



MOUNTAIN STATE STORM

Autumn Invite
Oct. 5th & 6th
2024

Facility Location	UHC Aquatic Center @ The Bridge Sports Complex 400 Forrester Blvd Bridgeport, WV 26330		
Sanction NO.	Held under the Sanction of USA Swimming and West Virginia Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.		
Entries Open	9/13/2024		
Entries Close	9/30/2024 or until entry max is reached whichever is first		
Meet Director	Name: Ali Walker	304-677-5398	E-mail: awalker@thebridgewv.com
Meet Entry Chair	Name: Ali Walker	Phone: 304-677-5398	E-mail: awalker@thebridgewv.com
Officials Contact	Name: Chet Walker	Phone: 304-641-7149	E-mail: wrwalker0409@gmail.com
Meet Referee	Name: Chet Walker	Phone: 304-641-7149	E-mail: wrwalker0409@gmail.com
Meet Admin	Name: Tara Kurilchick	Phone:	E-mail: tara.kurilchick@mail.wvu.edu
Sessions	Warm-Up Time		Meet Starts
1	9:45 AM		11:00 AM
2	9:45 AM		11:00 AM
Events	This meet will be conducted in accordance with the attached schedule of events.		
Entry Limit	This event may be capped based on USA Swimming 4 Hour rule. Swimmers may enter up to 4 individual events per session.		
Entry Fees	Individual Events:	\$6.00	Relay Events: \$ 8.00
	Surcharge Travel per swimmer:	\$5.00	Surcharge Facility per swimmer: \$7.00
Mail Checks & Reports To:	Carrie Knittle 400 Forrester Blvd. Bridgeport, WV 26330		
Checks Payable To:	The Bridge Sports Complex		
Entry Procedures	<ul style="list-style-type: none"> - Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail to the Meet Entry Chair during the Entry Period; <input type="checkbox"/> Please include the following information in the body of the e-mail: Team Name, Number of Individual Entries, Number of Relay Entries, Total Entries, and Team Entry Chair's Contact Information along with the Entry report by Swimmer's Name. Any revisions to the entry file should also include a revised Entry Report by Swimmer's Name. <input type="checkbox"/> Payments shall be made for the entries to the host prior to the start of the meet. <input type="checkbox"/> No refunds will be given, except for mandatory scratch down of events 		

	**No late entries will be accepted.
Deck Entries	All meets will be pre-seeded and deck entries will not be permitted.
Scoring	Individual Ribbons 1-8 by age group (6&u, 7-8, 9-10, 11-12,13-14, and 15&O)
	Relays 1-3, Relays will be scored as 12&U and 13&O
	Participation None
	Team None
	Relays Ribbons 1-3
USA Swimming Rules	<p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>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.” Exceptions may be granted with prior written approval by the Program & Events Committee Chair or designee.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>RACING STARTS: 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.</p> <p>All meet directors, referees, starters, and stroke and turn judges serving in an official capacity must be members of USA Swimming or other FINA-member organization. All persons acting in any coaching capacity must be members of USA Swimming (except: participating under provisions of 202.6 or USA Swimming "open border" policy). No entrant will be permitted to compete unless the entrant is a member as provided in Article 302. This means that recons MUST be done before the meet so as to verify all entrants!</p> <p style="text-align: center;"><u>ADA/Section 504</u></p> <p style="text-align: center;">If you are a person with a disability who needs an accommodation in order to utilize our facility, you are entitled to the provision of certain assistance.</p>
Warm-Up Procedures	WV LSC warm-up procedures will be used during the meet warm-up periods. Please review warm-up procedures listed below in the start time sections. If a swimmer does not have a certified USA registered coach with them, the swimmer must report to the Meet Referee. In the event of overcrowding during warm-up, new lane assignments may be made. All coaches will be informed of warm-up procedures, lane assignments, and any changes in their coaching packet. The warm pool will be open during the meet for warm-up/warm-down–feet first entry only.

Scratch Procedures	NO SCRATCHES NEEDED AS MEET WILL BE PRESEEDED
Meet Officials Procedures	The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for any issues that arise that day during the course of the meet.
Concession	Concessions will be available through the Gameday Café located in the facility. No outside food is allowed in facility or on deck.
Final Results Contact	Ali Walker Awalker@thebridgewv.com
MAAPP	<p>USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS, LOCKER ROOMS OR BEHIND THE STARTING BLOCKS</p> <p>*All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision 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.</p> <p>*except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged/prohibited</p>
SAFE SPORT	The USA Swimming Safe Sport is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.
COVID-19	USA Swimming COVID Risk Statement: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY

ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [INSERT THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Hosts COVID Risk Disclaimer:

It is my intent as a participant or player competing in Mountain State Storm sanctioned activities, while participating during activities including any pre-game or post-game activities at the Bridge Sports Complex that I am agreeable to the following:

I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

- An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify The Bridge Sports Complex and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities.

