

2015 Flathead Valley Team Cup

Hosted by the Lake Monsters Swim Team



Saturday, January 24, 2015

Warm-Up at 8:30 a.m. / Meet Start at 9:30 a.m.

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #0964. This meet is dual sanctioned with Montana Masters Sanction #_____.

Meet Referee

Merle L. Gunderson

(406) 727-2724

mtgunders@outlook.com

Meet Director

Ali Bronsdon

(406) 883-4567

ali@mvaquatics.org

Meet Registrar

Laura Simpson

(406) 207-5711

laurasimpson96@yahoo.com

Lake Monsters

c/o Mission Valley Aquatics

PO Box 774

Polson, MT 59860

FACILITY

The meet will be held at the Mission Valley Aquatic Center (MVA) at 309 Ridgewater Drive, off US Hwy. 93, 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. Seven lanes will be used for the competition with the remaining lane 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 a closed triangular (LAKE/KATS/WRSC), 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 freestyle before 9 a.m. The 500 freestyle will be deck seeded after positive check in closes. Swimmers in the 500 freestyle must provide timers and counters.

All 25-yard events will start from the blocks.

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

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. MVA is 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

All swimmers must be currently registered athlete members of USA Swimming, Inc. or the FINA equivalent registration or US Masters Swimming. Swimmers must be registered with USAS/FINA/USMS by Jan. 24. 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 shall determine the age group in which the swimmer must compete.

SWIMMERS WITH DISABILITIES

Lake Monsters welcome 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 email entries to laurasimpson96@yahoo.com using Hy-Tek software by Jan. 19, 2015. Along with your meet entry file, include your team meet entry report (relay and individual entries) and team entry fee report from Team Manager (in PDF, word or rich text format). Do not include relay swimmer names with your relay entries. Entries may also be submitted using Team Unify software. Please email all reports. Completed paperwork, signed waiver and team entry report must be received by no later than Jan. 19 and entry fees must be received by Jan. 24. *No text messages accepted for entries or entry questions.*

ENTRY LIMITS

Each swimmer may swim a maximum of four (4) individual events and

two (2) relays. 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, Jan. 19, 2015. Entry fees are due by Jan. 24, 2015. Mail to: Lake Monsters c/o Mission Valley Aquatics, PO Box 774, Polson, MT 59860.

ENTRY FEES

Make checks payable to Mission Valley Aquatics. Fees are non-refundable.	
Individual Event	\$3.00 per event
Relays	\$5.00 per relay
Surcharge	\$12.00 per swimmer (\$5.00 per each swimmer goes to MT Swimming)

Late entries, if accepted, will be charged double the entry fees. There will be no refunds. Deck entries/changes for swimmers already entered in the meet will only be allowed at the discretion of the meet referee, will be charged double the entry fee, will be seeded as non-scoring (exhibition) swims and are not eligible for awards.

An entry fee of \$12.00 plus \$3.00 per individual event will be charged for each swimmer competing in the meet. Relays are \$5.00 per relay team. Entry fees must accompany the entries. Please make **checks payable to Mission Valley Aquatics**. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be 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 freestyle will be swum fastest to slowest. Positive check in is required for the 500 freestyle before 9 a.m. The 500 freestyle will be deck seeded after positive check in. Swimmers in the 500 freestyle must provide timers and 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 Individual scoring will be 7, 5, 4, 3, 2, 1 for individual events in the following girl and boy age groups: 8 & Under, 9-10, 11-12, 13-14, 15-18 and 19 & Over.

Relays are scored 14, 10, 8 for relays in the following mixed age groups: 12 & Under and 13 & Over. Only the top three individuals and top relay from each team will count for team scoring purposes.

AWARDS Ribbons will be awarded to the top six individuals and top three relays teams in each classification. Only the top three swimmers and top relay from each team will count for award purposes. A “travelling” team trophy will be presented to the winning team.

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 Saturday, Jan. 24 at 8:30 a.m.

Meet management reserves the right to change warm-up times according to the number of entries.

**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. 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 Saturday at approximately 8:45 a.m.

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 be provided by the host team, serving a variety of healthy foods for breakfast, lunch and snacks.

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 & Under 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.

PLACES TO STAY There have been a large block of rooms reserved at a team rate at the following motels:

Best Western Plus KwaTaqNuk Resort	(406) 883-3636
America's Best Value Port Polson Inn	(406) 883-5385

Please contact Mission Valley Aquatics (406) 883-4567 for more information to help make your stay in Polson an enjoyable one.

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Event List

1	11 & Over	500 Yard Freestyle
2	12 & Under	200 Yard Freestyle Relay
3	13 & Over	200 Yard Freestyle Relay
4	Open	200 Yard Individual Medley
5	Open	100 Yard Breaststroke
6	8 & Under	25 Yard Breaststroke
7	Open	50 Yard Freestyle
8	Open	200 Yard Butterfly
9	Open	100 Yard Backstroke
10	8 & Under	25 Yard Freestyle
11	Open	50 Yard Backstroke
12	Open	200 Yard Breaststroke
13	Open	100 Yard Freestyle
14	8 & Under	25 Yard Backstroke
15	Open	50 Yard Butterfly
16	Open	200 Yard Freestyle
17	Open	100 Yard Butterfly
18	8 & Under	25 Yard Butterfly
19	Open	50 Yard Breaststroke
20	Open	200 Yard Backstroke
21	Open	100 Yard Individual Medley
22	12 & Under	200 Medley Relay
23	13 & Over	200 Yard Medley Relay

Thanks to our sponsors!



Best Western
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2015 Flathead Valley Team Cup Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Mission Valley Aquatics). Mail to: Lake Monsters c/o Mission Valley Aquatics, PO Box 774, Polson, MT 59860.

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$3 per event	
Relay Entries		\$5 per relay	
Swimmer Surcharge		\$12 per swimmer	
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. Lake Monsters, Mission Valley Aquatics, 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