

2023 GLACIER AQUATIC CLUB FALL FRENZY INVITATIONAL MEET

Hosted by Glacier Aquatic Club (GAC/KATS)

October 28-29, 2023



Held under the Sanction of USA Swimming, Inc., issued by Montana
Swimming, Inc. Sanction #2405.

Meet Referee	Meet Registrar	Meet Director	Admin Official
Steve Qunell stevequnell@gmail.com	Shawn Hummer 406.871.5342 hummers79@gmail.com	Angelique Dousis 617-304-4167 adousis@yahoo.com	Robyn Lewis reblewis76@yahoo.com

Glacier Aquatic Club (GAC/KATS)
katsboard@gmail.com | PO Box 11, Kalispell, MT 59903

Facility

The Wave Aquatic & Fitness Center is a state-of-the-art fitness center located at 1250 Baker Ave, Whitefish, MT 59937. The pool is a six lane, 25 yard regulation short course indoor pool that is enclosed by non-turbulent lane dividers. The pool is 7 feet deep at the start end and 3 ½ feet deep at the turn end. The altitude is 3,028 feet. There is no separate warm-up and cool down facility. The competition course has not been certified in accordance with 104.2.2C(4).

An automatic Colorado Timing System will be used with touch pads at the start end only with 3 backup timers. 25 yard events will be timed with three manual watches. Times will be displayed on a 6 line LED scoreboard. The Wave features new Spectrum Xcellerator starting blocks and lane lines. The gym will be open and available for the swimmers and families to use. **Parking for this event is at Parkside Federal Credit Union, North Valley Food Bank and street side parking (see map on last page). Parking is not available at the Wave.**

Lifeguards will be available during the duration of the meet. The facilities AED's are available to athletes participating in the meet and are located in the pool office and front desk.

Directions:

Enter Whitefish on Highway 93. Turn left onto W 13th St. The Wave is located behind Safeway at 1250 Baker Avenue.

Meet Format

This is an age group, timed finals meet.

Individual events will be swum as noted on the event list.

The 500 free and 400 IM will be seeded and swum fastest to slowest and mixed, but scored by age group for both girls and boys. 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 by sex and age group.

Relays will be seeded as girls, boys, or mixed, but may be swum as a combined event and scored separately.

Swimmers entered in the 500 Free and the 400 IM must provide their own timers, and swimmers in the 500 Free must also provide their own counters.

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 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.

Glacier Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, Flathead County, and the State of Montana. Masks are recommended for all swimmers and spectators.

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. Each coach is responsible for informing the swimmers of the provisions of the safety code before attending the meet. No diving in the shallow end of the pool. A safety marshal will be on deck.

No cameras of any type are allowed in the dressing rooms and the restrooms. Absolutely no glass containers are allowed in the building.

No area of the building should be considered secure. Glacier Aquatic Club and the Wave Aquatic and Fitness Center are not responsible for loss or damage of any items. Deck changing is prohibited.

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

The meet is sanctioned by Montana Swimming and USA Swimming. 2023 USA Swimming Rules and Montana Swimming Rules will govern the conduct of the meet, except where rules therein are optional and exceptions are stated. 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices, including a cell phone, are not permitted behind the starting blocks.

Changing in or out of swimsuits is allowed in locker rooms or other designated areas only. Deck changing is not appropriate and is absolutely prohibited.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue. 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.

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.

Eligibility

All swimmers must be registered with USA Swimming or the Canadian equivalent, prior to the entry deadline. There will be no on deck USA Swimming registration available at this meet. Teams or individuals entering swimmers who are not currently registered USA Swimming athlete members (unless FINA) may be fined \$25 per swimmer by the Montana Swimming Registration Chair. Age as of the first day of the meet (Oct 28, 2023) shall determine the age group in which the swimmer must compete.

Meet registration will be checked with the Montana Swimming Registrar prior to the meet to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible – as of October 20, 2023, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

Swimmers with disabilities

Glacier 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 Glacier Aquatic Club's ability to accommodate all requests.

Entry Limits

On Saturday, swimmers may compete in five (5) individual events and one (1) relay. On Sunday, swimmers may compete in four (4) individual events and one (1) relay (plus the FUN pumpkin relay) for a total of eleven (11) events (The FUN pumpkin relay is the 12th event a swimmer may enter.)

Please note: 500 free is limited to the first 60 entrants

Relays:

Relays will be swum as girls or boys. Relays may be combined depending upon the number of entries but will be scored as girls or boys as shown on the event list.

FUN Pumpkin Relay: The pumpkin relay is the last event on Sunday and is a fun relay. The event will not be scored. There is no charge to enter the pumpkin relay. Swimmers from different teams may combine to form a relay team. Teams must check in at the meet. Sign up at the timing table.

Entry Fees

An entry fee of \$25.00 plus \$3.00 per event will be charged. The relay fee is \$5.00 per relay. Make checks payable to the **Glacier Aquatic Club**. *No entries will be accepted without payment of fee in US dollars. There will be no refunds.*

Entries Teams

E-mail entries to hummers79@gmail.com using Hy-Tek or Team Unify software by **Monday, October 20, 2023**. Along with the 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, word or rich text format). Do not include relay swimmer names with your relay entries. Please e-mail all reports. Waivers may be electronically signed and e-mailed. Entry fees and paperwork must be received by October 20, 2023.

