



**2024 RFSC Last Chance Invite
River Falls Swim Club**

Saturday, February 24, 2024 — to — Sunday, February 25, 2024

Sanction Number: MN24W-10-113YA

Held under the sanction of USA Swimming.

It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

It is further understood and agreed that Minnesota Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Director: Marissa Metzler, coachmarissa@riverfallsswimclub.org, 715-531-7307

Meet Officials
Meet Referee: Jocelyn Richardt
Admin Official: Robert Arp
Deck Referee: Jocelyn Richardt
Starter: Dustyn Sawall
Stroke & Turn Officials: TBD, TBD

Inquiries: Marissa Metzler, coachmarissa@riverfallsswimclub.org, 715-531-7307

Emergency Phone: 715-531-7307

Meet Type: Open Invite for all USA Swimming registered swimmers and non-USA Swimming registered swimmers. (Including YMCA & AAU registered swimmers)

Teams Invited: First Come, First Serve open to all teams. Teams will comply with the current state, local, health and USA Swimming guidelines available on the meet date and should meet or exceed all requirements in their facility during the meet.

Fees: \$6.00 per individual splash, \$24.00 per relay entry. \$2.00 Facility/Program Fee per athlete.

Time Schedule: Morning Sessions: warm-ups at 7:30am, meet start at 8:30am. Distance Sessions: will start after a 20-minute warm-up. Afternoon Sessions: will start after a 60-minute warm-up. Warm-ups will start 10 minutes after the prior session concludes.

Awards, Prizes and Scoring: Personal Best awards will be provided. New CH or ZONE standard certificates.

Programs: Programs will be available via Meet Mobile and as a PDF on MNSI website.

Amenities: School Commons will be available for camping area. Concessions stand will be available for food and beverage purchase. Wi-Fi available. Livestream feed available throughout the meet.

FACILITY/LOCATION

Meet Location: 818 Cemetery Road, River Falls WI 54022

Directions: From St Paul, MN, take I-94 East to WI. Take Exit 3, Hwy 35 South, to River Falls. Go about 9 miles on Hwy 35, DO NOT take the River Falls exit. The highway will narrow to 2 lanes, and come to the intersection of Hwys 35/65 & 29. Continue straight through the intersection, South, for another mile. Turn Right (West) on Cemetery Road. Drive about 1 mile. The school is on the left side of the road. Turn into the first parking lot entrance, drive to the far back corner of the parking lot to the Aquatics Entrance.

From Prescott WI, take Hwy 29 to River Falls, about 10.5 miles. Turn Right (East) on Cemetery Road. Go East for 0.5 miles, the school is on the right side of the road. Turn into the second parking lot entrance, drive to the far corner of the parking lot to the Aquatics Entrance.

From Redwing, MN, take 63 North to Ellsworth, WI. Turn Left (North) on Hwy 65 at the first stoplight. Drive about 10 miles toward River Falls. Turn Left (west) on Cemetery Road. Drive about 1 mile. The school is on the left side of the road. Turn into the first parking lot entrance, drive to the far back corner of the parking lot to the Aquatics Entrance.

Facility: 8 lanes, 25 yard indoor pool with lanes and backstroke pennants. Slanted Starting blocks are 31 inches above the water surface.

Water depth: The minimum water depth, measured in accordance with Article 103.2.3 is 12 ft at the start end and 3.5 ft at the turn end.

Course certification: The competition course has NOT been certified in accordance to 104.2.2C(4).

Medical Supervision: First Aid Kit will be available.

ENTRIES

Entries To: Marissa Metzler, coachmarissa@riverfallsswimclub.org

Form of Entries: Email entries are required.

Entry Start Date: Entries will be accepted beginning at 8:00 PM on Monday, January 01, 2024

Entry Close Date: Entries will close at 8:00 PM on Wednesday, February 14, 2024. This is the final date that entries will be accepted for the meet.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the meet. A swimmer may compete in a maximum of 4 individual events per day and 1 relays per day. All seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility: Swimmers with Zone, Champ, MRC, MAC, and No Time are eligible to compete in the meet.

Racing start Certification:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
USA Swimming Membership:	No swimmer will be permitted to compete unless the swimmer is a member as Provided in Article 302 of USA Swimming Rules. All coaches must be current members as provided in Article 302 of USA Swimming Rules. Any club or individual entering a non-USA Swimming registered swimmer will be subject to a \$100 fine per event per swimmer.
Swimmers without A Coach Present:	USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

MEET ADMINISTRATION, CONDUCT

Coach’s Meeting:	Will take place on a regular basis at the discretion of the referee.
Deck Access - Coach & Official check-in:	<p>Due to USA Swimming insurance, only athletes, working coaches or officials, authorized meet volunteers and facility personnel are allowed on deck. All others must remain off the pool deck unless timing for an event in which swimmers must provide their own timer.</p> <ul style="list-style-type: none"> ❖ Coaches must check in on the pool deck at the Admin table, they will be issued a temporary bracelet after their credentials have been verified. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet. ❖ Working officials must check-in with the Referee (or designee) on the pool deck at the Admin table, they will be issued a temporary bracelet after their credentials have been verified. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet. <p>All working coaches or officials, and any other person required by sanction to be members of USA Swimming shall visibly display the valid membership credential for the meet at all times.</p> <p>The Referee and/or Meet Director(s) (or their designees) reserve the right to ask a working coach or official for proof of their active membership during the meet, and/or deny deck access if a working coach or official does not comply or any membership requirement is no longer valid.</p>
Safe Sport:	<ul style="list-style-type: none"> • The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp)

prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.
- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after February 24, 2024, who has not completed Athlete Protection Training by the **first** day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after February 24, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

MNSI Policy 238B requires all swimmers to be USA Registered with Athlete Protection to be current by the start of Session 1 warm-ups in order to compete in the meet.

