

2014 MT LAKE Water Daze Pool Tune-Up



Hosted by LAKE Monsters

Friday, August 1st, 2014

Warm-Up at 5:00pm / Meet Start at 6:00pm

Held under the Approval/Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #0943.

This meet is dual sanctioned with Montana Masters Sanction **PENDING**.

Meet Co-Referee

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Meet Co-Referee

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Meet Director & Registrar

Mark Johnston

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LAKE Monsters
C/O Mission Valley Aquatics
PO Box 774
Polson, MT 59860

FACILITY:

The meet will be held at the Mission Valley Aquatics (MVA) at 309 Ridgewater Drive off HWY 93 North, in Polson, Montana.

MVA is a regulation 25-yard eight lane pool with non-turbulent lane dividers and scoreboard/clock display showing event, heat, lane, place, and time. 6 lanes will be used for the competition with the remaining two lanes used for continuous warm-up/warm-down. The start end is 12' deep and the turn end is 4' deep. The competition course has been certified by USA-Swimming as a "Permanent Racing Course." The copy of such certification is on file with USA Swimming.

This is a **partial closed deck meet**; only athletes, certified coaches, USA officials, timers and meet management may be behind the blocks and in the timing area. Exception: *One (1) parent of an 8 and under swimmer may be at the start area two (2) heats prior and one (1) heat after the swimmers event.*

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.

There is seating available on deck for spectators and a room will be provided for swimmers and families to "set up camp".

MEET FORMAT

This is an open timed finals swim meet. Swimmers will be seeded according to submitted yard times by age and gender.

Positive check in is required for the 500 Free before 6:00pm. The 500 freestyle will be deck seeded after positive check in closes. Swimmers in the 500 freestyle must provide counters.

Individual events will be swum as noted on the event list. Events will be awarded 8&U, 9-10, 11-12, 13-14, 15-18, and 19&O.

SAFETY

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. Absolutely no glass containers are allowed in the building. No cameras of any type are allowed in the dressing rooms and the restrooms. No area of the building should be considered secure. LAKE and MVA are not responsible for loss or damage of any items. Deck changing is prohibited. A safety marshal will be on deck.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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, is not permitted in changing areas, rest rooms or locker rooms.

- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

- 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.

- Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the meet start.

-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 acknowledgment and consent to this fact.

ELIGIBILITY

Anyone is eligible to swim in the meet but currently registered athlete members of USA Swimming, Inc or US Masters Swimming must provide their membership numbers to ensure times are recorded. Age as of the first day of the meet shall determine the age group in which the swimmer must compete.

SWIMMERS WITH DISABILITIES

LAKE 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.

ENTRIES

Entries should be submitted as follows:

Teams should e-mail entries to Coach@LAKEMonsters.net using Hy-Tek software by July 28th, 2014. Along with your meet entry file, include your team meet entry report and team entry fee report from Team Manager (in PDF, word or rich text format). Entries may also be submitted using Team Unify software.

Individuals should complete the attached form and submit with payment by Monday, July 28th to the following address:

Mark Johnston, Meet Director
Lake Monsters
c/o Mission Valley Aquatic Center
P. O. Box 774
Polson, MT 59860

No text messages accepted for entries or entry questions.

ENTRY LIMITS

Each swimmer may swim a maximum of three (3) individual events. Swimmers will be seeded on the basis of their submitted times. Entrants shall submit their fastest officially recorded times in yards or converted meters. "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
DEADLINES**

All entries and completed paperwork must be received by Monday, July 28th, 2014.

Entry fees are due by July 30th, 2014. Mail to: LAKE Monsters c/o Mission Valley Aquatics, PO Box 774, Polson, MT 59860.

There will be no refunds. Deck entries/changes will be allowed at the discretion of the meet referee and will be placed into empty lanes. No additional heats will be created to accommodate late entries/changes.

ENTRY FEES

Make checks payable to Mission Valley Aquatics. Fees are non-refundable	
Surcharge	\$15.00 per swimmer (\$5.00 per each swimmer goes to MT Swimming)

An entry fee of \$15.00 will be charged for each swimmer. Entry fees must accompany the entries. Please make checks payable to Mission Valley Aquatics. Entries will not be accepted without payment and proper paperwork. Waivers must be signed. There are no refunds.

SEEDING

The conforming time standard for this meet is yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Swimmers should enter with their fastest officially recorded time in yards (or enter with a converted LCM or SCM time). No time (NT) entries will be accepted. Times will be seeded in yards. Events will be swum as mixed unless otherwise indicated.

CHECK-IN:

The 500 will be swum fastest to slowest. Positive check in is required for the 500 before 6:00pm. The 500 freestyle will be deck seeded after positive check in. Swimmers in the 500 freestyle must provide counters.

SCRATCHES:

Swimmers will be scratched at the blocks. Swimmers and their coaches are responsible for the swimmers being at the starting blocks before the start of their race. There will be no penalty for swimmers who fail to scratch from an event.

SCORING

There will be no scoring for this meet.

- AWARDS** Ribbons will be awarded to the top 6 individuals in each classification.
- RESULTS:** Results will be posted to the Montana Swimming web site at <http://www.mtswimming.com>.
- WARM-UPS:** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The meet 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-ups shall begin on Friday, August 1st 5:00pm.
- Meet Management reserves the right to change warm-up times according to the number of entries.
- OFFICIALS:** **To the extent possible, teams please provide certified meet officials.**
- On deck training time will be available for those wishing to train as an official. Trainees should attend the pre-meet officials 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' meeting will be Friday at approximately 5:45pm.
- COACHES:** The coaches meeting will be immediately after the conclusion of warm-ups. All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair.
- PROTESTS:** All protests should be given to the meet referee.
- HOSPITALITY:** There will be a hospitality area open to all coaches and officials.
- SWIM SHOP:** MVA will operate a small swim shop during the meet.
- CONCESSIONS:** Concessions will not be provided. **It is advised, that athletes and families bring food and drink to last through the day.**
- SPECTATORS:** Spectators may be seated in the spectator areas on the bleachers on the pool deck. As previously stated meet management requests only timers, officials, coaches, swimmers and parents of 8&U swimmers may be behind the blocks. We want all swimmers to have an enjoyable meet, but it can be difficult for athletes to get to their starting block if too many people are in the way.

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Event List

- 1 Mixed 200 Yard Breaststroke
- 2 Mixed 50 Yard Backstroke
- 3 Mixed 200 Yard Freestyle
- 4 Mixed 200 Yard Individual Medley
- 5 Mixed 50 Yard Freestyle
- 6 Mixed 50 Yard Breaststroke
- 7 Mixed 100 Yard Butterfly
- 8 Mixed 100 Yard Freestyle
- 9 Mixed 500 Yard Freestyle
- 10 Mixed 100 Yard Backstroke
- 11 Mixed 100 Yard Breaststroke
- 12 Mixed 50 Yard Butterfly
- 13 Mixed 200 Yard Backstroke
- 14 Mixed 100 Yard Individual Medley
- 15 Mixed 200 Yard Butterfly

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Individual Entry Form

Swimmer's Full Name: _____

Date-Of-Birth: _____ Age: _____

USMS or ID#: _____ Gender: M or F

E-Mail: _____ Phone: _____

EVENT #	EVENT DESCRIPTION	ENTRY TIME

Maximum of three individual events. Provide entry time if possible, but no time entries are accepted. \$15 flat entry fee. Submit form and payment by Monday, July 28th to:

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