



2026 MT MYST 5th Annual Dennis Bender Meet #1
 Hosted by Missoula YMCA
 3000 South Russell, Missoula, MT. 59801
 January 16, 2026

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc.
 Sanction # 2614

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FACILITY The Missoula YMCA Swim Team invites you to attend the 4th Annual Dennis Bender Swim Meet #1. The meet will be held at the Missoula YMCA located at 3000 South Russell Street in Missoula, Montana. The Missoula YMCA pool is a 25-yard, 6 lane pool with nonturbulent lane dividers, and Xcellerator DP starting blocks. The start end of the pool is 12 feet deep and the turn end is 4 feet deep.

The YMCA pool deck is accessible through the locker rooms for athletes only. For all non-athletes (parents, spectators, siblings) we ask that you walk upstairs and enter through the balcony to access the pool deck to comply with safe sport.

The elevation of the facility is 3,209 feet. The competition course has not been certified in accordance with 104.2.2C(4). A Colorado Time Infinity start system, and an automatic Colorado Timing touch pad system with touch pads at the start end of the pool, and manual timers will be used.

DIRECTIONS From I-90, take Orange Street exit #104. Travel south on Orange St. and continue on this road as it becomes Stephens Ave. Turn right onto Brooks St. and travel south past the intersection with South Ave and take the next left onto Livingston Ave. Take the next right onto Russell St. and continue south for approximately .25 blocks to reach the Missoula YMCA on the east side of the road.

MEET FORMAT This will be an Age Group Meet between Missoula YMCA Swim Team (MYST), Billings YMCA (BY), Butte YMCA Swim Cub (BYSC) and Gallatin Valley YMCA (GVBY) . All events will be timed finals. Events will not be scored. Swimmers will be seeded fastest to slowest according to submitted fastest yard times for the 1650 free distance and the 4 IM. These swimmers for the 1650 free will need to provide a counter and 2 timers. The events with the distance of 200 or below will be swum from slowest to fastest according to fastest yard times submitted. All events will be swum as mixed girls and boys with seed times placing them in their heat. There may not be separate lanes between different sexes.

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, MYST, The Missoula 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.

In applying for this sanctioned meet, the Missoula YMCA Swim Team 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 marshall 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.

2025 USA Swimming and Montana Swimming Rules apply.

The 1650 free will be swum fastest to slowest. Swimmers are responsible for providing their own lap counter and timers.

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 lockers 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 Missoula Family YMCA. 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 compete.

Meet registration will be verified by the meet registrar prior to the meet to ensure that individuals who are ineligible for participation are unable to

participate in the competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's list of individuals suspended for ineligible for membership, and as of the first day of the meet all adult members (defined by SafeSport Code of 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.

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 YMCA Swim Team welcomes swimmers with disabilities and 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 the Missoula YMCA Swim Team's ability to accommodate all requests.

ENTRIES

Each swimmer is limited to 2 individual events. Entries will be submitted in SCY. No time entries will be accepted. Deck entries will only be allowed at the discretion of the meet referee. Teams should email entries to hwugums@yahoo.com using Hy-Tek or Team Unify software by January 11th, 2026. Along with your meet entry file, include your team meet entry report and team entry fee report from Team Manager or Team Unify. Please email all reports.

ENTRY FEES

Each swimmer will pay a \$10.00 entry fee for the meet.

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). No time (NT) entries will be accepted however reasonable time estimates are preferred to ensure balanced heats. 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 no positive check-in events for this meet.
SCRATCHES	Coaches should report scratches to the meet referee prior to the start of the meet. 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 are 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	<p>In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet and the warm up schedule will be posted by January 12th . The marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Referee 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. 2 lanes may be opened for starts during the last 10 minutes of starts.</p> <p>Swimmers should enter the pool using a three-point entry for warm-ups. Warm-up times are scheduled to start at 4pm but are subject to change depending upon the number of entries.</p>
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. A meeting for officials will be held at 4:30 on deck.

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 will be given to the meet referee.
HOSPITALITY	There will be no hospitality.
CONCESSIONS/ SWIM SHOP	There will be no concessions or swim shop for this meet.

ORDER OF EVENTS

January 16, 2026

Warm-ups 4:00pm, Meet start time 4:45pm (approx. and to be confirmed)

Event

1. Mixed 200 Free	9 and Over
2. Mixed 100 IM	8 and under
3. Angels only 100 Free	
4. Mixed 400 IM	11 and Over
5. Mixed 50 Free	8 and Under
6. Mixed 200 Breast	9 and Over
7. Mixed 1650 Free	11 and Over