



2021 MT GFST May Invitational Swim Meet
Hosted by Great Falls Swim Team
May 1 & 2 , 2021

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction 2138

This meet is for Great Falls Swim Team, Havre Lions, Helena Lions, Helena Dolphins ONLY

Meet Referee

Name: Merle L. Gunderson

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E-mail: mtgunders@outlook.com

Meet Director

Pat King

303-877-4783

coachpatking@gmail.com

Meet Registrar

Dana Freshly

406-788-0242

dana.freshly@yahoo.com

FACILITY

The meet will be held at the Great Falls High School Pool, 1900 5th Ave South, Great Falls, MT 59405.

The pool elevation is 3324 Feet. The pool is a 6 lane (7 feet wide), indoor 25 yard short course regulation pool, with movable bulkhead, with 7 non-turbulent lane lines.

Starting platforms are Spectrum Xcellerator, non-skid, adjustable kick plate starting platforms, equipped with Colorado Times Relay pads with Speed Lights.

The pool is 12 feet deep at the start end and 4 feet 3 inches deep at the turn bulkhead end of the course. The competition course has not been certified in accordance with 104.2.2C (4), each lane is measured with a laser prior to each session, required due to the movable bulkhead.

There is a separate warm-up cool down pool that will be available throughout the competitive meet for coach supervised warm-ups.

Directions: The High School Pool is located on 19th St. S. and 5th Ave. S.

From 10th Ave. S. – turn North on 19th St. S. and go 5 blocks to the Bill Swarthout Fieldhouse 19th St will dead-end into the Fieldhouse parking lot. Parking is available on the South, West and East sides of the Fieldhouse. Pool is located in the lower level of the Fieldhouse. Use the South facing door on the lower level to enter the building.

MEET FORMAT

This is an Age Group timed finals meet.

Timing will be by full automatic Colorado Timing System with touchpads, relay takeoff pads including speed-light, at starting end of the pool with a secondary timing system of two manual watches or three manual times.

Individual events will be swum as combined sex and age-groups as listed in the entry list.

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.

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, but will be scored and awarded by sex and age group.

SAFETY

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.

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 policy is a condition of participation in the conduct of this competition

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, 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.

ELIGIBILITY

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.

SWIMMERS WITH DISABILITIES

The GREAT FALLS 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 GREAT FALLS SWIM TEAM's ability to accommodate all requests.

ENTRIES

Teams should e-mail entries dana.freshly@yahoo.com using Hy-Tek or Team Unify software (preferred method) by April 25th, 2021. Along with your meet entry file, include your team meet entry report (relay and individual entries) and team entry fee report from Team Manager or Team unify (in PDF(preferred), word or rich text format).

Entries are to be submitted in SC yards. Submit your team's entries using Hy-Tek software to include a team entry report sorted by athlete name and a relay report from Team Manager. If e-mailing, please include these reports in Word or RTF. **"No Time" entries will be accepted.** The Entry Summary, Waiver, and USA Swimming Registration Confirmation Sheet must be filled out, signed and returned with the entries and reports..

ENTRY LIMITS

Each swimmer may compete in 4 events each day, 1 distance event each day and 1 relay each day. Maximum event entry for each day is 6. There will be no minimum waiting period between events.

Each swimmer will be seeded according to their submitted fastest yard times. All swimmers must swim in their respective age groups. 8 & Under may choose 8 & Under events and 10 & Under events.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

Entries must be received by: April 25th, 2021

ENTRY FEES

Make checks payable to: GREAT FALLS SWIM TEAM in US dollars; All fees are non-refundable	
Meet Fee	\$30.00 per swimmer; \$3 per event; \$10 per relay
Late Entry Fee	Double entry fee

SEEDING

The conforming time standard for this meet is yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be converted to short course yard times and seeded along with other entries. No time (NT) entries **will** be accepted. Times will be seeded in yards.

