

Missoula Aquatic Club Invites You to Attend The
Fall Invitational Swim Meet to Be Held On
November 5 - 7, 2010
In Missoula, Montana

Approval Number # 0791

LOCATION: The meet will be held at the Grizzly Pool, which is located next to the Fieldhouse on the campus of the University of Montana in Missoula. The pool is a seven lane, 25 yard regulation short course pool.

SANCTION AND RULES: The meet is approved by USA Swimming and Montana Swimming. The 2010 USA Swimming and Montana Swimming Rules will govern the conduct of the meet. This is a **closed deck meet**. Only athletes, certified coaches, officials, timers, and meet management may be on deck, except that one parent of eight and under swimmers may accompany swimmers to the start area and may be on deck two heats prior and one heat after that event. All coaches' credentials will be checked and must be displayed in order to be on deck, no exceptions. Timing will be by Colorado Timing System or watches as backup. All events will be timed finals.

SAFETY REGULATIONS: Montana Swimming Safety Guidelines and Warm-Up Procedures will be in effect and strictly enforced. A safety marshal will be on deck during the meet.

RACING STARTS: *“Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.”*

ELIGIBILITY: All swimmers must have a current USA Swimming or the FINA equivalent registration card or a Masters Number. To insure eligibility, please include each swimmer’s current USA Swimming or FINA equivalent registration number. The swimmer’s registration numbers will be verified with the MT Swimming Registration Chairperson. Age as of the first day of the meet shall determine the division in which the swimmer must compete.

MEET FORMAT: All 25 yard events will be swum 8 & U, all 50 and 100 yard events will be swum Open, and all 200 and 500 yard events will be swum 11 & Over. The 400 IM and 1650 free will be swum 11+. The events will be scored and awarded 8 & U, 9 & 10, 11-12, 13-14, 15-16, and 17-19. Swimmers over the age of 19 are welcome to join us but there will be no awards or points earned for this age group. The 1650 Free will be swum combined, fastest to slowest. Positive check-in is required for the 1650 by 5:45 p.m. on Friday. Missoula Aquatic Club reserves the right to swim this event two per lane. The 500 will be swum alternating girls and boys and fastest to slowest. **SPECIAL NOTE:** If entries for the meet are less than 320 this meet will be swum as a **Single session** meet. **If the meet is a single session meet the referee reserves the right to insert 10 minute warm-up breaks for the 12 and old swimmers throughout the meet for the benefit of the swimmers.** Swimmers 10 and Under will swim in the morning and swimmers 11 and Over will follow. Event file has been set up as a Split session meet. The host team will take care of changing to single session at the time if it is warranted. **Hard copies must be sent in order to do this.** There will be a note sent out if the session number changes with warm up schedule and approximate time frames.

ENTRIES: Each swimmer may compete in a maximum of **8** individual events. Swimmer shall be entered based on the age of the first day of the meet. 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. There will be no deck entries. Entries are to be submitted using one of three methods:

1. **E-mail (preferred):** Teams should e-mail entries to nbronec@q.com. Along with the entries, include a file containing your team entry report in Word or rich text format sorted by athlete name and a relay report from Team Manager. Completed paperwork, disk, and entry fees must be received by the entry due date.
2. **Master Entry Form:** This form may only be used by persons without access to Hy-Tek software. Entry information must be completely filled out as follows: first and last name of swimmer, actual age of swimmer, sex of swimmer, USAS/FINA registration number of each swimmer, event and entry time.

ENTRY FEES: An entry fee in the sum of \$2.00 for each event and a \$15.00 surcharge per swimmer must be paid with the entries. The sum of \$5.00 for each relay must also be submitted with the entries. Checks should be made payable to Missoula Aquatic Club. No entries will be accepted without the proper entry fees. There will be no refunds.

ENTRY DEADLINE: All entries and accompanying fees must be received no later than **Saturday, October 30, 2010**. Phone entries for individuals (not entire teams) will be accepted no later than 7:00 p.m. on Sunday, October 31, 2010, by meet registrar, Niki Bronec (406) 829-1485. Waivers **must** be signed. Mail entries to MAC, PO Box 4725, Missoula, MT 59806-4725. Entries may also be e-mailed to Niki Bronec at nbronec@q.com

STARTING TIME: The meet shall commence with open warm-ups on Friday at 5:15 pm for the 1650 with racing starting at 6:00pm. If Split Session 10 & U will warm up at 7:00am on both Saturday and Sunday with 11& Over warm-ups starting at the conclusion of the 10& under session. If single session on Saturday, warm-ups for the 500 Free will start at 7:00 a.m. Following the 500 Free, there will be an additional warm-up before the beginning of the remaining events. On Sunday warm-ups will start at 7:00 in the morning. Swimmers in the 1650 Free and/or the 500 Free must provide their own timers and counters.

SCRATCHES: Swimmers will be scratched at the blocks. Swimmers and their coaches are responsible for the swimmers being at the starting blocks before the start of their race.

SCORING: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points for individual events.

AWARDS: Ribbons will be awarded for the first through sixteenth place in each individual event and for the first three places in the relays. Individual age group high point awards for the first three places will be presented. Each team shall designate a responsible adult to pick up the ribbons at the conclusion of the meet.

