

Montana Short Course BC Championships

March 4-5, 2023,

Hosted by Missoula Aquatic Club

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

Sanction #2328

Meet Referee
Dax Rice
406-649-4049
daxrice@hotmail.com

Admin Official
Nicole Hale
307-751-0916
Nicole3398@hotmail.com

Meet Director
Ian Bernhardt
406-304-7738
ian.g.bernhardt@gmail.com

Meet Registrar
Jay Friend
760-333-7382
jayfriend@gmail.com

Facility

The meet will be held at the Grizzly Pool, located next to the Fieldhouse, southwest of the UM Washington Grizzly Football Stadium on the campus of the University of Montana in Missoula. The pool is a seven-lane, 25-yard regulation short-course pool. The pool is 12 feet deep at the start end and 3.5 feet deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Warm-up/cool-down lanes are not available.

The timing system is Colorado Timing System 6, with touchpads at both ends of the pool, including three manual backup systems. New Spectrum Xcellerator starting platforms give swimmers exposure to the latest racing advantage. Spectrum backstroke wedges are available to swimmers.

Meet Format

This is an age group timed finals meet. The meet referee reserves the right to split the meet into two sessions depending on the number of athletes registered.

Individual events will be swum as combined age groups as listed in the entry list. All individual events will be scored as 8 and under, 10 and under, 11-12, 13-14, 15-16, and 17-21 boys and girls for each age group. All events will start from the starting block end of the pool.

The 1650 yard freestyle, 500 yard freestyle, and 400 yard IM may be swum as mixed gender, fastest to slowest but will be scored and awarded by age group and gender. Swimmers in the 500 Free and 1650 free must provide their own timers and counters.

At the meet Referee's discretion, events may be combined by age, or 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. At the discretion of meet management and the Meet Referee, periodic breaks in the competition cycle may be provided depending on the number of athletes and the timeline.

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.

Relays will be seeded as girls, boys, and mixed. Turn in relay cards at the meet. Mixed relays must be 2 boys and 2 girls, all the age required by the event, description to be scored, and the time entered in SWIMS. Relay events/ heats may be combined at the meet referee's discretion.

Safety

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a highly 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. Missoula Aquatic Club agrees to comply with and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, Missoula County, the University of Montana, 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 supervise their swimmers at all times closely. No running or horseplay will be tolerated. A safety marshal will be on deck.

Operation of a drone, or any 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.

Two Safety Marshalls will be on deck during the meet.

Time Trials

At the Meet Referee's discretion, time trials will be available on Saturday, March 4, 2023, following the 500 Free. There will be a brief warm-up for any swimmers who wish to swim time trial events. The time trial event will last no longer than one hour. Any Montana Swimming registered USAS athlete can enter a time trial event. Registration will be verified. Athletes in the Junior B/C Championships may not swim more than 5 individual events on Saturday, March 4, 2023, including time trial events. Athletes not registered in the Junior B/C Championships meet may swim no more than two time trial events. Swimmers may swim any event swum in a Montana Swimming Championships meet. Time trial athletes must provide their own timers (two). Events may be combined to get as many time trials in as possible. Time trials will cost \$15 per event. Must be paid in cash and entered on Saturday. There will be no advanced entry for time trials. Time trial signups will begin at 9 am and close prior to the start of Event 49.

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

This meet is sanctioned by Montana Swimming and USA swimming. The current USA Swimming Rules and current 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, MAAPP 2.0 athlete protection provisions ,and Safe Sport provisions will be enforced.

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 the MAAPP policy is a condition of participation in the conduct of this competition

All swimmers in the competition must comply with USA Swimming rules regarding swimwear. 12 and under athletes may NOT compete wearing a tech suit.

All swimmers 18 and over must complete Athlete Protection Training prior to competing in the meet. The training can be accessed at www.usaswimming.org/apt. Any athlete 18 or older who has not completed the Athlete Protection Training prior to the first day of competition will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete 18 or older who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

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 cell phones and/ or drones, is not permitted in changing areas, restrooms, locker rooms, or behind the blocks including on the balcony behind the blocks.

Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/ coach area, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

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

This meet may be covered by the media, including photographs, video, webcasting and other forms or obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited. Deck changing (as defined by USA Swimming House of Delegates), in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competitions, or other pool- related activity.

