

**2024 GLACIER AQUATIC CLUB SPLASH PENTATHLON
INVITATIONAL MEET**

Hosted by Glacier Aquatic Club (GAC/KATS)

January 14, 2024

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2419

Sanctioned by the Montana LMSC for USMS Inc. Sanction # 314-S001

Meet Referee	Meet Registrar	Meet Director	Admin Official
Steve Qunell stevequnell@gmail.com	Shawn Hummer 406.871.5342 hummers79@gmail.com	Angelique Dousis 617-304-4167 adousis@yahoo.com	Shawn Hummer 406.871.5342 hummers79@gmail.com

Glacier Aquatic Club (GAC/KATS)
katsboard@gmail.com | PO Box 11, Kalispell, MT 59903

Facility

The meet will be held at the Logan Health Medical Fitness Center (Formerly The Summit Fitness Center) located at 205 Sunnyview Lane off HWY 93 North, near the hospital in Kalispell, Montana. Please use the North Entrance.

The Logan Health Medical Fitness Center (LHMFC) is a state-of-the-art private fitness center. The pool is a regulation 25-yard six-lane pool with non-turbulent lane dividers and six place clock display showing event, heat, lane, place, and time. The Start end is 8'6" deep and the turn end is 3'9" deep. Starting platforms are Spectrum Xcellerator, non-skid, adjustable kick plate starting platforms. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1

This is a closed deck meet; only athletes, certified coaches, USA officials, timers and meet management may be behind the blocks and in the timing area.

Timing will be by an automatic Colorado Timing System with touch pads on the start end and manual backup timers. All events will be timed finals. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

The adjacent tennis courts will be set up for swimmers and team volunteer seating/camping during the meet.

The Logan Health Medical Fitness Center is a private club with rules for all swimmers to follow. All swimmers are asked to use the boys and girls locker rooms. The adult locker rooms are not to be used for the meet. The hot tub is off limits to meet participants. There will be no eating allowed in the pool area or on the lower level of the facility. Food will be permitted in the tennis court area. Beverages will be allowed on the pool deck in plastic or paper containers, absolutely no glass will be allowed.

Since this is a private club, only members are allowed to use the facilities. Check with The Logan Health Medical Fitness Center at the front desk for the daily use fee for visiting adults who would like to work out during the meet.

The facilities AED's are available to athletes participating in the meet and are located in the pool office and front desk.

- Directions:** Logan Health Fitness is accessed via Hwy 93. Parking for the event is at the south end of the building. From Hwy 93 turn East onto Sunny View Ln.
- Meet Format** This is an age group, timed finals meet. Swimmers will be seeded in heats according to submitted fastest yard times.
- 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 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.**
- Glacier Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, Flathead County, 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 closely supervise their swimmers at all times. NO running or horseplay will be tolerated. Each coach is responsible for informing the swimmers of the provisions of the safety code before attending the meet. No diving in the shallow end of the pool. A safety marshal will be on deck.
- No cameras of any type are allowed in the dressing rooms and the restrooms. Absolutely no glass containers are allowed in the building.
- No area of the building should be considered secure. Glacier Aquatic Club and Logan Health Fitness Center are not responsible for loss or damage of any items. Deck changing is prohibited.
- Racing Starts** USA Swimmers 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** The meet is sanctioned by Montana Swimming and USA Swimming. 2023 USA Swimming Rules and Montana Swimming Rules will govern the conduct of the meet, except where rules therein are optional and exceptions are stated. USMS regulations governing events, eligibility, protests of applications of rules, and meet results shall apply to USMS swimmers. 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 or registered member of USMS. 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. Visual recording devices, including a cell phone, are not permitted

behind the starting blocks.

Changing in or out of swimsuits is allowed in locker rooms or other designated areas only. Deck changing is not appropriate and is absolutely prohibited.

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

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.

Eligibility

All swimmers must be registered with USA Swimming, USMS, or the Canadian equivalent, prior to the entry deadline. There will be no on deck USA Swimming registration available at this meet. Teams or individuals entering swimmers who are not currently registered USA Swimming athlete members (unless FINA) may be fined \$25 per swimmer by the Montana Swimming Registration Chair. Age as of the first day of the meet (January 14, 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 January 14, 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

Glacier Aquatic Club 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 Glacier Aquatic Club's ability to accommodate all requests.

Entries Teams

Team entries must be submitted by email to hummers79@gmail.com using Hy-Tek or Team Unify software. Additionally, team entries should be accompanied by a meet entry report and the attached team Entry Fee Summary and Waiver/Release form.

Masters swimmers, Unattached swimmers or Individual USA Swimming athletes swimmers: Please complete the attached Masters Swimmers Entry Form. E-mail entries to coach@flowswimmers.com by the entry deadline **January 8, 2024**. The original form and payment should be turned into a meet director at the announcer's table during the meet or mailed to the address below prior to Sunday, January 8, 2024.

Deck Entry

May be allowed only at the discretion of the meet referee if open lanes are available. Deck seeded entries will be seeded as non-scoring (exhibition) swims and are not eligible for awards.

