



**Last Chance Invitational / Big Sky State Games
Hosted by Helena Lions Swim Team
July 8-10, 2022**

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc Sanction # 2229.
And US Masters Swimming, issued by US Masters Swimming Sanction #

Referee

Merle Gunderson
mtgunders@outlook.com

Meet Director

Piper Lynch
piperlynch@hotmail.com

Meet Registrar

Justin Racer
Hlstswimcoach@gmail.com

FACILITY

Last Chance Splash Waterpark and Pool is located at 1203 Last Chance Gulch Helena, MT

This facility is an 8 lane, 50 meter outdoor pool equipped with non-turbulent lane ropes. There will be a warm up and cool down pool in the dive tank next to the pool. Timing will be done with automatic Daktronics Timing System with pads at the start end and two manual watches. The pool is 5 feet deep at the start end and 3'3" deep at the turn end. The competition course has not been certified in accordance with 104.2.2c(4)

MEET FORMAT

This will be an open swim meet held in conjunction with the swimming portion of the Big Sky State Games.

Events will be swum as noted on the enclosed Order of Events and will be scored 8 & U, 9-10, 11-12, 13 -14, 15-19, 20-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66-70, 71-75, 76-80, 81-85, 86-90, 91-95, 96 and over. All events will be timed finals. The 400 free, 400 IM, 800 free, and 1500 free will be swum fastest to slowest, mixed heats. Some events may be over the top starts.

The meet will be pre-seeded. However, the meet referee reserves the right to reseed events as appropriate, based on scratches, meet timelines and other factors. Note: HLST reserves the right to modify the order of events to a split meet format if more than 350 swimmers are registered. In the event of a split meet format, clubs will be notified by email.

Timers

Registered teams will be required to provide timers for the meet events based on the number of swimmers registered. The number of timers and assigned lanes will be provided with the warm-up schedule.

Swimmers in the 1500 Free, 800 Free and the 400 IM must provide their own timers, and swimmers in the 1500 and 800 Free must also provide their own counters.

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.

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.

In the event of thunder or lightning the pool deck must be closed (all patrons out of the pool and off the deck) until 30 minutes after the last strike of lightning is seen or the last clap of thunder is heard.

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 without the use of a backstroke ledge. 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. In granting this approval it is understood and agreed that USA Swimming and Montana Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provision 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.

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. Deck changes are 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. or US Masters Swimming. 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 not registered with USA Swimming may compete by signing up for the meet through the Big Sky State Games entry portal.

SWIMMERS WITH DISABILITIES

The HLST 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 HLST ability to accommodate all requests.

ENTRIES

Teams should email entries to Justin Racer Hlstswimcoach@gmail.com using Hy-Tek or Team Unify software (preferred method) by **Tuesday June 28, 2022**. Along with your meet entry file, include your team entry report (relay and individual entries) and team entry fee report from Team Manager or Team Unify (in PDF word or rich text format). Waiver and fee summary should be mailed with the meet fees.

Individuals (not teams) without access to HY-Tek or Team Unify software may submit your entries on enclosed master entry sheet Hy-tek Lite entry software may be downloaded for free from the Hi Tek website to enter swimmers. Swimmers may also e-mail the entry data to the registrar by **June 28, 2022**.

All relay only swimmers must be listed and pay the per swimmer surcharge. Master swimmers are welcome and encouraged to compete at the meet. Please enter with your Masters ID number and not a USA Swim ID number.

BSSG WAIVER RELEASE FORM

All swimmers competing in the meet will need to sign the waiver/release forms that are available on the Big Sky State Games website. Forms will be available at the meet located on the console desk.

ENTRY VERIFICATION

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

The Meet Registrar must receive entries by the date and time listed in the Deadline and Meeting Summary (note: no more than 10 days prior to the start date of the meet). No late entries will be accepted. Entries must be received by: **June 28, 2022**

Mail Fees and Waiver to:

**Helena Lions Swim
Team PO Box 936
Helena MT 59624**

ENTRY DEADLINES

E-mail entries for individuals only (not teams) will be accepted until **7:00 PM on June 28, 2022**. Send the individual entries to Justin Racer at Hlstswimcoach@gmail.com. Entry fees for the individual entries must be received prior to the start of the meet. Deck entries will only be allowed at the discretion of the meet referee and will be seeded as non-scoring (exhibition) swims and are not eligible for awards. No

text messages will be accepted for entries or entry questions.

ENTRY FEES

Make checks payable to: Helena Lions Swim Team in US dollars All fees are non-refundable	
Individual Event	\$3.00 per event
Relays	\$5.00 per relay
Entry Fee	\$25.00

An entry fee of \$25.00 plus \$3.00 per event will be charged for each swimmer competing in the meet. There will be a charge of \$5.00 per relay team. Entry fees must accompany the entries in US dollars. Please make checks payable to Helena Lions Swim Team. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be no refunds.

SEEDING

Swimmers should enter with their fastest officially recorded time in long course meters (or enter with a converted SCY or SCM time). No time (NT) entries will be accepted. Times will be seeded in meters. Swimmers will be seeded slowest to fastest in all events except as noted. Distance races will be swum as a mixed events but scored by age group and gender.

SCORING

Events will be scored as follows:

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS

Ribbons/Medals for FIRST through THIRD will be awarded for each individual event in each age group for males and females 8 & U, 9-10, 11-12, 13-14, 15-19, 20-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66-70, 71-75, 76-80, 81-85, 86-90, 91-95, 96 and 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>.

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.

Meet Management also reserves the right to add warm up sessions into the meet to allow for warm up and cool down. These warm up sessions will be announced at the coaches meeting.

