



2016 BAC Rocky Mountain Invitational Swim Meet



Hosted by Billings Aquatic Club
PO Box 20413, Billings, MT, 59104
www.billingsaquaticclub.com

February 5-7, 2016

**Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #1000
and U.S. Masters Swimming, issued by U.S. Masters Swimming Sanction #.**

Meet Referee	Meet Director	Meet Registrar
Rosanne Flann (406) 671-3505 rflann@chrosmack.com	Laura Prill (406) 697-7632 lauramerryprill@gmail.com	Sean Marshall (339) 236-6923 bacstingrays@gmail.com

FACILITY

The meet will be held at the Fortin Center on the campus of Rocky Mountain College, 1511 Poly Drive, Billings, Montana, 59102. 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 warm-up pool.

Timing will be by an automatic Colorado Timing System with pads at both ends 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: The easiest access to parking for the pool is off 17th Street West between Poly Drive and Rimrock Road. Take the 27th Street exit into Billings then turn north onto 27th Street. Continue north (straight) on 27th Street until you reach Poly Drive (approx. 2.5 miles) and turn left onto Poly Drive (traveling west). Continue west along Poly Drive to Rocky Mountain College on the Right (North). Take the second entrance into Rocky Mountain College off Poly Drive and follow the entrance road into the parking lot. Fortin Center is the large blonde brick building to the northwest of the parking lot (directly north of the football field). You may also turn west onto Rimrock Road off

27th Street and follow Rimrock Road to Rocky Mountain College and use the parking lot directly north of Fortin Center off Rimrock Road.

MEET FORMAT

This will be an open invitational swim meet. All events will be timed finals for all age groups. Events will be scored 8&U, 9-10, 11-12, 13-14, 15-16, and 17 &O by gender.

Swimmers will be seeded slowest to fastest according to submitted fastest yard times by age and gender, except as noted. At the Meet Referee's discretion, events may be combined by age, gender, provided there is at least one empty lane between such combined events, but will be scored and awarded by sex and age group. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers.

Swimmers in the 1650 Free and the 500 Free must provide their own timers and counters. Swimmers in the 400IM must provide their own timers. The 1650 Free, 500 Free, and the 400 IM will be swum mixed fastest to slowest, but will be scored by age group for both girls and boys.

Swimmers who are USAS, FINA, or USA Masters registered athlete members are welcome and encouraged to compete.

Relays will be seeded and swum as mixed. Teams may compete as all girls, all boys, or a mix of boys and girls of any age.

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.** Time to practice Starts will be included in the warm-up schedule. Coaches must closely supervise their swimmers at all times. NO running or horseplay will be tolerated. **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, except where rules therein are optional and exceptions are stated related to USA Masters rules.

-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.

-Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. **Violations of this policy will result in the offending swimmer being removed from the meet.**

-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 warm-ups, competition, and warm-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**

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc., FINA, or USA Masters. Swimmers must be registered prior to entry deadline. 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

The Billings 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 Billings Aquatic Club's ability to accommodate all requests.

ENTRIES

Entries should be submitted as follows:

1. Teams should e-mail entries to **bacstingrays@gmail.com** using Hy-Tek or Team Unify software (preferred method) by **January 29, 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 e-mail all reports. Completed paperwork, signed waiver, team entry report, **and entry fees must be received by February 1, 2016.**

2. Individuals (not teams) without access to Hy-Tek or Team Unify software may submit your entries on the enclosed master entry sheet. Hy-Tek Lite entry software may be downloaded for free from the Hy-Tek website to enter swimmers. Swimmers may also e-mail the entry data to the registrar by **January 29, 2016 and entry fees must be received by February 1, 2016.**

3. Entries are to be submitted in SCY. No Time entries will be accepted.
4. All relay-only swimmers must be listed and pay the per swimmer surcharge.
5. **Master Swimmers Only:** All Masters swimmer must complete, sign and return either the attached US Masters Swimming waiver and release of liability (for USMS members) or the USMS 1-event Registration form (+\$18 for non-USMS members) to the registrar.

ENTRY LIMITS

Each swimmer may compete in a maximum of 5 individual events per day and no more than 1 relay each day, up to a meet total of 11 individual events and 2 relay events.

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

The Meet Registrar must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries and deck entries may be accepted at the discretion of the Meet Referee.

