



2025 MYST MAC Time Trial
Hosted by Missoula Aquatic Club
32 Campus Drive
February 11, 2025

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc.
Sanction # 2528

<u>Meet Referee</u> Kim Hiday	<u>Meet Director</u> Jay Friend 760-333-7382 jayfriend@gmail.com
<u>Meet Registrar</u> Jay Friend 760-333-7382 jayfriend@gmail.com	<u>Meet Administrative Official</u> Robyn Lewis 406-370-9637 Reblewis76@yahoo.com

FACILITY The Time Trial will be held at the Grizzly Pool at 32 Campus Drive, Missoula MT 59812. The Grizzly Pool is 7 lane pool with Spectrum and Xcellerator starting blocks. The start end of the pool is 11' 6" feet deep and the turn end is 4 feet deep.

The elevation of the facility is 3,181 feet. The competition course has not been certified in accordance with 104.2.2C(4). A Colorado Time Championships system and manual timers will be used.

DIRECTIONS From I-90, take Van Buren Exit. Travel south on Van Buren then head west on Broadway. Head south on Arthur across the bridge. Head west on 5th and follow through campus as it becomes Campus Dr. Follow campus

drive past the Washington Grizzly Stadium and the pool is on the west side of campus drive connected to the art annex.

MEET FORMAT This will be an Age Group Time Trial Event. Events will not be scored. Individual events will be swum as noted on the event list.

This is a MYST/MAC only time trial.

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

The referee reserves the option 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 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 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 Missoula Aquatic Club 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.

In applying for this sanctioned meet, the 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.

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.

Deck changing is not appropriate and is absolutely prohibited. Swimmers may change into and out of swimsuits in appropriate locker rooms.

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. The swimmers must be under the supervision of a USAS coach during all warmups, competition and cool downs.

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.

No area of the building should be considered secure. The Missoula YMCA Swim Team and the Missoula Family YMCA are not responsible for the loss or damage of any items.

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.

ELIGIBILITY

All swimmers must be registered with USA Swimming Inc. There will be no on deck USA Swimming registration available at this meet. Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair. Age as of the day of competition shall determine the age group in which the swimmer must complete.

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

SWIMMERS WITH DISABILITIES

The 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 the Missoula YMCA Swim Team's ability to accommodate all requests.

ENTRIES	Each swimmer is limited to 4 time trial events in their respective session. Entries will be submitted in SCY. Deck entries will only be allowed at the discretion of the meet referee. Teams should email entries jayifriend@gmail.com by February 11, 2025.
SEEDING	Each swimmer will be seeded in mixed gender and mixed age group heats. 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. The meet will be pre-seeded. However, the meet referee may add or revise seeding to ensure safety and equity and will work with the coaches of the affected athletes.
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 meet.
AWARDS	There will be no awards at this meet.
RESULTS	Results will be posted to the Montana Swimming website at www.mtswimming.com as well as on Meet Mobile.
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 may be used to practice racing starts in all lanes.

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.

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.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified with the MT Swimming Registration Chair.
PROTESTS	All protests should be given to the meet referee.
HOSPITALITY	There will be no hospitality for the officials and coaches.
CONCESSIONS/ SWIM SHOP	There will be no concessions or swim shop for this meet.
SPECTATORS	Spectators may enter through the balcony doors and watch their swimmer's heat from there.

ORDER OF EVENTS

February 11, 2024

Warm-ups 5:15pm, Meet start time 5:30 pm

Event

1. Mixed 50 Free
2. Mixed 25 Back
3. Mixed 100 Free
4. Mixed 50 Fly
5. Mixed 50 Back
6. Mixed 50 Breast
7. Mixed 100 Back