



2020 MAC Winterfest



Hosted by Missoula Aquatic Club
February 1-2, 2020

**Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction 2039
Time Trials Sanction 2040**

Meet Referee

Curt Jacobson
cjacobson@ctgmt.com

Meet Director

Jed Dennison
406-531-1216

director@macswim.org

P.O. Box 7434 Missoula, MT 59807

Meet Registrar

Jay Friend
760-333-7382

registrarmacmeet@gmail.com

FACILITY

The meet will be held at the Grizzly Pool, which is located next to the Fieldhouse, southwest of the UM Washington Grizzly Football Stadium on the campus of the University of Montana in Missoula. The pool is a seven lane, 25 yard regulation short course pool. The pool is 12 feet deep at the start end and 3.5 feet deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Warm up/cool down lanes are not available.

The timing system is Colorado Timing System 6 with touchpads at both ends of the pool, including three manual backup systems. New Spectrum Xcellerator starting platforms give swimmers exposure to the latest racing advantage. Spectrum back stroke wedges are available to swimmers.

MEET FORMAT

The 2020 MAC Winterfest is an age group meet. All events will be timed finals sessions. *All 25 yard events will be swum 8 & under; 100 IM will be 12 and Under, 200 Fly, 200 Breast, 200 Back and 400 IM events will be 11 and Over, 500 Free will be 9 and Over, all other individual events will be swum as open events.* Relays event will be an open event, seeded by time, slowest to fastest and scored as 10&U and 11&12 and 13 and Over. All events, except where otherwise noted will be scored and awarded 8 & U, 9 & 10, 11-12, 13 & Over. Swimmers must be USA Swimming registered in order to participate, receive awards and score points. The 500 Free and 400 IM will be swum mixed, fastest to slowest. All events will be scored and awarded by age group and sex. **Swimmers will need their own lap counters for the 500 Free. Swimmers will need their own timers for the 500 Free and 400 IM.**

TIME TRIALS

On Saturday following the conclusion of Event 21 (500 Free), there will be a 45-minute break. During this break there will a 45 minute warm up for any

swimmers who wish to swim time trial events. At the end of the break and warm-ups Time Trial events will start. The time trial event will last no longer than 2 hours. Swimmers may swim any event they are eligible to swim in this meet during this time trial session. Events maybe combined to get as many time trials in as possible. Time trials will cost \$15 per event. Must be paid in cash and entered on Saturday. There will be no advanced entry for time trials. Time Trial sign-ups will begin at 9 am and close after the conclusion of Event 20, the 200 breaststroke. The Time Trial Session will be conducted consistent with all of the applicable provisions in this meet announcement.

SAFETY

The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming during warm-ups and cool downs, swimmers must enter the pool using a three point entry. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated. A safety marshal will be on deck.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Any swimmers who must start in the water shall be listed in a separate document returned with the entries.

RULES

This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. **Visual recording devices, including cell phones, are not permitted behind the starting blocks.** Operation of drone, or any 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.

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.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue. No food is allowed on deck. Food will be allowed in the stands above the deck.

The USA Swimming Code of Conduct and athlete protection provisions will be enforced. All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming.

Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the

meet. Entry into the meet is acknowledgement and consent to this fact.
This is a closed deck meet.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. We allow for on-deck registration, the USA registration Fee \$92.00 in addition to entry fees. *Age as of the first day of the meet shall determine the age group in which the swimmer must compete.*

SWIMMERS WITH DISABILITIES

MAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 106, to compete at the meet. Disabled swimmers or their coaches are required to provide advance notice in writing to the meet referee and meet director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. It is at the discretion of the meet referee to determine whether the needed accommodations can be met by the meet resources. Failure to provide advance notice may limit the Missoula Aquatic Club's ability to accommodate all requests.

ENTRIES

Entries are to be submitted using one of two methods:

1. Teams should e-mail entries to registrarmacmeet@gmail.com using Hy-Tek or Team Unify software (preferred method) by January 24, 2020. Along with your meet entry file, include your team meet entry report (relay and individual entries) and team entry fee report from Team Manager or Team unify (in PDF, word or rich text format). Do not include relay swimmer names with your relay entries. Please e-mail all reports. Completed paperwork, signed waiver, team entry report, and entry fees must be received by January 24, 2020.

2. Individuals (not teams) without access to Hy-Tek or Team Unify software may submit entries on the enclosed master entry sheet. Hy-Tek Lite entry software may be downloaded for Free from the Hy-Tek website to enter swimmers. Swimmers may also e-mail the entry data to the registrar by January 24, 2020. Entry information must be completely filled out as follows: first and last name age, and sex of swimmer as well as USAS/FINA/USMS registration number of each swimmer along with event and entry time.