Swimmers may change into and out of swimsuits in the appropriate men's, women's, or family locker rooms. Swimmers may NOT change in the restroom located on the deck by the hot tub.

Spectators, coaches, officials, and adults 18 and older may use the restroom located on the deck by the hot tub and the restrooms located in the family locker rooms. Please do not use the restrooms in the men's and women's locker rooms as these are for athlete use only.

All swimmers entered in the meet 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 a swimmer in making supervision arrangements, but it is the swimmer's responsibility to arrange for coach supervision prior to the start of warmups and to notify the Meet Referee.

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Eligibility

Swimmers must be registered with USA Swimming or Montana Swimming for 2023 prior to the entry deadline. There will be no on-deck USA Swimming registration available at this meet. The Montana Swimming Registration Chair may fine teams entering swimmers who are not registered USA swimming athlete members \$25 per swimmer. All Swimmers, including those who qualified for state, are invited to enter the BC Meet provided they meet the following criteria:

Any swimmer, ages 9-21, may enter any event in which their best time in any course is a B time or slower in the qualifying period since January 1, 2022.

Swimmers 8 and Under may enter any event for which they **do not** have a state qualifying time in any course (SCY, LCM, SCM) since January 1, 2022.

Exception: 8 and Under swimmers may elect to swim either in 8 and Under events OR in 10 and Under events, but not both. 8 and Under swimmers may swim in 10 and Under relays.

Times achieved in a USA Swimming sanctioned, approved, or observed meet or international equivalent, as appropriate, can be used to qualify for the Junior BC Championships. Times earned at a non-sanctioned meet cannot be used to enter the meet.

All individual entry times will be verified through the USA swimming and/or the Montana Swimming times database, as appropriate.

Swimmer's age as of the first day of the meet (March 4, 2023) shall determine the swimmer's age group.

Swimmers with Disabilities

MAC 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 Missoula Aquatic Club's ability to accommodate all requests.

Entries

Team entries must be submitted by email to jayifried@gmail.com using Hy-Tek or Team Unify software by **Friday February 25, 2023**. Additionally, team entries should be accompanied by a meet entry report and the attached team Entry Fee Summary and Waiver/Release form.

Entries from individual USA Swimming athletes without access to Hy-Tek or Team Unify software

may be submitted by providing all information identified on the enclosed 'Individual Entry Sheet. This form may be emailed to the registrar by the entry deadline.

Unattached swimmers: Please complete the attached Individual Entry Form. A copy of the form should be emailed to jayfriend@gmail.com.

The original form and payment should be mailed to:

Tracy Flikkema
150 Keystone Drive, Belgrade,
MT 59714

Make checks payable to Montana Swimming.

Entries should be submitted with the swimmer's fastest time in short course yards, long course meters or short course meters (Y-L-S). Converted times will not be accepted.

All relay-only swimmers must be listed and pay the per-swimmer surcharge. No Deck entries will be allowed. The Entry Summary, Waiver, and USA Swimming Registration Confirmation sheet must be filled out, signed, and returned with the entries and reports. No phone or text message entries will be allowed.

Entry Limits

Each swimmer may compete in a maximum of eight (8) individual events, with a maximum of four (4) individual events per day. They can participate in 1 relay per day. No Time entries will be accepted. There will be no minimum waiting period between races, so please consider this when choosing events. **Entries are due by Friday, February 25th, 2023. See also Time Trial Section for additional information regarding time trial entries.**

Entry Verification

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

Entry Deadline

All entries must be received by **Friday, February 25, 2023, @ 11:59 pm.**

E-mail entries to: jayfriend@gmail.com

Mail entry **fees** only to: Tracy Flikkema
150 Keystone Drive, Belgrade,
MT 59714.

Entries must be made through the swimmer's club with a team check. ***Checks can be turned in at the meet if not mailed prior to February 22, 2023.***

Unattached swimmers may register by email.

Phone entries will not be accepted.

Late entries will be accepted at the discretion of the Meet Referee. Late entry fees: \$40 surcharge, \$10.00 per individual event, \$20 per relay.

Entry fees for the individual entries must be received prior to the start of the meet.