Entries must be received by: **January 30, 2016**

Mail fees to: **Meet Registrar, Billings Aquatic Club, PO Box 20413, Billings, MT, 59104**

Phone/e-mail entries for individuals only (not teams) will be accepted until **5:00 pm Mountain Time, January 30, 2016**. Send the individual entries to Sean Marshall at **(339) 236-6923/bacstingrays@gmail.com**. Entry fees for the individual entries must be received prior to the start of the meet. **Deck entries will not be accepted**. No text messages will be accepted for entries or entry questions.

ENTRY FEES

Make checks payable to: BAC in US dollars; All fees are non-refundable	
Meet Entry Fee	\$18.00
Individual Event	\$2.00 per event
Relays	\$8.00 per relay
Late Entry Fees	\$20.00 for Meet Entry Fee, \$5.00 per event and \$10.00 per relay

An entry fee of \$18.00 plus \$2.00 per event will be charged for each swimmer competing in the meet. There will be a charge of \$8.00 per relay team. Entry fees must accompany the entries in US dollars. **Please make checks payable to BAC**. Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. There will be no refunds.

SEEDING

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. Swimmers will be seeded slowest to fastest in all events except as noted. The 1650 Free, 500 Free, and 400 IM will be swum mixed boys and girls, fastest to slowest. All other events will be swum slowest to fastest with girls and boys separated.

CHECK-IN

A positive check-in at the timing console, located at the start end of the pool, will be required for the following events:

- 1650 Free
- 500 Free
- 400 IM

Swimmers in the 1650 Free, 500 Free, and 400 IM must positive check-in at the timing console by ½ hour prior to the start of the event. These events may deck-seeded, if required, after the positive check-in deadline as a mixed age/gender event, but will be scored by age group and gender. Swimmers who fail to check in will be scratched from the event and not seeded.

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 meet both days. There will be no penalty for swimmers who fail to scratch from an event.

SCORING

Points will be scored by 19-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 for individual events. Relay points will not count in individual scoring.

AWARDS

There will be no awards presented at this meet. Individual participation items will be given to the coaches of each team. Those swimmers associated with a team with no coach present at the meet can pick up their participation item at the announcer's table at any time during the meet. There are no awards for relays. There will be no awards ceremony.

RESULTS

Results will be posted to the Montana Swimming web site at <http://www.mtswimming.com> as well as Meet Mobile.

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 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. There is no separate warm-up pool. Continuous warm-up/cool-down lanes are not available.

The last ten minutes of each warm-up session may be used to practice racing starts in all lanes, with the exception of Lane 6. Coaches must supervise the practice of racing starts.

On Friday, warm-ups will start at 5:00 p.m. with maximum 30 minute sessions as necessary based on the number of swimmers and teams attending. Events will begin 10 minutes after the end of the final warm-up session, but no earlier than 5:30 p.m.

On Saturday, general warm-ups for the morning session will begin at 7:30 a.m. with maximum 30 minute sessions as necessary based on the number of swimmers and teams attending. Events will begin 10 minutes after the end of the final warm-up session, but not before 8:40 a.m.

On Sunday, general warm-ups for the morning session will begin at 7:30 a.m. with maximum 30 minute sessions as necessary based on the number of

swimmers and teams attending. Events will begin 10 minutes after the end of the final warm-up session, but not before 8:40 a.m.

Swimmers must enter the pool using a three point entry for warm-ups.

Warm-up times are subject to change depending upon the number of entries. Teams will be notified of any changes by February 3, 2016. Warm-up schedules will be e-mailed on Wednesday afternoon, February 3, 2016, to teams providing e-mail addresses and posted on the MT Swimming website.

OFFICIALS

To the extent possible, teams are asked to provide certified meet officials. 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. Meet Officials will display their current credentials at all times during the meet. 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 officials meetings daily and sign in.**

The officials' meetings will be held in the Hospitality Room on Friday beginning at 5:05 p.m., Saturday beginning at 7:35 a.m.; and Sunday beginning at 7:35 a.m.

TIMERS

A sign-up sheet will be posted at the pool specifying lane assignments for timers. As necessary, attendees may be requested to volunteer to fulfill empty timing positions. Any and all assistance is greatly appreciated.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair and **must display their credentials during the duration of the meet.** There will be a coaches meeting in the Hospitality Room on: Friday beginning at 4:45 p.m., 15 minutes before warm-ups, and Saturday at 7:15 a.m., 15 minutes before warm-ups, and Sunday beginning at 7:15 a.m., 15 minutes before warm-ups.

