



2023 MAValanche Invitational
January 6, 2023 – January 8, 2023

Sanction: Held under the sanction of USA Swimming #CO23-002

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.

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 THE LSC 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.

We have taken enhanced health and safety measures to reduce the spread of COVID-19; however, we cannot guarantee that you will not be exposed to COVID-19. 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 guest with underlying medical conditions are especially vulnerable. Physical presence at the meet may increase the risk of contracting COVID-19. Meet participants and spectators voluntarily assume all risks related to exposure to COVID-19 and voluntarily accept sole responsibility for any personal injury, illness, permanent disability, or death that may result.

Meet Referee: Eric Hippe – ethippe@yahoo.com

Admin Referee: Debbie Schmidt – schmidtfive@gmail.com

Admin Official: Erin Jenkins – jenkinserinr@gmail.com

Meet Director: Nancy Kimbrough

Safety Director: Zachary Prentiss

Location: Colorado Mesa University, El Pomar Natatorium
1100 North Avenue, Grand Junction, CO 81501

Elevation: 4,592 ft

Facility: 10 lane, 50 meter indoor competition pool which will be set up in a 10 lane, 25 yard configuration with substantial opportunities for warm-up and cool down. Water depth is 7 ½ feet to 13 feet. The scoreboard is a Colorado Timing LED board. The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.

Spectator seating will be available in the viewing balcony that will hold 600. Camping like chairs are not allowed in the viewing area due to limited space. As a guest of Colorado Mesa University, all must adhere to CMU policies and rules.

Only swimmers, credentialed coaches, credentialed officials, and volunteers will be allowed on the pool deck. Parents must drop off their swimmers at the doors to the pool deck and then proceed to the upstairs observation gallery. There will be a limited number of chairs provided for swimmer and coach use. Swimmers cannot bring in any of their own chairs, coolers or other "camping gear". No spectator viewing from the balcony rail.

Timing: Colorado Timing System with touch pads and 10-lane display board will be used for all events. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used along with Colorado Timing System 6. Meet Mobile software will be used to post online results.

Eligibility: Open to all swimmers holding a 2023 USA Swimming Membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to prove membership. No deck registration will be accepted.

Age as of Friday, January 6, 2023, will govern entries.

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 cool down. Any swimmer without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach must be certified by a USA Swimming 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.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one meet recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged.

Entries: 10 & Under swimmers may swim 4 individual events per day plus 1 relay. All other swimmers may swim 3 individual events per day plus 1 relay. 11 & Over swimmers are limited to a total of 9 individual events for the meet. 10 & Under are limited to 10 individual events for the meet. There will be no exhibition swimming. All events must have a qualifying time in order to be seeded.

No Deck Entries will be accepted.

Sessions are limited to a 4 hour time period. Entries will be accepted until the 4 hour session limit is reached. However, teams will not be split up. Once the time limit is reached, no additional entries will be accepted. This includes entries from teams already participating in the meet. Only the top 24 girls and 24 boys listed on the psych sheet will swim the 1000 Free.

Each team may enter 2 relays per event. Relay declarations must be submitted to the Admin Referee before leaving the PM finals session.

Entry Dates: Entry deadline is Thursday, December 29, 2022, at 6:00 PM. Psych sheets will be sent out by Friday, December 30, 2022. Coaches will have until Tuesday, January 3, 2023, at 6:00 PM to make any changes.

Entry Fees:

Individual Events	\$6.00
Relay Events	\$10.00
Swimmer Surcharge	\$12.00

Colorado Western Slope League receives \$0.15 per event and Colorado Swimming receives \$1.10 per event.

Entry Procedure: Email electronic entries to Erin Jenkins at jenkinserinr@gmail.com. If you do not receive an email confirmation, your entries were not received.

Payment: Make checks payable to **Maverick Aquatics Foundation**. Checks may be brought to the pool on the first day of competition or mailed to the following address:

Maverick Aquatics
Attn: Ed Stehlin
1100 North Avenue
Grand Junction, CO 81501

Conduct: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

All applicable adults participating in or associated with the 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. No swimmer who is not a member of USA Swimming shall be allowed to compete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

Events will be swum in the short course configuration: 25 yards x 8 lanes.

All events are prelim/final except the following: 12 & Under 200 Fly, 12 & Under 200 Breast, 12 & Under 500 Free, 12 & Under 200 Back, 11-12 400 IM, 1000 Free, and all 10 & Under events. These events are timed finals and will not be included in the evening finals session. The 1000 Free will be swum fastest to slowest, alternating girls and boys heats. All preliminary events will be swum fastest to slowest. All final events will be swum slowest to fastest (B consolation heat first, then A final). The top 16 swimmers will advance to the finals swimming 8 in each heat. Prelims will be swum in 8 lanes with flyover starts. Final events will be swum in 8 lanes.

In events where finals are offered, prelims for the 11 & Over athletes will be swum combined while finals will be swum by age group.

