



Great Falls Swim Team Rapids Fall Frost

Hosted by Great Falls Swim Team

October 28-29, 2023

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2404

Meet Referee	Administrative Official	Meet Director	Meet Registrar
Name: Merle Gunderson	Sussie Thompson	Pat King	Dana Freshly
Phone: 406-868-8433		303-877-4783	406-788-0242
E-mail: mtgunders@outlook.com	sussie12@gmail.com	coachpatking@gmail.com	dana.freshly@yahoo.com

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

LOCATION: The meet will be held at the Great Falls High School Pool, 1900 5th Ave South, Great Falls, MT 59405.

FACILITY: The pool elevation is 3334 Feet. Indoor 25-yard short course regulation pool, with movable bulkhead, with 6 non-turbulent lane lines (7 Feet Wide). 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.

TIMING: Timing will be by fully 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.

Swimmers must provide their own timers and counters for the 500 and 1000 Freestyle and the 400 IM events

MEET FORMAT: This meet is an age group time finals meet.

Regular events will be swum slowest to fastest. Individual events will be swum and awarded as listed in the entry list. The 500 Free, 400 IM and 1000 Free will be seeded fastest to slowest.

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. Safety marshals 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.

MEDICAL:

Each coach's credentials include current Red Cross lifeguarding, first aid and CPR/AED certification. The facility's AEDs are available to athletes participating in the meet and are located in the pool office and in the gymnasium.

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.

**RACING
STARTS:**

Any swimmer entered in the meet 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 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.

- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- The meet will be pre-seeded as a Timed Final meet based on entries submitted in yards. When a No Time entry is submitted the swimmer will be randomly seeded in the slowest heats
- The meet referee will be the final authority for conduct of the meet.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- No on deck photography or video from behind the starting platforms.
- Deck Changes are prohibited.
- No exhibition swimming is allowed.
- 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.
- At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
- Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- 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. 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.
- USA SWIMMING RULES 103.11 AND 103.12 REGARDING TOBACCO AND ALCOHOL USE WILL BE STRICTLY ENFORCED.
- No Glass containers allowed on the deck.
- All swimmers entered in the competition must comply with the current USA Swimming Rulebook Section 102.8 Swimwear except as provided in Rule 205.10.1.
- 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.
- All swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet.

ELIGIBILITY:

All swimmers must be registered with USA Swimming, Inc. in order to compete in the meet. There will be no On-deck USA Swimming registration available at this meet. Age as of the first day of competition 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 28, 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.

Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair.

**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

Entries should be submitted as follows:

1. Teams should e-mail entries dana.freshly@yahoo.com using Hy-Tek or Team Unify software (preferred method) by Friday, October 13, 2023. 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). 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, October 27, 2023.
2. 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 October 13, 2023.
3. Phone/e-mail entries for individuals only (not teams) will be accepted until 8pm, Sunday October 15, 2023. 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.

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

Swimmers may swim in 5 individual events per day with a maximum on 10 events for the meet. Each swimmer will be seeded according to their submitted fastest yard times. All swimmers must swim in their respective age groups. Each swimmer may compete in a total of 10 individual 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: Friday, October 13, 2023
Mail fees and entry reports to: GREAT FALLS SWIM TEAM PO Box 1504 Great Falls, MT 59403.

Phone/e-mail entries for individuals only (not teams) will be accepted until 8pm, Sunday October 15, 2023. 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/seeding 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	\$30.00 per swimmer; \$5.00 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 A positive check-in (at the timing console, start end of the pool) will be required for the following events: 500 Free, 400 IM, 1000 Free

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 Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-

AWARDS Events will be scored and awarded 10, 11-12, 13 and over.

Ribbons will be given for the top 12 swimmers in each final event – this will be the same for Saturday and Sunday events. 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>. List any other sites where results will be posted.

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 breakfast, lunch and snacks.

SPECTATORS

Spectators may be seated in the spectator areas on the balcony above the east end of the pool. The west deck of the pool will be open for spectator to come on deck in that area to watch their swimmers race and then leave the deck.

Great Falls Rapids Fall Frost
October 28-29, 2023
ORDER OF EVENTS – Saturday, October 28th
Session 1: AM Distance

Girls/Women	Event	Boys/Men
1	11 & Over 500 Free	2

ORDER OF EVENTS – Saturday, October 28th
Session 2: Timed Finals

Girls/Women	Event	Boys/Men
3	Open 100 Back	4
5	10& U 25 Back	6
7	11& Over 200 Free	8
9	10&U 25 Fly	10
11	Open 50 Breast	12
13	Open 100 Fly	14
15	12& U 100 IM	16
17	50 Free	18
19	11& Over 200 Breast	20

Session 3: PM Distance

Girls/Women	Event	Boys/Men
21	11&O 400 IM	22

ORDER OF EVENTS – Sunday, October 29th
Session 4: AM Distance

Girls/Women	Event	Boys/Men
23	11 & Over 1000 Free	24

ORDER OF EVENTS – Sunday, October 30th
Session 5: Timed Finals

Girls/Women	Event	Boys/Men
25	11& Over 200 Back	26
27	10&U 25 Free	28
29	100 Breast	30
31	50 Fly	32
33	10&U 25 Breast	34
35	11& Over 200 IM	36
37	100 Free	38
39	50 Back	40
41	11& Over 200 Fly	42

Great Falls Rapids Fall Frost Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **GREAT FALLS SWIM TEAM**):

GREAT FALLS SWIM TEAM 1708 2nd Ave N Great Falls, MT 59401

Team Name	
Club Code and LSC Code	
Coach Name	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$30.00	\$
Individual Events		\$5.00	
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. GREAT FALLS SWIM TEAM, 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