



**Last Chance Invitational**  
**Hosted by: The Helena Lions Swim Team**  
**July 7-9, 2023**

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2333.

**Referee**

Merle Gunderson  
mtgunders@outlook.com

**Meet Registrar**

Megan Stenzel  
Hltswimcoach1@gmail.com

**Administrative Official**

Susan Huckeby  
shuckeby@msn.com

**Meet Director**

Piper Lynch  
piperlynch@hotmail.com

**Facility**

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

This facility is an 8 lane, 50-meter outdoor pool equipped with non-turbulent land ropes. There is a warmup 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 and at the turn end two manual watches and two buttons (pickles) for the 50's. 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 is an age group, timed finals meet. 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, and 20 and over.

All events will be timed finals. Swimmers will be seeded in heats slowest to fastest according to submitted times by age groups and gender noted on the event list, except for the 400M Free, 800M Free, 1500M Free and 400IM that will be seeded fastest to slowest.

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.

**Timers**

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

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

Teams will be assigned timing lanes based on their total number of swimmers in that session. **Meet Referee reserves the right to penalize \$50 per session for teams not providing assigned timers unless arrangements are made prior to the beginning**

**of the first session of meet.**

**Timer's Meeting**      **A timers meeting will be held 15 minutes before the start of the session for Saturday (Session 2 and Session 3) and Sunday (Session 5 and Session 6)**

**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 children) from becoming exposed to, contracting or spreading COVID -19 while participating in a USA Swimming. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming 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 loss, or any other loss, including but not limited to claims of negligence and give up any claims you may have to see damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

In applying for this sanctioned meet, the Helena Lions 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 Lewis and Clark County.

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.

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 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.

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.

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. The swimmers must be under the supervision of a USAS member coach during all warmups, competition and cool downs.

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.

Deck changing is not appropriate and is absolutely prohibited. Swimmers may change into and out of swimsuits in appropriate men's or women's locker rooms. Spectators will not be permitted to use locker rooms.

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.

No area of the pool building, pool deck, or surrounding park areas should be considered secure. The Helena Lions Swim Team or the Last Chance Splash Park are not responsible for the loss or damage of any items.

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.

A lifeguard will be on duty, an AED is available in the pool lifeguard office, and emergency medical services can be activated by a phone call.

**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.

All events except for the 1500 Free and 400 IM will be pre-seeded. We do ask that if you know a swimmer is not participating in an event to let us know. The meet referee will have the authority to re-seed any event if appropriate.

**Positive Check-in**

The 1500M free, 800M free, 400 free and 400 IM are designated as positive check-in. Swimmers must check in at the meet director table no less than 30 minutes prior to the start of that day's competition.

**Scratches**

Coaches should report scratches on the scratch sheet at the Meet Admin table prior to the start of every session. There will be no penalty for swimmers who fail to scratch from an event.

**Eligibility**

All swimmers must be registered with USA Swimming, Inc., or the foreign equivalent. 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.

Meet registration will be verified by the meet 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 suspended or ineligible for membership, and as of June 27, 2023, all adult members (defined by SafeSport Code for 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.

All applicable 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.

**Swimmers with Disabilities**

The HLST welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, 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 Megan Stenzel at [Hlstswimcoach1@gmail.com](mailto:Hlstswimcoach1@gmail.com) using Hy-Tek or Team Unify software (preferred method) by **Tuesday June 27, 2023**. 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). The waiver and fee summary should be mailed with the meet fees.

Unattached swimmers or Individual USA Swimming swimmers: Please complete the Unattached Swimmer Entry Form. A copy of the form should be emailed to [Hlstswimcoach1@gmail.com](mailto:Hlstswimcoach1@gmail.com) by Tuesday June 27, 2023. The original form and payment should be turned into a meet director at the announcer's table during the meet.

Relays will be swum as mixed and must be two (2) boys and two (2) girls. Submit relay cards at the timing table prior to the event if your team wants the relays uploaded to SWIMS. All relay only swimmers must be listed and pay the per swimmer surcharge.

## 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

The Meet Registrar must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. Entries must be received by June 27, 2023.

