

2016 Flathead Valley Team Cup
Hosted by the Lake Monsters Swim Team
Saturday and Sunday, January 23-24, 2016



Warm-Up: 7:30-8:15 a.m. for 500 free & 400 IM
(500 free and 400 IM begin at 8:30 a.m. on Saturday and Sunday, respectively)
A 45-minute team warm-up begins immediately following 500 free (Sat.) and 400 IM (Sun.)

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc.
Sanction #0998. This meet is recognized by Montana Masters for USMS, Inc.

Meet Referee

Merle L. Gunderson
(406) 727-2724
mtgunders@outlook.com

Meet Registrar

Ali Bronsdon
(406) 883-4567
ali@mvaquatics.org

Meet Director

Coach Randy
(406) 883-4567
coachrandy@mvaquatics.org

Lake Monsters, c/o Mission Valley Aquatics, PO Box 774, Polson, MT 59860

**PLACES TO
STAY**

Blocks of rooms have been reserved at special team rates at the following Lake Monster sponsor hotels. *For the best possible rate, please be sure to let them know you are coming for the meet!*

Red Lion Inn and Suites (200 Yards to Pool) (406) 872-2200

- 30 Double Queen Rooms starting at \$89/night
- Other room configurations available at similar discount rates
- Reservations must be made before Dec. 25 to insure this rate

KwaTaqNuk Resort (3.0 Miles to Pool) (406) 883-3636

- 20 resort rooms available at team discount rate
- For discount rate reference "Flathead Valley Team Cup"
- City view rooms - \$79.99, Lakeview rooms - \$89.99

Port Polson Inn (3.2 Miles to Pool) (406) 883-5385

- Various room configurations available
- Reserve early to insure best rates

Fleming Rentals (Varies) (406) 871-5991

- Email polsonrentals@yahoo.com for available rental properties in the Polson area

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

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 & 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 invitational, timed finals swim meet. Swimmers will be seeded according to submitted yard times by age and gender.

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 by age and gender: 8 & Under, 9-10, 11-12, 13-14, 15-18, and 19 & Over, **according to the swimmers actual age.** For example, a 12-year-old swimming in an "11 & Over" event will be scored and awarded in the 11-12-year-old category. Likewise, an 18-year-old swimming an "11 & Over" event will be scored and awarded in then 15-18-year-old category.

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 area of the building should be considered secure. MVA is not responsible for loss or damage of any items. 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. 22. 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 ali@mvaquatics.org using Hy-Tek or Team Unify software by Monday, Jan. 18, 2016. Along with your meet entry file, include your team meet entry report (relay and individual entries) and team entry fee report from Team Manager or Team Unify (in PDF, word or rich text format). Do not include relay swimmer names with your relay entries. Please email all reports. Completed paperwork, signed waiver and team entry report must be received by no later than Jan. 18 and entry fees must be received by Jan. 23. *No text messages accepted for entries or entry questions.*

ENTRY LIMITS

Each swimmer may swim a maximum of four (4) individual events per day and one (1) relay per day. 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. 18, 2016. Entry fees are due by Jan. 23, 2016. Mail to: Lake Monsters c/o Mission Valley Aquatics, PO Box 774, Poison, 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	\$15.00 per swimmer (\$5.00 per each swimmer goes to MT Swimming)

Make checks payable to Mission Valley Aquatics. Fees are non-refundable. 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 \$15.00 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 (Saturday) and 400 IM (Sunday) will be swum fastest to slowest. Positive check in is required for the 500 freestyle and 400 IM before 8 a.m. on the day of the event. The 500 freestyle and 400 IM 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. Swimmers will be scored **according to the swimmer's actual age, not by event.** For example, a 12-year-old swimming in an "11 & Over" event will be scored and awarded in the 11-12 age group. Likewise, an 18-year-old swimming an "11 & Over" event will be scored and awarded in then 15-18 age group.

Relays are scored 14, 10, 8 for relays in the following mixed age groups: 12 & Under and 13 & Over.

AWARDS

Ribbons will be awarded to the top six individuals and top three relay teams in each classification. A traveling team trophy will be presented to the winning team.

