

**2023 MAC A3 Performance November Invitational**  
**November 3-5, 2023**  
**WI Sanction # WI2023-1043S**

This event is held under the Sanction of USA Swimming and Wisconsin Swimming Inc. and all USA Swimming and WSI rule apply including safety rules, which will be strictly enforced. In granting this sanction it is understood and agreed that USA Swimming, Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Location:** RecPlex Aqua Arena  
9900 Terwall Terrace  
Pleasant Prairie, WI 53158

**Entry Chair:** Janis Katz, 414-640-2762 email: [macentrychair@gmail.com](mailto:macentrychair@gmail.com)

**Meet Director:** Shane Ryan, 608-217-7081 email: [macentrychair@gmail.com](mailto:macentrychair@gmail.com)  
6614 Jacobs Way, Madison, WI 53711

**Officials:** Meet Referee -Jacky Jugenheimer, 608-695-2894 email: [net-trans@earthlink.com](mailto:net-trans@earthlink.com)  
Administrative Official – Janis Katz, 414-640-2762 email: [macentrychair@gmail.com](mailto:macentrychair@gmail.com)

**Facility:** Indoor, 25 yard, 10-Lane, competition pool ranging from 7'0" -7'1" in depth. Lanes are 7'4" wide with 6" Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. CTS Backstroke Start Wedge system may be used. Starting blocks are 29.5". Two courses may be used if dictated by timelines or at the discretion of meet management. Warm up and cool down lanes will be available. The RecPlex will ensure the required course dimensions.

**Timing System:** Colorado Timing System will be used with manual back-up buttons and back-up timers for each lane.

**Rules:** Official 2023 USA Swimming and WI LSC rules shall prevail at this meet.

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 2.0 policy is a condition of participation in the conduct of this competition. A registered athlete member at a sanctioned/approved meet who is 18 years of age or older, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

**Eligibility:** All swimmers must be currently registered with USA Swimming. Swimmer's age as of November 3, 2023 shall determine their age group for the meet.

**Meet Entry:** Entry will be accepted on a first come, first filled basis beginning at 10am, Tuesday, October 17<sup>th</sup> through midnight, Thursday, October 26<sup>th</sup>. You will receive confirmation that your entries were received and accepted. Once accepted, changes (as space permits) and times updates will be allowed through Monday, October 30<sup>th</sup>. Entries must be in Hy-tek format and be emailed with a hard copy Entry Report to Janis Katz at: [macentrychair@gmail.com](mailto:macentrychair@gmail.com)

**Entry Fees:** \$8.00 per individual event  
\$16.00 per relay event  
\$4.00 WI LSC Splash fee per individual swimmer entered in the meet  
\$20.00 Athlete Surcharge (\$10 Facility Fee and \$10 Admission) per individual swimmer entered in the meet

Mail or hand carry to the meet a waiver and check, payable to Madison Aquatic Club.  
Mailing address: Janis Katz-MAC, 5423 S 46<sup>th</sup> St, Greenfield, WI 53220

**Entry Limit:** Senior Prelim/Final Session participation is limited to a maximum of either 3 individual events and 1 relay, OR 2 individual events and two 2 relay events. Sunday's Senior Session is limited to a maximum of 3 individual events. 12&Under Timed Final Sessions participants are limited to 4 individual events and 1 relay. Friday session limited to two events subject to the timeline.

**Disabled Swimmers:** Teams are encouraged to inform Meet Director and Officials of any special needs swimmers prior to the start of warmups.

**Schedule:**

Friday PM Timed Finals (12&U, 13&O)	Warm-ups: 4:00-5:00pm, Session Start: 5:05pm
Sat AM Prelim (13&O)	Warm-ups: 7:30-8:30am, Session Start: 8:35am
Sat PM Timed Finals (12&U)	Warm-ups: At the conclusion of AM session
Sat Finals (13&O)	Warm-ups: 4:00-5:00pm, Session Start: 5:05pm
Sun AM Timed Finals (12&U)	Warm-ups: 8:00 – 9:00am, Session Start: 9:05am
Sun PM Timed Finals (13&O)	Warm-ups: At the conclusion of AM session

**Format:** The meet will be a combination of prelim/final events and timed final events as listed in the Schedule and Order of Events. Prelims events will be combined ages. Final individual events will be divided into 13-14 and Senior. Senior events are ages 15 and over.