Mail Fees and Waiver to:  
Helena Lions Swim Team  
PO Box 936  
Helena, MT 59624

E-mail entries for individuals only (not teams) will be accepted until **7:00 PM on June 27, 2023**. Send the individual entries to HLST at [Hlstswimcoach1@gmail.com](mailto:Hlstswimcoach1@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

An entry fee of \$30.00 plus \$3.00 per event will be charged for each swimmer competing in the meet. There will be a charge of \$8.00 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. Swimmers may enter a maximum of eleven (11) individual events and two (2) relays total for the meet – no more than five (5) individual events and one (1) relay per day.

## 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/Awards 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 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** Meet results will be posted at the meet as well as on Meet Mobile. Following the meet, results will be posted on the meet website and the Montana Swimming website at: [www.mtswimming.com](http://www.mtswimming.com).

**Warm-ups** Warm-ups for events on Friday evening will begin at 5:00 pm. Warm-up times for Saturday and Sunday morning will be published upon receipt of all meet entries. Warmups will not start prior to 7:00am.

Meet management reserves the right to change general warm-up times and general meet-start times according to the number of entries or other appropriate logistical considerations. Warm up assignments will be emailed on or before Wednesday, July 5, 2023, and also posted on [www.mtswimming.com](http://www.mtswimming.com). A safety marshal will ensure that all teams, coaches, and swimmers follow all warm-up procedures.

The dive tank will be available for warm-up and cool down throughout the meet.

**Officials** 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 currently registered and certified with USA Swimming. All officials must show their current USA Swimming non-athlete official's registration/credentials on their mobile device to the meet referee or designee prior to officiating on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

Teams will be assigned timing lanes based on their total number of swimmers in that session. **Meet Referee reserves the right to penalize \$50 per session for teams not providing assigned timers unless arrangements are made prior to the beginning of the first session of meet.**

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. All coaches must show their current USA Swimming non-athlete coach's registration/credentials on their mobile device to the meet referee or designee prior to coaching in any capacity on deck.

A coaches' meeting will be held 15 minutes prior to the start of the first session of warm-ups on Saturday. 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.

There will be a swim shop table available to purchase goggles, caps, etc.

## 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.)

**No dogs will be allowed on the pool deck.** All dogs must be leashed and kept under supervision in the park area adjacent to the pool fence line. (Accommodations can be made for registered service or seeing-eye dogs – 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 or adjacent parking areas.

Spectators will be expected to refrain from any behavior and or gestures that are rude and unsportsmanlike directed towards Board Members, Coaches, Officials, Athletes and Volunteers. Failure to comply will result in removal from the Meet and Facility for the duration of the meet. This is a one strike and you are out! The Meet Director, Meet Referee and the Safe Sport Chair will work together on any issues brought to their attention.

# HLST Last Chance Invitational ORDER OF EVENTS

## Session 1

FRIDAY, July 7, 2023

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

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

## Session 2

SATURDAY, July 8, 2023

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

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

| Girls/Women | Event                                         | Boys/Men |
|-------------|-----------------------------------------------|----------|
| 3           | 11 & Over Mixed 400 Freestyle<br><b>Relay</b> | 3        |
| 5           | 11 & 12 - 50 Breaststroke                     | 6        |
| 7           | 13 & Over 50 Breaststroke                     | 8        |
| 9           | 11 & 12 200 Butterfly                         | 10       |
| 11          | 13 & Over 200 Butterfly                       | 12       |
| 13          | 11 & 12 100 Backstroke                        | 14       |
| 15          | 13 & Over 100 Backstroke                      | 16       |
| 17          | 11 & 12 200 Breaststroke                      | 18       |
| 19          | 13 & over 200 Breaststroke                    | 20       |
| 21          | 11 & 12 100 Freestyle                         | 22       |
| 23          | 13 & Over 100 Freestyle                       | 24       |
| 25          | 11 & 12 50 Butterfly                          | 26       |
| 27          | 13 & Over 50 Butterfly                        | 28       |
| 29          | 11 & Over Mixed 400 Freestyle                 | 29       |