CHECK-IN	Check in for event will be as stated in the Deadline and Meeting Summary
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	No team scoring will be kept. Individual scoring will be kept. No relay scores will be kept. All scoring will be on a sixteen (16) place basis. Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
AWARDS	Events will be swum as combined age groups as designated on the Events List. Events will be scored 8&U, 9-10, 11-12, 13-14, 15-16, 17 & over Ribbons will be given to the top 6 in each event per age group 8&U, 9-10, 11-12, 13-14, 15-16 & 17& over . There are no awards for relays. There will be no awards ceremony. Teams shall designate a responsible adult to pick up all awards after the meet.
RESULTS	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com. List any other sites where results will be posted.
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. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/cool-down in the shallow end of the pool. 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. Warm-up schedules will be e-mailed by Wednesday afternoon, May 8, 2019 to teams providing e-mail addresses
OFFICIALS/TIMERS	To the extent possible, 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 meetings daily 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. Each team will be assigned lane timing assignments. A signup sheet will be posted at the meet specifying lane assignments. The officials' meeting will be 15 minutes after the start of warmups
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 coach meeting at immediately following the last set of warm-ups. Other meetings may

be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

PROTESTS:

All protests should be given to the meet referee.

HOSPITALITY

Limited hospitality will be open to all coaches and officials.

**CONCESSIONS/
SWIM SHOP**

Limited CONCESSIONS will be available during the meet day

**COVID
ACCOMMODATIONS**

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 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.

Spectators: 2 spectators per swimmer will be allowed at the pool at this time. All spectators will be required to wear a face mask. If a spectator refuses to wear a face mask they will be asked to leave the facility.

Planned Number of Individuals: No more than 25 people will be on the pool deck.

Safe Sport Accommodations: Each group (pod) of kids will have an adult assigned to them. This adult will ensure that your child is safe and supervised during their time at the pool. They will also ensure that your child is in their lane prior to their race time(s).

Attestation statement: the conduct of the meet will adhere to all local jurisdictional guidelines.

Assumption of Risk

GFST and GFHS have taken enhanced health and safety measures – for swimmers, parents, officials, coaches and volunteers. You and your swimmer must follow all posted and verbal instructions while at the GFST Winter swim meet at GFHS. 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. By attending, participating in, or volunteering at this swim meet, you voluntarily assume all risks related to exposure to COVID-19. .

2021 GFST May Invitational

ORDER OF EVENTS

Saturday May 1 st			Sunday May 2 nd		
Girls		Boys	Girls		Boys
1	10 & U 100 Medley Relay	2	36(mixed)	9 & Over 1650 Free	
3	9 & Over 200 Medley Relay	4	General Warm-ups		
5	8 & Under 25 Back	6			
7	10 & Under 200 Free	8	37	10&U 100 Free Relay	38
9	11 & Over 200 Free	10	39	9&Over 200 Free Relay	40
11	10 & Under 50 Fly	12	41	8 & under 25 Free	42
13	11 & Over 50 Fly	14	43	9 & Over 400 IM	44
15	10 & Under 100 Breast	16	45	10 & under 100 Fly	46
17	11 & Over 100 Breast	18	47	11 & over 100 Fly	48
19	10 & Under 200 IM	20	49	10 & U 50 Back	50
21	11 & Over 200 IM	22	51	11 & Over 50 Back	52
23	8 & Under 25 Breast	24	53	9 & Over 200 Breast	54
25	10 & Under 100 Back	26	55	8 & Under 25 Fly	56
27	11 & Over 100 Back	28	57	10 & Under 100 IM	58
29	9 & Over 200 Fly	30	59	9 & Over 200 Back	60
31	10 & Under 50 Free	32	61	10 & Under 50 Breast	62
33	11 & Over 50 Free	34	63	11 & Over 50 Breast	64
15 Minute Warm-up			65	10 & Under 100 Free	66
35 (mixed)	9 & over 500 Free		67	11 & Over 100 Free	68

Great Falls Rapids Meet Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **GREAT FALLS SWIM TEAM**):

GREAT FALLS SWIM TEAM 1708 2nd Ave North Great Falls, MT 59403

Team Name	
Club Code and LSC Code	
Coach Name	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$30.00	\$
Event Fee		\$3.00	
Relay Fee		\$10.00	
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. GREAT FALLS SWIM TEAM, 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.

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