



2023 MAC Winterfest



Hosted by Missoula Aquatic Club

February 4-5, 2023

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction 2322

Meet Referee	Admin Official	Meet Director	Meet Registrar
Kim Hiday	Michelle Schermerhorn	Ian Bernhardt	Jay Friend
hwugums@yahoo.com	406-493-2655	406-304-7738	760-333-7382
	michelleskerm@gmail.com	ian.g.bernhardt@gmail.com	jayfriend@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 2023 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, and 200 Back will be 11 and over. The 500 Free will be 9 & over. The 400 IM will be 11 & Over. All other individual events will be swum as open events.* 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.

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 MONTANA SWIMMING 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, Missoula County, the University of Montana, and the State of Montana. 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. Coaches are advised to supervise their swimmers at all times closely. No running or horseplay will be tolerated. A safety marshal will be on deck.

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. **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.

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.

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.

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 acknowledgment 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. There will be no deck registration. *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 jayfriend@gmail.com using Hy-Tek or Team Unify software (preferred method) by January 29, 2023. 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 TeamUnify (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 29, 2023.

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 29, 2023. 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 8 individual events; at most 4 each day. Swimmers shall be seeded based on 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.

Entries will close with the team who enters the 300th swimmer.

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 29, 2023. Mail fees to Jed Dennison, Missoula Aquatic Club, P.O. Box 7434, Missoula, MT 59807. Phone/e-mail entries for individuals (not teams) will be accepted until January 29, 2023. Send the individual entries to Jay Friend at jayifriend@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
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. 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

All events are preseeded.

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.

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

AWARDS

The High Point Winner for each age group will receive a 1LB chocolate bar.

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.

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 February 1, 2023. Warm-up schedules will be posted on February 1, 2023, to the MT Swimming website.

OFFICIALS/TIMERS

Teams will be asked to provide timers. Timing assignments will be posted on February 1, 2023, 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 7:30 AM.

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. No spectators are allowed on deck.

Spectators will be expected to refrain from any behavior and or gestures that are rude and unsportsmanlike directed toward Board Members, Coaches, Officials, Athletes, and Volunteers. Failure to comply will result in removal from the Meet and Facility for the duration of the meet. This is a One Strike and you are out!

The Meet Director, Meet Referee, and the Safe Sport Chair will work together on any issues brought to their attention.

MAC 2023 WINTERFEST INVITATIONAL EVENTS

Saturday, February 4th

10&U Session

1	9-10 200 Free	2
3	8&U 25 Free	4
5	10&U 50 Fly	6
7	10&U 100 Back	8
9	8&U 25 Breast	10
11	10&U 50 Free	12
13	9-10 100 Fly	14
15	9-10 100 IM	16
17	9-10 500 Free	17

11& Over Session

18	11+ 50 Fly	19
20	11+ 100 Free	21
22	11+ 200 Breast	23
24	11+ 50 Back	25
26	11+ 100 Fly	27
28	11+ 200 Free	29
30	11-12 100 IM	31
32	11+ 500 Free	32

Sunday, February 5th

10&U Session

33	9-10 200 IM	34
35	8&U 25 Back	36
37	10&U 50 Breast	38
39	10&U 100 Free	40
41	8&U 25 Fly	42
43	10&U 50 Back	44
45	9-10 100 Breast	46

11& Over Session

47	11+ 50 Breast	48
49	11+ 100 Back	50
51	11+ 200 IM	52
53	11+ 200 Fly	54
55	11+ 50 Free	56
57	11+ 100 Breast	58
59	11+ 200 Back	60
61	11+ 400 IM	61

2023 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; 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	
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

2023 MAC WINTERFEST

February 4-5, 2023

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 \$_____

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: 2023 MAC WINTERFEST

Meet Date: February 4-5, 2023

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

Host Team: Missoula Aquatic Club