



2023 MAC/MYST
July 1, 2023
Hosted by Missoula Aquatic Club
at
Splash Montana
3001 Bancroft Street, Missoula MT
59801

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

Meet Referee	Admin Official	Meet Manager	Meet Registrar
Kim Hiday	Michelle Schermerhorn	Jay Friend	Jay Friend
hwugums@yahoo.com	michelleskerm@gmail.com	jayifriend@gmail.com	jayifriend@gmail.com
406-781-2739	406-493-2655	760-333-7382	760-333-7382

FACILITY

The time trial will be held at the Splash Montana in Missoula. The competition pool is a 50 meter, eight-lane pool with Spectrum Xcellerator starting blocks. The elevation of the facility is 3208 feet. The competition course has not been certified in accordance with 104.2.2C(4).

A Colorado Time Systems Championship 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.

The meet referee reserves the option to add breaks between events and combine heats and events where 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, Splash Montana, the City of Missoula 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 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.

An AED is available in the Lifeguard office. Lifeguards are on duty for the meet. Emergency medical services can be activated by a phone call.

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 without the use of the backstroke ledge. 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

All 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 MAAPP is a condition of participation in the conduct of this competition.

This meet will be conducted in accordance with current USA Swimming and Montana Swimming Rules and regulations, except where rules therein are optional, and exceptions are stated. The USA Swimming Code of Conduct and athlete protection provisions will be enforced.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.

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 diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for when teams designate dive lanes during assigned warm-ups.

Deck Changing is strictly prohibited. Swimmers can change in the locker rooms or the portable toilets.

The locker rooms are for swimmers entered in the meet only.

Backstroke swimmers enter the water feet first, no diving over persons in the water.

Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.

Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm downs.

All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach.

The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.

All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming and will display current credentials throughout the meet. Swimmer, official and coach registration will be confirmed with Montana Swimming registration chairperson prior to the start of the meet.

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

This meet maybe 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 acknowledgment and consent of his fact.

ELIGIBILITY

All swimmers must be registered with USA Swimming Inc.. 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 105, 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 swimmer is limited to 3 time trial events in their respective session. Entries will be submitted in LCM. No time entries will be accepted, Deck entries accepted. Entry commitment deadline is 8:29 am Saturday, July 1st.

ENTRY FEES

There will be a swimmer surcharge of \$2. 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 meters. No time (NT) entries will be accepted however reasonable time estimates are preferred to ensure balanced heats. Times will be seeded in meters. 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. 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

Spectators can be on the sides of the pool or the turn end. No spectators are allowed on the starting end of the pool.

Order of Events

1	Mixed 50 Fly
2	Mixed 100 Breast
3	Mixed 50 Back
4	Mixed 100 Free
5	Mixed 400 Free
6	Mixed 200 IM
7	Mixed 50 Breast
8	Mixed 100 Back
9	Mixed 50 Free
10	Mixed 100 Fly
11	Mixed 200 Free
12	Mixed 200 Back
13	Mixed 200 Breast
14	Mixed 200 Fly