



Great Falls Swim Team Rapids May Meet Hosted by Great Falls Swim Team May 22, 2022

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2228

Meet Referee

Name: Merle L. Gunderson

Phone: (406) 868-8433

E-mail: mtgunders@outlook.com

Meet Director

Dana Freshly

406-788-0242

dana.freshly@yahoo.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 6 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 meet is an age group time 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. Regular events will be swum slowest to fastest. Distance events will be swum fastest to slowest. Individual events will be swum and awarded 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.

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.

Locker rooms are for swimmers only. Adults may use the bathrooms on the second floor next to the bleachers. Officials and coaches may use the bathrooms near the hospitality area. Failure to comply with this rule will result in removal from the meet.

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 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.

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 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 May 13, 2022. 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). Do not include relay swimmer names with your relay entries. Please e-mail all reports. Completed paperwork, signed waiver, team entry report, and entry fees must be received by the first day of the meet, May 22, 2022.

Individuals (not teams) without access to Hy-Tek or Team Unify software may submit your entries on the enclosed master entry sheet. Hy-Tek Lite entry software may be downloaded for free from the Hy-Tek website to enter swimmers. Swimmers may also e-mail the entry data to the registrar by May 13, 2022.

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 individual events on Sunday. Each swimmer will be seeded according to their submitted fastest yard times. All swimmers must swim in their respective age groups. Please note all races will be swum and awarded as mixed sex 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: May 13th. Mail fees and entry reports to: GREAT FALLS SWIM TEAM 1708 2nd Ave N Great Falls, MT 59401. Phone/e-mail entries for individuals only (not teams) will be accepted until 8pm, May 14th. Send the individual entries to dana.freshly@yahoo.com or phone 406-788-0242. 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: GREAT FALLS SWIM TEAM in US dollars; All fees are non-refundable	
Meet Fee	\$25.00 per swimmer; \$2.00 per event
Late Entry Fee	Double per swimmer

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 or individual scoring will be kept.

AWARDS Events will be swum as designated on the Events List. Ribbons will be given for the top 6 swimmers in each event by age group 10 and Under, 11-12, 13-14, 15 and above. 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>. Unofficial results can be found on Meet Mobile.

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 the Wednesday afternoon prior to the meet, 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 There will be a hospitality area open to all coaches and officials.

CONCESSIONS/SWIM SHOP Refreshments will be available at the concession stand. The GREAT FALLS SWIM TEAM parents will be operating a concession stand during the meet serving a variety of healthy foods for snacks. Limited swim shop will be available.

SPECTATORS Spectators may be seated in the spectator areas on the bleachers on the pool deck, on the bleachers on the balcony above the east end of the pool. Additional spectator areas will be provided in the gym or hallways. The west deck of the pool will be open for spectator use only. Parents can come to that area to watch their swimmers race.

Great Falls Rapids May Meet

ORDER OF EVENTS – Session 1: AM Distance

Event Number	Age Group(s)	Race
1	Mixed 11 & Over	500 Free

Session 2: Timed Finals

Event Number	Age Group(s)	Race
2	Mixed 11 & Over	200 Breast
3	Mixed Open	100 Fly
4	Mixed Open	50 Free
5	Mixed 11 & Over	200 IM
6	Mixed Open	100 Back
7	Mixed 11 & Over	200 Fly
8	Mixed Open	50 Breast
9	Mixed 11 & Over	200 Free
10	Mixed Open	50 Back
11	Mixed Open	100 Breast
12	Mixed Open	50 Fly
13	Mixed 11 & Over	200 Back
14	Mixed Open	100 Free

2022 GFST Rapids May Meet

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **GFST**):

Mail entries to: GREAT FALLS SWIM TEAM 1708 2nd Ave N Great Falls, MT 59401

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$25 per swimmer	
Individual Entries		\$2 per swimmer event	
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