



## Minnesota Masters Swimming

**“West Express Masters Meet”**

**Pioneer Ridge Middle School**

Sunday, March 14, 2021

1085 Pioneer Trail, Chaska, MN 55318

**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.**

<b>Registration:</b>	Only online in advance	<b>Registration closes 5 PM Wednesday, March 10th.</b>
<b>Warmup Period :</b>	11:00 AM to 11:55 AM	
<b>Events:</b>	12:00 PM to 3:00 PM	
<b>Meet Sanction:</b>	301-S002 if issued	
<b>Meet Director:</b>	Heidi Keller Miler <a href="mailto:hmiller@hotmail.com">hmiller@hotmail.com</a>	
<b>Entry Changes:</b>	David Bergquist <a href="mailto:david.bergquist@minnesotamasters.com">david.bergquist@minnesotamasters.com</a>	
<b>Entry Information:</b>	Must be a USMS registered member. Entries will be limited to 50 swimmers.	

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

<b>Registration will close after 50 entries.</b>		Online registration will commence at 7PM on Thursday, February 25th. A link to the Club Assistant registration page will be e-mailed to all Minnesota-registered USMS swimmers simultaneously prior to that time.
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 online only. Waiting list procedure via Club Assistant as well.

**Course:** 8 lane, 25 yard pool, using 8 lanes for competition. Five 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. If you need to cancel after having registered, please e-mail [david.bergquist@minnesotamasters.com](mailto:david.bergquist@minnesotamasters.com) at least by 5 PM on Wednesday, March 10<sup>th</sup>. 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](http://www.minnesotamasters.com) by March 21st. 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. 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. 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 (limited to first 16 registrants)
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 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 number of swimmers will not exceed 50. 100-mile travel limit guideline will be in place.
- 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.