Friday events are all positive check in. Positive check in will close at 4:30pm. All Friday events will be swum fastest to slowest

Finals Format – The top 20 of each gender and age group as listed will advance to finals in individual preliminary events with the fastest 10 swimmers in the Championship A finals and the next 10 swimmers in the Consolation B. The top seeded 10 swimmers of in the 500 freestyle by age and gender and the top 10 seeded relays of each gender will swim in finals.

Check in – All A finalists must check in prior to the start of the B final in the event they are competing.

Sunday PM Session - Will include 50's of each stroke in the survive and advance skins format. Each round (except freestyle) will be swum between heats of the 200 events in the timeline following each 50 skins event. Final heats of all events in this session will be announced.

Skins format –

Round 1 will include all athletes

Round 2 will be the Top 3 fastest from Round 1

Round 3 will be the Top 2 fastest from Round 2

Pre-seeded events (prelims and timed finals) will have no penalty for failing to compete in prelims or timed finals.

Finals events:

- A swimmer qualifying for a consolation or championship final will have 30 minutes after the announcement of the preliminary results for that race in which to scratch or declare intent to scratch pending another race.
- A swimmer who declares intent to scratch must declare their final intentions within 30 minutes following the announcement of the preliminary results for their last individual preliminary event of the session.
- After the scratch deadline, finals qualifiers will be posted with results.
- Failure to compete – This meet shall follow the WI Swimming scratch 4.1.3 Scratch Rule. If a swimmer qualifies for a final and does not scratch and fails to compete in the final, the swimmer shall be barred from further competition for the remainder of the meet. Disqualification under this section shall apply only to swimmers qualifying based on the original preliminary results.

Warm-up procedures will be in effect. Feet first three-point entry from the starting end during general warm-ups will be enforced unless performing one way starts.

Breaks may be added/adjusted, heats may be combined, and additional events may be positive check-in at the discretion of meet management.

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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and 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.

**Deck Entries:** The entry fee for deck entries will be \$10.00 per individual event. Deck entries will be allowed at the discretion of the Meet Director and only to fill open lanes if the timeline permits. Additional heats will not be added. Deck entries close 30 minutes prior to the start of the session. On-deck USAS registrations will not be accepted.

**Coaches:** Coaches' Packets will be available in the office. Please be prepared to show your USA Swimming Coach's Card at the time of picking up your packet. Coach's must check in for each session and coach cards must be visible at all times on deck.

**Timing:** Each team with swimmers in the meet will be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet.

**Awards:** Individual Events: Ribbons 1<sup>st</sup> – 10<sup>th</sup> place for ages 12 and under.  
Team: 1<sup>st</sup> Place Team High Point Award for 12&U and 13&O

**Scoring:** Individual Events: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1  
Relay Events: Double Points

**Heat Sheets:** Heat sheets will be available on our website and Meet Mobile.

**Concessions:** Food and beverages will be available on the premises. No food or beverages are allowed in the pool area.

**Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club as proper supervision at all times. Meet Marshals shall have the authority to remove any swimmer/s from the meet for any violation such as improper behavior, damage to property, etc. Such teams are responsible financially for damage of property. Please make sure your team's area on deck and rest area is picked up at the end of each session.

Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in the locker rooms.

Limited seating for spectators with disabilities is available on the second floor via the elevators. Notify the Meet Director prior to the meet if further assistance is needed.

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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

**First Aid:** Injuries must be reported to the Lifeguard and to the Meet Director. A first aid kit will be located at the Lifeguard station.

**Lost & Found:** An area for lost and found will be located by the desk near the facility entrance. Items not picked up by meet end will be donated.

**Meet Results:** Results will be posted on the Wisconsin Swimming website and emailed to participating teams.

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Order of Events**

<b>Session 1: Friday Distance 12&amp;U/ 13&amp;O Timed Finals</b>			<b>Session 4: Saturday Finals 13&amp;O</b>		
Warm-ups 4:00-5:00pm Meet Start 5:05pm			Warm-ups 4:00pm-5:00pm Meet Start 5:05pm		
Girls	Event	Boys	Girls	Event	Boys
1	12 & Under 400 Individual Medley	2	9	13 & Over 200 Medley Relay*	10
3	13 & Over 400 Individual Medley	4	11	13 & Over 200 Freestyle	12
5	12 & Under 500 Freestyle	6	13	13 & Over 100 Butterfly	14
7	13 & Over 1650 Freestyle	8	15	13 & Over Freestyle	16
			17	13 & Over 200 Individual Medley	18
			19	13 & O 200 Freestyle Medley Relay*	20
			21	13 & Over 500 Freestyle **	22
			23	13 & Over 100 Backstroke	24
			25	13 & Over 50 Freestyle	26
			27	13 & Over 100 Breaststroke	28
			29	13 & Over 400 Freestyle Relay*	30