Warm-up:

Current MNSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.

Swimmers and coaches are expected to be acquainted with all rules and regulations; the NO Diving and Slip-In Entry rules will be strictly enforced.

Violation of MNSI Meet Warm-up Policy (Policy #250) will result in the offending swimmer being barred from his/her next individual event in the meet.

Rules and Regulations:

All information, rules and regulations including time standards, schedules, order of events, meet operations, and requirements will be in accordance with Minnesota Swimming Inc. policies, rules and regulations and USA Swimming Rules and Regulations current edition, and take precedence over any errors or omissions on this form.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Changes to the Meet Information:

Any changes to the meet information will be discussed, reviewed and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a 100% vote of coaches in attendance at the appointed meeting.

Prohibited:

- ✓ **Deck changing: Deck changes are prohibited.**
- ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms, locker rooms nor behind the blocks at either the start of the race or as swimmers exit the pool.
- ✓ **Operations of a drone or any other flying apparatus** is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Distance Events:

Heats for distance events may be combined across gender at the Meet Referee's discretion. Minnesota Scratch rules will be in effect. There will be a 10 minute break prior to the distance races each session. Distance events will be seeded slowest to fastest. All distance swimmers must provide their own lap counters.

Time Trials:

Time trials will NOT be offered at this meet.

Open Lane Swims:

The MNSI "Open Lane Swim" procedure will be available at this meet. The open lane fee is \$ 8.00. Sign-up is on a first come basis at the timing table. Swimmers must be registered in the swim meet in order to have the opportunity to participate in Open Lane Swims. In the event of a missed heat, the Referee will determine if the missed swim may occur and how it is conducted. Swimmers may swim events for which they have no times. Swimmers may not exceed the event limit of 4 events including Open Lane Swims. Swimmers may scratch an event in order to swim on Open Lane Swim to stay within the entry limit. No refunds will be given for scratched events.

Time Standards:

MN Swimming Time Standards – the most current edition published on the MNSI website will be used. Senior boys events will use the 15-16 age group time standards to qualify. Senior girls events will use the 15-16 age group time standards to qualify.

ORDER OF EVENTS

SATURDAY MORNING- SESSION 1			SUNDAY MORNING- SESSION 4		
Girls Event #	Event	Boys Event #	Girls Event #	Event	Boys Event #
1	12 & Under 200 Free Relay	2	51	12 & Under 200 Medley Relay	52
3	10 & Under 200 IM	4	53	10 & Under 200 Free	54
5	11-12 200 IM	6	55	11-12 200 Free	56
7	10 & Under 100 Breast	8	57	10 & Under 100 Fly	58
9	11-12 100 Breast	10	59	11-12 100 Fly	60
11	10 & Under 50 Fly	12	61	10 & Under 50 Back	62
13	11-12 50 Fly	14	63	11-12 50 Back	64
15	10 & Under 100 Back	16	65	10 & Under 100 IM	66
17	11-12 100 Back	18	67	11-12 100 IM	68
19	10 & Under 50 Breast	20	69	12 & Under 200 Fly	70
21	11-12 50 Breast	22	71	10 & Under 50 Free	72
23	10 & Under 100 Free	24	73	11-12 50 Free	74
25	11-12 100 Free	26	75	12 & Under 200 Back	76
27	12 & Under 200 Breast	28			
SATURDAY DISTANCE- SESSION 2			SUNDAY DISTANCE- SESSION 5		
29	Open Mixed 500 Free	29	77	Open Mixed 400 IM	77
30	Open Mixed 1650 Free	30	78	Open Mixed 1000 Free	78
SATURDAY AFTERNOON- SESSION 3			SUNDAY AFTERNOON- SESSION 6		
31	13 & Over 200 Free Relay	32	79	13 & Over 200 Medley Relay	80
33	13-14 200 IM	34	81	13-14 200 Free	82
35	15 & Over 200 IM	36	83	15 & Over 200 Free	84
37	13-14 50 Free	38	85	13-14 100 IM	86
39	15 & Over 50 Free	40	87	15 & Over 100 IM	88
41	13-14 100 Breast	42	89	13 & Over 200 Back	90
43	15 & Over 100 Breast	44	91	13-14 100 Fly	92
45	13-14 100 Free	46	93	15 & Over 100 Fly	94
47	15 & Over 100 Free	48	95	13 & Over 200 Breast	96
49	13 & Over 200 Fly	50	97	13-14 100 Back	98
			99	15 & Over 100 Back	100

Meet Calculation Form

**2024 RFSC Last Chance Invite
RIVER FALLS SWIM CLUB
FEBRUARY 24-25, 2024**

Sanction Number: MN24W-10-113YA

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$ 6.00 = \$ _____ # of boys _____ # of girls _____

_____ Total Relays x \$ 24.00 = \$ _____

_____ Total # swimmers x \$ 2.00 (Program fee) = \$ _____

Total Due = \$ _____

Make checks payable to: River Falls Swim Club **All fees are due** at meet.

E-Mail results to: Name _____

Email Address _____

The undersigned team representative certifies by his/her signature that all athletes participating in this meet are currently registered athlete members of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

Who should we contact if there is a problem with your entry file?

Name _____

Phone: Day _____ Night _____

Email Address: _____