



2023 BAC Sprint Meet

Hosted by Billings Aquatic Club
PO Box 20413, Billings, MT, 59104
www.bacstingrays.com
April 19th 2023

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2226

Meet Referee Dax Rice Daxrice@hotmail.com	Administrative Official Dawn Githens ddgithens7@gmail.com	Meet Director Sean Marshall BACstingrays@gmail.com
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FACILITY	Only meet management, officials, swimmers, and coaches may be on the pool deck. Spectators will be allowed in the stands as well as the upstairs large and spacious seating area behind the basketball court bleachers. The meet will be broadcast LIVE through Facebook live at our Public Facebook Page Titled "BAC Stingrays". The meet will be held at the Montana State University of Billings Athletic Facility located on the MSUB Campus by taking Mountain View Blvd off of N 27th Street. 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. Timing will be by an automatic Omega Timing System with pads at just the start end 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 North 27th Street take Mountain View Blvd and the pool will be in the Athletic Building on your immediate left. At the far end of the facility there will be an entrance with will allow swimmers and spectators to enter and go right into the pool stands area. Seating for teams and athletes will be upstairs behind the basketball stands in the large open area.
MEET FORMAT	This is an Age Group Swim Meet and all events will be timed mixed gender finals. Events will not be scored. Swimmers will be seeded slowest to fastest according to submitted fastest yard times by age, 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.
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. Those volunteers, officials, staff, and swimmers who participate in the meet voluntarily assume all risks related to exposure to COVID-19.

The meet will be broadcast LIVE through Facebook live at our Public Facebook Page Titled “BAC 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 Montana State University of Billings.

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.

Life guard supervision available to athletes participating in the meet.

RACING STARTS

Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

-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.

-Deck changes are prohibited

ELIGIBILITY	All swimmers must be registered with USA Swimming, Inc 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 BAC only swim meet. Swimmers will be limited to 4 individual events and 2 relays for the meet. Entries will be submitted in SCY. No Time entries will be accepted. Entry deadline is 5pm on Wednesday, April 12 th .
ENTRY FEES	Entry fees of \$4.00 per individual event and \$8.00 per relay will be charged for each swimmer competing in the meet, along with a \$30 swimmer/facility surcharge.
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 age group is 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. Coaches & Teams will be notified of any changes by email.

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. 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 day's first session of competition.

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 hospitality for this meet located in a classroom outside the pool area.

CONCESSIONS/ SWIM SHOP

There will be a concession stand and swim shop for this meet located outside on the front lawn off of the pool main entrance.

SPECTATORS

Will be allowed in the stands above the pool deck. The meet will also be broadcast LIVE through Facebook live at our Public Facebook Page Titled "BAC Stingrays".

ADULT PARTICIPENTS

All 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 MAAPP is a condition of participation in the conduct of this competition.

Saturday April 19th Session 1 – OPEN & Mixed Warmups 3:30pm-4:20pm, Meet Starts 4:30p,	
Mixed Event #	Event
1	Mixed 200 Free Relay
2	100 Free
3	25 Fr
4	50 Fly
5	25 Breast
6	50 Back
7	25 Back
8	50 Breast
9	25 Fly
10	50 Free
11	100 IM
12	Mixed 200 Medley Relay