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 each day in the hospitality area.

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.

The officials' meeting will be 30 minutes before the start 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. 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

There will be a hospitality area open to all coaches and officials.

CONCESSIONS/ SWIM SHOP

Refreshments will be available at the concession stand.

Example - The HLST parents will be operating a concession stand and swim shop during the meet serving a variety of healthy foods for breakfast, lunch and snacks.

SPECTATORS

Access to the pool deck may be gained through the south gates or through the pool office and locker rooms. Spectators may observe from the designated observation area on the 50 meter pool deck, however no chairs or camping is allowed within the fenced area. Spectators are requested to leave the pool area between races (Accommodations can be made for individuals with mobility restrictions-please check with the safety marshals at the meet.)

According to County Health Department regulations the number of spectators and participants allowed in the facility is limited in order to comply with pool capacity limits. If the capacity is exceeded the city reserves the right to close the south gates.

Umbrellas, tarps, and canopies for swimmers and spectators will not be allowed inside the fence and on the pool deck but allowed in the adjacent Memorial Park area during the meet. Due to underground watering lines, do not use stakes to secure umbrellas, tarps, canopies or tents in the park. There is no overnight camping allowed in Memorial Park.

HLST Last Chance Invitational

ORDER OF EVENTS

Session 1

FRIDAY, July 8, 2022

Warm Up: 5:00PM; Meet Start: 5:45PM

Girls/Women	Event	Boys/Men
1	11 & Over Mixed 1500 Freestyle	1

Session 2

SATURDAY, July 9, 2022

Warm-up: 7:00 AM; Meet Start: 7:40 AM

Girls/Women	Event	Boys/Men
2	11 & Over Mixed 400 IM	2

Session 3

SATURDAY, July 9, 2022 Warm

Up: TBA; Meet Start: TBA

Girls/Women	Event	Boys/Men
3	12 & Under Mixed 200 Freestyle Relay	3
4	11 & Over Mixed 400 Freestyle Relay	4
5	Open 50 Breaststroke	6
7	11 & Over 200 Butterfly	8
9	Open 100 Backstroke	10
11	11 & over 200 Breaststroke	12
13	Open 100 Freestyle	14
15	Open 50 Butterfly	16

Session 4

SATURDAY, July 9, 2022

Warm Up: Immediately Following Event 16; Meet Start: 20 Minutes after Warm Ups

Girls/Women	Event	Boys/Men
17	11 & Over Mixed 400 Freestyle	17

HLST Last Chance Invitational

ORDER OF EVENTS

Session 5

SUNDAY, July 10, 2022

Warm-up: 7:00 AM; Meet Start: 7:40 AM

Girls/Women	Event	Boys/Men
18	9 & Over Mixed 800 Freestyle	18

Session 6

SUNDAY, July 10, 2022

Warm Up: TBA; Meet Start: TBA

Girls/Women	Event	Boys/Men
19	12 & Under Mixed 200 Medley Relay	19
20	11 & Over Mixed 400 Medley Relay	20
21	Open 50 Backstroke	22
23	Open 200 Freestyle	24
25	Open 100 Butterfly	26
27	9 & Over 200 Backstroke	28
29	Open 100 Breaststroke	30
31	Open 50 Freestyle	32
33	Open 200 IM	34

**HLST LAST CHANCE INVITATIONAL/Big Sky State Games:
Entry Fee Summary and Waiver/Release From**

Complete and email or mail this form along with entry fees to (checks payable to HLST):
Helena Lions Swim Team PO Box 936 Helena Mt 59624 / Hlstswimcoach@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$3.00 per event	
Relay Entries		\$5.00 per relay	
Swimmer Surcharge		\$25.00 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. HLST, 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

HLST Last Chance Invitational 2022 ---- Masters Entry Form

Friday, July 8, 2022		
Girls	<u>Session 1</u>	Boys
1	11 & Over Mixed 1500 Freestyle	1

Saturday, July 9, 2022			Sunday, July 10, 2022		
Girls	<u>Session 2</u>	Boys	Girls	<u>Session 5</u>	Boys
2	11 & Over Mixed 400 IM	2	18	9 & Over Mixed 400 Free	18
Girls	<u>Session 3</u>	Boys	Girls	<u>Session 6</u>	Boys
4	11 & Over Mixed 400 Free Relay	4	20	11 & Over Mixed 400 Medley Relay	20
5	Open 50 Breast	6	21	Open 50 Back	22
7	11 & Over 200 Fly	8	23	Open 200 Free	24
9	Open 100 Back	10	25	Open 100 Fly	26
11	11 & Over 200 Breast	12	27	9 & Over 200 Back	28
13	Open 100 Free	14	29	Open 100 Breast	30
15	Open 50 Fly	16	31	Open 50 Free	32
Girls	<u>Session 4</u>	Boys	33	Open 200 IM	34
17	11 & Over Mixed 800 Free	17			

Events (Max 5 individual
And 1 relay per day)

Seed Times

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Date of Birth: _____

Masters #: _____

Phone Number: _____

Fees

Swimmer Surcharge: \$25.00

\$3.00 Per Individual Event: _____

\$5.00 Per Relay: _____

Total: _____

Master Entry Sheet

Club: _____ Coach: _____

Contact: _____ Phone: _____ Email: _____

Name	Age	USMS #	Event #	Event #	Event #	Event #	Event #	Event #	Event #	Fees
	Sex		Time	Time	Time	Time	Time	Time	Time	

Tally

Swimmers this sheet X \$25.00= \$ _____

Individual events this sheet X \$3.00= \$ _____

Relays this sheet X \$5.00= \$ _____

Total \$ this sheet \$ _____