

MACS FALL INVITATIONAL OCTOBER 14, 15, & 16, 2016

Sponsored by Mission Aurora Colorado Swimming (MACS)
Held under sanction of USA Swimming, Inc. Sanction 2016-111

Location: Arapahoe High School
2201 E. Dry Creek Road
Littleton, CO 80122
303 347-6000

Facilities: Arapahoe High School Pool is a 25 yard indoor 10 lane pool, 9 lanes will be available for competition and one lane will be available for warm-up / cool-down. Seating on Deck in marked areas only. Seating is available on bleachers, the step bleacher area and outside of the Pool. The competition course has not been certified in accordance with 104.2.2C (4). The minimum water depth, measured in accordance with Article 104.2.2C. Depth at the starting blocks ranges from 4 feet to 12 feet.

Directions: From I-25 Southbound: Take I-25 south to 470 West. Exit on South University Ave. and go north. Turn left on E. Dry Creek Road, right on Franklin (entrance on the right).

From West Denver: Take 470 East and exit on University Ave. Go North on University to E. Dry Creek Road and take a left. Turn right on Franklin (entrance on the right).

Rules:

1. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.
2. Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.
3. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
4. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
5. No photography allowed behind the starting blocks.
6. All events are Timed Finals.
7. Current USA rules will govern the meet.
8. Colorado Timing System and 2 backup stopwatches per lane will be used.
9. The Meet Referee shall be the final authority on all matters pertaining to the meet and retains the right to combine individual events by age, gender and/or distance.
10. Deck Entries will be accepted for a \$5.00 fee into open lanes only. All deck entries must present proof of current registration.
11. This meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter control (102.12.4B). Swimmers stepping up late, after the Referee has signaled with an outstretched arm releasing the field to the Starter, "may", at the discretion of the Referee, be barred from competing in that event. It is the responsibility of every swimmer and coach to ensure that swimmers report to the starting area in a timely fashion and respond promptly to all signals and commands of the meet officials.

12. Any suit which is included on the FINA list and any other suit which meets the three criteria of (1) being made of full textile materials, (2) not covering more of the body than allowed by 102.9.1.B and (3) not having any zippers or other fastening devices is considered to be an allowable suit.

Eligibility: Open to all swimmers holding a 2016/2017 USA Swimming membership card who are members of invited teams, whether they are swimming attached or not. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card. **NO** deck registrations will be accepted. Age as of October 14, 2016 will determine swimmer's age group.

Entry Fees: \$4.25 per individual event (\$.75 to CSI Support Fund) plus a \$6.00 per swimmer pool surcharge. Fees must accompany all entries and are non-refundable.

Programs: Programs will be available for \$5.00. **Psych sheets will be posted on the MACS web site at www.macsswim.com by Wednesday, October 12, 2016.**

Concessions: Food and beverages will be available.

Events: Each swimmer may enter up to 4 events per day. All events, except where positive check-in is required, will be pre-seeded. The 1650 Free events will be limited to the top 32 seeded entrants of each gender, regardless of age. If any entries are rejected, the affected teams will be contacted. All 1650 Freestyle, 400 IM and 500 Freestyle swimmers must provide their own timers and counters. **Positive check-in is required for the 1650 Yard Free, 500 Yard Free and the 400 Yard IM events. Positive Check-in for the 1650 will close at 4:30 Friday afternoon. Positive check-in for the 500 Free and the 400 IM will close one hour after warm-ups end. Heats for all events will be swum fastest to slowest. The 1650 Yard Free, 500 Yard Free and the 400 IM, swimming the first 2 heats of fastest women first and then the first 2 heats of fastest men followed by alternating women's and men's heats. At the meet referee's discretion all events 200 yards or longer may be required to positively check-in. Meet Referee reserves the right to increase the number of sessions and/or reorder events to ensure compliance with the four (4) hour rule for 12 & under swimmers.**

Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements please refer to the drug information on the USA Swimming website at www.usaswimming.org

