



**MONTROSE MARLINS SWIM CLUB**  
**Polar Plunge ~ January 27 & 28, 2024**

**DATE:** January 27 & 28 (Saturday and Sunday)

**FORMAT:** Timed Finals

**SANCTION:** Held under the sanction of United States Swimming, Inc # \_\_\_\_\_  
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

**LOCATION:** Montrose Community Recreation Center  
16350 Woodgate Road (behind Wal-Mart)  
Montrose, CO 81401 Telephone: (970) 249-7705 Elevation: 5,879ft

**FACILITIES:** 11 lanes, 25 yard, indoor pool with limited continuous warm-up and cool-down area. Pool depth on the start end is 13 feet and the turn end depth is 4 feet. Short course yards will be swum in 8 lanes. The remaining lane(s) will be used for warm-up/cool down.

The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.

List of days and sessions for warmups and start times:

<b>Session</b>	<b>Day</b>	<b>Warmup</b>	<b>Start</b>
1	Saturday	9:00-9:30am – 11&O 9:30-9:50am – 10&U	10:00am
2	Saturday Distance	5-10 Minute warm-up following Session 1	Warm-ups follow final heat
3	Sunday	9:00-9:30am – 11&O 9:30-9:50am – 10&U	10:00 am
4	Sunday Distance	5-10 Minute warm-up following Session 3	Warm-ups follow final heat

**\*Warm-up and start times may vary. We reserve the right to change the warm-up sessions if entry numbers warrant it.**

**TIMING:** Colorado Timing System with touch pads and 10-lane display board will be used for all events. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used.

**ELIGIBILITY:** Open to all swimmers holding a 2023-2024 USA Swimming Membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card, or deck pass as an acceptable proof of membership, or they will be deck registered before they can enter the water. Swimmers may pay their deck registration fee on-line if needed. All deck entries must present proof of current registration.

No swimmer who is not a member of USA Swimming shall be allowed to compete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including Athlete Protection Training for 18 & over athletes), as a safeguard it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged.

**SCORING:** Scoring will be for team totals only and will be to 16 places as follows:

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

10 & under events will be scored as 8 & under and 9-10 with the exception of the 25's which will be scored for 6 & under, 7-8 and 9-10.

11 & over events will be scored as 11-12, 13-14, 15 & over

Relays will be scored for 10 & under and open.

**AWARDS:** Ribbons will be awarded to 12 & under swimmers for 1<sup>st</sup> through 12<sup>th</sup> place and 1<sup>st</sup> through 3<sup>rd</sup> place for 10 and under relays.

There will be heat awards for 10 & Under events.

No Individual High Points will be calculated or awarded.

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. Individual scratch rule will be enforced. All events are timed finals. Colorado Swimming, Inc. warm-up procedures will be observed.

All sessions will be pre-seeded slowest to fastest and for distance sessions they will be seeded fastest to slowest.

Age as of Jan. 27, 2024 will determine the swimmer's age group.

At a sanctioned competitive event, 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 may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

No on deck photography from behind the starting platforms or during the start or relays.

No exhibition swimming is allowed.

Deck changing is prohibited.

Coaches will be required to sign-in to receive a program.

*Montrose Marlins Polar Plunge 2024 – Page 2*

Operation 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.

At a sanctioned competitive event, 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 may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

We encourage swimmers who are registered with a disability to enter the meet. It is the swimmer's or coach's responsibility to notify the Meet Referee of the events the swimmer has been entered.

USA Swimming and the Montrose Marlins accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

As guests of The Montrose Recreation District (MRD), all must adhere to the MRD rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

The meet referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, sex, and/or distance. All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches that are in noncompliance will not be allowed on deck.

**DISTANCE EVENTS:** The 500 free and 1000 free require positive check-in which will close at the end of sessions 1 and 3 respectively.

The 500 Free and the 1000 Free will be swum fastest to slowest mixed genders.

500 Free and 1000 Free swimmers will be required to provide a counter and 2 timers.

There will be a 5-10 minute break after Session 1 and Session 3 and before the distance session.

Timers will be provided for the 400IMs.

**ENTRY LIMITS:** All swimmers may swim 4 individual events and 1 relay per day.

<b><u>ENTRY FEES:</u></b> Individual Events	\$ 4.00 per event
Relay Events	\$ 6.00 per relay
Swimmer Surcharge	\$ 10.00 per swimmer

(((\$1.15 of each entry fee goes to the CSI support fund and \$.15 per event goes to Zone 4)

Please make checks out to: **Montrose Marlins**. Please bring your checks to the clerk of course on the first day of the meet. If you would like to mail the checks, please use the following mailing address: Montrose Marlins, PO Box 1395, Montrose, CO 81402.

**ENTRY DEADLINE:** Friday, Jan. 19, 2024 at 8pm. Psych sheets will be sent out by Monday, Jan. 22 to help correct any entry errors. Changes will be taken until Wednesday, Jan. 24 at 8pm. An updated psych sheet will be sent out Thursday, Jan. 25.

