
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ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
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ENTRY DEADLINES	The meet registrar must receive entries by the entry deadline. Team entries must be received by: <u>Wednesday January 27, 2021</u>. Mail fees to: Kristen Mark, PO Box 6, Hardin, MT 59034. Make checks payable to the Hardin Otters. Phone/e-mail entries for individuals only (not teams) will be accepted until <u>11:00 pm Friday, January 29, 2021</u>. . Send individual entries to Kristen Mark at hardinotters@gmail.com . E-mail is preferred. Entry fees for the individual entries must be received prior to the start of the meet.

ENTRY FEES	An entry fee of \$10 will be charged for each swimmer competing in the meet. Entry fees must accompany the entries in US dollars. Please make checks payable to Hardin Otters. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be no refunds.
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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. Times will be seeded in yards. Swimmers will be seeded slowest to fastest in all events except the 500 free which will be seeded fastest to slowest. Events will be swum as mixed-gender heats. This meet will be pre-seeded. There will be no deck entries.
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CHECK-IN	A positive check-in is not required for any events.
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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 both days. There will be no penalty for swimmers who fail to scratch from an event.
SCORING	There will be no scoring for this meet.
AWARDS	There will be no awards for this meet.
RESULTS	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com.
WARM-UPS	Montana Swimming and USA Swimming warm-up procedure will be in place for the entire meet for all swimmers and coaches in attendance. The marshal 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. Warm-up times for the Hardin Otters will be posted after the entries are received. General session warm-ups will be 30 minutes. There will be a 10-minute warm-up prior to the start of the 500 free. The warm-up cool down pool will be open throughout the meet for supervised warm-ups. Swimmers should enter the pool using a three-point entry for warm-ups. Warm-up times are subject to change depending upon the number of entries. Teams will be notified of any changes by Friday, January 29, 2021.
OFFICIALS/TIMERS	Teams must provide timers for their competition session. Teams are also asked to provide certified meet officials. <u>Timers:</u> Each team will be responsible for lane timing. A signup sheet will be posted at the meet for parents to sign up to time. <u>Officials:</u> There will be an in-person officials meeting Saturday 5 minutes after the start of general session warm-ups for the Hardin Otters. Officials should bring their own clipboard and pens/pencils. Clipboards will not be provided. 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. Trainees shall 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 must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. The coach meeting will be held virtually prior to the meet.

PROTESTS: HOSPITALITY CONCESSIONS/ SWIM SHOP	All protests should be given to the meet referee. There will be no food served in hospitality. There will be no concessions and no swim shop at this meet.
PROGRAM	A free meet program (in pdf format) will be provided to the coaches prior to the meet. Coaches will email the program to the team's families for printing prior to the meet. Due to COVID restrictions, no programs will be available for sale at the meet so please bring a copy with you to the meet. The program will also be posted on the Montana Swimming website.
SPECTATORS	Athletes and allowed immediate family members will be seated in team specific areas in the venue only and may not be in the roped off areas. Social distancing must be maintained. Individuals may also bring chairs but must keep all roped off areas, facility entries, and walkways clear of chairs and personal belongings. No spectators will be allowed in the upper balcony workout area. Face masks must be worn at all times. Athletes may remove their face masks when in the water for warm-up/cool down or competition but must put on their mask when exiting the pool. Persons refusing to wear a face mask or refusing to socially distance will be removed from the facility. No food is allowed in the venue. Athletes and families may bring in water or other drinks. It is suggested athletes or family members eat outside in their vehicles. No glass containers, cots, hard sided or larger coolers will be allowed in the building. Spectators are not allowed along the west side of pool in the coach seating area next to the pool. Only meet management, officials, and coaches may be in the coach seating area except that athletes may talk briefly with their coaches and then leave the area.

2021 HOT Intrasquad Time Trial

Event List

SATURDAY

Event Number For HOT Entries	Age Group	Event
1 Mixed	Open	100 Free
2 Mixed	8 & U	25 Fly
3 Mixed	Open	50 Fly
4 Mixed	8 & U	25 Breast
5 Mixed	Open	50 Breast
6 Mixed	Open	100 IM
7 Mixed	Open	25 Back
8 Mixed	Open	50 Back
9 Mixed	8 & U	25 Free
10 Mixed	Open	50 Free

HOT Sugar Beet Classic Dual Meet Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Hardin Otters)

Kristen Mark, PO Box 6, Hardin, MT 59034, and hardinotters@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$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. Hardin Otters, Hardin Community Activity Center, Billings YMCA Seahawks, Billings YMCA, 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 including those illnesses, injuries, or deaths due to COVID-19 as specified in this meet announcement. 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

TITLE

DATE