

2025 MAC FALL INVITATIONAL

Missoula AQUATIC CLUB

Hosted by Missoula Aquatic Club, November 14-16, 2025

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc., Sanction #2607.

Meet Referee	Admin Official	Meet Director	Meet Registrar
Kim Hiday 406-781-2739 hwugums@yahoo.com	Robyn Lewis 406-370-9637 reblewis76@yahoo.com	Jay Friend 760-333-7382 jayjfriend@gmail.com	Jay Friend 760-333-7382 jayjfriend@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 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. Spectrum Xcellerator starting platforms give swimmers exposure to the latest racing advantage. Spectrum backstroke wedges are available to swimmers.

MEET FORMAT

This is an Age Group meet. Friday events are timed finals. Saturday and Sunday events are timed finals for 10 & under and prelims/finals for 11 and older. Finals on Saturday will start no earlier than 4:30 pm, and warm-ups for finals on Saturday will start no earlier than 3:45 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; 500 Free will be swum 9 & over; 200 Fly, 200 Breast, 200 Back, 1650 Free, and 400 IM will be swum 11 & over; all other events will swim as open events. The events will be scored and awarded 8&U, 9-10, 11-12, 13 & Over. The 1650 Free, 500 Free, and 400 IM will be swum mixed, fastest to slowest. All events will be scored and awarded by age group and sex. Swimmers will need their own lap counters for the 500 Free and 1650. Swimmers will need their own timers for the 1650 Free, 500 Free, and 400 IM. Relays will be seeded and swum 10&U and 11&O. Mixed Relays may be swum as two swimmers from each competition category or three from one competition category and one from the other. 11&O Mixed Relays will be swum during prelims only. 11&O Single competition category relays will be swum during finals only.

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, Missoula Aquatic Club, The Grizzly Pool, 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 with and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Missoula County. Masks are optional.

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 closely supervise their swimmers at all times. No running or horseplay will be tolerated. Two safety marshals will be on deck.

There will be lifeguards on deck throughout the meet. An AED is available in the lifeguard office.

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. 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, restrooms, 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. Deck changes are prohibited.

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

No food is allowed on deck. Food will be allowed in the stands above the deck.

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.

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 before 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 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 before the entry deadline. Age as of the first day of the meet shall determine the age group in which the swimmer must compete.

Meet registration will be verified with the Montana Swimming Registrar before the meet to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible – as of November 14, 2025 and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and Over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

ENTRIES

Entries are to be submitted using one of three methods:

1. Teams should email entries to jayjfriend@gmail.com using Hy-Tek or Team Unify software (preferred method) by November 8, 2025. 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 Sports Engine (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 November 14, 2025.
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. Swimmers may also email the entry data to the registrar by November 8, 2025. 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.
4. All relay-only swimmers must be listed and pay the per-swimmer surcharge.

ENTRY LIMITS 9 and over Swimmers may only enter 1 individual event on Friday. 11 and over swimmers may enter 3 individual events on Saturday and Sunday. 10 and under may swim for 4 individual events on Saturday, and 4 individual events on Sunday. Swimmers can enter a maximum of 2 relays per day.

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. At the referee's discretion, they may allow deck seeding if there are 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 **Entries must be received by: November 8, 2025.** Mail fees to Mike Fontaine, Missoula Aquatic Club, P.O. Box 7434, Missoula, MT 59807.

Late entries may be accepted, but there will be a \$25 late charge in addition to the entry fees.

Phone/email entries for individuals only (not teams) will be accepted until November 8, 2025. Send the individual entries to Jay Friend (jayfriend@gmail.com). Entry fees for the individual entries must be received before 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	\$4.00 per event
Relays	\$12.00 per relay
Surcharge	\$35.00 per Swimmer surcharge
Late Charge	\$25 after the stated due date deadline for teams and individuals, as documented above

An entry fee of \$35.00 plus \$4.00 per event will be charged for each swimmer competing in the meet. There will be a charge of \$12.00 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 between girls and boys. The 400 IM, 500 Free, and 1650 Free events will be mixed open, seeded fastest to slowest.

CHECK-IN A positive check-in at the timing table will be required for the following events: 500 Freestyle, 400 IM, and 1650 Freestyle. Check-in for the 500 Freestyle and 400 IM will be by 5:15 pm on Friday. Swimmers in the 1650 must check in by 6:30 am Sunday.

SCRATCHES There will be no clerk of course. Heat and lane assignments will be available for purchase through Meet Mobile. Swimmers are responsible for taking their position behind the blocks. Coaches should report scratches on the scratch sheet or to the meet referee before the start of the meet, on all days. There will be no penalty for swimmers who fail to scratch from an event.

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.

RESULTS Results will be posted 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. The meet 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 7:00 a.m., 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, there will be a warm-up session starting at 6:15 for swimmers entered in the 1650 Free. At the conclusion of the last heat of the 1650 Free, there will be an assigned warm-up session.