Qualifying times are required for all events. USA Swimming determined “B” National Group Motivational Time Standards, 2021-2024, will be used. These Time Standards are provided by USA Swimming. All times will be verified to be accurate.

Events 47 and 48, the girls and boys 1000 Free, will be bonus events. Athletes may enter with meet qualifying 1000 Free times.

The meet will be seeded in accordance with USA Swimming Rules with non-conforming times last.

The meet will not be pre-seeded. Friday prelim events will require scratches to be emailed to Erin Jenkins, jenkinserinr@gmail.com by Thursday, January 5, 2023, by 12:00 PM.

The Meet Referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, sex, and/or distance. Fly over starts may be used at the discretion of the Meet Referee.

All coaches and uniformed officials must show proof of current certification and good standing. The USA Swimming app is an acceptable proof of membership. All coaches are required to sign in at the Admin Table prior to coaching on deck. Heat sheets for coaches will be available at sign in. Officials are required

to sign in at the officials meeting.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

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. Deck Changing is prohibited. Locker rooms will be for athletes only. Coaches and officials will enter the pool through the breeze way, not the locker rooms, and will use specified bathrooms from the pool deck. Spectators will use bathrooms located in the main building. Athlete locker rooms will be monitored by authorized safety marshals.

On deck photography is not allowed from behind the starting blocks.

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 and Event Committee coordinator.

Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's 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.

There will be no time trials offered.

Warm-Ups: Colorado Swimming, Inc. warm-up rules will be in effect. Warm-ups will be under the control of the Meet Marshals.

For Prelims there will be three warm-up sessions: 7:00 AM – 7:45 AM, 7:45 AM – 8:30 AM, 8:30 AM – 8:55 AM. Warm-up session 3 will be an open warm-up for 10 & Under swimmers who do not need the full 45 minute warm-up. No 11 & Over swimmers will be allowed in the competition pool during this time. Finals warm-up sessions will be from 4:00 PM – 4:55 PM. Warm up times will be sent out to teams by Thursday, January 5, 2023.

Schedule: Prelims Sessions: Warm-ups: 7:00 AM, Start 9:00 AM
Final Sessions: Warm-ups: 4:00 PM, Start 5:00 PM

Positive Check-in for the 1000 Free will be required before the scratch box closes Saturday at 9:15am. Alternates will be notified of any available lanes.

Changes in the schedules are at the discretion of the Meet Director and Meet Referee.

The scratch box will be at the admin table during the meet. Scratch procedures will be enforced as per 207.11.6 of the USA Swimming Rules and Regulations. All scratches for the first day must be emailed by 12:00 PM, Thursday, January 5, 2023, to Erin Jenkins, jenkinserinr@gmail.com. The scratch box will close one half (1/2) hour after the posted start of finals for the next day's preliminary events.

Swimmers qualifying to swim finals must declare their intent to scratch with the Admin Referee within 30 minutes following the announcement. As top qualifiers scratch, other swimmers become eligible for finals. If a swimmer does NOT want to swim in finals, they should scratch their names on the list with the Admin Referee no matter how far down the list their name appears. The athletes swimming in finals will be posted as soon as possible after the 30 minute scratch period. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat, in which such swimmer entered and has not been scratched, will be barred from all further individual and relay events of that day and must positively check in with the Admin Referee for future days.

Declared false starts should be delivered to the Admin Referee before the session begins or Deck Referee after the session begins.

Scoring: The meet will be scored through 16 places. Individual scoring will be in accordance with 102.25 (8 lane). For events where finals are swum, only the finals will score. Timed final events will score the top 16 places by age group (8 & Under, 9-10, 11-12, 13-14, 15 & Over).

Awards: No Awards will be provided.

Heat Sheets: Heat sheets will be on sale for \$2.00.

Coaches Meeting: There will be a coaches meeting held 30 minutes prior to the start of the first warm-up session on Friday. No other coaches meeting will take place unless a situation arises that would require one.

Hospitality: Refreshments and snacks will be offered to Officials and Coaches.

Concessions: No Concessions will be provided.

Officials: Teams are asked to provide officials. Please contact the Meet Referee to advise of your availability.

A mandatory Officials meeting will be held one hour prior to the start of each session each day of the meet.

Official's uniforms for Prelims will be white polo shirt over black shorts, long pants or skirts/skorts.
Official's uniforms for Finals will be white polo shirt over long black pants or skirts/skorts. No shorts at Finals. Black socks and black deck friendly shoes for all sessions.

Timers Needed!

Participating teams will be required to provide timers. Notification of lane assignments for timing will be sent to each club. These assignments will be posted at the pool as well.

Swimmers must provide a timer and a counter for the 1000 Free.

