



Minnesota Masters Swimming

“Spring Sojourn”

Bluewater Aquatic Center

Sunday, March 28, 2021

5885 149th Street West, Apple Valley, MN 55124

Please note: this meet will be canceled if prohibited by governmental authority, in which case all entry fees will be refunded. Swimmers who cancel are not eligible for refunds.

Schedule: Registration – Only On Line in Advance

Warmup Period – 9:00 AM to 9:50 AM

Events – 10:00 AM – 12:30 PM

Meet Sanction: 301-S001 if sanctioned

Meet Director: Amy Parratto (amy@riptideswimteam.org)

Entry Changes: David Bergquist (david.bergquist@minnesotamasters.com)

Entry Information: Must be a USMS registered member. Entries will be limited to 50 swimmers. Please review the attached COVID 19 guidelines carefully. Attendee screening forms required.

Registration will close after 50 entries.		Online registration will commence at 7PM on Thursday, February 11th. A link to the Club Assistant registration page will be e-mailed to all Minnesota-registered USMS swimmers simultaneously prior to that date.
USMS Member Rate	\$20	

Registration: Participants may enter a maximum of 5 individual events. Entry fees will be refundable if the meet is canceled. Registrants may instead donate refunds to the Adult Learn to Swim Program Online. Fees are paid by credit card to “[ClubAssistant.com Events](https://www.clubassistant.com).” Entries via Club Assistant on-line only.

Course: 8 lane, 25 yard pool, using 8 lanes for competition. 7 lanes in adjacent pool available throughout the meet for warm-up and cool down. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Positive Check-in: There will be no positive check-in process for this meet. If you need to cancel after having registered, please e-mail david.bergquist@minnesotamasters.com at least by 5 PM on Wednesday, March 24th. Your cancellation may enable a waiting participant to swim.

Results: Results will **not be posted** anywhere at the meet venue; however, unofficial real-time results will upload to Meet Mobile. Final results will be available at www.minnesotamasters.com by April 5th. Times swum by non-Minnesota LMSC members are not eligible for Minnesota LMSC records. There will be no One-Event swimmers.

Locker Rooms: Locker rooms may be used for lavatory purposes and changing out of wet suits after completing one’s swim program. Mask and distancing rules apply to locker areas. No showering will be allowed.

Seeding: Event seeding and lane assignments will be developed prior to the meet and e-mailed to all registrants. No changes in heats or lanes will occur the day of the meet.

Order of Short Course Yards Events and Breaks	
1	100 yards Back
2	100 yards Breast
3	50 yards Free #1 • Then 10-minute break
4	200 yards Fly
5	200 yards IM
6	50 yards Back • Then 10-minute break
7	100 yards IM
8	500 yards Free
9	50 yards Fly • Then 10-minute break
10	50 yards Free #2
11	200 yards Free
12	200 yards Breast • Then 10-minute break
13	100 yards Free
14	200 yards Back
15	100 yards Fly • Then 10-minute break
16	50 yards Breast
17	1,000 yards Free (limited to first 8 registrants)
18	400 yards IM

It is possible that certain events with few entries will be combined into single heats.

Partial List of COVID-19 Related Protocols:

- Each swimmer will be assigned a permanent chair to sit in when not proceeding through the event queuing or in the warmup pool.
- Front lobby doors must be used for entry and exit of the building.
- Each participant must fill out Attendee Screening Form within 24 hours of Meet and bring it to the venue.
- There will be no spectators other than volunteers and paid personnel required to run the meet.
- Volunteers will enter through the front lobby doors.
- Volunteers will exit through the door behind the blocks in the 8 lane pool.
- Volunteers will be required to wear a face mask at all times while inside the building.
- Volunteers will be required to follow the same safety guidelines as swimmers
 - Self-screen at home including body temperature analysis.
 - Stay at home if not feeling well or have come in contact with anyone who has or is suspected of having Covid-19.

Important Logistics for Swimmers:

- No swimmer may travel more than around 100 miles to reach the meet.
- The number of swimmers will not exceed 50.
- The only swimmers allowed in the competition pool area will be those swimming in next 3 heats (i.e. 24).
- There will be volunteers monitoring the heats as they sit in the ready area on the bleachers on the pool deck.
- The rest of the swimmers will be waiting in the dryland area maintaining social distancing guidelines.
- Volunteers in the dryland area will monitor social distancing and the wearing of face masks.
- Warm up and cool down pools will not exceed more than 4 swimmers in a lane at a time.
- Swimmers will not proceed to the starting blocks from the bleachers until the current swimmers in the water have exited the pool and walked to the spectator side of the pool to speak with the coaches.
- There will be a hook on the wall for each swimmer to place mask and towel before their race.
- After swimmers finish their races, each must immediately place mask on face.

- Wall hooks will be sprayed down with disinfectant that dries quickly.