-There will be a coaches Briefing/Review and warm-up schedule meeting Friday afternoon at the coaches 4:45 p.m. meeting to set/confirm lanes for Saturday and Sunday morning sessions warm ups. Every effort will be made to post this information on the MT LSC website prior to the meet.

-Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

PROTESTS:

All protests should be given to the meet referee.

HOSPITALITY

There will be a hospitality area open to all coaches and officials.

**CONCESSIONS/
SWIM SHOP**

BAC parents will be operating a concession stand during the meet serving a variety of nutritious foods for breakfast, lunch, and snacks. The concession stand will be located in the Fortin Center Small Gym, and will open beginning on Saturday morning.

BAC parents will be operating a swim shop offering a variety of personal swimwear and equipment, as well as other souvenir merchandise. The Swim Shop will be located in the lower lobby of the Fortin Center.

SPECTATORS

Spectators may be seated in the spectator areas on the bleachers on the pool deck. No spectators will be allowed along the west wall in the coach seating area. Only meet management, officials, and coaches may be in the coach seating area except that athletes may enter to talk briefly with their coaches. We also ask that parents of 9 and over swimmers not be in the area behind the blocks. Areas for camping will be provided in the Fortin Center Small Gym, the upper lobby area, with overflow areas opening as necessary.

VISITORS INFORMATION

Please enjoy your stay in Billings during this event. The **Ledgestone Motel** has offered a block of rooms under the code "Billings Stingrays" at a rate of \$69 per night. Please consider using them as they are a proud sponsor of Billings Aquatic Club. Rooms included a small kitchenette for your needs. If you need information about hotels, restaurants, or other activities in Billings, please visit the Billings Convention and Visitors Bureau website: www.visitbillings.com.

We look forward to hosting you and your athletes!

2016 BAC Rocky Mountain Invitational Swim Meet

ORDER OF EVENTS

Reminder: Changing into or out of swimsuits will only be allowed in locker rooms or other designated areas. Deck changing is not appropriate and is prohibited on the pool deck.							
2016 BAC Rocky Mountain Invitational							
February 5-7, 2016							
Friday, Feb. 5, 2016							
Warm-ups begin at 5:00 PM... Event begins 10 minutes after the end of the final warm-up session, but not before 5:30 PM.							
Girls		Ages		Event		Boys	
1		10 & U		200 IM		2	
3 (mixed)		11 & O		1650 Free		3	
Saturday, Feb. 6, 2016				Sunday, Feb. 7, 2016			
Warm-ups begin at 7:30 AM. Event begins 10 minutes after the end of the final warm-up session, but not before 8:40 AM.				Warm-ups begin at 7:30 AM. Event begins 10 minutes after the end of the final warm-up session, but not before 8:40 AM.			
Girls		Ages		Event		Boys	
5 (mixed)		10 & U		200 Free Relay		33(mixed)	
7 (mixed)		11 - 12		200 Free Relay		35 (mixed)	
9 (mixed)		13 & O		200 Free Relay		37 (mixed)	
11		Open		50 Back		39	
13		Open		100 Fly		41	
15		8 & U		25 Breast		43	
17		9 & O		200 Breast		45	
19		Open		100 Free		47	
21		8 & U		25 Fly		49	
23		9 & O		200 Back		51	
25		8 & U		100 IM		53	
27		9 & O		100 IM		55	
29		Open		50 Breast		57 (mixed)	
Warm-ups begin immediately after morning swim session				Warm-ups begin immediately after morning swim session			
31 (mixed)		9 & O		400 IM		57	

2016 BAC Rocky Mountain Invitational Swim Meet

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **BAC**):
Meet Registrar, Billings Aquatic Club, PO Box 20413, Billings, MT, 59104 boese@bresnan.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Meet Entry Fee		\$18.00 per swimmer	
Individual Entries		\$2.00 per event	
Relay Entries		\$8.00 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



2015-2016 One Event Registration Form

Register with the same name you will use for competition. **Please print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
Event Name and Location				
Signature (required)			Today's Date (required)	

Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check payable to: _____
- 3) Fees: \$15.00 national plus \$_____ LMSC = \$_____ Total
- 4) Meet Director should retain one copy of the signed forms for his state's applicable personal injury statute of limitations time period
- 5) Meet Director should mail check and completed forms (both Pages 1 and 2) to:
(registrar's name and address)

NOTE: Times swum under the one-event registration are not eligible for USMS Top 10 or records consideration.

Page 1 – This form cannot be accepted without being accompanied by Page 2 waiver. Form revised 9/22/2015



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	

Revised 07/01/2014