

**2023 MAC Midwest Invitational**  
**January 6-8, 2023**  
**WI Sanction # WI 2023-015S**

This event is held under the Sanction of USA Swimming and Wisconsin Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and 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.

**Covid Safety:** COVID -19 RISK ACKNOWLEDGEMENT: In applying for this sanction(ed event), the Host, Madison Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Wisconsin Swimming, Inc., the State of Wisconsin and the Dane County Health Department

We have taken enhanced health and safety measures - for you, the other participants, and meet staff. You must follow all instructions while visiting Soderholm Family Aquatic Center. 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 guests with underlying medical conditions are especially vulnerable. By visiting the Soderholm Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent 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

**Location:** Soderholm Family Aquatic Center  
797 W Dayton St  
Madison, WI 53715

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

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

**Officials:** Meet Referee - Andrew Olson email: [arogop@tds.net](mailto:arogop@tds.net)  
Administrative Official – Janis Katz, 414-640-2762 email: [macentrychair@gmail.com](mailto:macentrychair@gmail.com)

**Facility:** The Soderholm Family Aquatic Center is an indoor 50-meter pool with two eight lane, 25 yard courses. Backstroke wedges are available. Pool depth is 8'3" at the start end and 8'3" feet at the turn end. Blocks are 29" high. The competition course has been certified in accordance with USA Swimming's Rule 104.2.2(c)

**Timing System:** Colorado Gen 7 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 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 WI Swimming Policy 11.2.1.

**Eligibility:** All swimmers must be currently registered with USA Swimming. Swimmer's age as of January 6, 2023 shall determine their age group for the meet.

**Meet Entry:** Entry will be accepted beginning 8:00AM CST on Monday, December 5<sup>th</sup> through midnight on Friday, December 23<sup>rd</sup>. Teams will receive notification whether their entries have been accepted.

After acceptance, an entry report will be emailed to your team. Be sure to check your entry report for errors. The deadline for changes and/or times updates will be allowed through December 30<sup>th</sup>. Madison Aquatic Club has the discretion in determining which entries to accept.

Entries must be in Hy-tek format and be emailed with a hard copy to Janis Katz at: [macentrychair@gmail.com](mailto:macentrychair@gmail.com)

**Entry Fees:** \$12.00 per individual event.  
\$4.00 WI LSC Splash fee per individual swimmer entered in the meet  
\$20.00 Facility Fee per individual swimmer entered in the meet

Hand carry to the meet a waiver and check, payable to Madison Aquatic Club.

**Entry Limit:** Participation is limited to a maximum of three per day Sat & Sun with a maximum meet limit of eight (8) events.

**Time Standards:** The meet was updated to remove time standards. Please disregard entry standards in the meet file.

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

<b>Schedule:</b>	Session 1 - Fri Distance All Ages	Warm-ups: 5:00-6:00pm, Session Start: 6:05pm
	Session 2 - Sat 13&O - Timed Finals	Warm-ups: 11:00am-noon, Session Start: 12:05pm
	Session 3 - Sat 12&U - Timed Finals	Warm-ups: At the conclusion of AM session
	Session 4 - Sun 13&O Prelim	Warm-ups: 8:00 – 9:00am, Session Start: 9:05am
	Session 5 - Sun PM 12&U Timed Finals	Warm-ups: At the conclusion of AM session
	Session 6 - Sun 13&O Finals	Warm-ups: Estimated 4-5pm, Session Start: 5:05pm

**Format:** All timed final sessions will be pre-seeded. Scratch deadline for Sunday's prelim session will be 5pm on Saturday, January 7<sup>th</sup>, 2023.

There will be consolation and championship finals for 13-14 girls, 15&O girls, 13-14 boys and a championship final for 15&O boys.

Sunday Finals: Athletes must scratch or declare their intent to scratch within 30 minutes of the announcement of preliminary results if they do not intent to race in the finals on Sunday. No show from finals will result in a \$30 fine to be billed to the athlete's team.

Entries may be limited by meet management to adhere to the four (4) hour session rule. Breaks may be added/adjusted and heats may be combined at the discretion of meet management. Meet management reserves the right to limit Friday evening distance events. Swimmers who are disqualified or who fail to swim qualifying times in events may be asked to either prove the qualifying time or pay \$100 fine before their next event if their time is not in the USA Swimming database. Athletes who fail to make the cut-off time, but still make Finals, may swim in finals only if they can prove the time. Official meet results, USA Swimming Times database reports and Hytek TM entry reports with proof of times are acceptable proofs. The host team will make exceptions for its swimmers.

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

- Warm-Ups:** Warmup 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.
- Deck Entries:** The entry fee for deck entries will be \$15.00 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.
- Coaches:** Please be prepared to show your USA Swimming Coach's Card at the time of picking up your packet. Coach's cards must be visible at all times on deck.
- Timing:** Each team with swimmers in the meet may 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:** Medals for 1<sup>st</sup> - 3<sup>rd</sup> and ribbons 4<sup>th</sup> -16<sup>th</sup> place for 10&U, 11-12, 13-14 and 15&O  
Individual 1<sup>st</sup> Place High Point for 10&U, 11-12, 13-14 and 15&Over
- Admission:** 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:** Each team is responsible for the conduct of its swimmers. In compliance with the Video Prevention Act, the use of any recording device is prohibited in the locker room.
- Except where the venue facility requires otherwise, changing in or out of swimsuits other than in locker rooms and other designated areas is not appropriate and prohibited.
- 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.
- Limited seating for spectators with disabilities can be provided. Notify the Meet Director prior to the meet if 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:** 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 & Time Standards**

**Friday Distance Timed Finals – Session 1**

<b>Event</b>		
1	12&U 200 Individual Medley	2
3	Open 400 Individual Medley	4
5	12&U 200 Freestyle	6
7	Open 500 Freestyle	8

**Saturday 13&O Timed Finals – Session 2**

9	200 Freestyle	10
11	200 Individual Medley	12
13	200 Backstroke	14
15	200 Breaststroke	16
17	200 Butterfly	18

**Saturday 12&U Timed Finals – Session 3**

19	100 Freestyle	20
21	100 Backstroke	22
23	100 Breaststroke	24
25	100 Butterfly	26

**Sunday 13&O Prelims – Session 4**

27	50 Freestyle	28
29	100 Backstroke	30
31	100 Breaststroke	32
33	100 Butterfly	34
35	100 Freestyle	36

**Sunday 12&U Timed Finals – Session 5**

37	50 Freestyle	38
39	100 Individual Medley	40
41	50 Backstroke	42
43	50 Breaststroke	44
45	50 Butterfly	46

**Sunday Finals – Session 6**

27	13&O 50 Freestyle	28
29	13&O 100 Backstroke	30
31	13&O 100 Breaststroke	32
33	13&O 100 Butterfly	34
35	13&O 100 Freestyle	36

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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 Soderholm Family Aquatic Center, 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 \$12.00 = \$ \_\_\_\_\_

Less: Reservation Deposit ( \_\_\_\_\_ )

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

Number of Swimmers Entered in Meet \_\_\_\_\_ X \$20.00 (Facility Fee) = \$ \_\_\_\_\_

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

Make checks payable to "Madison Aquatic Club" Check # \_\_\_\_\_

Hand carry to meet waiver and check.

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