

2026 MAC Long Course Midwest Invitational
May 15-17, 2026
WI Sanction # WI 2026-2001S

This event is held under the Sanction of USA Swimming and Wisconsin Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location: Soderholm Family Aquatic Center
797 W Dayton St, Madison, WI 53706

Entry Chair: Janis Katz, 414-640-2762 email: macentrychair@gmail.com

Meet Director: Shane Ryan, 608-217-7081 email: shane@trainmac.com

Officials: Meet Referee - Andrew Olson email: olsonswimming@gmail.com
Administrative Official – Janis Katz email: macentrychair@gmail.com

Facility: Eight lane, 50 meter pool. Backstroke wedges are available. Pool depth is 8'3" at the start end and 8'3" feet at the turn end. Blocks are 29" high. The course dimension is ensured by the meet host.

Timing System: Colorado Timing System will be used with manual back-up buttons and back-up timers for each lane.

Rules: Official 2026 USA Swimming and WI LSC rules shall prevail at this meet.

All adults participating in or associated with this 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 MAAPP is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned/approved meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS. This includes participation as a member of a relay. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.

Eligibility: All swimmers must be currently registered with USA Swimming. Swimmer's age as of May 15, 2026 shall determine their age group for the meet.

Meet Entry: Entries will be accepted from the following team: COHO, DCST, DFAC, WAVE, EBSC, HSC, HSSB, MSS, WILD, OZ, PAC, RA, PX3, STRM, WEST, WISC, WYNS, VAST) **beginning, Tuesday, April 21st**.

Entries will open for all other teams **beginning Tuesday, April 28th**.

You will be notified of your team's entry acceptance by email. After entry acceptance, an entry report will be emailed to your team. Check your entry report for errors. Changes beyond time updates, such as roster or event additions, will be allowed as space permits which will be communicated by meet management through **Friday, May 8th**.

Up-to-date meet information can be found at www.trainmac.com

Entries must be in Hy-tek format and be emailed with a hard copy to Janis Katz at:
macentrychair@gmail.com

Entry Fees: \$15.00 per individual event.

\$4.00 WI LSC Splash fee per individual swimmer entered in the meet
\$30.00 Surcharge per individual swimmer entered in the meet

Mail or hand carry to the meet a waiver and check, payable to Madison Aquatic Club.
Mailing address: Janis Katz-MAC, 316 Yard Dr, Verona, WI 53593

Entry Limit:

Participation is limited to a maximum of three (3) events per day on Saturday & Sunday and one (1) event on Friday, seven (7) events for the meet.

Entries may be limited by meet management to adhere to WI Swimming LSC Policies. Distance heats may be limited by meet management for timeline purposes. If this occurs, all teams will be notified of the number of heats that will be swam and event fees for swimmers who get cut will be refunded. Breaks may be added/adjusted, heats may be combined, and additional events may be positive check-in at the discretion of meet management. MAC reserves the right to adjust session start times to facilitate an efficient timeline.

Additional entries to fill open lanes will be accepted beginning Monday, May 11th at noon on a first come, first filled basis. The meet entry limits still apply. An email will be sent to teams with accepted entries confirming the open lane requests.

Bonus events or time standard lowering may be allowed after the receipt of the initial entries if space permits. The number of bonus swims, if allowed, might vary depending on session and age group. The host club reserves the right to enter its own swimmers at times slower than the standards.

Time Standards:

USA 2024-2028 Motivational Time Standards will be used as follows for each respective age group for events 200M or less in length: 10&U and 11-12 BB times, 13-14 and 15&O (15-16) A times. Events 400M or greater are custom meet standards (MWI-Midwest Invite).

Disabled Swimmers:

Teams are encouraged to inform Meet Director and Officials of any special needs swimmers prior to the start of warmups. Use of the WSI Para Accommodation Form is required for all accommodation and/or modification requests that must be presented to the meet referee (per USAS Rule 105.1.2). Coaches or athletes can complete the form online, then download and retain a PDF.

Schedule:

Fri Distance Warm-ups:	4:00-5:00 PM
Fri Distance Start:	5:05 PM
Sat & Sun AM Prelims Warm-ups:	8:00-9:00 AM
Sat & Sun AM Prelims Session Start:	9:05 AM
Sat & Sun afternoon PM Timed Finals Session:	At conclusion of AM Prelims
Sat & Sun Finals Warm-ups:	5:00-6:00 PM (Estimate start)
Sat & Sun Finals Session Start:	6:05 PM (Estimate start)

Format:

Friday distance events are timed finals. Saturday and Sunday AM Sessions will be 13 & Over prelim with Finals in the evening. Saturday & Sundays Afternoon Sessions will be 12 & Under Timed Finals. Events will be swum slowest to fastest except for Friday events including the 400 Free, 400 IM and 1500 Freestyle which will be swum fastest to slowest, alternating genders.