<b>Session 2: Saturday Senior AM Prelim</b>			<b>Session 5: Sunday AM 12&amp;U Timed Finals</b>		
Warm-ups 7:30-8:30am Meet Start 8:35am			Warm-ups 8:00am-9:00am Meet Start 9:05am		
Girls	Event	Boys	Girls	Event	Boys
9	13 & Over 200 Medley Relay*	10	49	8 & Under 100 Freestyle Relay	50
11	13 & Over 200 Freestyle	12	51	12 & Under 200 Freestyle Relay	52
13	13 & Over 100 Butterfly	14	53	12 & Under 200 Individual Medley	54
15	13 & Over 100 Freestyle	16	55	8 & Under 25 Butterfly	56
17	13 & Over 200 Individual Medley	18	57	12 & Under 100 Butterfly	58
19	13 & Over 200 Freestyle Relay*	20	59	12 & Under 50 Breaststroke	60
21	13 & Over 500 Freestyle **	22	61	8 & Under 25 Backstroke	62
23	13 & Over 100 Backstroke	24	63	12 & Under 100 Backstroke	64
25	13 & Over 50 Freestyle	26	65	12 & Under 50 Freestyle	66
27	13 & Over 100 Breaststroke	28			
29	13 & Over 400 Freestyle Relay*	30			

<b>Session 3: Saturday 12&amp;U PM Timed Final</b>			<b>Session 6: Sunday Senior PM Session 5: Timed Final</b>		
Warm-ups will follow the AM session			Warm-ups will follow the AM session		
Girls	Event	Boys	Girls	Event	Boys
31	8 & Under 100 Medley Relay	32	67	13 & Over 50 Butterfly Skins	68
33	12 & Under 200 Medley Relay	34	69	13 & Over 200 Backstroke	70
35	8 & Under 25 Freestyle	36	71	13 & Over 50 Breaststroke Skins	72
37	12 & Under 100 Freestyle	38	73	13 & Over 200 Butterfly	74
39	12 & Under 50 Butterfly	40	75	13 & Over 50 Backstroke Skins	76
41	8 & Under 25 Breaststroke	42	77	13 & Over 200 Breaststroke	78
43	12 & Under 100 Breaststroke	44	79	13 & Over 50 Freestyle Skins	80
45	12 & Under 50 Backstroke	46			
47	12 & Under 100 IM	48			

\*Top 10 seeded relays swim in finals of each gender

\*\* Top 10 seeded 13-14 and 15&O age swimmers of each gender swim in finals

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### WAIVER

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming Inc., the Madison Aquatic Club, the Lakeview RecPlex, and their staffs, for injuries and/or expenses occurred by me/us at the meet, or while on road to and from the meet. I/we are bonafide amateur athletes and eligible to compete in all the events I/we have entered.

Team Name \_\_\_\_\_ Team Abbreviation \_\_\_\_\_

Signature of Team Representative \_\_\_\_\_ Title \_\_\_\_\_

Entry Chair Name \_\_\_\_\_

Contact Information

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

List all coaches attending:

Coaches \_\_\_\_\_ phone \_\_\_\_\_ email \_\_\_\_\_

Coaches \_\_\_\_\_ phone \_\_\_\_\_ email \_\_\_\_\_

Coaches \_\_\_\_\_ phone \_\_\_\_\_ email \_\_\_\_\_

Signature requirement must be waived or your entry risks not being accepted.

### Entry Fees

Entry Fee Recap –

Total No. of Individual Events in Meet \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

Total No. of Relay Events \_\_\_\_\_ x \$16.00 = \$ \_\_\_\_\_

Number of Swimmers Entered in Meet \_\_\_\_\_ X \$4.00 (WI LSC Splash Fee) = \$ \_\_\_\_\_

Number of Swimmers Entered in Meet \_\_\_\_\_ X \$20.00 (Athlete Surcharge) = \$ \_\_\_\_\_

Total Balance Due = \$ \_\_\_\_\_

Make checks payable to "Madison Aquatic Club"

Check # \_\_\_\_\_

Mail or hand carry to meet waiver and check.

Mailing address: Janis Katz, 5423 S 46<sup>th</sup> St, Greenfield, WI 53220

Entry file must be emailed to Janis Katz at [macentrychair@gmail.com](mailto:macentrychair@gmail.com)