



2023 MAC/MYST Time Trial 1
February 6, 2023
Hosted by the Missoula YMCA
Swim Team at
Missoula YMCA 3000 Russell Street,
Missoula, MT

Held under the Sanction of USA Swimming, INC., issued by Montana Swimming, Inc.
Sanction #2327

In applying for this sanctioned event, the Missoula YMCA Swim Team agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana and Missoula County.

Meet Referee
Kim Hiday

Meet Director
Jay Friend
760-333-7382
jayifriend@gmail.com

Admin Official/ Meet Registrar
Michelle Schermerhorn
406-493-2655
michelleskerm@gmail.com

FACILITY

The time trial will be held at the Missoula YMCA, 3000 Russell Street, Missoula MT. Missoula YMCA is a 25-yard, five-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 3150 feet. The competition course has not been certified.

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, timers 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/MYST-only time trial with the possible exception of a small number of other 'local' swimmers.

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

The Meet Referee reserves the right to add and subtract events when appropriate.

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 YMCA, 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 and the Missoula YMCA Swim Team agree to comply with and enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Missoula County.

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.

The Missoula YMCA Swim Team 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 Missoula YMCA. 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 Missoula YMCA, you voluntarily assume all risks related to exposure to COVID-19.

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 without the use of the backstroke ledge. 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.

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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions 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.

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 Montana Swimming. 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. Entries will be submitted in SCY. No time entries will be accepted, Deck entries accepted. The entry commitment deadline is 5:59 pm Monday, February 6th.
ENTRY FEES	Please email the Meet Director, Jay Friend (jayjfriend@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 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. 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 may be used to practice racing starts in all lanes. Warm-ups for the meet will begin at 5:30 pm.
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. This meet will have a meet referee, a starter, and 2 stroke and turn officials.
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/	There will be no concessions stand or swim shop for this meet.

SWIM SHOP

SPECTATORS

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.

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