



2021 MAC Last Chance
February 7, 2021
Hosted by Missoula Aquatic Club
at
Mission Valley Aquatics Center
309 Ridgewater Dr, Polson, MT 59860

Held under the Sanction of USA Swimming, INC., issued by Montana Swimming, Inc.
Sanction# 2129

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
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Meet Director
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Meet Registrar
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FACILITY

The time trial 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 the time trial and cool down will be available at the conclusion of the time trial.

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

MEET FORMAT

This is an age group, timed trial event.
Individual events will be swum as noted on the event list.

This is a MAC- only meet with the possible exception of a small number of other 'local' swimmers as per COVID mitigation requirements.

The meet referee reserves the option to add breaks between events and combine heats and events where appropriate.

The number of swimmers attending this meet will not exceed 32 per session, or 64 total swimmers. All swimmers will exit the facility for the next session of swimmers is allowed in. Those swimmers will remain on deck between events, wear masks when not racing, and remain socially distanced on deck.

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 CDC 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 the 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, MAC, The Grizzly Pool, The University of Montana, and the Montana Swimming 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 mandatory at all times.

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 marshall 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 a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Any swimmer 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changing is prohibited.

Visual recording devices, including a cell phone are not permitted behind the starting blocks.

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.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.

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 the Montana Swimming Registration Chairperson prior to the start of the meet.

This meet may be covered by the media, including photographs, video, webcasting 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., and must be registered with Missoula Aquatic Club. Swimmers must be registered prior to the entry deadline. There will be no on deck USA Swimming registration available at this meet. Age as of the day of competition shall determine the age group in which the swimmer must complete.
SWIMMERS WITH DISABILITIES	Missoula Aquatic Club welcomes 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 assistant 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 MAC's ability to accommodate all requests.
ENTRIES	Each MAC swimmer is limited to 4 time trial events in their respective session. This is a Missoula Aquatic Club member only meet. There will be no outside teams invited. Entries will be submitted in SCY. No time entries will be accepted, Deck entries accepted. Entry commitment deadline is 11:59 pm Friday February 5th.
ENTRY FEES	There will be a swimmer surcharge of \$30. Families may be eligible for a surcharge waiver. Please email the Meet Director, Jay Friend (jayfriend@gmail.com) for more information.
SEEDING	Swimmers should enter with their fastest officially recorded time in yards (or enter with a converted LCM or SCM time). No time (NT) entries will be accepted however reasonable time estimates are preferred to ensure balanced heats. Times will be seeded in yards. Swimmers will be seeded slowest to fastest in all events.
CHECK-IN	There are not any positive check-in events for this meet.

SCRATCHES	Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet, on each day, There will be no penalty for swimmers who fail to scratch for the event.
SCORING	There will be no scoring at this time trial.
AWARDS	There will be no awards at this time trial.
RESULTS	Results will be posed to the Montana Swimming website 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 marshall 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. There is no separate warm-up pool. Continuous warm-up/cool-down lanes are not available. The last 10 minutes of each warm-up session bay be used to practice racing starts in all lanes. Warm-ups for the first session of the meet will begin at 9:00 am. The first Session will begin by 9:30 am. Warm-ups for the second session will being 15 minutes after the first session ends. All swimmers will be assigned a warm-up lane, and warm-up end of the pool. Swimmers may only warm-up in their assigned lane.
OFFICIALS/TIMER	All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming Registration Chair. Meet officials will display their current credentials at all times during the meet. There will be limited on deck training time for new/apprentice officials at this meet due to the limited capacity of the meet. The officials' meetings will be in a designated area on the pool deck during each warm-up session. All officials must wear a mask while officiating. This meet will have a meet referee, a starter, and 2 stroke and turn officials, on deck, wearing masks at all times.
COACHES	All coaches on deck must be registered and certified with USA Swimming.

Coach registration will be verified with the MT Swimming Registration Chair. All coaches must display their credentials during the duration of the meet.

PROTESTS All protests should be given to the meet referee.

HOSPITALITY There will be no hospitality for this meet.

CONCESSIONS/
SWIM SHOP There will be no concessions stand or swim shop for this meet.

SPECTATORS Due to our specific usage restrictions of the facility and to follow gathering guidelines as outlined by Lake County Health Department, this will be a closed deck meet, and there will not be more than 152 people in the pool deck area at any time.

Only meet management, officials, swimmers, and coaches may be on the pool deck. Meet management, officials, and coaches will enter the pool through the office. Swimmers will enter/exit through the locker rooms. Officials, meet management, and coaches will exit through the aquatics office. Spectators are limited to one spectator per swimmer. The meet will be broadcast live through MAC Facebook live.

Order of Events

Session 1	Session 2
1 Mixed 500 Freestyle	1. Mixed 500 Freestyle
2 Mixed 200 Backstroke	2. Mixed 200 Backstroke
3 Mixed 100 Breaststroke	3. Mixed 100 Breaststroke
4 Mixed 50 Butterfly	4. Mixed 50 Butterfly
5 Mixed 200 IM	5. Mixed 25 Freestyle
6 Mixed 100 Freestyle	6. Mixed 200 IM
7 Mixed 50 Breaststroke	7. Mixed 100 Freestyle
8 Mixed 100 IM	8. Mixed 50 Breaststroke
9 Mixed 200 Freestyle	9. Mixed 25 Butterfly
10 Mixed 50 Backstroke	10. Mixed 100 IM
11 Mixed 100 Butterfly	11. Mixed 200 Freestyle
12 Mixed 200 Breaststroke	12. Mixed 50 Backstroke
13 Mixed 50 Freestyle	13. Mixed 25 Breaststroke
14 Mixed 100 Backstroke	14. Mixed 100 Butterfly
15 Mixed 200 Butterfly	15. Mixed 200 Breaststroke
16 Mixed 400 IM	16. Mixed 50 Freestyle
17 Girls 200 Freestyle Relay	17. Mixed 25 Backstroke
18 Boys 200 Freestyle Relay	18. Mixed 100 Backstroke
	19. Mixed 200 Butterfly
	20. Mixed 400 IM
	21. Girls 200 Freestyle Relay
	22. Boys 200 Freestyle Relay