

2022 MAC NARWHAL INVITE

June 17-19, 2022

Held under the sanction of USA Swimming, Inc.
Arizona Swimming Inc. Sanction # AZ22-86R

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 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 THEREWITH.

Hosted By: Mesa Aquatics Club

Meet Director: [Katie Kowalski katierae@cox.net](mailto:katierae@cox.net)

Meet Referee: Sandy Whitmeyer - slwhitmeyer9@gmail.com

Meet location: The Kino Aquatics Complex 848 N. Horne Ave., Mesa AZ 85203 Facility consists of an outdoor Olympic-size, 50 meter by 25 yards with a warm up area and a 6-lane 25 yard recreational pool that may be used for continuous warm up. Fully automated Colorado start & timing.

Eligibility: Open to any USA Swimming registered athlete holding a current USA Swimming registration card as of the meet entry deadline who is registered with, or training unattached with, MAC-AZ, RPC-AZ, MACS-CO, STARS-CO, FAST-AZ, GM-AZ, SAC-AZ, SAND-CA, BEAR-AZ AQFO-AZ, NBVL-IA, FSS-AZ, AD-AZ, NEP-AZ.

Rules:

1. Swimmers are limited to; Three (3) individual events, per session Friday and Saturday, Two (2) on Sunday, Seven (7) for the meet.
2. Swimmer must have met or exceeded Arizona C time standards to swim in this meet. Swimmers may enter with a LCM, SCM, or SCY entry time, but no converted times may be used. Events will be seeded as LCM, SCM, SCY.
3. Events 47-56 will be deck-seeded, timed final events. Athletes will be required to check in at the clerk of course before the start of warm-up for Session 7. Check in will be available throughout the meet. Athletes will be asked to provide their own timers (2) and counters (as applicable). These events will be seeded and swum fastest to slowest, alternating women & men.
4. Prelim /Final events will be seeded in the traditional prelim format during prelims. Swimmers will swim by age group in finals, 10&U, 11/12, 13/14, 15&O as follows, as applicable per event age designation:

10 & U: 50 Free, & 100's A Final

11-12: 50 Free & All 100's & 200's A Final

13-14: 50 Free, All 100's & 200's- B Final, A Final

15 & Over: 50 Free, All 100's & 200's - C Final, B Final, A Final

5. Time Trials will not be offered.

6. The Senior and Arizona Age-Group Scratch Rules as stated in the Arizona Swimming Guide rules and regulations will be enforced for all swimmers. Swimmers must indicate their intention to scratch finals within 30 minutes after results have been announced. Any age group swimmer qualifying for a Championship final race who fails to compete (no show) shall be barred and disqualified from the rest of that evening's events, and disqualified from their next individual event in the preliminaries. Any senior swimmer qualifying for a Championship final race who fails to compete (no show) shall be barred from further competition for the remainder of the meet. A swimmer who checks in for and is seeded into a timed final event who fails to compete (no show) shall be barred from their next event. In addition to the penalties listed above, a failure to compete (no show) will be assessed a \$30 fine on Fri/Sat assessed to the club.

7. Based on timelines adjustments may need to be made

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 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.

Event Schedule:

Session 1, Friday, June 17- Prelims: Senior Warm-up: 6:30 am, Meet Start: 730 am

Session 2, Friday, June 17- Prelims: Age Group Warm-up: 12:00 pm*, Meet Start 12:45 pm

Session 3, Friday, June 17- Finals: Warm-up: 5:00 pm, Meet Start: 5:45 pm

Session 4, Saturday, June 18- Prelims: Senior Warm-up: 6:30 am, Meet Start: 7:30am

Session 5, Saturday, June 18- Prelims: Age Group Warm-up: 12:00 pm*, Meet Start 12:45 pm

Session 6, Saturday, June 18- Finals: Warm-up: 5:00 pm, Meet Start: 5:45 pm

Session 7, Sunday, June 19 - Distance: Warm-up: 6:30 am, **Meet Start: 7:30 am**

• **AG Warm up will begin immediately after the conclusion of the morning session, Meet will begin 45 minutes later.**

Meet director reserves the right to run finales earlier if timeline permits. Coaches will be advised within 24 hours of meet entry submission.

Entry Submissions: All entries must be submitted in a USA SDIF format file (Hy-Tek CommLink) by e-mail. Entries must be accompanied by a PDF meet entry report. The electronic file will have precedence in case of a discrepancy. Teams will be notified if their entries have been accepted. If a team is not notified about the status of their entries it is the coaches' responsibility to follow up on their team's entry status. Entry is limited to 800 athletes for time line management to ensure the compliance with the four hour rule.

Entry Fees In-State:

Timed final events: \$6.00

Prelim/ final events: \$7.50

LSC Surcharge: \$8.00

Entry Fees Out-Of-State:

Timed final events: \$12.00

11 and over prelim/ final events: \$15.00

LSC Surcharge: \$ 8.00

Make checks payable to Mesa Aquatics Club, delivered to the clerk of course at the first session of the meet.

Entry Deadline: Entries are due by **Tuesday June 7, 2022 . Email entries to: Katierae@cox.net**

Awards: Ribbons will be given for 1st-8th place in each event for 10&U, 11-12

Distinctive high-point awards will be given for the top male and female swimmers for 10&U, 11-12, 13-14, and 15&O.

Awards will be available for pickup at the conclusion of the final day's events. Teams leaving early, should make arrangements for delivery of awards with host team prior to the start of the meet.

