



Last Chance Invitational
Hosted by: The Helena Lions Swim Team
July 5th, 6th, and 7th, 2024

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction # 2432

Referee

Merle Gunderson
mtgunders@outlook.com

Meet Registrar

Piper Lynch
Hlswimcoach1@gmail.com

Administrative Official

Piper Lynch
Hlswimcoach1@gmail.com

Meet Director

Casey Driscoll
Hlswimcoach1@gmail.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 a mixed gender and mixed age group, timed finals meet. Events will be swum as noted on the enclosed order of events. There will be no event scoring for this meet.

All events will be timed finals. Swimmers will be seeded in heats slowest to fastest according to submitted times, except for the 400M Free, 800M Free, 1500M Free and 400IM that will be seeded fastest to slowest. There will be a positive check-in. Swimmers in the 800 free and 1500 free must provide their own lap counter and timers.

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.

Swimmers will be placed by age group and gender.

Any changes to the meet information will be discussed, reviewed, and voted on at the coaches meeting held before the beginning of the first session of the day. Changes must be approved by a unanimous vote of coaches in attendance at the appointed meeting. No changes will be allowed to the meet information which affects the event order, seeding, scoring, or awards.

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/USMS sanctioned event. It is not possible to prevent

the presence of the disease. Therefore, if you choose to participate in a USA Swimming/USMS 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 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 another 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 and will display their current credentials at all times during the meet. 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.

Swimmers competing at the meet without their regular coach in attendance will be assigned to a coach in attendance at the meet. Swimmers may request to be assigned to a specific coach at registration.

Eligibility

All swimmers must be registered with USA Swimming Inc. or foreign equivalent by the 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 (July 5, 2024) 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 July 5, 2024 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 Helena 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 Helena Lions Swim Team's ability to accommodate all requests.

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

Entries Teams should email entries to Piper Lynch at hlstswimcoach1@gmail.com using Hy-Tek or Team Unify software by **Sunday, June 30, 2024**. Additionally, team entries should be accompanied by a meet entry report, team Entry Fee Summary, and the Waiver/Release form. Please email all reports.

Master Swimmers, Unattached swimmers or Individual USA Swimming swimmers: Please complete the attached Master Swimmer/Unattached Entry Form. A copy of the form should be emailed to hlstswimcoach1@gmail.com by Sunday June 30, 2024. The original form and payment should be turned into a meet director at the starter's/administrative table 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-placing (exhibition) swims. No text messages will be accepted for entries or entry questions.

Entry Limits Each swimmer may compete in a maximum of eleven (11) individual events, with a maximum of five (5) individual events per day. Entries will be submitted in LCM. No Time entries will be accepted.

Entry Deadlines All entries must be received no later than **5:00pm Sunday, June 30, 2024**.

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

Entries must be made through the swimmer's club with a team check. Checks can be turned in to the starter's/administrative table at the meet if not mailed by July 1, 2024. Unattached swimmers please submit entries by email. Phone or text messages will not be accepted for meet entries or entry questions. Late entries, if accepted, will require double entry fees.

Entry Fees An entry fee of \$35.00 plus \$5.00 per event will be charged for each swimmer competing in the meet. 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.

Seeding Each swimmer will be seeded according to the event they are registered for and submitted times in long course meters. Failure to convert yard times before submitting could result in a swimmer being incorrectly seeded. Yard times will be entered as submitted and will not be converted by meet host. The meet will be pre-seeded (except as indicated below), however the

meet referee may add or revise seeding to ensure safety and equity and will work with the coaches of the affected athletes. "No time" entries will be accepted. Times will be seeded in meters. All events will be swum as mixed events but will be scored by age group and gender. Swimmers will be seeded slowest to fastest in all events except as noted.

For the 400 Free, 800 Free, 1500 Free and 400 IM a positive check in will be required. 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 starter's/administrative 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.

Scoring

This meet will not be scored.

Awards

Bag tags will be provided to each swimmer in lieu of awards. Tags will be distributed to coaches.

**Meet
Program**

Meet programs will be available for a fee on Meet Mobile.

**Meet
Results**

Meet results will be posted on Meet Mobile. Following the meet, results will be posted on the Montana Swimming website at: 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.

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 3, 2024, and also posted on 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/
Timers**

To the extent possible, all teams are asked to provide timers and other certified meet officials.

All officials on deck must be registered and certified with USA Swimming. Officials and coaches must show the meet referee or designee their registration card via USA Swimming app on their mobile device or a printed copy. Meet officials will display their current credentials at all times during the meet. Officials' meetings will be held as indicated by the Meet Referee during warm-ups on Friday, Saturday, and Sunday.

Officials training will be allowed. Please contact the meet referee ahead of time if you are interested in training.

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.**

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 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/ Refreshments will be available at the concession stand.

Swim Shop

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. 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

Friday July 5, 2024

Estimated Warm Up: 5:00pm – Meet Start: 5:30pm

Day	Event #	Event – All Mixed Gender – Mixed Age
1Dist	1	11&O 400 Freestyle

Saturday July 6, 2024

Reschedule Warmup 400 Free (only if needed) – 6:20 – R400Free start 6:45

Estimated Warmup: 8:00am - Meet Start: 9:00am

		Reserved space for 400 Freestyle reschedule if inclement weather Friday pm
2	2	11&O 200 Butterfly
2	3	100 Freestyle
2	4	50 Backstroke
2	5	100 Breaststroke
2	6	9&O 200 IM
2	7	50 Butterfly
2	8	9&O 200 Backstroke
2Dist	9	11&O 800 Freestyle

Sunday July 7, 2024

Estimated Warmup 400IM – 6:20am – Event 10 start 6:45am

Estimated Warmup General Session 8:00 am – Meet Start: 9:00 am

3	10	11&O 400 IM (am – pre-warmup)
3	11	9&O 200 Breaststroke
3	12	100 Butterfly
3	13	50 Freestyle
3	14	100 Backstroke
3	15	9&O 200 Freestyle
3	16	50 Breaststroke
3Dist	17	11&O 1500 Freestyle

Entry Fee Summary and Waiver/Release Form

Complete and email this form to: hlstswimcoach1@gmail.com

Mail entry fees made out to the Helena Lions Swim Team to:

Helena Lions Swim Team

PO Box 936

Helena, MT 59624

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$35.00	
Individual Entries		\$5.00 / 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. Helena Lions Swim Team, Last Chance Splash Park and Pool 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

Date

Unattached Swimmer Entry Form

Name: (name as appears on the USAS Registration): _____

Club: _____ DOB: _____ Coach: _____

Phone: _____ USAS # _____ Gender: _____

Age Group: USAS Swimmers and Unattached: Age on July 5, 2024): _____

FRIDAY

Event Number: _____ Time: _____

SATURDAY

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

SUNDAY

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Total Fees:

Swimmers this sheet X \$35.00= \$ _____

Events this sheet X \$5.00= \$ _____

Total Due \$ _____