## 10 and Under – Session 3

| Girls/Women | Event                                          | Boys/Men |
|-------------|------------------------------------------------|----------|
| 31          | 10 & Under Mixed 200 Freestyle<br><b>Relay</b> | 31       |
| 33          | 8 & Under - 50 Breaststroke                    | 34       |
| 35          | 9 & 10 50 Breaststroke                         | 36       |
| 37          | 8 & Under 100 Backstroke                       | 38       |
| 39          | 9 & 10 100 Backstroke                          | 40       |
| 41          | 9 & 10 200 Breaststroke                        | 42       |
| 43          | 8 & Under 100 Freestyle                        | 44       |
| 45          | 9 & 10 100 Freestyle                           | 46       |
| 47          | 8 & Under 50 Butterfly                         | 48       |
| 49          | 9 & 10 50 Butterfly                            | 50       |

# HLST Last Chance Invitational ORDER OF EVENTS

## Session 4

SUNDAY, July 9, 2023

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

| Girls/Women                           | Event                         | Boys/Men |
|---------------------------------------|-------------------------------|----------|
| 51                                    | 11 & Over Mixed 800 Freestyle | 51       |
| General Session Warmups approx. 8:45- |                               |          |

## General Session Meet Start: TBD AM

| Girls/Women | Event                                      | Boys/Men |
|-------------|--------------------------------------------|----------|
| 52          | 11 & 12 Mixed 200 Medley<br><b>Relay</b>   | 52       |
| 53          | 13 & Over Mixed 400 Medley<br><b>Relay</b> | 53       |
| 55          | 11 & 12 50 Backstroke                      | 56       |
| 57          | 13 & Over 50 Backstroke                    | 58       |
| 59          | 11 & 12 200 Freestyle                      | 60       |
| 61          | 13 & Over 200 Freestyle                    | 62       |
| 63          | 11 & 12 100 Butterfly                      | 63       |
| 65          | 13 & Over 100 Butterfly                    | 66       |
| 67          | 11 & 12 200 Backstroke                     | 68       |
| 69          | 13 & Over 200 Backstroke                   | 70       |
| 71          | 11 & 12 100 Breaststroke                   | 72       |
| 73          | 13 & Over 100 Breaststroke                 | 74       |
| 75          | 11 & 12 50 Freestyle                       | 76       |
| 77          | 13 & Over 50 Freestyle                     | 78       |
| 79          | 11 & 12 200 IM                             | 80       |
| 81          | 13 & Over 200 IM                           | 82       |

## 10 & Under – Session 5

| Girls/Women | Event                                       | Boys/Men |
|-------------|---------------------------------------------|----------|
| 85          | 10 & Under Mixed 200 Medley<br><b>Relay</b> | 85       |
| 87          | 8 & U 50 Backstroke                         | 88       |
| 89          | 9 & 10 50 Backstroke                        | 90       |
| 91          | 9 & 10 200 Freestyle                        | 92       |
| 93          | 8 & U 100 Butterfly                         | 94       |
| 95          | 9 & 10 100 Butterfly                        | 96       |
| 97          | 9 & 10 200 Backstroke                       | 98       |
| 99          | 8 & U 100 Breaststroke                      | 100      |
| 101         | 9 & 10 100 Breaststroke                     | 102      |
| 103         | 8 & U 50 Freestyle                          | 104      |
| 105         | 9 & 10 50 Freestyle                         | 106      |
| 107         | 9 & 10 200 IM                               | 108      |

## HLST LAST CHANCE INVITATIONAL

### 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 / [Hlstswimcoach1@gmail.com](mailto:Hlstswimcoach1@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         |              | \$8.00 per relay    |       |
| Swimmer Surcharge     |              | \$30.00 per swimmer |       |
| <b>Total Fees Due</b> |              |                     |       |

#### 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE

# HLST Last Chance Invitational 2023 ---- Unattached Swimmers Entry Form

Events (Max 5 individual  
And 1 relay per day)

Seed Times

1. \_\_\_\_\_
2. \_\_\_\_\_
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Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Fees

Swimmer Surcharge: \$30.00

\$3.00 Per Individual Event: \_\_\_\_\_

\$8.00 Per Relay: \_\_\_\_\_

Total: \_\_\_\_\_

USA Swim ID # \_\_\_\_\_

LSC: \_\_\_\_\_

Email: \_\_\_\_\_