



2021 MAC FALL INVITATIONAL



Hosted by Missoula Aquatic Club

November 6-7, 2021

Held under the Sanction of USA Swimming, INC., issued by Montana Swimming, Inc.

Sanction# 2205

In applying for this sanctioned event, the Missoula Aquatic Club (MAC) agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana and Lake County.

Meet Referee

Merle Gunderson

mtgunders@outlook.com

Meet Director

Jed Dennison

406-531-1216

jed@zillastate.com

Meet Registrar

Jay Friend

760-333-7382

jayfriend@gmail.com

P.O. Box 7434

Missoula, MT 59807

FACILITY

The 2021 MAC Fall Invitational will be held at the Mission Valley Aquatic Center located at 309 Ridgewater Dr, Polson MT. Mission Valley Aquatic Center is a 25-yard, eight-lane pool Xcellerator starting blocks. The start end of the pool is 12 feet deep and the turn end is four feet deep. The elevation of the facility is 3114 feet. The competition course has been certified by USA Swimming as a "Permanent Racing Course." The copy of such certification is on file with USA Swimming.

A Colorado Time Systems Infinity starting system will be used and timing will be manual, done by stopwatch. Three stopwatches per lane, each operated by a separate timer will be used.

Warm-ups will occur prior to the start of each session. Meet management reserves the right to add breaks between events for warm-up and cool down.

This is a partially closed deck meet; only athletes, certified coaches, USA officials, timer and meet management may be behind the blocks, behind the turn end of the pool, and in the timing area.

MEET FORMAT

This will be an Age Group event. **Events are timed finals for 10 & under and prelims/finals for 11 and older.** Finals on Saturday will start no earlier than 4:00 pm and warm-ups for finals on Saturday will start no earlier than 3:15 pm. **Finals will be run as A finals for the 11-12 age group and A and B finals for 13 and Over.** All 25-yard events will be swum 8 & under; 50 Fly, Back, Breast, and 100 IM 12 & under; 100 Fly, Back, and Breast 9 & over; 200-yard Free and IM will be swum 9 & over; The 200 Fly, Back, Breast, 500 Free, and 400 IM will be swim 11 & over. The events will be scored 8 & U, 9 & 10, 11-12, 13 & over. Swimmers must be USA Swimming registered to participate in finals and to score points. The 500 Free, and 400 IM will be swum mixed, fastest to slowest. All events will be scored 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.** Relays will be seeded and swum 10&U and 11&Older.

SAFETY

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 [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.

Missoula Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Lake County. Masks are recommended for all swimmers and spectators.

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. Time to practice starts will be included in the warm-up schedule. Coaches must closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshal will be on deck.

Missoula Aquatic Club and Mission Valley Aquatic Center has taken enhanced health and safety measures for the meet management, swimmers, and coaches attending this meet. Those in attendance must follow all posted instructions while visiting the Mission Valley Aquatic Center. 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 Center for Disease Control and Prevention, senior citizens and guests with underlying health

conditions are especially vulnerable. By attending this meet at the Grizzly Pool, you voluntarily assume all risks related to exposure to COVID-19

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.** 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. 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.

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.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Deck registration is not allowed. *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 three methods:

1. Teams should e-mail entries to jayfriend@gmail.com using Hy-Tek or Team Unify software (preferred method) by October 29, 2021. 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 October 29, 2021.

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.

3. Individual swimmers may also e-mail the entry data to the registrar by October 29, 2021. Entry information must be 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.

ENTRY LIMITS

10&U swimmers may compete in a maximum of **8** individual events; **Swimmers may enter 4 individual events on Saturday and 4 individual events on Sunday.**

11&O swimmers may compete in a maximum of **6** individual events; **Swimmers may enter 3 individual events on Saturday and 3 individual events on Sunday.**

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 listed in the Deadline and Meeting Summary. Late entries may be accepted but there will be a \$25 late charge. Entries must be received by: October 29, 2021. Mail fees to C/o 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 October 26, 2021. Send the individual entries to Jay Friend at jayfriend@gmail.com. Entry fees for the individual entries must be received prior to the start of the meet.

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	\$10.00 per relay
Surcharge	\$30.00 per Swimmer surcharge
Late Charge	\$25 after stated due date deadline for teams and individuals as documented above

An entry fee of \$30.00 plus \$3.00 per event will be charged for each swimmer competing in the meet. Each relay only swimmers are responsible to pay the \$30.00 individual surcharge. There will be a charge of \$10.00 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. \$25 fee for late entry.**

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 events will be mixed open, seeded fastest to slowest.