Officials: All officials are encouraged to work at the meet, please contact the Meet Referee prior to the meet if you are able to help. The uniform for the entire meet will be white over navy and we will be using radios, please bring extra radios if you have them.

Meet Referee, Sandy Whitmeyer at slwhitmeyer9@gmail.com prior to the meet to confirm the sessions you can support.

Concessions, Equipment and Apparel Vendor: A limited snack bar will be available and an equipment vendor (Ski Pro) and Custom T-Shirt supplier will be present.

Closed Deck: The Kino pool deck is closed to spectators. Deck access is restricted to registered athletes, registered coaches, registered officials and volunteers working that session of the meet. Grandstand seating will be available for spectators, there will be ample space for tents and swimmers' seating in the field behind the grandstands and park area.

Parking: Free parking will be available in the North and South parking lots along N. Horne drive at the Kino Aquatic Center main entrance. On Sunday, free parking will move to the grass parking area on the West side of the Kino Aquatic Center. Please do not park in the church parking lot on Sunday.

Hotels: Please refer to the host team's web site for a list of recommended hotels and those offering special rates for this meet.

Scoring & Seeding: 10&U/12&U events will be swum together in prelims, but swum 10&U and 11-12 in finals.

13&O events will be swum together in prelims, but swum 13-14 and 15&O in finals. Standard scoring 20, 17, 16, 15, 14, 13,

12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Session #1 Senior Prelims

Friday June 17, 2022

Warm up 6:30 am

Meet Starts 7:30 am

Women	Event	Men
1	13&O 200 IM	2
3	13&O 100 Back	4
5	13&O 200 Fly	6
7	13&O 100 Breast	8
9	13&O 100 Free	10

Session #2 Age Group Prelims

Friday June 17, 2022

Warm up 12:00 pm*

Meet Starts 12:45*

***AG Warm up will begin immediately after the conclusion of the morning session, meet will begin 45 minutes later.**

Women	Event	Men
11	11-12 200 IM	12
13	10&U 50 Back	14
15	12&U 100 Back	16
17	11-12 200 Fly	18
19	10&U 50 Breast	20
21	12&U 100 Breast	22
23	12&U 100 Free	24

Session #3 Friday Finals

Friday June 17, 2022

Warm up 5:00 pm

Meet Starts 5:45 pm

Women	Event	Men
11	11-12 200 IM	12
1	13&O 200 IM	2
15	12&U 100 Back	16
3	13&O 100 Back	4
17	11-12 200 Fly	18
5	13&O 200 Fly	6
21	12&U 100 Breast	22
7	13&O 100 Breast	8
23	12&U 100 Free	24
9	13&O 100 Free	10

**Session #4 Senior Prelims
Saturday June 18, 2022**

Warm up 6:30 am

Meet Starts 7:30 am

Women	Event	Men
25	13&O 200 Free	26
27	13&O 100 Fly	28
29	13&O 200 Breast	30
31	13&O 200 Back	32
33	13&O 50 Free	34

**Session #5 Age Group Prelims
Saturday June 18, 2022**

Warm up 12:00 PM

Meet Starts 12:45 pm

AG Warm up will begin immediately after the conclusion of the morning session, meet will begin 45 minutes later.

Women	Event	Men
35	11-12 200 Free	36
37	10&U 50 Fly	38
39	12&U 100 Fly	40
41	11-12 200 Breast	42
43	11-12 200 Back	44
45	12&U 50 Free	46

**Session #6 Finals
Saturday June 18, 2022**

Warm up 5:00 pm

Meet Starts 5:45 pm

Women	Event	Men
35	11-12 200 Free	36
25	13&O 200 Free	26
39	12&U 100 Fly	40
27	13&O 100 Fly	28
41	11-12 200 Breast	42
29	13&O 200 Breast	30
43	11-12 200 Back	44
31	13&O 200 Back	32
45	12&U 50 Free	46
33	13&O 50 Free	34

Session #7 Open Distance
Sunday June 19, 2022
Warm up 6:30 am **Meet Starts 7:30 am**

Women	Event	Men
47	10&U 200 Free	48
49	Open 400 Free	50
51	10&U 200 IM	52
53	11&O 400 IM	54
55	Open 1500 Free	56

Swimmers can only swim 2 events. Automatic 800 splits will be taken during the 1500 if the board is good.
Swimmers must supply their own timers and counters. We may need to limit heats based on timeline.
All events will be swum fast to slow alternating women and men.

Finals at Kino

Friday June 17 2022

Warm Up 5:00 pm

Meet Starts 5:45 pm

Event
11-12 200 IM
13-14 200 IM
15&O 200 IM
10&U 100 Back
11-12 100 Back
13-14 100 Back
15&O 100 Back
11-12 200 Fly
13-14 200 Fly
15&O 200 Fly
10&U 100 Breast
11-12 100 Breast
13-14 100 Breast
15&O 100 Breast
10&U 100 Free
11-12 100 Free
13-14 100 Free
15&O 100 Free

Saturday June 18, 2022

Warm Up 5:00 pm

Meet Starts 5:45 pm

Event
11-12 200 Free
13-14 200 Free
15&O 200 Free
10&U 100 Fly
11-12 100 Fly
13-14 100 Fly
15&O 100 Fly
11-12 200 Breast
13-14 200 Breast
15&O 200 Breast
11-12 200 Back
13-14 200 Back
15&O 200 Back
10&U 50 Free
11-12 50 Free
13-14 50 Free
15&O 50 Free