RESULTS

Results will be posted to the Montana Swimming website 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-Up for the 500 Freestyle and 400 Individual Medley will begin at 7:30 a.m. and end at 8:15 a.m. on Saturday, Jan. 23 and Sunday Jan. 24, respectively. The 500 Free and 400 IM events will begin at 8:30 a.m. on the day of the event. Team warm-up will begin immediately following the 500 Free / 400 IM each day and will continue for 45 minutes. The meet will begin 1 hour from the end of the 500 Free / 400 IM each day.

**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 and Sunday at approximately 8:15 a.m.

COACHES

The coaches meeting will be immediately after the conclusion of team 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 or the pool deck. As previously stated, meet management requests only timers, officials, coaches, swimmers and parents of 8 & Under swimmers 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.

2016 Flathead Valley Team Cup

Event List

SATURDAY

7:30-8:15 a.m. Warm up for 500 Freestyle

- 1** Girls 11&O 500 Yard Freestyle
- 2** Boys 11&O 500 Yard Freestyle

— *45 minutes Break For Team Warm-up*—

- 3** 12&U Mixed 200 Yard Freestyle Relay
- 4** 13&O Mixed 200 Yard Freestyle Relay
- 5** 8&U Girls 25 yard Backstroke
- 6** 8&U Boys 25 Yard Backstroke
- 7** 9-10 Girls 50 Yard Backstroke
- 8** 9-10 Boys 50 Yard Backstroke
- 9** 11&O Girls 100 Yard Backstroke
- 10** 11&O Boys 100 Yard Backstroke
- 11** Women's 13&O 200 Yard Individual Medley
- 12** Men's 13&O 200 Yard Individual Medley
- 13** 8&U Girls 50 Yard Freestyle
- 14** 8&U Boys 50 Yard Freestyle
- 15** 9-10 Girls 100 Yard Freestyle
- 16** 9-10 Boys 100 Yard Freestyle
- 17** 11&O Girls 100 Yard Freestyle
- 18** 11&O Boys 100 Yard Freestyle
- 19** Women's 13&O 200 Yard Backstroke
- 20** Men's 13&O 200 Yard Backstroke
- 21** 8&U Girls 25 Yard Breaststroke
- 22** 8&U Boys 25 Yard Breaststroke
- 23** 9-10 Girls 50 Yard Breaststroke
- 24** 9-10 Boys 50 Yard Breaststroke
- 25** 11&O Girls 100 Yard Breaststroke
- 26** 11&O Boys 100 Yard Breaststroke
- 27** Women's 13&O 200 Yard Freestyle
- 28** Men's 13&O 200 Yard Freestyle

SUNDAY

7:30-8:15 a.m. Warm up for 400 IM

- 29** Girls 11&O 400 Individual Medley
- 30** Boys 11&O 400 Individual Medley

— *45 Minute Break For Team Warm-up* —

- 31** 12&U 200 Yard Mixed Medley Relay
- 32** 13&O 200 Yard Mixed Medley Relay
- 33** 8&U Girls 25 Yard Freestyle
- 34** 8&U Boys 25 Yard Freestyle
- 35** 9-10 Girls 50 Yard Freestyle
- 36** 9-10 Boys 50 Yard Freestyle
- 37** 11&O Girls 50 Yard Freestyle
- 38** 11&O Boys 50 Yard Freestyle
- 39** Women's 13&O 200 Yard Butterfly
- 40** Men's 13&O 200 Yard Butterfly
- 41** 8&U Girls 25 Yard Butterfly
- 42** 8&U Boys 25 Yard Butterfly
- 43** 9-10 Girls 50 Yard Butterfly
- 44** 9-10 Boys 50 Yard Butterfly
- 45** 11&O Girls 100 Yard Butterfly
- 46** 11&O Boys 100 Yard Butterfly
- 47** Women's 13&O 200 Breaststroke
- 48** Men's 13&O 200 Breaststroke
- 49** 8&U Girls 100 Yard IM
- 50** 8&U Boys 100 Yard IM
- 51** 9-10 Girls 100 Yard IM
- 52** 9-10 Boys 100 Yard IM
- 53** 11&O Girls 100 Yard IM
- 54** 11&O Boys 100 Yard IM

Please support our sponsors!



2016 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		\$3.00 per event	
Relay Entries		\$5.00 per relay	
Swimmer Surcharge		\$15.00 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



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 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 established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. 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.
5. 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) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	