Friday Prelim: Session 1						
Friday, January 6, 2023		Warm-Up: 7:00 AM		Start: 9:00 AM		
Girl's Event #	Age Group	QT	Event	QT	Age Group	Boy's Event #
1	Open		400 Free Relay (TFP)		Open	2
3	10 & U	***	100 Back (TFP)	***	10 & U	4
5	11 & O	***	100 Back	***	11 & O	6
7	10 & U	***	50 Fly (TFP)	***	10 & U	8
9	11-12	***	50 Fly	***	11-12	10
11	10 & U	***	200 Free (TFP)	***	10 & U	12
13	11 & O	***	200 Free	***	11 & O	14
15	11 & O	***	100 Breast	***	11 & O	16
17	10 & U	***	200 IM (TFP)	***	10 & U	18
19	11 & O	***	200 IM	***	11 & O	20

Friday Finals: Session 2						
Friday, January 6, 2023		Warm-Up: 4:00 PM		Start: 5:00 PM		
Girl's Event #	Age Group		Event		Age Group	Boy's Event #
5	11-12		100 Back		11-12	6
	13-14		100 Back		13-14	
	15 & O		100 Back		15 & O	
9	11-12		50 Fly		11-12	10
13	11-12		200 Free		11-12	14
	13-14		200 Free		13-14	
	15 & O		200 Free		15 & O	
15	11-12		100 Breast		11-12	16
	13-14		100 Breast		13-14	
	15 & O		100 Breast		15 & O	
19	11-12		200 IM		11-12	20
	13-14		200 IM		13-14	
	15 & O		200 IM		15 & O	

Saturday Prelim: Session 3						
Saturday, January 7, 2023		Warm-Up: 7:00 AM		Start: 9:00 AM		
Girl's Event #	Age Group	QT	Event	QT	Age Group	Boy's Event #
21	Open		400 Medley Relay (TFP)		Open	22
23	12 & U		200 Medley Relay (TFP)		12 & U	24
25	10 & U	***	50 Back (TFP)	***	10 & U	26
27	11-12	***	50 Back	***	11-12	28
29	12 & U	***	200 Fly (TFP)	***	12 & U	30
31	13 & O	***	200 Fly	***	13 & O	32
33	10 & U	***	100 Free (TFP)	***	10 & U	34
35	11 & O	***	100 Free	***	11 & O	36
37	12 & U	***	200 Breast (TFP)	***	12 & U	38
39	13 & O	***	200 Breast	***	13 & O	40
41	10 & U	***	100 Breast (TFP)	***	10 & U	42
43	12 & U	***	500 Free (TFP)	***	12 & U	44
45	13 & O	***	500 Free	***	13 & O	46

Saturday Distance: Session 4						
Start: After 15 minute warm-up, following the morning session						
Girl's Event #	Age Group	QT	Event	QT	Age Group	Boy's Event #
47	Open	***	1000 Free (TFP)	***	Open	48

Saturday Finals: Session 5						
Saturday, January 7, 2023		Warm-Up: 4:00 PM		Start: 5:00 PM		
Girl's Event #	Age Group		Event		Age Group	Boy's Event #
27	11-12		50 Back		11-12	28
31	13-14		200 Fly		13-14	32
	15 & O		200 Fly		15 & O	
35	11-12		100 Free		11-12	36
	13-14		100 Free		13-14	
	15 & O		100 Free		15 & O	
39	13-14		200 Breast		13-14	40
	15 & O		200 Breast		15 & O	
45	13-14		500 Free		13-14	46
	15 & O		500 Free		15 & O	

Sunday Prelim: Session 6						
Sunday, January 8, 2023			Warm-Up: 7:00 AM		Start: 9:00 AM	
Girl's Event #	Age Group	QT	Event	QT	Age Group	Boy's Event #
49	Open		400 Free Relay (TFP)		Open	50
51	12 & U		200 Free Relay (TFP)		12 & U	52
53	10 & U	***	50 Free (TFP)	***	10 & U	54
55	11 & O	***	50 Free	***	11 & O	56
57	10 & U	***	100 Fly (TFP)	***	10 & U	58
59	11 & O	***	100 Fly	***	11 & O	60
61	12 & U	***	200 Back (TFP)	***	12 & U	62
63	13 & O	***	200 Back	***	13 & O	64
65	10 & U	***	50 Breast (TFP)	***	10 & U	66
67	11-12	***	50 Breast	***	11-12	68
69	11-12	***	400 IM (TFP)	***	11-12	70
71	13 & O	***	400 IM	***	13 & O	72

Sunday Finals: Session 7						
Sunday, January 8, 2023			Warm-Up: 4:00 PM		Start: 5:00 PM	
Girl's Event #	Age Group		Event		Age Group	Boy's Event #
55	11-12		50 Free		11-12	56
	13-14		50 Free		13-14	
	15 & O		50 Free		15 & O	
59	11-12		100 Fly		11-12	60
	13-14		100 Fly		13-14	
	15 & O		100 Fly		15 & O	
63	13-14		200 Back		13-14	64
	15 & O		200 Back		15 & O	
67	11-12		50 Breast		11-12	68
71	13-14		400 IM		13-14	72
	15 & O		400 IM		15 & O	

***See 2021-2024 National Age Group Motivational Time Standards at:

<https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf>