

2020 MAC-N- SAC-N-CA TRI

February 7-9, 2020

Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming Inc. Sanction # USMS Masters Sanction #:
This is a dual sanctioned meet. A USMS Masters meet will be held concurrently at the venue

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Mesa Aquatics Club, Mesa Public Schools, the City of Mesa, USMS and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

Hosted by: Mesa Aquatics Club

Meet Director: Katie Kowalski katierae@cox.net Meet Referee: David Brooks dbrooks@brooksandaffiliates.com

Meet Location: Kino Aquatics Complex 848 N Horne Rd, Mesa, AZ 85203

Course: 8 or 10 lane course, 25 yards, with non-turbulent lane dividers, automatic Colorado start and timing system. Continuous warm-up will be available throughout the meet.

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet. Masters: Your age on December 31, 2020
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”).
3. 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.
4. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming
5. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 6 inches at the start end and 6 feet, 7 inches at the turn end.
6. Deck changes are prohibited.
7. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
8. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
9. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
10. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
11. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AZSI issued Picture ID’s to the Meet Referee
12. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AZSI issued Picture ID’s to the Clerk of Course. Deck Pass will be accepted as proof of current membership with an accompanying photo ID.
13. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshals shall wear their identifying vests.
14. Swimmers with a disability are welcome. The Swimmer (or swimmer’s coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
15. 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.

Eligibility:

Open to any USA swimming athlete holding a current USA Swimming registration card that is a member of or unattached and training with, or registered Masters swimmers holding a valid 2020 USMS card with Mesa Aquatics Club, Scottsdale Aquatics Club or Cactus Aquatics Club Masters: Your age on December 31, 2020 is your age for the meet. Masters swimmers who are registered USA Swimming and Masters swimming will need to verify which they are swimming under at the time of registration. Masters swimmers will score points for the team they are affiliated with. **Masters entries will be done via the attached entry form and emailed to katierae@cox.net by the entry deadline.**

Meet Rules:

1. Swimmers are limited to Six (6) individual events per day.
2. This is an ABC Meet Swimmers may enter with a NT, SCY, SCM, or LCM entry time, but no converted times may be used. All events are timed final events.
3. All events 400 yards and longer will require positive check-in with the clerk of course to be seeded and swum fastest to slowest, alternating women and men. Swimmers in these events must provide their own timers & counters

Positive Check-in for the 500 and 1650 Events 1-4) will close at 4:00 on Friday.

Positive check in for 400 IM (Events 45/46) will be at 1:30 pm Saturday

Positive Check in for 500 Free (Events 75/76) will be at 9:30am Sunday

Positive Check in for 500 Free (Events 87/88) will be at 1:30 pm Sunday

4. Time Trials may be offered subject to entry limits at the discretion of the Meet Referee.
5. Events 1/2 & 3/4 may be limited due to timeline restrictions. Teams will be advised 24 hours after entries are in.
6. 10& U events will be swum together but scored 8&U and 9-10. 13&O events will be swum together but scored 13-14, 15&O.

Schedule:

Session 1, Friday, February 7	Warm-up: 3:30 pm, Meet Start: 4:30 pm
Session 2, Saturday, February 8	Warm-up: : 8:00am, Meet Start: 9:00am
Session 3, Saturday, February 8	Warm-up: During session 2, Meet Start: 30 minutes after the conclusion of session 2, not before 1:00 PM
Session 4, Sunday February 9	Warm-up: : 8:00am, Meet Start: 9:00am
Session 5, Sunday February 9	Warm-up: During session 4, Meet Start: 30 minutes after the conclusion of session 4, not before 1:00 PM

Entry Fees: Timed final event charge: \$5, Time Trials per splash: \$10, LSC surcharge per swimmer: \$8 surcharge per Masters swimmer \$8. Fees are due the first session of the meet. Please write checks to Mesa Aquatics Club.

Awards: Ribbons will be given for 8&U, 9-10 and 11-12 events for 1-8th place. In addition, special Achievement Certificates will be awarded to first time achievers of A and B Arizona Swimming time standards published on the Arizona Swimming web site under the Time Standards tab. Awards will be ready at the end of the meet.

