

2026 MAC A3 Performance November Invitational
November 6-8, 2026
Sanction # USA-WI-MAC-293223

This event is held under the Sanction of USA Swimming and Wisconsin Swimming Inc. and all USA Swimming and WSI rule apply including safety rules, which will be strictly enforced. In granting this sanction it is understood and agreed that USA Swimming, 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: RecPlex Aqua Arena
9900 Terwall Terrace
Pleasant Prairie, WI 53158

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

Meet Director: Shane Ryan, 608-217-7081 email: macentrychair@gmail.com
6614 Jacobs Way, Madison, WI 53711

Officials: Meet Referee – Jeanne Drzewiecki, 414-727-1758 email: jeannedrz23@gmail.com
Administrative Official – Janis Katz, 414-640-2762 email: janis@trainmac.com

Facility: Indoor, 25 yard, 10-Lane, competition pool ranging from 7'0" -7'1" in depth. Lanes are 7'4" wide with 6" Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. CTS Backstroke Start Wedge system may be used. Starting blocks are 29.5". Two courses may be used if dictated by timelines or at the discretion of meet management. Warm up and cool down lanes will be available. The meet host will ensure the required course dimensions.

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 November 6, 2026 shall determine their age group for the meet.

Meet Entry: Entry will be accepted from the following teams that attended last year's November Invite and the additional invited teams (COHO, EBSC, FMC, MSS, WILD, PAC, PX3, RA-IL, RA-WI, SWMKE, WEST, STRM) **beginning on Tuesday, October 13 at 10am CST.** Entries will open for all other teams if space permits **beginning on Tuesday, October 20.** You will receive confirmation that your entries were received and accepted. Once accepted, changes (as space permits) and time updates will be allowed through **Friday, October 30th.**

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

Entry Fees: \$15.00 per individual event
\$20.00 per relay event
\$4.00 WI LSC Splash fee per individual swimmer entered in the meet
\$12.00 Facility Fee per individual swimmer entered in the meet

Mail or hand carry to meet a waiver and check, payable to Madison Aquatic Club.

Entry Limit:

Senior Prelim/Final Session participation is limited to a maximum of 3 individual events and 2 relay. Sunday's Senior Session is limited to a maximum of 3 individual events. 12&Under Timed Final Sessions participants are limited to 4 individual events and 1 relay. Friday session limited to two events subject to the timeline.

Disabled Swimmers: Teams are encouraged to inform Meet Director and Officials of any special needs swimmers prior to the start of warmups. If any accommodation and/or modifications are needed, teams must submit the WSI Para Accommodation Form

Schedule:

Friday PM Timed Finals (12&U, 13&O)	Warm-ups: 4:00-5:00pm, Session Start: 5:05pm
Sat AM Prelim (13&O)	Warm-ups: 7:30-8:30am, Session Start: 8:35am
Sat PM Timed Finals (12&U)	Warm-ups: At the conclusion of AM session
Sat Finals (13&O)	Warm-ups: 4:00-5:00pm, Session Start: 5:05pm
Sun AM Timed Finals (12&U)	Warm-ups: 8:00 – 9:00am, Session Start: 9:05am
Sun PM Timed Finals (13&O)	Warm-ups: At the conclusion of AM session

Format:

The meet will be a combination of prelim/final events and timed final events as listed in the Schedule and Order of Events. Prelims events will be combined ages. Final individual events will be divided into 13-14 and Senior. Senior events are ages 15 and over.

Friday events are all positive check in. Positive check in will close at 4:30pm. All Friday events will be swum fastest to slowest

Finals Format – The top 20 of each gender and age group (13-14 and 15&O) will advance to finals in individual preliminary events with the fastest 10 swimmers in the Championship A finals and the next 10 swimmers in the Consolation B. The top seeded 10 swimmers in the 500 freestyle by age (13-14 and 15&O) and gender and the top 10 seeded relays of each gender will swim in finals.

Check in – All A finalists must check in prior to the start of the B final in the event they are competing.

