



2026 Arena BAC Last Chance Invite

Hosted by Billings Aquatic Club
PO Box 20413, Billings, MT, 59104
www.bacstingrays.com
January 30th – February 1st, 2026

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2617

Meet Referee	Administrative Official	Meet Registrar/Directors
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 be allowed in the stands as well as the upstairs large and spacious seating area behind the basketball court bleachers. The meet potentially could be broadcast LIVE through Facebook live at our Public Facebook Page Titled “Billings Aquatic Club Stingrays”.**

The meet will be held at the Montana State University of Billings Athletic Facility located on the MSUB Campus by taking Mountain View Blvd off of N 27th Street. 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 Omega Timing System with pads at just the start end 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 North 27th Street take Mountain View Blvd and the pool will be in the Athletic Building on your immediate left. At the far end of the facility there will be an entrance with will allow swimmers and spectators to enter and go right into the pool stands area. Seating for teams and athletes will be upstairs behind the basketball stands in the large open area.

MEET FORMAT This is an Age Group Meet and all events are timed finals. Events will be scored. All events, except for the 400 IM and the 1000 Free, will be seeded slowest to fastest according to submitted fastest yard times, except as noted. The 400 IM and the 1000 Free will be seeded fastest to slowest.

All events are mixed format although some events are limited to 11 & Over or 10 & Under. The 25 yard races are limited to 10 & Under swimmers only. The 200's of stroke, 400 IM, and 1000 Free are limited to 11 & Over swimmers only.

At the Meet Referee's discretion, events may be combined 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 Meet Referee's and Meet Director's discretion the sessions on Saturday and Sunday may be split into 2 sessions due to the number of swimmers in the meet and capacity limits for the building and pool area. If the decision is made to split Saturday and Sunday into 2 sessions teams will be notified on Saturday, January 24th.

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.

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 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.

The meet will be potentially broadcast LIVE through Facebook live at our Public Facebook Page Titled "Billings Aquatic Club Stingrays" given our numbers.

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 Lifeguard office above the pooldeck. Lifeguards will be on duty for the meet. Emergency medical services can be activated by a phone call.

Deck changes are prohibited.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. 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.

- 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.
- 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 is a condition of participation in the conduct of this competition.

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 – as of December 5, 2025, 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 an invitational swim meet. Entries will be submitted in SCY. No Time entries will be accepted. Entry deadline is 5pm on Friday, January 23rd
ENTRY LIMITS	Swimmers may swim 4 individual events and 1 relay per day max for a total of 9 individual events for the meet and 10 combined events including the relay.
ENTRY FEES	An entry fee of \$5.00 per individual event and \$10 per relay will be charged for each swimmer competing in the meet along with a \$40 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. The Meet Referee reserves the right to reseed events if necessary.
PRE-SEEDING	All timed finals will be pre-seeded. There will be no penalty for no shows for any events.
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 high point award winners for each age group for places 1-3 rd .
AWARDS	There will be no awards for this meet.
RESULTS	Results will be posted to the Montana Swimming web site at http://www.mtswimming.com as well as Meet Mobile.
WARMUPS	<p>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. Coaches must supervise the practice of racing starts.</p> <p>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 Wednesday, December 17th by email.</p>
OFFICIALS	<p>All certified officials on deck must be registered with USA Swimming. Trainees must be registered as an apprentice official or as an official. Officials and trainees must show their USA Swimming officials registration card on their mobile device (or show a printed copy) to the meet referee or designee to officiate or train at this meet. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting each day.</p> <p>The officials' meetings if held will be in the Hospitality Room off the pool deck at the beginning of each day's first session of competition.</p>
COACHES	All coaches on deck must be registered and certified with USA Swimming. All coaches must show their USA Swimming coach registration card on their mobile device (or show a printed copy) to be able to coach at this meet.
PROTESTS:	All protests should be given to the meet referee.
HOSPITALITY	There will be hospitality for this meet located in the upper classroom off of the turn side of the pooldeck.
CONCESSIONS/ SWIM SHOP	There will be no concession stand, but there will be a swim shop located on the pool deck.
SPECTATORS	The meet potentially will be broadcast LIVE through our Public YouTube Page Titled "Billings Aquatic Club Stingrays", and there will be seating in the stands above the pool deck.

BAC Last Chance Invite Order of Events		
Friday, January 30 th		
Session 1 - 11 & Over		
Warmups 4-5pm, Meet Starts 5:15pm		
Event #	Event	
1	Mixed Fast to Slow 400 IM	
2	Mixed Fast to Slow 1650 Free	

BAC Last Chance Invite Order of Events		
Saturday, January 31 st		
Session 2		
Warmups 8am, Meet Starts 9:30am		
Event #	Event	
3	Mixed 100 IM	
4	Mixed 200 Free	
5	Mixed 10 & Under 25 Free	
6	Mixed 100 Breast	
7	Mixed 50 Fly	
8	Mixed 11 & Over 200 Back	
9	Mixed 50 Free	
10	Mixed 11 & Over 200 Fly	
11	Mixed 10 & Under 25 Fly	
12	Mixed 200 Free Relay	

BAC Last Chance Invite Order of Events		
Sunday, February 1 st		
Session 3		
Warmups 8am, Meet Starts 9:30am		
Event #	Event	
13	Mixed 11 & Over 200 Breast	
14	Mixed 50 Back	
15	Mixed 100 Free	
16	Mixed 10 & Under 25 Back	
17	Mixed 200 IM	
18	Mixed 100 Fly	
19	Mixed 50 Breast	
20	Mixed 100 Back	
21	Mixed 10 & Under 25 Breast	
22	Mixed 500 Free	

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Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to BAC):
Sean Marshall, Billings Aquatic Club, PO Box 20413, Billings, MT, 59104 bacstingrays@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Meet Entry Fee		\$40.00 per swimmer	
Individual Entries		\$5.00 per event	
Relay Entries		\$10.00 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. BAC, Rocky Mountain College, 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