**ENTRY PROCEDURE:** Email entries to Jennifer Rehard at jrehard@icloud.com by the deadline. When you email the entries, please also attach a Hy-Tek Meet Entry Report by swimmer. **If you don't receive an email confirmation your entries were not received.**

Entry times can be submitted in any course. Events will be seeded according to converted times but will be published according to the actual time and course in which they were submitted. "NO TIME" or incorrect times will be placed in the slowest heat.

*Montrose Marlins Polar Plunge 2024 – Page 3*

**DECK ENTRIES:** Deck entries will be accepted only for open lanes and for athletes who are already entered into the meet and if their entry limit is not exceeded. No new heats will be created. Deck entries will open at the start of warm-ups on Saturday morning. Deadline for deck entries will be 30 min. prior to the start of the meet.

**RESULTS:** Results will be emailed within 2 days to teams entered in the meet.

**REFEREE:** Linh Radovich; ltrado3@gmail.com

**SAFETY/MEET DIRECTOR:** Jennifer Johnson; jenny\_mb\_johnson@yahoo.com

**ADMIN OFFICIAL:** Jennifer Rehard; jrehard@icloud.com

**PROGRAMS:** Heat sheets will be sold to spectators (if we choose to sell) at the meet. They will be provided for coaches upon signing in at the clerk of course. Psych sheets will also be available on the Meet Mobile app.

**WARMUP Lane Assignments:** A complete schedule of lanes and times for all warm-up procedures will be emailed prior to meet which must be adhered to by all participants.

**CONCESSIONS:** A selection of food and drink will be available at the concession stand. Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements please refer to the drug information on the USA Swimming website at [www.usaswimming.org](http://www.usaswimming.org).

**SPECIAL INFORMATION:** NO SMOKING ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS. Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent that the law allows.

**MEDICAL Supervision** is available during the meet. A lifeguard is on duty and all lifeguards are trained to use AEDs. There are 3 AEDs in the building. One is located just outside the leisure pool near the competition pool. And EMT response time averages 7 minutes.

***Polar Plunge – January 2024***

***List of Events***

<p><b><i>Saturday Jan. 27, 2024</i></b> <b><i>Session 1</i></b> <b><i>Warmup 9:00-9:50 am; Start 10 am</i></b></p>	<p><b><i>Sunday Jan. 28, 2024</i></b> <b><i>Session 3</i></b> <b><i>Warmup 9:00-9:50 am; Start 10 am</i></b></p>
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<b>Girls</b>	<b>Event</b>	<b>Boys</b>	<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	Open 200 Free Relay	<b>2</b>	<b>37</b>	10&U 100 Med. Relay	<b>38</b>
<b>3</b>	10&U 100 Free Relay	<b>4</b>	<b>39</b>	Open 200 Med. Relay	<b>40</b>
<b>5</b>	11&O 400 IM	<b>6</b>	<b>41</b>	10&Under 200 Free	<b>42</b>
<b>7</b>	10&Under 100 Free	<b>8</b>	<b>43</b>	11&Over 200 Free	<b>44</b>
<b>9</b>	11&O 100 Free	<b>10</b>	<b>45</b>	10&Under 50 Back	<b>46</b>
<b>11</b>	10&Under 25 Free	<b>12</b>	<b>47</b>	11&Over 100 Back	<b>48</b>
<b>13</b>	11&O 200 Breast	<b>14</b>	<b>49</b>	10&Under 25 Fly	<b>50</b>
<b>15</b>	10&Under 50 Breast	<b>16</b>	<b>51</b>	11&Over 200 Fly	<b>52</b>
<b>17</b>	11&O 50 Breast	<b>18</b>	<b>53</b>	10&Under 50 Fly	<b>54</b>
<b>19</b>	10&Under 100 Fly	<b>20</b>	<b>55</b>	11&Over 50 Fly	<b>56</b>
<b>21</b>	11&O 100 Fly	<b>22</b>	<b>57</b>	10&Under 100 Breast	<b>58</b>
<b>23</b>	10&Under 100 IM	<b>24</b>	<b>59</b>	11&Over 100 Breast	<b>60</b>
<b>25</b>	11&O 100 IM	<b>26</b>	<b>61</b>	10&Under 25 Breast	<b>62</b>
<b>27</b>	10&Under 100 Back	<b>28</b>	<b>63</b>	11&Over 50 Free	<b>64</b>
<b>29</b>	11&O 200 Back	<b>30</b>	<b>65</b>	10&Under 50 Free	<b>66</b>
<b>31</b>	10&Under 25 Back	<b>32</b>	<b>67</b>	11&Over 200 IM	<b>68</b>
<b>33</b>	11&O 50 Back	<b>34</b>	<b>69</b>	10&Under 200 IM	<b>70</b>
<i><b>Saturday Jan. 27, 2024</b></i> <i><b>Session 2 – Distance</b></i> <i><b>Following Session 1 w/ 5-10 min. break</b></i>			<i><b>Sunday Jan. 28, 2024</b></i> <i><b>Session 4 – Distance</b></i> <i><b>Following Session 3 w/ 5-10 min. break</b></i>		
<b>Mixed</b>	<b>Event</b>		<b>Mixed</b>	<b>Event</b>	
35	Open 500 Free-Mixed		71	11&O 1000 Free-Mixed	

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