CHECK-IN

There is no positive check-in. Please report scratches to the admin table. Distance events may be reseeded.

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.

Scratch policy for finals will be ½ hour after the results for each event is announced and posted.

SCORING

All scoring will be on a sixteen (16)-place basis except for relays, which will be top 3 places.

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relays: 20-15-10

AWARDS

There will be no awards. Each swimmer will receive a MAC Fall Invitational commemorative 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. The referee reserves the right to insert 5-10 minute warm-up breaks throughout the meet as needed.

On Saturday a warm-up session before the beginning of the events will begin at 7:00am, but the pool will open at 6:15 for any swimmer who would like to enter the pool earlier as long as the coach is on deck.

On Sunday a warm-up session before the beginning of the events will begin at 6:30am, but the pool will open at 6:00 for any swimmer who would like to enter the pool earlier as long as the coach is on deck.

On Both days 10&U warm-ups will begin as soon as the previous session finishes.

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 November 2, 2021. Warm-up schedules will be posted on November 2, 2021 to the MT Swimming website.

OFFICIALS/TIMERS

Teams will be asked to provide timers. Timing assignments will be posted on November 2021 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 official's 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 will be Saturday and Sunday during the warm-up period at 7:30am and during the 10 & under session at the beginning of warm ups. During finals, the meeting will be 30 minutes before the start of finals.

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/ SWIM SHOP

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

SPECTATORS

This is a partially 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.** Spectators are asked to remain in the bleachers.*

Order of Events

Saturday Open Warmups: 6:15-7:00 am

Saturday Assigned Warmups: 7:00-8:00 am

Meet Start: 8:10 am

Girls	Saturday 11+ Prelims	Boys
1	11+ 500 Free TF*	1
2	11+ 100 Back	3
4	11+ 200 Breast	5
6	11-12 50 Fly	7
8	11+ 100 Free	9
10	11+ 200 Fly	11
12	11-12 50 Back	13
14	11+ 200 IM	15
16	11+ 200 Medley Relay TF**	17

Sunday Open Warmups: 6:00-6:30am

Sunday Assigned Warmups: 6:30-7:30

Meet Start: 7:40 am

Girls	Saturday 11+ Prelims	Boys
36	11+ 400 IM TF*	36
37	11+ 50 Free	38
39	11+ 100 Breast	40
41	11+ 200 Back	42
43	11-12 50 Breast	44
45	11+ 100 Fly	46
47	11-12 100 IM	48
49	11+ 200 Free	50
51	11+ 200 Free Relay TF**	52

10&U Warm-ups will start immediately following the end of the prelims session. We will send estimated warm-up start times along with warmup assignments.

Girls	Saturday 10&U	Boys
18	10&U 100 Free	19
20	8&U 25 Fly	21
22	10&U 50 Breast	23
24	9-10 100 Fly	25
26	10&U 50 Free	27
28	9-10 200 IM	29
30	8&U 25 Free	31
32	9-10 100 Back	33
34	10&U 200 Medley Relay	35

Girls	Sunday 10&U	Boys
53	10&U 100 IM	54
55	8&U 25 Back	56
57	10&U 50 Fly	58
59	9-10 100 Breast	60
61	10&U 50 Back	62
63	9-10 200 Free	64
65	8&U 25 Breast	66
67	10&U 200 Free Relay	68

On Saturday Finals warm-ups will start no earlier than 3:15 pm with the session starting no earlier than 4:00 pm. On Sunday finals warm-ups will begin immediately following the finish of the 10&U Session. We will send out estimated start times along with warmup assignments.

*The 500 Free and 400 IM will be swum mixed, fastest to slowest as Timed Finals at the beginning of the prelims session each day.

**The relays will be swum as Timed Finals at the end of the Finals Session each day.

2021 MAC Fall Invitational 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 Missoula Aquatic Club P.O. Box 7434, Missoula, MT 59807. jayfriend@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		\$10.00 per relay	
Swimmer Surcharge		\$30.00 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

2021 Missoula Aquatic Club Fall Invitational

November 6-7, 2021

Entry Summary & Waiver

Team Name _____

Team Representative _____ Phone # - Best time to call _____

E-mail address _____

_____ Total # of swimmers at \$30.00 \$ _____

_____ Total # of Individual Events at \$3.00 \$ _____

_____ Total Number of relay teams at \$10.00 \$ _____

Grand Total \$ _____

Waiver

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

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: 2021 MAC Fall Invitational

Meet Date: November 6-7, 2021

Location: Mission Valley Aquatic Center, Polson, 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. _____	_____	_____