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 10, 2025. Warm-up schedules will be posted on November 10, 2025, on the MT Swimming website.

OFFICIALS & TIMERS Teams will be asked to provide timers. Timing assignments will be posted on November 10, 2025, 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. Email the meet referee before 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 help ensure a great meet for the swimmers.

The officials' meeting will be Saturday during the warm-up period at 7:30 am and during the 10 & under session at the beginning of warm-ups. On Sunday, the Meet Referee will hold an officials meeting during the assigned warm-up session following the conclusion of the 1650 Freestyles. 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 8:00 am 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 CONCESSIONS SWIM SHOP There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. MAC Parents will be operating a concession stand during the meet serving a variety of healthy foods for breakfast, lunch, and snacks.

SPECTATORS Spectators can sit in bleachers above the pool. They may enter the bleachers through the hallway. The locker rooms are only for athletes. Spectators must use the restrooms in the hallway or near the East Auxiliary Gym. Spectators and athletes can set up camp in the East Gym. There is no camping on the pool deck.

DO NOT LEAVE ANY BELONGINGS OVERNIGHT IN THE POOL AREA.

Only athletes, certified coaches, officials, timers, and meet management may be on deck, except that one.

Parents of swimmers eight and under may accompany swimmers to the start area and may be on deck two heats before and one heat after that event.

	11/14 Friday Distance Session			11/16 Sunday Distance Session	
	Open Warm-Ups: 5:00-5:25 Session Start: 5:30			Open Warm-Ups: 6:15 Session Start: 7:00	
Girls	Event	Boys	Girls	Event	Boys
1 TF	9&O 500 Free	1 TF	39 TF	11&O 1650 Free	39 TF
2 TF	11&O 400 IM	2 TF			
	11/15 Saturday 11&O Prelims Session			11/16 Sunday 11&O Prelims Session	
	Open Warm-Ups: 6:15 Assigned Warm-ups: 7:00 Session Start: 8:10			Assigned Warm-ups begin immediately following the distance session Session Start: Immediately following assigned warm-ups	
3	Mixed 200 Medley Relay*	3	40	Mixed 200 Free Relay*	40
4	100 Free	5	41	100 Back	42
6	50 Back	7	43	50 Fly	44
8	200 Fly	9	45	200 Breast	46
10	100 Breast	11	47	100 Fly	48
12	50 Free	13	49	50 Breast	50
14	200 IM	15	51	200 Free	52
16	200 Back	17	53	100 IM	54
18	200 Free Relay**	19	55	200 Medley Relay**	56
	11/15 Saturday 10&U Session			11/16 Sunday 10&U Session	
	Assigned Warm-ups begin 10 minutes following the prelims session.			Assigned Warm-ups begin 10 minutes following the prelims session.	
20	10&U Mixed 200 Medley Relay	20	57	10&U Mixed 200 Free Relay	57
21	10&U 100 Free	22	58	9-10 200 Free	59
23	10&U 50 Back	24	60	10&U 100 Back	61
25	8&U 25 Fly	26	62	10&U 50 Fly	63
27	10&U 100 Breast	28	64	8&U 25 Breast	65
29	10&U 50 Free	30	66	10&U 100 Fly	67
31	9-10 200 IM	32	68	10&U 50 Breast	69
33	8&U 50 Back	34	70	8&U 25 Free	71
35	10&U 200 Free Relay	36	72	10&U 100 IM	73
37	8&U 100 Free Relay	38	74	10&U 200 Medley Relay	75
			76	8&U 100 Medley Relay	77
	11/15 Saturday Finals Session			11/15 Saturday Finals Session	
	Warm-Ups will begin no earlier than 3:45 pm.			Warm-Ups will begin immediately following the 10&U Session.	
	*Relay Events 3, 40 will be swum during prelims only				
	** Relay Events 18,19, 55, 56 will be swum during finals only				

2025 MAC FALL INVITATIONAL

Complete and email or mail this form along with entry fees to (checks payable to Missoula Aquatic Club (MAC): To C/O Mike Fontaine, P.O. Box 7434, Missoula, MT 59807; jayjfriend@gmail.com.

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		\$12.00 per relay	
Swimmer Surcharge		\$35.00 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

DATE

TITLE

2025 Missoula Aquatic Club Fall Invitational

November 14-16, 2025

Entry Summary & Waiver

Team Name

Team Representative

Phone # - Best time to call

Email Address

_____ Total # of swimmers at \$35.00 _____ \$

_____ Total # of Individual Events at \$4.00 _____ \$

_____ Total Number of relay teams at \$12.00 _____ \$

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 Swimming Registration Confirmation

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the following 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 is returned with your entries.

Meet Name: 2025 MAC Fall Invitational

Meet Date: November 14-16, 2025

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

Host Team: Missoula Aquatic Club

2025 MAC Fall Invitational

Grizzly Pool, Missoula, MT

Coach

E-mail Address

[illegible]

Total Relays this sheet: _____ x 12.00 = _____

Total Due this sheet: \$_____