



2025 Arena BAC Time Trial

Hosted by Billings Aquatic Club
PO Box 20413, Billings, MT, 59104
www.bacstingrays.com
July 8th, 2025

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2539

Meet Referee	Administrative Official	Meet Registrar/Director
Dax Rice (406) 694-4049 Daxrice@hotmail.com	Nicole Hale (307) 751-0916 nicole3398@hotmail.com	Sean Marshall (406) 860-9499 BACstingrays@gmail.com

FACILITY **Only meet management, officials, swimmers, and coaches may be on the pool deck. Spectators will NOT be allowed due to the capacity limits at Rocky Mountain College.**

The meet will be held at the Fortin Center on the campus of Rocky Mountain College, 1511 Poly Drive, Billings, Montana, 59102. The elevation of the facility is 3,123 ft. The pool is a six lane, 25 yard regulation short course pool with 5 non -turbulent lane lines. There is no separate warmup pool. Timing will be by an automatic Colorado Timing System with pads at both ends of the pool or three manual times. The start end of the pool has a depth of 12 feet and the turn end of the pool has a depth of 4 feet. The competition course has not been certified in accordance with 104.2.2C(4).

DIRECTIONS Directions: Off of 17th Street West between Poly Drive & Rimrock Road.

**MEET
FORMAT** This is a closed BAC only Age Group Meet and all events will be a time trial open age group run as timed finals. Events will not be scored. Swimmers will be seeded slowest to fastest according to submitted fastest yard times. 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.

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 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 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 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.

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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 those with underlying medical conditions are especially vulnerable which is why this meet will be a closed meet with NO SPECTATORS allowed. Those volunteers, officials, staff, and swimmers who participate in the meet voluntarily assume all risks related to exposure to COVID-19.

Billings Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, Yellowstone County, and Montana State University of Billings.

The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming during warmups and cool downs, swimmers must enter the pool using a three point entry. Time to practice Starts will be included in the warmup schedule. Coaches must 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.

An AED is available in the front desk of the Fortin Center off of the pool deck. Lifeguards will be on duty for the meet. Emergency medical services can be activated by a phone call and are located immediately down the street.

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.

-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.

-The Meet Referee & Meet Director reserve the right to change the meet format into a split session meet to comply with the 4-hour rule. Teams will be notified by Monday, January 30th if this option is exercised.

-Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, in changing areas, rest rooms, or locker rooms.

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

-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. All swimmers must be under the supervision of a USAS member coach during all warmups, competition, and cool-downs. 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 being assigned to a specific coach at registration.

-Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the 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.
-Deck changes are prohibited.

ELIGIBILITY	All swimmers must be registered with USA Swimming, Inc. in order to compete. Swimmers must be registered prior to entry deadline. On-deck registration will be available as long as the swimmer(s) are USA Swimming registered and can show proof of registration. Age as of the 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, 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 w/ DISABILITIES	The Billings Aquatic Club 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 Billings Aquatic Club's ability to accommodate all requests.
ENTRIES	This is a one session time trial swim meet. Entries will be submitted in SCY. No Time entries will be accepted. Entry deadline is 4pm on Tuesday, July 8 th .
ENTRY LIMITS	Swimmers may swim 2 individual events for the meet.
ENTRY FEES	An entry fee of \$10.00 per event with no swimmer surcharge.
SEEDING	Swimmers should enter with their fastest officially recorded time in yards. No time (NT) entries will be accepted, however reasonable time estimates are preferred to ensure balanced heats. Times will be seeded in yards.
PRE-SEEDING	All events will be pre-seeded. However, reseeding may happen per the Meet Referee's discretion.
SCRATCHES	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	There will be no scoring.
AWARDS	There will be no awards.
RESULTS	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com as well as Meet Mobile.
WARMUPS	In accordance with USA Swimming guidelines, there will be a published warmup procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warmup procedures. Meet Management reserves the right to change warmup times according to the number of entries. There is no separate warmup pool. Continuous warmup/cool-down lanes are not available. The last ten minutes of each warmup session may be used to practice racing starts in all lanes, with the exception of Lane 6. Coaches must supervise the practice of racing starts.

General estimations for warmup start times are listed below on the event list page. Start times for

warmups and the session will be finalized after all the entries for that specific age group is seeded. Swimmers must enter the pool using a three point entry for warmups. Warmup times are tentative and subject to change depending upon the number of entries. Coaches & Teams will be notified of any changes by Tuesday, July 8th by email.

OFFICIALS Officials must show their credentials to the Meet Referee or designee at the meet to be allowed on deck. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting each day.

The officials' meetings if held on deck at the end of warmup.

COACHES All coaches on deck must be registered and certified with USA Swimming. Coach must show their credentials to the Meet Referee or designee at the meet to be allowed on deck.

PROTESTS: All protests should be given to the meet referee.

HOSPITALITY N/A

**CONCESSIONS/
SWIM SHOP** N/A

SPECTATORS Spectators will NOT be allowed due to the capacity limits at Rocky Mountain College. Spectators may watch the meet from the windows above the pool or outside of the double doors to the pool area.

Arena BAC Time Trial Order of Events		
Tuesday, July 8 th		
Warmups 4-4:50pm, Meet Starts 5pm		
Mixed Event #	Event	
1	200 IM	
2	50 Free	
3	100 Fly	
4	200 Free	
5	50 Breaststroke	
6	100 Back	
7	200 Breaststroke	
8	50 Back	
9	100 Breaststroke	
10	200 Back	
11	50 Fly	
12	100 Free	
13	200 Fly	
14	400 IM	
15	500 Free	