RESULTS: Meet results will be posted on the Montana Swimming web site <http://montana.usswim.net> and on <http://swimconnection.com/mt>

OFFICIALS: To the greatest extent possible, teams will be expected to provide timers. We also appreciate the help of all Certified Officials from other clubs. A sign-up sheet will be available at the meet and training time for official trainees will be available.

CONCESSIONS: Missoula Aquatic Club will have a selection of nutritious snacks, meals and drinks for sale. Aquatic supplies, clothing and swim suits will be available during the meet.

CONTACTS: Meet Managers: Lanni Jacobson (406) 544-1170

Meet Registrar: lanni@ctgmt.com Niki Bronec (406) 829-1485
nbronec@q.com
Co-Meet Referee Curt Jacobson (406) 370-2460
cjacobson@ctgmt.com
Co-Meet Referee: Merle Gunderson
mtgunders@msn.com
Meet Marshall: Jeff Fee

MAC 2010 FALL INVITATIONAL EVENTS

FRIDAY

1 11 & Over Mixed 1650 Free

Split Session Meet

SATURDAY

Girls			Boys
2	10 & U	100 IM	3
4	10 & U	100 Fly	5
6	8 & U	25 Back	7
8	10 & U	50 Breast	9
10	10 & U	100 Free	11
12	10 & U	50 Back	13
14	8 & U	25 Breast	15
16	8 & U	200 Free Relay	17
18	10 & U	200 Free Relay	19

(Warm-ups for 11 & over for 500 Free)

20	11 & Over	500 Free	21
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(General warm-ups for 11 & O swimmers)

22	11 & Over	100 IM	23
24	11 & Over	100 Fly	25
26	11 & Over	200 Back	27
28	11 & Over	50 Breast	29
30	11 & Over	100 Free	31
32	11 & Over	50 Back	33
34	11 & Over	200 Breast	35
36	11 & Over	400 IM	37
38	11-12	200 Free Relay	39
40	13-14	400 Free Relay	41
42	15-19	400 Free Relay	43

SUNDAY

Girls			Boys
44	8 & U	25 Free	45
46	10 & U	50 Fly	47
48	10 & U	100 Back	49
50	10 & U	100 Breast	51
52	10 & U	50 Free	53
54	8 & U	25 Fly	55
56	8 & U	200 Medley Relay	57
58	10 & U	200 Medley Relay	59

(Warm-ups for 11 & over swimmers)

60	11 & Over	200 IM	61
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62	11 & Over	200 Free	63
64	11 & Over	50 Fly	65
66	11 & Over	100 Back	67
68	11 & Over	100 Breast	69
70	11 & Over	50 Free	71
72	11 & Over	200 Fly	73
74	11-12	200 Medley Relay	75
76	13-14	200 Medley Relay	77
78	15-19	200 Medley Relay	79

MAC 2010 FALL INVITATIONAL EVENTS

FRIDAY

1 11 & Over Mixed 1650 Free

Single Session Meet

SATURDAY

Girls
2 11 & Over 500 Free
(General warm-ups for 11 & O swimmers)

4 Open 100 IM

6 Open 100 Fly

8 8 & U 25 Back

10 11 & Over 200 Back

12 Open 50 Breast

14 Open 100 Free

16 Open 50 Back

18 8 & U 25 Breast

20 11 & Over 200 Breast

22 11 & Over 400 IM

24 8 & U 200 Free Relay

26 10 & U 200 Free Relay

28 11-12 200 Free Relay

30 13-14 400 Free Relay

32 15-19 400 Free Relay

Boys

3

5

7

9

11

13

15

17

19

21

23

25

27

29

31

33

SUNDAY

Girls

34

36

38

40

42

44

46

48

50

52

54

56

58

60

11 & Over 200 IM

8 & U 25 Free

11 & Over 200 Free

Open 50 Fly

Open 100 Back

Open 100 Breast

Open 50 Free

8 & U 25 Fly

11 & Over 200 Fly

8 & U 200 Medley Relay

10 & U 200 Medley Relay

11-12 200 Medley Relay

13-14 200 Medley Relay

15-19 200 Medley Relay

Boys

35

37

39

41

43

45

47

49

51

53

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57

59

61

2010 Missoula Aquatic Club Fall Invitational

November 5 - 7, 2010

Entry Summary & Waiver

Team Name _____

Team Representative _____ Phone # - Best time to call _____

E-mail address _____

_____ Total # of swimmers at \$15.00 \$ _____

_____ Total # of Individual Events at \$2.00 \$ _____

_____ Total Number of relay teams at \$5.00 \$ _____

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: 2010 MAC Fall Invitational

Meet Date: November 5 - 7, 2010

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

Host Team: Missoula Aquatic Club

RELAY ENTRY SHEET

Event: _____ Event No. _____ Age Group _____ F _____ M _____ Mixed _____

Team A

Team B

Team C

1. _____

2. _____

3. _____

4. _____

Time: _____

Alt. _____

Event: _____ Event No. _____ Age Group _____ F _____ M _____ Mixed _____

Team A

Team B

Team C

1. _____

2. _____

3. _____

4. _____

Time: _____

Alt. _____

Event: _____ Event No. _____ Age Group _____ F _____ M _____ Mixed _____

Team A

Team B

Team C

1. _____

2. _____

3. _____

4. _____

Time: _____

Alt. _____

