

MAC 2021 Swim Spectacular
March 12-14, 2021
Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming Inc.

Sanction #AZ21-99R

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming Inc., Mesa Aquatics Club, City of Mesa, Mesa Unified School District, 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 warm-up sessions.

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 individuals with underlying medical conditions are especially vulnerable. 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 against 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.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ARIZONA SWIMMING, INC. AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Hosted by: Mesa Aquatics Club

Meet Director: Katie Kowalski katierae@cox.net

Meet Referee: Sandy Whitmeyer slwhitmeyer9@gmail.com

Meet Location: Kino Aquatics Complex 848 E Horne Mesa, AZ 85208

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

Eligibility: This is a closed invitational meet open to athletes holding a current USA Swimming registration, and is a member of MAC-AZ, SFA-NM, RACE-NM, BHC-NM, SOCAL, NOVA-CA, MVN-SCS, SAND-CA, RMDA-SCS, LCAT, DUKE CITY. Athletes who are eligible to attend the AZSI Age Group Classic Championship meet are ineligible to participate.

Meet Rules:

1. This is an ABC meet. NTS with the exception of events 19/20, 29/30
2. Swimmers may enter with a SCY, LCM, SCM or NT entry time, but no converted times may be used.
3. No Time Trials will be offered
4. For the safety of all swimmers, coaches, and meet personnel, all policies and procedures related to social distancing must be followed by all individuals at the meet. All information will be emailed to participants. This meet is limited to 350 swimmers with no more than 150 people (including swimmers, coaches, officials & volunteers) on the pool area per meet session.
5. Swimmers are limited to Three (3) events per session/per day, Nine (9) events for the meet.

6. This will be a CLOSED DECK MEET. Only swimmers (entered in the session), coaches, officials/meet admin, timers and pool staff will be permitted on the pool deck. All spectators may view the meet from outside the pool fence. Per Safe Sport guidelines, parents will have visual contact with their swimmers during the meet.
7. Masks are required by all swimmers, coaches, and all meet staff upon entering the facility. Per the city of Mesa ordinances, individuals without a mask will not be permitted inside of the facility.
8. MAC has taken enhanced health and safety measures for all those involved in this event. Individuals must follow all posted instructions. 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 Kino Aquatics Pools and MAC 2021 Swim Spectacular meet, individuals voluntarily assume all risks related to exposure to COVID-19.
9. All swimmers must enter thru the Gates by the MAC Offices and exit through the Northeast gates. Restrooms will only be available for emergencies, No showers or changing is allowed. Lobby will remain closed.
10. We may need to limit heats due to timeline restrictions, Coaches will be advised.
11. There will be positive check in on events 19/20 & 29/30

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming and the Minor Athlete Abuse Prevention Policy ("MAAPP").
3. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
4. 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. 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.
5. 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
6. 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.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. 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.
11. 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.
12. 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
13. 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.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. 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.
16. 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.

- Guidelines:** MAC will be following guidelines for social distancing established by the CDC, USA Swimming, State of Arizona Executive Order, and Arizona Department of Health Services (AZDHS).
- CDC Guidelines for Pool Reopening
 - USA Swimming Guidelines for Opening
 - State of Arizona Executive Order:
 - AZDHS Guidelines

Schedule: Warm-up will be scheduled as needed.

Session 1, March 12 Warm-up: 11:00 am or 20 minutes after the morning meet, Meet Start: 60 minutes after the start of warm-up

Session 2 March 13 Warm-up: 11:00 am or 20 minutes after the morning meet, Meet Start: 60 minutes after the start of warm-up

Session 3 March 14 Warm-up: 11:00 am or 20 minutes after the morning meet, Meet Start: 60 minutes after the start of warm-up

Lane assignments for the warm-up/cool down pool will be made. Timelines will be provided once available.

- Entry Fees:** LSC Surcharge \$8.00 AZSI
 In-State Individual Events \$5.00 per event
 Out-Of-State Individual Events \$10.00
Entry fees are nonrefundable.

Entry Deadline: Entries must be submitted electronically, must be received by Friday February 5th by 9:00 am to katieae@cox.net

Awards: There will be ribbons for top eight finishers: 10&U, 11-12. AB Certificates will be awarded to all participants that achieve Arizona Swimming A or B times for the first time.

Concessions: No Concessions will be offered for this meet.

Session I: Friday March 12, 2021

Warm up: 11:00 AM Meet Start: 12:00 PM

Women	Event	Men
1	Open 200 IM	2
3	Open 50 Free	4
5	11&O 200 Fly	6
7	Open 100 Back	8
9	12&U 50 Breast	10

Session II: Saturday March 13, 2021

Warm up: 11:00 AM Meet Start: 12:00 PM

You will need to positive check in for this event. Check in closes at 12:00 pm Saturday

Women	Event	Men
11	Open 200 Free	12
13	11&O 200 Breast	14
15	Open 100 Fly	16
17	12&U 50 Back	18
19	11&O 400 IM*	20

***These events will be limited to the top 2 heats of women and men,
 Swimmers must meet designated time standards for these events,
 These events will swim fastest to slowest, alternating women and men.**

Session III: Sunday March 14, 2021

Warm up: 11:00 AM Meet Start: 12:00 PM

You will need to positive check in for this event. Check in closes at 12:00 pm Sunday

Women	Event	Men
21	Open 100 Free	22
23	Open 100 Breast	24
25	11&O 200 Back	26
27	12&U 50 Fly	28
29	11&O 500 Free*	30

***These events will be limited to the top 2 heats of women and men,
Swimmers must meet designated time standards for these events,
These events will swim fastest to slowest, alternating women and men,
Swimmers must supply their own counters for this event**

Time Standards (Junior Nationals)

Women			Event	Men		
SCY	SCM	LCM		SCY	SCM	LCM
7:09.29	6:08.39	6:12.19	11-12 500 Free	7:02.99	6:05.49	6:11.99
6:51.79	6:01.19	6:07.59	13-14 500 Free	6:29.49	5:41.29	5:47.63
6:41.29	5:48.09	6:00.89	15&O 500 Free	6:14.69	5:28.99	5:36.09
6:28.49	6:52.29	7:03.59	11-12 400 IM	6:20.06	6:38.39	6:44.79
6:08.49	6:32.09	6:43.39	13-14 400 IM	5:44.99	6:22.99	6:29.39
6:08.49	6:27.99	6:39.29	15&O 400 IM	5:31.39	6:08.19	6:23.19