Entry Deadline: Entries must be submitted electronically, must be received by January 31, 2020 by 6pm to katierae@cox.net

Session I: Friday, February 7, 2020

Warm-up: 3:30 PM Meet Start: 4:30 PM

Girls	Event	Boys
1	10&U 500 Free	2
3	11&O 1650 Free*	4

These events will be swum fastest to slowest alternating girls and boys by heat.

The event will be limited to 5 heats of girls and 5 heats of boys.

Swimmers must supply their own Timers and Counters

Teams will be advised if the 5 heats is exceeded within 24 hours after entries are in.

*Automatic 1000 split will be applied. Based on clean results from timing equipment, Meet ref must be advised at positive check in if the swimmer is just going for the 1000 split. **The entire 1650 must be completed for the times to count.**

Session II: Saturday, February 8, 2020

Warm up: 8:00 AM Meet Start: 9:00 AM

Girls	Event	Boys
5	11-12 200 Fly	6
7	10&U 50 Free	8
9	11-12 50 Free	10
11	8&U 25 Back	12
13	10&U 100 Back	14
15	11-12 100 Back	16
17	10&U 50 Breast	18
19	11-12 50 Breast	20
21	8&U 25 Fly	22
23	10&U 100 Fly	24
25	11-12 100 Fly	26
27	10&U 100 IM	28
29	11-12 100 IM	30
31	10&U 200 Free	32
33	11-12 200 Free	34

10&U events will be swum together but scored 8&U and 9-10.

We reserve the right to limit heats in order to keep timeline under 4 hours.

Teams will be advised within 24 hours after entries are in.

Session III: Saturday, February 8, 2020

Warm-up: During session II and 30 minutes after the conclusion of session II.

Start: 1:00 pm or 30 minutes after the conclusion of session II, whichever is later.

Women	Event	Men
35	13&O 200 Free	36
37	13&O 100 Breast	38
39	13&O 50 Free	40
41	13&O 200 Fly	42
43	13&O 100 Back	44
45	13&O 400 IM*	46

Events will be swum together but scored 13-14, 15&Over.

*There will be a 10 minute Break before the start of the 400 IM. These events will be swum fastest to slowest alternating women then men. Swimmers will need to supply their own timers.

We reserve the right to limit heats in order to keep timeline under 4 hours.

Teams will be advised within 24 hours after entries are in.

Session IV: Sunday, February 9, 2020

Warm up: 8:00 AM Meet Start: 9:00 AM

Girls	Event	Boys
47	11-12 200 Breast	48
49	10&U 50 Back	50
51	11-12 50 Back	52
53	10&U 100 Free	54
55	11-12 100 Free	56
57	8&U 25 Free	58
59	11-12 200 Back	60
61	10&U 50 Fly	62
63	11-12 50 Fly	64
65	8&U 25 Breast	66
67	10&U 100 Breast	68
69	11-12 100 Breast	70
71	10&U 200 IM	72
73	11-12 200 IM	74
75	11-12 500 Free*	76

10&U events will be swum together but scored 8&U and 9-10.

*There will be a 10 minute Break before the start of the 500 Free. These events will be swum fastest to slowest alternating women then men. Swimmers will need to supply their own timers.

We reserve the right to limit heats in order to keep timeline under 4 hours.

Teams will be advised within 24 hours after entries are in.

Session V: Sunday, February 9, 2020

Warm-up: During session IV and 30 minutes after the conclusion of session IV.

Start: 1:00 pm or 30 minutes after the conclusion of session IV, whichever is later.

Women	Event	Men
77	13&O 200 Back	78
79	13&O 100 Free	80
81	13&O 200 Breast	82
83	13&O 100 Fly	84
85	13&O 200 IM	86
87	13&O 500 Free*	88

Events will be swum together but scored 13-14, 15&Over.

*There will be a 10 minute Break before the start of the 500 Free. These events will be swum fastest to slowest alternating women then men. Swimmers will need to supply their own timers.

We reserve the right to limit heats in order to keep timeline under 4 hours.

Teams will be advised within 24 hours after entries are in.