



2024 Great Northern Invitational

November 16th in Havre, Montana

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2513

Meet Referee	Meet Director	Meet Registrar	Administrative Referee
Merle Gunderson (406) 868-8433 mtgunders@msn.com	Hayley Coursey (406) 885-5125 coachhrcoursey@gmail.com	Hayley Coursey (406) 885-5125 coachhrcoursey@gmail.com	Sussie Thompson sussie12@gmail.com

Havre Lions Swim Team
P.O. Box 207
Havre, MT 59501

Facility/Location: The Havre Community Pool is located at 420 6th Avenue. The pool is a six lane, 25-meter regulation short course pool that is enclosed by non-turbulent lane dividers. The pool depth is 12 feet in the deep end and 3 feet 6 inches in the shallow end. The altitude is 2,536 feet. All events will be timed finals. The pool phone number is (406) 265-8161. There is no separate warm-up and cool down facility. The competition course has not been certified in accordance with 104.2.2C(4).

Timing: Timing will be by fully automatic Colorado Time System touchpads, one back-up button and two manual watches in each lane.

Meet Format: This is a Havre Lion's age group, timed final meet. Swimmers may compete in six (6) individual events and one (1) relay for a total of Seven (7) events. All individual events will be seeded in mixed gender heats slowest to fastest according to submitted fastest meter times by age groups noted on the event list. The meet will not be scored. A participation award will be given out to all swimmers entered in the meet.

Safety: The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming **during all 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.

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.

At the meet referee's discretion, events may be combined, if only a few swimmers are entered into an event. Other events may be combined, seeded and swum as mixed events.

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.

Locker rooms are for swimmers only.

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.

MAAPS: 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.

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 general warm-up times and general meet start times according to the number of entries. Check your program or the Havre Lion's website or the MT Swimming website for the actual warm-up times. The tentative warm-up schedule is listed below.

The Meet Referee reserves the right to provide a warm-up/cool down lane or insert 10 minute warm-up breaks throughout the meet for the benefit of the swimmers.

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.

- The meet will be pre-seeded as a Timed Final meet based on entries submitted in meters. 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 camera, is not allowed in changing areas, rest rooms, 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.
- All swimmers 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.
- 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 Montana Swimming and USA Swimming Inc. prior to the entry deadline. There will be no on deck USA Swimming registration available at this meet. Teams entering swimmers who are not currently registered Montana Swimming and USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair. Age on the first day of the meet (Nov 16th, 2024) 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 November 7, 2024, 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: Havre Lions Swim Team 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 Havre Lion's ability to accommodate all requests.

Medical Supervision: Lifeguards are on duty at the facility at the time of the event, EMS is within 5 minutes away, and AED device available to athletes participating in 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 in the hospitality room. Trainees should attend the pre-meet officials meeting 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.

Registration: All officials & coaches on deck must be registered and certified with USA Swimming. All officials and coaches must show their USA Swimming registration card on their mobile device (or show a printed copy) to be able to officiate and coach at this meet.

Coaches: All coaches on deck of USA Swimming athletes must be registered and have current coach certifications with USA Swimming. Meet referees or their designee will verify membership by checking each coach and official registration card on the person's mobile device at the meet.

Entry Fees: An entry fee of \$20.00 plus \$4.00 per event will be charged for each swimmer competing in the meet. The relay fee is \$5.00 per relay. Make checks payable to the **HAVRE LIONS SWIM TEAM (HLST)**. No entries will be accepted without payment of fees. There will be no refunds. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be no refunds. \$25 fee for late entry.

Entries: Teams should e-mail entries to coachhrcoursey@gmail.com using Hy-Tek or Team Unify software by **Monday, November 11th, 2024**. Along with the meet entry file, include your team meet entry report and team entry fee report from Team Manager or Team Unify (in PDF, word or rich text format). Waivers may be electronically signed and e-mailed.

Entry Deadline: All entries must be received no later than **Monday, November 11th, 2024**. Late entries may be accepted, but there will be a \$25 late charge in addition to the entry fees. Entry fees for the individual entries must be received before the start of the meet.

Mail entries fees to: **Havre Lions Swim Team (HLST) - P.O. Box 207, Havre, MT
59501**

Phone entries will **not** be accepted. No text messages will be accepted for entries.

Entry Limits: Swimmers may compete in six (6) individual events and one (1) relay for a total of Seven (7) events.

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

Scoring: This meet will not be scored.

Seeding: Each swimmer will be seeded according to age group and submitted times in meters. Failure to convert yard times to meters before submitting could result in your swimmers being incorrectly seeded. "No time" entries will be accepted. Deck seeding may be provided if there are open lanes and at the discretion of the referee.

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. There will be no penalty for swimmers who fail to scratch from an event.

Protests: All protests should be given to the Meet Referee.

Awards: A participation prize will be given to each registered swimmer in the meet.

Final Results: Meet results will be posted to the Montana Swimming website at:
www.mtswimming.com

Concessions: There will be concessions at this meet.

Hospitality: There will be hospitality at this meet.

Spectators: There will be a max of 250 spectators at this meet.

Event Number**Event**

Saturday November 16th**Session 1**

1	Mixed Open 400 Meter Freestyle
2	Mixed Open 100 Meter IM
3	Mixed Open 25 Meter Butterfly
4	Mixed Open 50 Meter Freestyle
5	Mixed Open 100 Meter Backstroke
6	Mixed Open 25 Meter Breaststroke
7	Mixed Open 50 Meter Butterfly
8	Mixed Open 50 Meter Backstroke
9	Mixed Open 100 Meter Freestyle

Session 2

10	Mixed Open 25 Meter Backstroke
11	Mixed Open 50 Meter Breaststroke
12	Mixed Open 200 Meter IM
13	Mixed Open 25 Meter Freestyle
14	Mixed Open 100 Meter Breaststroke
15	Mixed Open 200 Meter Freestyle
16	Mixed Open 200 Meter Butterfly
17	Girls 10 & Under 200 Free Relay
18	Girls 11 & over 200 Free Relay
19	Boys 10 & Under 200 Free Relay
20	Boys 11 & Over 200 Free Relay
21	Mixed 10 & Under 200 Free Relay
22	Mixed 10 & Over 200 Free Relay

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Havre Lions Swim Team**): Mail entries to: **Havre Lions Swim Team - P.O. Box 207, Havre, MT 59501**

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number Cost per	Total
Swimmer Surcharge	\$20 per swimmer	
Individual Entries	\$4 per swimmer event	
Relay	\$5 per relay	
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. Havre Lion Swim Team, Havre City Pool, 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.

SIGNATURE (Coach or Club Representative) CLUB

TITLE DATE