Entry Fees

\$35 surcharge, \$5.00 per individual event, \$10 per relay. Outreach swimmer: \$10. Make checks payable to the **'Montana Swimming'** No entries will be accepted without payment of fees.

There will be no refunds.

Seeding	Each swimmer will be seeded according to the session they are registered for and submitted times in short course yards. The confirming time standard for this meet is yards. All conforming times will be arranged in time order followed by non-conforming times in long course meters and then short course meters (Y-L-S) Events will then be seeded in normal fashion. Swimmers will be seeded and swum from slowest to fastest unless otherwise indicated. No time entries will be accepted. The 400 IM, 500 and 1650 Free may be seeded and swum fastest to slowest in mixed-gender heats
Relays	Relays will be swum and scored as 10 and under and 11-21 for girls, boys, and mixed relays. Official mixed relays must be 2 boys and 2 girls of appropriate age for the relay to score or to enter the time into SWIMS. Non-compliant relays will be disqualified. Relay entry times may be established by aggregating the individual times of the four swimmers involved. Relays must be entered with a time and swimmer names. Relay cards must be completed and given to the admin official by 10:30 am (preferred method) or turn as directed by the meet referee. Relay swimmers must swim the race in the order the swimmers are listed on the relay entry card given to the lane timer. Relay scores will be added to the overall team score. Only one really from each team per age group and gender will be eligible to score. Teams may enter an unlimited number of relays per event. Relay-only swimmers may only swim a leg of a relay in which the swimmer's best time is a B time or slower in any course in the qualifying period. Relay-only swims must pay the meet surcharge fee. Please designate the relay-only swimmers in the entry file. Relay exception for 8 and under swimmers: 8 and Under swimmers may swim the 10 and Under relay events regardless of which age group they choose to swim in at the meet. Swimmers/teams who fail to report for a relay event will be scratched without penalty.
Positive Check-in	All events including the 500 free and 400 IM and 16500 free 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 reseed any event if appropriate.
Scratches	There will be no Clerk of Course. Heat and Lane assignments will appear in the program. Swimmers will be responsible for taking their position behind the blocks. Swimmers failing to report for their races will be scratched at the blocks. Coaches should report scratches on the scratch sheet or to the Meet Referee prior to the start of the meet each day. There will be no penalty for swimmers who fail to scratch from an event.
Scoring	Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2. Only one relay from each gender/ age from each team will score
Awards	Individual events will be scored, and awards given for 8 and U, 9-10, 11-12, 13-14, 15-16 and 17-21, boys and girls in each age group. Relays will be scored, and award given for 10 and under and 11 and over.

Medals will be given for all individual events for 1st thru 8th place and ribbons will be given in all individual events for places 9th thru 16th. Teams shall designate a responsible adult to pick up awards after the meet.

Results

Meet results will be posted to the Montana Swimming website at: www.mtswimming.com in addition to Meet Mobile.

Spirit Banner:

A traveling team spirit banner will be awarded to the team showing the best display of team spirit as determined by the coaches, officials, and meet management.

**B-C Team
Championship**

B-C Champion team award (a traveling banner) will be given to the team with the top total team score.

Warm-Ups

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. Meet management will post warm-up times and schedule to the MT swimming website (<http://MTswimming.com>) on or before March 2nd, 2023, but reserves the right to modify warm-up times as appropriate.

The Safety Marshal will ensure that all teams, coaches, and swimmers follow all warm-up procedures.

Swimmers must enter the pool using a three-point entry for warmups except for designated start lanes and times.

Officials/Timers

To the extent possible, teams are asked to provide certified officials for the meet. 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. Officials training will be allowed. Please contact the meet referee if you are interested in training. Officials certified less than one year are encouraged to contact the meet referee to officiate at this meet.

The officials' meetings will be held in the hospitality room 15 minutes after warmups start on Saturday and Sunday. The meeting will be in the hospitality room. Social distancing will be observed, and masks will be recommended.

Coaches

All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified by the MT Swimming Registration Chair.

A coaches' meeting will be held following Saturday's last set of warmups. 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

Hospitality will provide coffee, lunch, and snacks to all officials and coaches.

Concessions

Refreshments will be available at the concession stand. The Missoula Aquatic Club parents will be operating a concession stand during the meet serving a variety of healthy foods for breakfast, lunch, and snacks.