3. All relay-only swimmers must be listed and pay the per swimmer surcharge.

ENTRY LIMITS

Each swimmer may compete in a maximum of **10** individual events; no more than **5** each day. Time trials do not count toward a swimmers event limit. Swimmers shall be seeded on the basis of their submitted times. *Entrants shall submit their fastest officially recorded times in either yards or converted meters.* "No time" entries will be accepted. There may be deck entries but only in available lanes.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Registrar must receive team entries by the date and time identified below. Late entries may be accepted but there will be a \$25 late charge. Entries must be received by: January 24, 2020. Mail fees to Jed Dennison, Missoula Aquatic Club, P.O. Box 7434, Missoula, MT 59807. Phone/e-mail entries for individuals only (not teams) will be accepted until

January 24, 2020. Send the individual entries to Jay Friend at registrarmacmeet@gmail.com. Entry fees for the individual entries must be received prior to the start of the meet. No text messages will be accepted for entries or entry questions.

ENTRY FEES

Make checks payable to: Missoula Aquatic Club (MAC) in US dollars; All fees are non-refundable	
Individual Event	\$3.00 per event
Relays	\$5.00 per relay
Surcharge	\$25.00 per Swimmer surcharge
Late Charge	\$25 after stated due date deadline for teams and individuals as documented above

An entry fee of \$25.00 plus \$3.00 per event will be charged for each swimmer competing in the meet. There will be a charge of \$5.00 per relay team. Entry fees must accompany the entries in US dollars. Please make checks payable to Missoula Aquatic Club (MAC). Entries will not be accepted without payment of entry fees and proper paperwork. Waivers must be signed. **There will be no refunds. If the referee accepts late entries there will be a \$25 fee for late entry fee charged plus double the entry fees for any events entered.**

SEEDING

Swimmers should enter with their fastest officially recorded time in yards (or enter with a converted LCM or SCM time). Times will be seeded in yards. Swimmers will be seeded slowest to fastest in all events except as noted. Finals will be swum fastest to slowest. Events will alternate girls and boys. The 400 IM and 500 Free will be mixed open, seeded fastest to slowest.

CHECK-IN

A positive check-in, at the timing table, will be required for the following events: 500 Freestyle and 400 IM. Swimmers in the 500 Free must check in by 8 am Saturday and 400 IM must check in by 8 am Sunday.

SCRATCHES

There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks. Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days. There will be no penalty for swimmers who fail to scratch from an event. Swimmers will be scratched at the blocks.

If you plan on scratching events on Sunday please give as much advance notice as possible.

SCORING

All scoring will be on a fourteen (14)-place basis except for relays, which will be top 3 places.

- Individual events: 18-15-14-13-12-11-10-8-6-5-4-3-2-1

- Relays: 20-15-10

AWARDS

All Entrants will receive a custom Winterfest Swim Cap.

RESULTS

Results will be posted to the Montana Swimming web site at <http://www.mtswimming.com>

WARM-UPS

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. On Saturday and Sunday there will be an open warm-up session starting at 6:30 am, with the general session warmups starting at 7:00 am.

The referee reserves the right to insert 5-10 minute warm-up breaks throughout the meet as needed.

Swimmers should enter the pool using a three-point entry for warm-ups. Warm-up times are subject to change depending upon the number of entries. Teams will be notified of any changes by January 26, 2020. Warm-up schedules will be posted on January 26, 2020 to the MT Swimming website.

OFFICIALS/TIMERS

Teams will be asked to provide timers. Timing assignments will be posted on January 26, 2020 on the Montana Swimming Website. Teams will be asked to the extent possible to provide certified meet officials. On-deck training time will be available for those wishing to train as an official. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting each day in the hospitality room. Trainees should attend the pre-meet officials meetings daily and sign in. All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming Registration Chair. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

The officials' meeting on Saturday and Sunday will begin at 7:30am. The officials meeting for the Time Trial session will be during that sessions warmup period.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair. There will be a coaches meeting on Saturday at 8:00am in the hospitality room. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

PROTESTS

All protests should be given to the meet referee.

HOSPITALITY

There will be a hospitality area open to all coaches and officials.

CONCESSIONS

Refreshments will be available at the concession stand. The Missoula Aquatic Club parents will be operating a concession stand during the meet serving a variety of healthy foods for breakfast, lunch and snacks.