Friday events are positive check in. Positive check in means "I am here and intend to swim".
Check-in for Friday's events close at 8pm on Thursday, May 14th. This will enable open lanes to be filled. Saturday & Sunday's Prelim and Timed Finals Sessions will be pre-seeded.

Finals will consist of a consolation and championship final divided into two age groups for each gender, 13-14 (A, B Finals) and 15 & Over (A, B, C)

Finals: Athletes must scratch or declare their intent to scratch within 30 minutes of the announcement of preliminary results if they do not intend to race in the finals.

Scratching:

WI Individual Scratch Rule shall apply.

Scratching Events in Pre-Seeded sessions– Each swimmer shall report promptly to the starting blocks prior to the start of each race in which the swimmer is entered. A. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. B. Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.

Scratching Events in Deck Seeded sessions– Any swimmer entered in an individual event who has checked-in for the event must swim in the event. Failure to swim the event will result in the swimmer being barred from his/her individual event, in which the swimmer is entered on that day or the next day, whichever is first. No penalty shall apply for a failure to compete if the swimmer or the coach notifies the Deck Referee, prior to his/her assigned heat, of a Declared False Start.

Scratching from Bonus Heats, Consolation Finals, and Finals: A. Any swimmer qualifying for a bonus heat, consolation final, or final race in an individual event, who fails to compete in said bonus, consolation final, or final race, shall be barred from further competition for the remainder of the meet. Disqualification under this section shall apply only to swimmers qualifying based on the original preliminary results. However, if a swimmer or coach is notified prior to the start of the session that the swimmer has scratched into a bonus heat, consolation final, or final race in an individual event, and then accepts the position but fails to compete, that swimmer shall be barred from further competition for the remainder of the Meet.

Deck Entries:

The entry fee for deck entries will be \$20.00 per individual event. Deck entries will be allowed at the discretion of the Meet Director if the timeline permits. Deck entries close 30 minutes prior to the start of the session. Deck registrations are permitted so long as they can prove their USA registration status.

Warmups:

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. Further, those participants who are not proficient with a backstroke ledge must start each race from within the water, and without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

Circle swimming only, except in designated lanes and times. All entry to pools during open warm-up cool down periods shall be feet first entry from the start end. No snorkels, kickboards or other training devices are allowed during warm-ups. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for lane assignment

Coaches:

All coaches must sign a check-in sheet and have their credentials verified at the front desk when entering the facility. Please be prepared to show your USA Swimming Coach's Card at the time front desk when entering the facility. The official mobile application from USA Swimming is acceptable proof of USA Swimming membership. Only coaches in good standing will be allowed on deck. Coaches packet will be available by the admin table on deck.

Timing:

Each team with swimmers in the meet will be asked to provide timers.

Swimmers in the 1500 Free must provide their own timer and counter.

SAFE SPORT 360:

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after April 17, 2026, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after April 17, 2026, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Awards:

Individual Event Medals 1st-3rd

Individual Event Ribbons 4th-16th

Individual First place Men and Women High Point for: 10&U, 11-12, 13-14 and 15&O age groups
Scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Awards will not be bagged. Swimmers must pick up their awards during the meet from the awards table on deck.

Admission:

Heat sheets will be available on our website and Meet Mobile.

Concessions:

Food and beverages will be available on the premises. No food or beverages are allowed in the pool area.

Meet Conduct:

All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. Coaches are responsible for their team's area on deck and make sure the area is picked up at the end of each session.

Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changes are prohibited.

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.

Limited seating for spectators with disabilities can be provided. Notify the Meet Director prior to the meet if assistance is needed.

- First Aid:** Injuries must be reported to the Lifeguard and to the Meet Director. A first aid kit will be located at the Lifeguard station.
- Lost & Found:** An area for lost and found will be located by the desk near the facility entrance. Items not picked up by meet end will be donated.
- Meet Results:** Results will be available on Meet Mobile and posted on our meet landing page. Final results will also be posted on the Wisconsin Swimming website and emailed to participating teams.