Individuals (not teams) and unattached swimmers

E-mail the entries to hummers79@gmail.com by **October 20, 2023 at 7:00 pm**. Individuals may download the free Hy-Tek Lite entry software from the Hy-Tek website to enter swimmers (<http://www.hyteklt.com/downloads.html>) or may e-mail the entry data. Entry fees and paperwork must be received by **October 20, 2023**.

Phone entries	Will not be accepted. No text messages will be accepted for entries or any other meet related questions. Late entries, if accepted, must be approved by the Meet Referee and will be charged double entry fees.
Deck seeding	May be allowed only at the discretion of the meet referee if open lanes are available. Deck seeded entries will be seeded as non-scoring (exhibition) swims and are not eligible for awards. The pumpkin relay will be deck seeded.
Entry Deadline	All team entries must be received by no later than October 20, 2023 . Individual entries must be received by no later than 7:00 pm October 20.

E-mail entries to hummers79@gmail.com

Mail fees and paperwork to: Glacier Aquatic Club, PO Box 11, Kalispell, MT 59903.

Team entries must be made through the swimmer's club with a team check.

Entry Verification	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
Seeding	Swimmers should enter with their fastest officially recorded time in yards (or converted long course meter or converted short course meter times). No time (NT) entries will be accepted. Swimmers will be seeded slowest to fastest in all events except as noted. <i>The 500 free and the 400 IM will be seeded and swum fastest to slowest.</i> 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.
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.
Awards	There will be no awards.
Final Results	Meet results will be posted to the Montana Swimming website at: 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. Swimmers will use a three point entry to enter the pool during warm-ups except when doing supervised racing starts. 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. Warm-up times are subject to change depending upon the number of entries. Warm-up schedules will be e-mailed by Thursday, October 26, 2023, to teams providing e-mail addresses and posted on the MT Swimming website. The Meet Referee reserves the right to insert breaks throughout the meet for the benefit of the swimmers.
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 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.

Swimmers entered in the 500 Free and the 400 IM must provide their own timers, and swimmers in the 500 Free must also provide their own counters.

The officials' meetings will be held in the hospitality room at the conclusion of the 500 on Saturday and tentatively at 7:45 a.m. on Sunday (check the warm-up schedule for the exact times).

Officials' Clinic: If there is interest, an officials' clinic will be offered after the conclusion of the meet on Saturday. Contact the meet referee in advance of the meet if you are interested in attending the clinic.

Coaches All coaches on deck of USA Swimming athletes must be registered and have current coach certifications with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair.

A coaches' meeting will be held in the office Saturday at 7:20 a.m. 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.

Minor Athlete Abuse Prevention Policy (MAAPP)

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.

Concessions Concessions will be available.

Hospitality A hospitality room will be available for all coaches, officials, and volunteering meet personnel.

Spectators Spectators may be seated in the designated poolside seating area and in an upper observation deck located above the pool deck. The gym is also open and available for swimmers and families to use throughout the meet.

Camping Camping is not available at the Wave. There is camping available at the KOA 4 miles away from the Wave. Hotel information is included with this announcement.

GAC Fall Frenzy Event List

Session 1 – Saturday, October 28, 2023

Girls/Women	Event	Boys/Men
1	Mixed 13&Over 500 Free	2
3	13&Over 200 Breast	4

Session 2 – Saturday, October 28, 2023

Warm-ups: After conclusion of the 200 Breaststroke

Girls/Women	Event	Boys/Men
5	Open 100 IM	6
7	Open 100 Fly	8
9	8&U 25 Back	10
11	Open 50 Breast	12
13	Open 100 Free	14
15	Open 50 Back	16
17	8&U 25 Breast	18
19	9&Over 200 IM	20
21	Open 200 Medley Relay	22
23	13&Over 200 Back	24

Session 3 – Sunday, October 29, 2023

Girls/Women	Event	Boys/Men
25	Mixed 13&Over 400 IM	26

Session 4 – Sunday, October 29, 2023

Warm-ups: After conclusion of the 400 IM

Girls/Women	Event	Boys/Men
27	9&Over 200 Free	28

29	8&U 25 Free	30
31	Open 50 Fly	32
33	Open 100 Back	34
35	Open 50 Free	36
37	Open 100 Breast	38
39	8&U 25 Fly	40
41	Open 200 Free Relay	42
43	13&Over 200 Fly	44

45	Mixed 200 Free Pumpkin Relay	
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(Deck Entries ONLY, enter at the timing table)

2023 GAC Fall Frenzy

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Glacier Aquatic Club**): Mail fees and paperwork to: Glacier Aquatic Club, PO Box 11, Kalispell, MT 59903

E-mail entries to: hummers79@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$25.00	\$
Relay Entries		\$5.00 per relay	\$
Individual Entries		\$3.00 / 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. Glacier Aquatic Club, Wave Aquatic Center, 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

Hotel Information:

Hampton Inn & Suites Whitefish [406-730-8901](tel:406-730-8901)

Best Western Rocky Mountain Lodge- [406-862-2569](tel:406-862-2569) Pine Lodge - [406-204-4519](tel:406-204-4519)

Cheap Sleep – [406-862-5515](tel:406-862-5515)

Big Mountain Lodge – [406-862-4020](tel:406-862-4020)

Grouse Mountain Lodge [406-868-7474](tel:406-868-7474)

Stumptown Inn of Whitefish [406-862-8255](tel:406-862-8255)