LOCKER ROOMS/
CHANGING

Deck changing and phone usage in locker rooms is prohibited.
Coaches and officials must use the single stall family change rooms at all times.

ENTRY & EXIT PROCEDURES
AND ATHLETE SEATING AREAS

Swimmers will be allowed in the building no more than twenty (20) minutes prior to their warm-up time. Access to the building will be the front door only.

Swimmers for each session will enter the building through the main entrance.

Spectators are not allowed on deck outside of the designated seating area.

<p>PARENTAL/ SPECTATOR ACCESS, LIMITATIONS, AND PROTOCOLS</p>	<p>Parents/Guests are expected to comply with all mandated state/local/facility COVID-19 guidelines including distancing, mask use and gathering limits while dropping off or picking up their athlete. Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them outside the Main Entrance area. Should parents be unable to contact their child directly, they should see a Meet Marshal located at the main entrance to the facility. In the case of an emergency, please call and/or text the Meet Director.</p> <p>Only swimmers and essential personnel will be allowed on deck. Swimmers will be able to exit via the main door if they need to see their parents. There is absolutely no parking in front of the building or in the drop-off pickup lanes. This rule applies to coaches, staff, and parking space owners as well.</p>
<p>PARTICIPATION IS CONTINGENT ON COMPLIANCE</p>	<p>Compliance with all COVID-19 safety protocols, rules, and regulations is required for participation in this meet. USA Swimming members or meet volunteers who fail or refuse to do so or who defy directions from Meet Marshals, officials, or facility staff may be ejected from the facility at the sole discretion of the Meet Referee, the Operations or Senior Chair, or the Facility Director. All participants are expected to be familiar with safety requirements and are responsible for following them at all times.</p>
<p>FACILITY</p>	<p>Facility: The UHC Aquatic Center @ The Bridge Sports Complex</p> <p>Address: 400 Forrester Blvd. Bridgeport, WV 26330</p> <p>Phone: 304-848-8270</p> <p>Facility/Pool Specifications: The UHC Aquatic Center at The Bridge offers 2 indoor pools and supporting amenities including a fitness center, indoor turf, 6 basketball courts, café, 2 multipurpose rooms and wireless internet. The 25-yard by 25-meter competition pool offers a total of 10 25-yard competition lanes with a depth of 8' 0" to 6' 7" feet. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The warm-up pool allows for 4 25-yard lanes for warm up/warm down. Spectator seating for approximately 500. There is a Colorado timing system with HD video scoreboard. Meet participant parking is available on site. ONLY USA Swimming registered athletes, meet personnel, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. There will be a lifeguard staff in the pool area at all times. There are four AEDs in the building, including at the front desk and lifeguard office on the pool deck.</p>
<p>TECHNICAL SUIT BAN FOR 12&Us</p>	<p>Per USA Swimming rule 102.8.1.F, 12&U athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> ● Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or <p>Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</p>
<p>MEET FORMAT</p>	<p>The Mountain State Storm Autumn Invite is a timed final event.</p> <p>All events are open unless otherwise noted as 12&U, all age groups will be seeded as combined.</p>

LIMITED COACH CREDENTIALS AVAILABLE	All coaches who wish to enter the facility must check in and provide photo ID and proof of current USA Swimming membership. The Deck Pass app is acceptable proof of USA Swimming membership for all purposes. Coaches failing to provide proof of membership could be barred from the facility. Only coaches with a Deck Pass credential may be on deck.
WAIVER/ RELEASE	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the COVID-19 and other Safety Rules of USA Swimming, Inc. and West Virginia Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. The Bridge Sports Complex, WV LSC, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Saturday		
Girls	Event	Boys
101	200 Med Relay	102
103	12&U 25 Breaststroke	104
105	100 Breaststroke	106
107	50 Freestyle	108
109	100 IM	110
111	12&U 25 Butterfly	112
113	100 Butterfly	114
115	50 Backstroke	116
117	500 Freestyle	118

Sunday		
Girls	Event	Boys
201	200 Free Relay	202
203	12&U 25 Backstroke	204
205	100 Backstroke	206
207	200 Freestyle	208
209	50 Breaststroke	210
211	12&U 25 Freestyle	212
213	100 Freestyle	214
215	50 Butterfly	216
217	200 IM	218