



## Minnesota Masters Swimming

“West Express Masters Maynia”

Pioneer Ridge Middle School

Sunday, May 16, 2021

1085 Pioneer Trail, Chaska, MN 55318

**This meet will be limited to 100 swimmers.**

**Fees will be refunded if canceled due to government regulation or decree.**

<b>Registration:</b>	Online via Club Assistant from 7:00 PM on April 22 <sup>nd</sup> to 5:00 PM on May 11 <sup>th</sup>
<b>Warmup Period:</b>	9:00 AM to 9:55 AM (Door 7f will open at 8:45 AM.)
<b>Events:</b>	10:00 AM to 2:00 PM
<b>Meet Sanction:</b>	301-S003 if issued
<b>Meet Director:</b>	Heidi Keller Miler <a href="mailto:hmiller@hotmail.com">hmiller@hotmail.com</a>
<b>Entry Changes:</b>	Mark Kaplan <a href="mailto:kaplantoday@gmail.com">kaplantoday@gmail.com</a>
<b>Entry Information:</b>	Swimmers Must be USMS registered members

Please review the COVID 19 Safety Plan carefully. Attendee screening forms required.

<b>Registration will close at 5:00 PM on May 11th</b>	Online registration will commence at 7:00 PM on Thursday, April 22nd. A link to the Club Assistant registration page will be e-mailed to all 2021 Minnesota-registered USMS swimmers simultaneously prior to that time.
USMS Member Rate: \$20 with a limit of 100 swimmers	

**Registration:** Participants may enter a maximum of 5 individual events. Entry fees will be refunded if the meet is canceled. Fees are paid by credit card to “ClubAssistant.com Events.” Entries via Club Assistant online only.

**Course:** 8 lane, 25 yard pool, using 8 lanes for competition. Five shorter lanes in the adjacent diving well will be available throughout the meet for warm-up and cool down. The length of the competition course will be measured for compliance 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. Swimmers who need to cancel after having registered will e-mail [kaplantoday@gmail.com](mailto:kaplantoday@gmail.com) by 5 PM on Thursday, May 13<sup>th</sup>.

**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](http://www.minnesotamasters.com) by May 23<sup>rd</sup>. Times swum by non-Minnesota LMSC members are not eligible for Minnesota LMSC records. Swimmers must be fully USMS registered for 2021.

**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. A limit of 4 swimmers at any time may change in the locker rooms and there will be no showering.

**Seeding:** Event seeding and lane assignments will be developed prior to the meet and e-mailed to all registrants. Very few changes in heats or lanes will occur the day of the meet. **Relay cards should be e-mailed in advance to [kaplantoday@gmail.com](mailto:kaplantoday@gmail.com) but will be accepted during the meet if submitted by the start of event 3 for the Medley Relay and by the start of event 13 for the Freestyle Relay.**

Order of Short Course Yards Events and Breaks	
1	100 yard Back
2	100 yard Breast
3	50 yard Free #1 • then break time as needed
4	200 yard Fly
5	200 yard IM
6	50 yard Back •then break time as needed
7	100 yard IM
8,9, 10	4 x 100 Medley Relay (in every other lane) W, M then Mixed
11	500 yard Free (limited to first 24 registrants)
12	50 yard Fly • then break time as needed
13	50 yard Free #2
14	200 yard Free
15	200 yard Breast • then break time as needed
16	100 yard Free
17	200 yard Back
18	100 yard Fly • then break time as needed
19	50 yard Breast
20, 21, 22	4 x 100 Freestyle Relay (in every other lane) W, M then Mixed
23	1,000 yard Free (limited to first 16 registrants)
24	400 yard 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 seat when not proceeding through the event queuing and not warming up or cooling down.
- 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 Silver Doors by the Diving well.
- 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.
- All must self-screen at home including body temperature analysis.
- No one may attend who is not feeling well or has come in contact with anyone who has or is suspected of having Covid-19.

### Important Logistics for Swimmers:

- 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 upcoming heats to ensure adequate separation.
- The rest of the swimmers will be waiting on the bleachers maintaining social distancing guidelines.
- Volunteers will monitor social distancing and the wearing of face masks.
- Warm-up and cool down pools will not exceed 4 swimmers in a lane at a time.
- Swimmers will not proceed to the starting blocks from their positions 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. **Hooks will not be sprayed down. Swimmers are encouraged to place their masks in plastic bags.**
- After swimmers finish their races, each must immediately place mask on face.