Meet Directors: Pam Malik 720.515.5756
Meet Referee: Ken Morris (or Designee) 303.680.9052
Safety Marshal: George Keff 720.255.6953

All times are subject to change

| Schedule: | Date | Warm-Up | Start |
|-----------|---------------------|--------------------|----------|
| | Friday PM Oct. 14 | 4:00 – 4:50 pm | 5:00 pm |
| | Saturday AM Oct. 15 | 7:00 – 7:25 am | 7:35 am |
| | Saturday AM Oct. 15 | 10:35 – 11:00 am | 11:10 am |
| | Saturday PM Oct. 15 | 1:25 – 1:55 First | |
| | Saturday PM Oct. 15 | 1:55 – 2:25 Second | 2:35 pm |
| | Sunday AM Oct. 16 | 7:00 – 7:25 am | 7:35 am |
| | Sunday AM Oct. 16 | 9:50 – 10:15 am | 10:25 am |
| | Sunday PM Oct. 16 | 1:25 – 1:55 First | |
| | Sunday PM Oct. 16 | 1:55 – 2:25 Second | 2:35 pm |

The coaches meeting will be held on Saturday morning at 6:45 am.

Awards/

Scoring: Ribbons: 1st through 8th place ribbons – Ribbons will be awarded to the 12 and under age groups, each gender. There will be no team scoring.

Warm-Ups: CSI warm-up procedures will be followed. Warm-ups for Saturday and Sunday's sessions will be split. Warm-up lane assignments will be posted prior to the meet on the MACS website at www.macsswim.com by Wednesday, October 12th. Warm-up lane assignments will also be posted at the meet. Practice starts are limited to one swimmer at a time per lane.

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.

Entry Procedure: Email entries are accepted and should use the Hy-Tek Team Manager v4.0 or higher. All entries must include a hard copy listing of team entries, full payment, Colorado Swimming Meet Verification Form (enclosed with this entry packet) and Coaches contact information, including phone number and email address, if available. **Incomplete entries will not be processed. Teams will be accepted on a first come, first serve basis depending on the number of entries. Participation may be limited to approximately the first 300 -12 & under swimmers, due to space and the four-hour rule will be enforced. All events should be entered using times represented in short course yards. N/T entries will be not be accepted.**

Send entry forms and checks payable to MACS to:

ENTRY CHAIRMAN

Pam Malik 11514 Wilson Cir, Parker, CO 80134, 720.515.5756

Email: pamalik@ix.netcom.com

Deadline: Team Entries accepted no later than 5:00 PM, Friday, September 30th, 2016. The Psych Sheet will be emailed to each coach on Tuesday, October 4th. Any corrections or changes must be submitted by email by 5:00 PM Wednesday the 5th.

Safety Issues:

With the exception of those lanes specifically identified as dive lanes, all swimmers must enter warm-up lane using a 3-point feet-first entry where both feet and one hand must be in contact with the deck or end wall immediately prior to entering the water. Marshals/Officials/Meet Personnel/Staff who observe swimmers to be in non-compliance will make every effort to contact/warn said swimmer and/or their coach of the improper action. Consequences for non-compliance, if deemed to be repetitive, willful, or deliberately defiant by the observer, MAY include removal of the swimmer for the remainder of the session/competition and/or a \$500 fine to be paid by the athlete/coach/team/parent prior to said swimmer being allowed to compete in any future Colorado Swimming, Inc. sanctioned competition.

- All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- Swimmers are **required** to enter the water *feet first*; it is preferred that they slip & slide into the water during warm-ups (sit down on the side of the pool and slip/slide into the water).
- Coaches are to monitor their swimmers during warm-up and during the meet and are responsible for their safety.

- No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- No running or horseplay is allowed and it is the responsibility of the swimmers, coaches, officials, and parents to monitor and discourage this behavior.
- Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner's expense.

Special Information: No smoking or consumption of tobacco or alcoholic beverages is allowed on the pool deck, in the building, or any area frequented by swimmers.