Sunday PM Session - Will include 50's of each stroke in the survive and advance skins format. Each round (except freestyle) will be swum between heats of the 200 events in the timeline following each 50 skins event. Final heats of all events in this session will be announced.

Skins format –

- Round 1 will include all athletes
- Round 2 will be the Top 6 fastest from Round 1
- Round 3 will be the Top 3 fastest from Round 2

Pre-seeded events (prelims and timed finals) will have no penalty for failing to compete in prelims or timed finals.

Finals events:

- a. A swimmer qualifying for a consolation or championship final will have 30 minutes after the announcement of the preliminary results for that race in which to scratch or declare intent to scratch pending another race.
- b. A swimmer who declares intent to scratch must declare their final intentions within 30 minutes following the announcement of the preliminary results for their last individual preliminary event of the session.
- c. After the scratch deadline, finals qualifiers will be posted with results.
- d. Failure to compete – This meet shall follow the WI Swimming scratch 4.1.3 Scratch Rule. If a swimmer qualifies for a final and does not scratch and fails to compete in the final, the swimmer 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.

Warm-up procedures will be in effect. Circle swimming only, except in designated lanes and times. Feet first entry from the starting end during general warm-ups and cool down periods will be enforced. Warmup assignments will be communicated to participating teams after entries are received. No snorkels, kickboards or other training devices are allowed during warmups. Swimmer(s) without a coach present are to report to the Meet Director prior to warmups for lane assignment.

Breaks may be added/adjusted, heats may be combined, and additional events may be positive check-in at the discretion of meet management.

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 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 or the swimmer's legal guardian to ensure compliance with this requirement.

Deck Entries: The entry fee for deck entries will be \$15.00 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. On-deck registration may be permitted with meet management approval.

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 October 8, 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 October 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.

Coaches: Coaches' Packets will be available in the office. Please be prepared to show your USA Swimming Coach's Card at the time of picking up your packet. Coaches must check in for each session and coach cards must be visible at all times on deck.

Timing: Each team with swimmers in the meet will be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet.

Awards & Scoring: Individual Events: Ribbons 1st – 10th place for ages 12 and under.
Team: 1st Place Team High Point Award for 12&U and 13&O
Scoring Individual Events: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1
Scoring Relay Events: Double Points

Heat Sheets: 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. **NO GLASS OF ANY KIND IS ALLOWED IN THE FACILITY.**
- 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 shall have the authority to remove any swimmer/s from the meet for any violation such as improper behavior, damage to property, etc. Such teams are responsible financially for damage to property. Please make sure your team's area on deck and rest 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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.
- 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 posted on the Wisconsin Swimming website and emailed to participating teams.
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2026 A3 MAC November Invitational

November 6-8, 2026

Order of Events

Session 1: Friday Distance 12&U/ 13&O Timed Finals			Session 4: Saturday Finals 13&O		
Warm-ups 4:00-5:00pm Meet Start 5:05pm			Warm-ups 4:00pm-5:00pm Meet Start 5:05pm		
Girls	Event	Boys	Girls	Event	Boys
1	12 & Under 400 Individual Medley	2	9	13 & Over 200 Medley Relay*	10
3	13 & Over 400 Individual Medley	4	11	13 & Over 200 Freestyle	12
5	12 & Under 500 Freestyle	6	13	13 & Over 100 Butterfly	14
7	13 & Over 1650 Freestyle	8	15	13 & Over 100 Freestyle	16
			17	13 & Over 200 Individual Medley	18
			19	13 & Over 500 Freestyle **	20
			21	13 & Over 100 Backstroke	22
			23	13 & Over 50 Freestyle	24
			25	13 & Over 100 Breaststroke	26
			27	13 & O 200 Freestyle Relay*	28

