



Friday Fast 50's Time Trial
Hosted by Missoula YMCA
3000 South Russell, Missoula, MT. 59801
April 22, 2022

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

In applying for this sanctioned event, the Missoula YMCA Swim Team (MYST) agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana and Missoula county/city.

Meet Referee

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Meet Manager

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Meet Registrar

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FACILITY The meet will be held at the Missoula YMCA which is located at 3000 South Russell Street in Missoula, Montana. The Missoula YMCA pool is a 25-yard, 6 lane pool with non-turbulent lane dividers, and Xcellerator DP starting blocks. The start end of the pool is 12 feet deep and the turn end is 4 feet deep.

The elevation of the facility is 3,209 feet. The competition course has not been certified in accordance with 104.2.2C(4). A Colorado Time Infinity start system, and an automatic Colorado Timing touch pad system with touch pads at the start end of the pool, and manual timers will be used. Swimmers must come to the pool with swimsuits on as there will be no

deck changing, Warm-ups will occur prior to the start of the meet and cool down will be available at the conclusion of the meet.

DIRECTIONS From I-90, take Orange Street exit #104. Travel south on Orange St. and continue on this road as it becomes Stephens Ave. Turn right onto Brooks St. and travel south past the intersection with South Ave and take the next left onto Livingston Ave. Take the next right onto Russell St. and continue south for approximately .25 blocks to reach the Missoula YMCA on the east side of the road.

MEET FORMAT This will be an age group time trial for MYST swimmers only.. All events will be timed finals. Events will not be scored. Swimmers will be seeded slowest to fastest according to submitted fastest yard times by age, gender, provided there is at least one empty lane between such combined events. The referee may combine events, as appropriate and in doing so may waive the empty lane requirement with 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 CDC 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 the 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, MYST, The Missoula YMCA, 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.

The Missoula YMCA Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Missoula County. Masks are highly recommended.

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. Time to practice starts will be included in the warm-up schedule. Coaches must closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshal will be on deck.

The Missoula YMCA Swim Team and The Missoula YMCA have taken enhanced health and safety measures for the meet management, swimmers, and coaches attending this meet. Those in attendance must follow all posted instructions while visiting the Missoula YMCA. 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 Center for Disease Control and Prevention, senior citizens and guests with underlying health conditions are especially vulnerable. By attending this meet at the Missoula YMCA, you voluntarily assume all risks related to exposure to COVID-19.

RACING STARTS Any Swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Any swimmer 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changing 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 the Montana Swimming Registration Chairperson prior to the start of the meet.

This meet may be covered by the media, including photographs, video, webcasting 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., Montana Swimming LSC, and either the Missoula YMCA Swim Team. Swimmers must be registered prior to the 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 complete.

SWIMMERS WITH DISABILITIES

The Missoula YMCA 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 assistant 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 Missoula YMCA Swim Team's ability to accommodate all requests.

ENTRIES

Entries will be submitted in SCY. No time entries will be accepted. Entry commitment deadline is 5pm prior to the respective competing session day. Swimmers will choose up to two events to pre-enter or entries will be chosen by Coach Kirby Beierle.

At the discretion of the Meet Referee, additional events of each stroke may be offered subject to time availability. The order of events will be posted at the meet.

ENTRY FEES

There will not be a charge to the swimmer to participate in the time trial.

SEEDING

Each swimmer will be seeded according to the session that they are registered for, in mixed gender and mixed age group heats. 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 however reasonable time estimates are preferred to ensure balanced heats. Times will be seeded in yards. The meet will be pre-seeded. However, the meet referee may add or revise seeding to ensure safety and equity and will work with the coaches of the affected athletes.

CHECK-IN

There are not any positive check-in events for this meet.

SCRATCHES

Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet, on each day, There will be no penalty for swimmers who fail to scratch for the event.

SCORING	There will be no scoring at this meet.
AWARDS	There will be no awards at this meetl.
RESULTS	Results will be posted to the Montana Swimming website at http://www.mtswimming.com . Results will also be 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. There is no separate warm-up pool. Continuous warm-up/cool-down lanes are not available. The last 10 minutes of each warm-up session may be used to practice racing starts in all lanes. General warm-ups will be held at 4:30 pm with the meet starting at 5:00pm.
OFFICIALS/TIMER	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. There will be limited on deck training time for new/apprentice officials at this meet due to the limited capacity of the meet. The officials' meetings will be in the lifeguard room off the pool deck at the beginning of the warm-up at 4:30pm. This meet will have a meet referee, a starter, and 2 stroke and turn officials, on deck.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. All coaches must display their credentials during the duration of the meet.
PROTESTS	All protests should be given to the meet referee.
HOSPITALITY	There will be no hospitality at this meet.

CONCESSIONS/ SWIM SHOP There will be no concessions stand or swim shop for this meet.

SPECTATORS Spectators will be allowed in the viewing balcony.

Only meet management, officials, swimmers, volunteers, and coaches may be on the pool deck.

ORDER OF EVENTS

Order of Events for Friday Fast 50's Time Trial

April 22, 2022

Warm-up 4:30pm, Meet Start 5:00 pm

Events

1. 50 Back
2. 50 Fly
3. 50 Breast
4. 50 Free