SPECTATORS

This is a closed deck meet. Only athletes, certified coaches, officials, timers,

and meet management may be on deck, except that **one** parent of eight and under swimmers may accompany swimmers to the start area and **may be on deck two heats prior and one heat after that event.**

MAC 2020 WINTERFEST INVITATIONAL EVENTS

Event Women	Saturday	Event Men	Event Women	Sunday	Event Men
1	200 Free Relay	2	22	200 Medley Relay	23
3	Open 200 IM	4	24	Open 200 Free	25
5	8&U 25 Breast	6	26	8&U 25 Free	27
7	Open 50 Back	8	28	Open 50 Fly	29
9	Open 100 Breaststroke	10	30	12&U 100 IM	31
11	11&O 200 Fly	12	32	Open 100 Free	33
13	8&U 25 Fly	14	34	11&O 200 Back	35
15	Open 50 Free	16	36	8&U 25 Back	37
17	Open 100 Back	18	38	Open 50 Breast	39
19	11&O 200 Breast	20	40	Open 100 Fly	41
21	9&O Mixed 500 Free	21	42	11&O Mixed 400 IM	42

2020 MAC WINTERFEST Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Missoula Aquatic Club (MAC):
To Jed Dennison P.O. Box 7434, Missoula, MT 59807; regisrarmacmeet@gmail.com.

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$3.00 per event	
Relay Entries		\$5.00 per relay	
Swimmer Surcharge		\$25.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Montana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. MAC, UM Grizzly Pool, Montana Swimming, Inc., 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the above named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

February 1-2, 2020

Team Name _____

Team Representative_____Phone # - Best time to call_____

E-mail address_____

_____ Total # of swimmers at \$25.00 \$_____

Total # of Individual Events at \$3.00 \$

Total Number of relay teams at \$5.00 \$

Grand Total \$ _____

In consideration of the acceptance of this entry, I/we the undersigned parent, guardian or coach, hereby, for ourselves, our heirs, administrators, assigns, release and forever discharge any and all rights and claims for damages I/we have against MAC Fall Invitational, U of M Grizzly Pool, Montana Swimming, USA Swimming, their agents, representatives, successors or assigns for any or all injuries arising of our travel to and from, or participating in said meet. It is agreed that the team shall be responsible for any damages caused to facilities or equipment by any members of the team.

Signature(s) of Club Official, Parent, Guardian, or Coach

Street Address	City	State	Zip
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Affiliation to Club

Date _____

Montana Swimming -- USA Registration Confirmation

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the below named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

Coach's Name_____

Coach's Name_____

We further verify that all our entered swimmers are registered athlete members of USA Swimming or the FINA equivalent for the current year.

Signature_____

Name_____

Club Position Or Title_____

It is most important that the above information is completed and this form returned with your entries.

Meet Name: 2020 MAC WINTERFEST

Meet Date: February 1-2, 2020

Location: Grizzly Pool, University of Montana, Missoula, MT

Host Team: Missoula Aquatic Club

RELAY ENTRY SHEET

Event: _____ Event No. _____ Age Group _____ F _____ M _____ Mixed _____

Team A	Team B	Team C
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
Time: _____	_____	_____
Alt. _____	_____	_____

Event: _____ Event No. _____ Age Group _____ F _____ M _____ Mixed _____

Team A	Team B	Team C
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
Time: _____	_____	_____
Alt. _____	_____	_____

Event: _____ Event No. _____ Age Group _____ F _____ M _____ Mixed _____

Team A	Team B	Team C
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
Time: _____	_____	_____
Alt. _____	_____	_____

2020 MAC WINTERFEST

Address: _____ Phone: _____ E-mail address: _____

[illegible]

Total Due this sheet: \$ _____

HOTELS

The following are some of the Missoula Area Hotels:

LaQuinta Inn Missoula 5059 N Reserve St 406-549-9000	Broadway Inn Conference Center 1609 W. Broadway St 406-532-3300	GuestHouse Suites 3803 Brooks St 406-251-2665	Days Inn Missoula University 201 East Main St 406-5437221	Quality Inn and Suites 4545 N. Reserve St 406-542-0888
Howard Johnson 3530 Brooks Street 406-251-2250	TownePlace Suites 3055 Stockyard Rd 406-721-6000	Hampton Inn Missoula 4805 N. Reserve St 406-549-1800	Super 8 Missoula/Brooks Street 3901 S. Brooks St 406-536-0519	Holiday Inn Missoula Downtown 200 South Pattee 406- 532-2054