Session 2: Saturday Senior AM Prelim			Session 5: Sunday AM 12&U Timed Finals		
Warm-ups 7:30-8:30am Meet Start 8:35am			Warm-ups 8:00am-9:00am Meet Start 9:05am		
Girls	Event	Boys	Girls	Event	Boys
9	13 & Over 200 Medley Relay*	10	47	8 & Under 100 Freestyle Relay	48
11	13 & Over 200 Freestyle	12	49	12 & Under 200 Freestyle Relay	50
13	13 & Over 100 Butterfly	14	51	12 & Under 200 Freestyle	52
15	13 & Over 100 Freestyle	16	53	8 & Under 25 Butterfly	54
17	13 & Over 200 Individual Medley	18	55	12 & Under 100 Butterfly	56
19	13 & Over 500 Freestyle **	20	57	12 & Under 50 Breaststroke	58
21	13 & Over 100 Backstroke	22	59	8 & Under 25 Backstroke	60
23	13 & Over 50 Freestyle	24	61	12 & Under 100 Backstroke	62
25	13 & Over 100 Breaststroke	26	63	12 & Under 50 Freestyle	64
27	13 & Over 200 Freestyle Relay*	28	65	12 & Under 100 Individual Medley	66

Session 3: Saturday 12&U PM Timed Final			Session 6: Sunday Senior PM Session 5: Timed Final		
Warm-ups will follow the AM session			Warm-ups will follow the AM session		
Girls	Event	Boys	Girls	Event	Boys
29	8 & Under 100 Medley Relay	30	67	13 & Over 50 Butterfly Skins	68
31	12 & Under 200 Medley Relay	32	69	13 & Over 200 Backstroke	70
33	8 & Under 25 Freestyle	34	71	13 & Over 50 Breaststroke Skins	72
35	12 & Under 100 Freestyle	36	73	13 & Over 200 Butterfly	74
37	12 & Under 50 Butterfly	38	75	13 & Over 50 Backstroke Skins	76
39	8 & Under 25 Breaststroke	40	77	13 & Over 200 Breaststroke	78
41	12 & Under 100 Breaststroke	42	79	13 & Over 50 Freestyle Skins	80
43	12 & Under 50 Backstroke	44			
45	12 & Under 200 Individual Medley	46			

*Top 10 seeded relays swim in finals of each gender

** Top 10 seeded 13-14 and 15&O age swimmers of each gender swim in finals

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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, the Pleasant Prairie RecPlex, 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 = \$ _____

Total No. of Relay Events _____ x \$20.00 = \$ _____

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

Number of Swimmers Entered in Meet _____ X \$12.00 (Athlete Surcharge) = \$ _____

Total Balance Due = \$ _____

Make checks payable to "Madison Aquatic Club"

Check # _____

Mail or hand carry to meet waiver and check.

Mailing address: MAC - Janis Katz, 316 Yard Dr, Verona, WI 53593

Entry file must be emailed to Janis Katz at macentrychair@gmail.com



11/6/2026 - 11/8/2026

Host Club: Madison Aquatic Club

Sanction: Held under the sanction of USA Swimming. Sanctioned - Invitational - USA-WI-MAC-293223. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

USA Swimming Rules and Regulations will govern the conduct of this meet and will serve as the official guide for technical and procedural rules, except where otherwise noted.

Meet Referee: Gregory Thain, greg.thain@gmail.com

Admin Official: Janis Katz, janis@trainmac.com

Meet Director: Shane Ryan, coachshaneryan@gmail.com

Meet Contact: Janis Katz, janis@trainmac.com

Meet Software: Hy-Tek Meet Manager

USA Swimming Membership Requirements: All competition entrants must be active registered members in good standing 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 this meet must be coach members of USA Swimming. All participating coaches and officials are required to show proof of current USA Swimming membership in good standing for the membership category in which they are participating. All coaches and officials are required to sign in with the Clerk of Course and/or all coaches and officials must be prepared to show their USA Swimming membership at any time to the Meet Director and/or Meet Referee.

On-deck registration is allowed at this competition.

Coach Supervision: All athletes participating in this meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warmdown. Arrangements for such supervision must be made prior to the meet and are the responsibility of the athlete.

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.

Participant Protection Policies: 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.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cellphone, is not permitted in changing areas, restrooms or locker rooms.

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.

Medical Services: First aid is located at the Lifeguard station. Injuries must be reported to the Lifeguard and to the Meet Director