Session 1- Friday Evening, October 14, 2016

4:00 - 4:50 PM Warm-up 5:00 PM Start

GIRLS

BOYS

| EVENT # | Qual Time | Event | Qual Time | EVENT# |
|---------|-----------|----------------|-----------|--------|
| 1 | Top 32 | Open 1650 Free | Top 32 | 2 |

Session 2- Saturday Morning, October 15, 2016

7:00 - 7:25 AM Warm-up 7:35 AM Start

GIRLS

BOYS

| EVENT # | | EVENT# |
|---------|------------------|--------|
| 3 | 10 & U 50 FREE | 4 |
| 5 | 8 & U 25 FREE | 6 |
| 7 | 10 & U 100 BACK | 8 |
| 9 | 8 & U 25 Back | 10 |
| 11 | 10 & U 100 IM | 12 |
| 13 | 8 & U 100 IM | 14 |
| 15 | 10 & U 50 BREAST | 16 |
| 17 | 8 & U 25 BREAST | 18 |
| 19 | 10 & U 50 FLY | 20 |
| 21 | 8 & U 25 FLY | 22 |
| 23 | 10 & U 200 FREE | 24 |

Session 3- Saturday Morning, October 15, 2016

10:35 – 11:00 AM Warm-up, 11:10 AM Start

GIRLS

BOYS

| EVENT # | | EVENT# |
|---------|-----------------|--------|
| 25 | 11-12 50 FREE | 26 |
| 27 | 11-12 100 BACK | 28 |
| 29 | 11-12 100 IM | 30 |
| 31 | 11-12 50 BREAST | 32 |
| 33 | 11-12 50 FLY | 34 |
| 35 | 11-12 200 Free | 36 |

Session 4 - Saturday Afternoon, October 15, 2016

1:25 – 1:55 PM 1st 1:55 – 2:25pm 2nd Warm-up, 2:35pm Start

GIRLS

BOYS

| EVENT # | | EVENT# |
|---------|-------------------|--------|
| 37 | 13 & O 100 FREE | 38 |
| 39 | 13 & O 100 BACK | 40 |
| 41 | 13 & O 200 FLY | 42 |
| 43 | 13 & O 100 BREAST | 44 |
| 45 | 13 & O 200 FREE | 46 |
| 47 | 13 & O 400 IM | 48 |

Session 5- Sunday Morning, October 16, 2016

7:00 - 7:25 AM Warm-up, 7:35 AM Start

GIRLS

BOYS

| EVENT # | | EVENT# |
|---------|-------------------|--------|
| 49 | 10 & U 100 FLY | 50 |
| 51 | 10 & U 100 BREAST | 52 |
| 53 | 10 & U 200 IM | 54 |
| 55 | 10 & U 100 FREE | 56 |
| 57 | 10 & U 50 BACK | 58 |

Session 6- Sunday Morning, October 16, 2016

9:50 – 10:15 Warm-up, 10:25 AM Start

GIRLS

BOYS

| EVENT # | | EVENT# |
|---------|------------------|--------|
| 59 | 11-12 100 FLY | 60 |
| 61 | 11-12 100 BREAST | 62 |
| 63 | 11-12 200 IM | 64 |
| 65 | 11-12 100 FREE | 66 |
| 67 | 11-12 50 BACK | 68 |
| 69 | 12 & U 500 FREE | 70 |

Session 7- Sunday Afternoon, October 16, 2016

1:25–1:55pm 1st warm up 1:55–2:25pm 2nd, 2:35pm start

GIRLS

BOYS

| EVENT # | | EVENT# |
|---------|-------------------|--------|
| 71 | 13 & O 200 BREAST | 72 |
| 73 | 13 & O 100 FLY | 74 |
| 75 | 13 & O 200 BACK | 76 |
| 77 | 13 & O 50 FREE | 78 |
| 79 | 13 & O 200 IM | 80 |
| 81 | 13 & O 500 FREE | 82 |