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Order of Events

MWI Time Standards			Session 1: Friday Timed Finals	MWI Time Standards		
Girls	LCM	SCY	Event	SCY	LCM	Boys
1	5:02.99	5:38.99	Open 400 Freestyle	5:16.99	4:46.99	2
3	5:43.99	5:00.99	Open 400 IM	4:37.99	5:20.99	4
5	20:06.99	19:28.99	Open 1500 Freestyle	18:23.99	18:57.99	6

Meet Standards: Events 200M or less are 2024-28 Motivational times as follows: 12&U-BB times-10&U and 11-12 age groups; 13&O-A times-13-14 and 15&O are 15-16 times; Events 400M or greater are custom Midwest Invite Standards

Session 2: Saturday 13&O AM Prelims			Session 5: Sunday 13&O AM Prelims		
Girls	Event	Boys	Girls	Event	Boys
7	13 & Over 50 Butterfly	8	41	13 & Over 50 Freestyle	42
9	13 & Over 200 Individual Medley	10	43	13 & Over 200 Backstroke	44
11	13 & Over 100 Backstroke	12	45	13 & Over 100 Breaststroke	46
13	13 & Over 200 Breaststroke	14	47	13 & Over 200 Freestyle	48
15	13 & Over 100 Freestyle	16	49	13 & Over 100 Butterfly	50
17	13 & Over 200 Butterfly	18	51	13 & Over 50 Backstroke	52
19	13 & Over 50 Breaststroke	20			

Session 3: Saturday Afternoon 12&U Timed Finals			Session 6: Sunday Afternoon 12&U Timed Finals		
Girls	Event	Boys	Girls	Event	Boys
21	11-12 200 Freestyle	22	53	11-12 200 Backstroke	54
23	10 & U 100 Butterfly	24	55	10 & U 50 Butterfly	56
25	11-12 100 Butterfly	26	57	11-12 50 Butterfly	58
27	10 & U 100 Backstroke	28	59	10 & U 200 Individual Medley	60
29	11-12 100 Backstroke	30	61	11-12 200 Individual Medley	62
31	10 & U 50 Breaststroke	32	63	10 & U 50 Backstroke	64
33	11-12 50 Breaststroke	34	65	11-12 50 Backstroke	66
35	10 & U 100 Freestyle	36	67	10 & U 100 Breaststroke	68
37	11-12 100 Freestyle	38	69	11-12 100 Breaststroke	70
	5 minute break		71	10 & U 50 Freestyle	72
39	11-12 200 Breaststroke	40	73	11-12 50 Freestyle	74
				5 minute break	
			75	11-12 200 Butterfly	76

Session 4: Saturday 13&O Finals			Session 7: Sunday 13&O Finals		
Girls	Event	Boys	Girls	Event	Boys
7a	13-14 50 Butterfly	8a	41a	13-14 50 Freestyle	42a
7b	15&O 50 Butterfly	8b	41b	15&O 50 Freestyle	42b
9a	13-14 200 Individual Medley	10a	43a	13-14 200 Backstroke	44a
9b	15&O 200 Individual Medley	10b	43b	15&O 200 Backstroke	44b
11a	13-14 100 Backstroke	12a	45a	13-14 100 Breaststroke	46a
11b	15&O 100 Backstroke	12b	45b	15&O 100 Breaststroke	46b
13a	13-14 200 Breaststroke	14a	47a	13-14 200 Freestyle	48a
13b	15&O 200 Breaststroke	14b	47b	15&O 200 Freestyle	48b
15a	13-14 100 Freestyle	16a	49a	13-14 100 Butterfly	50a
15b	15&O 100 Freestyle	16b	49b	15&O 100 Butterfly	50b
17a	13-14 200 Butterfly	18a	51a	13-14 50 Backstroke	52a
17b	15&O 200 Butterfly	18b	51b	15 & Over 50 Backstroke	52b
19a	13-14 50 Breaststroke	20a			
19b	15&O 50 Breaststroke	22a			

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WAIVER

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming Inc., the Madison Aquatic Club, Soderholm Family Aquatic Center, and their staffs, for injuries and/or expenses occurred by me/us at the meet, or while on road to and from the meet. I/we are bonafide amateur athletes and eligible to compete in all the events I/we have entered.

Team Name _____ Team Abbreviation _____

Signature of Team Representative _____ Title _____

Entry Chair Name _____

Contact Information

E-mail: _____

Phone: _____

List all coaches attending:

Coaches _____ phone _____ email _____

Coaches _____ phone _____ email _____

Coaches _____ phone _____ email _____

Signature requirement must be waived or your entry risks not being accepted.

Entry Fees

Entry Fee Recap –

Total No. of Individual Events in Meet _____ x \$15.00 = \$ _____

Number of Swimmers Entered in Meet _____ X \$4.00 (W I LSC Splash Fee) = \$ _____

Number of Swimmers Entered in Meet _____ X \$30.00 (Facility Fee) = \$ _____

Total Balance Due = \$ _____

Make checks payable to "Madison Aquatic Club" Check # _____

Mail or hand carry to meet waiver and check.
Mailing address: Madison Aquatic Center, 316 Yard Dr, Verona, WI 53593
Entry file must be emailed to Janis Katz at macentrychair@gmail.com