Spectators

Spectators will be expected to refrain from any behavior and or gestures that is 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. The Meet Director, Meet Referee and the Safe Sport Chair will work together on any issues brought to their attention

This is a closed deck meet. Only athletes, certified coaches, officials, timers, and meet management may be on deck. No spectators are allowed on deck.

Meet Programs

Meet Programs will be available for purchase on Meet Mobile.

Entry Fee Summary and Waiver/Release Form

Complete and email this form to: jayfriend@gmail.com

Mail entry fees made out to Montana Swimming to:

Tracy Flikkema, 150 Keystone Drive, Belgrade, MT 59714.

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$35.00	
Individual Event		\$5.00/ swimmer event	
Relay Entries		\$10.00	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all 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. Bozeman Barracuda Swim Club, Bozeman Swim Center, Montana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from 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 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

Date

Individual Entry Sheet

Club: _____ Swimmer Name: _____
Coach: _____ Swimmer USA Swimmer ID#: _____
Contact: _____ Birthday: _____ Sex: _____
Phone: _____ Email: _____

Event #	Event Name	Entry Time	Entry Fee

Swimmer Surcharge	\$35
Number of Events _____ x \$5 / event	\$
Total Entry Fee Due:	\$
Late Entry: Surcharge \$40 + Number of events _____ x \$10 / event	

Make Check Payable to Montana Swimming
Mail to: Tracy Flikkema
150 Keystone Drive,
Belgrade, MT 59714

2023 MT Swimming BC Championship

March 4-5, 2023

2023 Montana BC State Championship					
Girls	Saturday 10U Events	Boys	Girls	Sunday 10U Events	Boys
1	8 & Under 50 Backstroke	2	59	8 & Under 25 Butterfly	60
3	10 & Under 50 Backstroke	4	61	10 & Under 100 Butterfly	62
5	8 & Under 25 Breaststroke	6	63	8 & Under 50 Freestyle	64
7	10 & Under 100 Breaststroke	8	65	10 & Under 50 Freestyle	66
9	8 & Under 100 IM	10	67	9-10 100 IM	68
11	9-10 200 IM	12	69	8 & Under 25 Backstroke	70
13	8 & Under 25 Freestyle	14	71	10 & Under 100 Backstroke	72
15	10 & Under 100 Freestyle	16	73	8 & Under 50 Breaststroke	74
17	8 & Under 50 Butterfly	18	75	10 & Under 50 Breaststroke	76
19	10 & Under 50 Butterfly	20	77	10 & Under 200 Freestyle Relay	78
21	10 & Under 200 Freestyle	22	79	Mixed 10 & Under 200 Freestyle Relay	
23	10 & Under 200 Medley Relay	24			
25	Mixed 10 & Under 200 Medley Relay				
27	9-10 500 Freestyle	28			

Girls	Saturday 11&over Events	Boys
29	11-12 50 Backstroke	30
31	13-21 50 Backstroke	32
33	11-21 200 Butterfly	34
35	11-12 100 Breaststroke	36
37	13-21 100 Breaststroke	38
39	11-12 200 IM	40
41	13-21 200 IM	42
43	11-12 100 Freestyle	44
45	13-21 100 Freestyle	46
47	11-12 50 Butterfly	48
49	13-21 50 Butterfly	50
51	11-21 200 Backstroke	52
53	Girls 11-21 200 Medley Relay	54
55	Mixed 11-21 200 Medley Relay	
57	11-21 500 Freestyle	58

Girls	Sunday 11&over Events	Boys
81	11-21 400 IM	82
83	11-21 200 Breaststroke	84
85	11-12 100 Butterfly	86
87	13-21 100 Butterfly	88
89	11-12 50 Freestyle	90
91	13-21 50 Freestyle	92
93	11-12 100 IM	94
95	11-12 100 Backstroke	96
97	13-21 100 Backstroke	98
99	11-12 50 Breaststroke	100
101	13-21 50 Breaststroke	102
103	11-12 200 Freestyle	104
105	13-21 200 Freestyle	106
107	11-21 200 Freestyle Relay	108
109	Mixed 11-21 200 Freestyle Relay	
111	11-21 1650 Freestyle	112