Phone entries

Will **not** be accepted. No text messages will be accepted for entries or any other meet related questions. Late entries, if accepted, must be approved by the Meet Referee and will be charged double entry fees.

Entry Limits

Swimmers may compete in six (6) individual events. Entries will be submitted in SCY. No Time entries will be accepted.

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 no later than **Monday, January 8, 2024**. E-mail entries to

hummers79@gmail.com

Mail entry fees **only** to:
Glacier Aquatic Club
Attn: Jen Johnsen
P.O. Box 11
Kalispell, MT 59903

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 January 8, 2024.

Entry Fees

An entry fee of \$25.00 plus \$4.00 per event will be charged. Make checks payable to the **Glacier Aquatic Club**. *No entries will be accepted without payment of fee in US dollars and proper paperwork. 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. Failure to convert meter times before submitting could result in a swimmer being incorrectly seeded. Meter time will be entered as submitted and will not be converted by meet hose. The meet will be preseeded, 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. Swimmers will be seeded slowest to fastest in all events unless noted.

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.

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

Scoring

Points in individual events will be awarded as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Awards

High Point Pentathlon Awards will be given for 1st – 3rd place meeting the Pentathlon criteria below, for the following age/event groups: 8 and Under, 9-12, 13-18. Swimmer's points for all events swum in the meet will be summed and ranged by age/event group and gender for high point awards.

To qualify for High Point Pentathlon award swimmers must compete in the 5 events outlined by age group/event group:

8&Under:	25 Fly, 25 Back, 25 Breast, 25 Free, 50 Free
9-12:	50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM
13-18:	100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM

Final Results

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

Warm-ups

Warm-ups for events on Sunday morning will be from 7:45 – 8:45am with the meet to start at 9:00am

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 warm-up times according to the number of entries. Warm-up times are subject to change depending upon the number of entries.

Continuous warm-up/warm-down lanes will not be provided during the meet. There will be a dedicated warm-up lane and time slot provided for masters swimmers during the warm-up schedule.

The Meet Referee reserves the right to insert breaks throughout the meet for the benefit of the swimmers.

Officials/Timers

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 each day in the hospitality room. Trainees should attend the pre-meet official's meetings daily 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.

The officials' meetings will be held in the hospitality room at 8:15 am.

Coaches

All coaches on deck of USA Swimming athletes must be registered and have current coach certifications with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. A coaches' meeting will be held 15 minutes prior to the start of the session on Sunday. Other meetings may be held at the Meet Referee's discretion. Meet management request that at least one coach representative from each team attend all coaches' meetings.

Protests:

All protests should be given to the meet referee.

Minor Athlete Abuse Prevention Policy (MAAPP)

All 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.

Concessions

Concessions will be available.

Hospitality

A hospitality room will be available for all coaches, officials, and volunteering meet personnel.

Spectators

Spectators may be seated in the designated poolside seating area and in an upper observation deck located above the pool deck. The gym is also open and available for swimmers and families to use throughout the meet.

Camping

Camping is not available at the Logan Health Fitness Center. Hotel information is included with this announcement.

GAC Splash Pentathlon Event List

Session 1 – Sunday, January 14, 2024

Mixed Girls & Boys		
1	Open	100 IM
2	8 & Under	25 Fly
3	Open	50 Back
4	Open	100 Breat
5	8 & Under	25 Free
6	Open	50 Fly
7	Open	100 Back
8	8 & Under	25 Breast
9	9 +	50 Free
10	Open	100 Fly
11	8 & Under	25 Back
12	Open	50 Breast
13	Open	100 Free
14	8 & Under	50 Free
15	Open	200 IM

Warm-ups: 7:45am

(Deck Entries ONLY, enter at the timing table)

2024 GAC Splash Pentathlon

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Glacier Aquatic Club**): Mail fees and paperwork to: Glacier Aquatic Club, PO Box 11, Kalispell, MT 59903

E-mail entries to: hummers79@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$25.00	\$
Relay Entries		\$5.00 per relay	\$
Individual Entries		\$4.00 / 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. Glacier Aquatic Club(KATS), Logan Health Medical Fitness Center, 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

Unattached Swimmers/ Master Swimmer Entry Form

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

Club: _____ DOB: _____ Coach: _____

Phone: _____ USMS # or USAS # _____

Age Group:

USAS Swimmers and Unattached: Age on January 14, 2024): _____

US Masters Swimmers: Age on January 14, 2024: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Event Number: _____ Time: _____

Total Fees:

Swimmers this sheet X \$25.00= \$ _____

Events this sheet X \$ 4.00= \$ _____

Total Due \$ _____



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) <input type="checkbox"/> <input type="checkbox"/>	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Hotel Information:

Holiday Inn Express & Suites 275 Treeline Rd,
Kalispell, MT 59901•(406) 755-7405

Homewood Suites by Hilton 195 Hutton Ranch Rd,
Kalispell, MT 59901•(406) 755-8080

My Place Hotel 755 Treeline Rd, Kalispell, MT
59901•(406) 752-4847

SpringHill Suites 250 Old Reserve Dr, Kalispell, MT
59901•(406) 314-6600