

## Lakeview Aquatic Club Speedster Quad Meet

Hosted By: Lakeview Aquatic Club

January 23, 2016

<b>Sanction:</b>	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI1516051. In granting this sanction 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. MS rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
<b>Location:</b>	Battle Creek Lakeview High School 15060 Helmer Road Battle Creek, MI 49015
<b>Times:</b>	Saturday Warm Up Starts 8:00 am Events Begin: 9:00 am
<b>Motels:</b>	N/A
<b>Facilities:</b>	The Lakeview High School Pool is a 8 lane pool with a 3 lane supervised warm-up and cool-down area separated by a bulkhead. Depth at start is 7 ft and 8 ft to 12.5 ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics timing with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available. The competition course has not been certified in accordance with 104.2.2C (4)
<b>Eligibility:</b>	LAC Speedster Quad Meet is for those swimmers registered with invited clubs. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 23, 2016 will determine his/her eligibility for a particular age group.
<b>Deck Registration:</b>	Unregistered swimmers must register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$140.00 per swimmer for 2015-16 registration).
<b>Meet Format:</b>	The Lakeview Aquatic Club Speedster Quad Meet is a timed final meet.

<b>Entry Limits:</b>	Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming Four (4) hour per session maximum time limit is met. As set forth in entry procedures below, (A) a hard copy of your club's entry summary sheet, (B) a hard copy of your club's signed release/waiver agreement (C) your club's certification of entered athletes and (D) your club's entry and entry fees must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
<b>Swimmers Without A Coach:</b>	Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member 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.
<b>Individual Entry Limits:</b>	Swimmers should swim minimum of two events, but no more than a maximum of four individual and one relay events.
<b>Electronic Entries:</b>	\$9 per swimmer. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: <b><i>Lakeview Aquatic Club</i></b>
<b>Paper Entries:</b>	MS rules regarding non-electronic entries apply. \$10 per individual event and \$10 for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay event paid if the entry is not submitted in HyTek format. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies to paper entries. Paper entries may be submitted to the Administrative Official on a spreadsheet of your choice however the paper entry <i>must</i> be logically formatted and must contain all pertinent information to allow the entry chair to easily enter the swimmer(s) in the correct events with correct seed times.

<p><b>Entry Procedures:</b></p>	<p>Entries may be submitted to the entry chairperson as of <b>December 28, 2015 at 8:00 am</b>. The entry chairperson must receive all entries no later than <b>January 14, 2016</b>. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. All individual entries should be submitted via electronic mail to the entry chairperson at <a href="mailto:peris4swim@yahoo.com">peris4swim@yahoo.com</a>.</p> <p>All entries will be processed in order by email date code or mail date code. Any entries submitted will be considered provisional until such time as the entry chairperson has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement (c) your clubs signed certification of entered athletes and (d) your club's entry fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim in the meet.</p>
<p><b>Refunds:</b></p>	<p>Once a team or individual entry has been received and processed by the entry chair there are no refunds in full or in part unless the "over qualification exception" applies (see MS Rules).</p>
<p><b>Entries:</b></p>	<p>Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:</p> <p style="text-align: center;">Julie Youngquist 163 Lakeshire Road Battle Creek, MI. 49015</p> <p>Entries only: Betty Peristeridis <a href="mailto:peris4swim@yahoo.com">peris4swim@yahoo.com</a> (269)760-3996</p>
<p><b>Check In:</b></p>	<p>Check In will be available as of 8:30 am. Check in is mandatory for all events and is required by the time set forth in this meet announcement. Failure to check in will cause the swimmer to be scratched from all events in that session. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted in front of locker rooms.</p>
<p><b>Scratch Rules:</b></p>	<p><u>Prior</u> to check in close a swimmer may scratch events at the Clerk of Course .<u>After</u> check in closes, you must see the Meet Referee to scratch an event.</p>
<p><b>Marshaling:</b></p>	<p>This meet will be self-marshaled</p>

<b>Seeding:</b>	Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest.
<b>Deck Entries/ Time Trials:</b>	Deck entries are offered for swimmers who are not entered in the meet. The fees will be \$7.50 per event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge. For deck entries, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal, the Club Portal is located on the USA Swimming website. The athlete may also enter by showing their membership from USA Swimming's DECK PASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the card or list or the swimmer may compete unattached (UN) if they request to do so.
<b>Meet Programs/ Admissions:</b>	Admission fees will be \$2.00 per individual. Heat sheets will be provided and sold for an additional \$1.00 fee. One heat sheet will be posted in the spectator area
<b>Scoring:</b>	No team scoring will be kept for this meet
<b>Awards:</b>	Ribbons will be awarded for the top 16 individual finishers, per gender, in each event. Relays awards will be awarded to the top 8 finishers per event age group and gender.
<b>Results:</b>	Complete meet results will be posted on the Michigan Swimming Website at <a href="http://www.miswim.org/">http://www.miswim.org/</a> . Results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.
<b>Concessions:</b>	Food and beverages will be available in the balcony of the spectator area. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. A hospitality area will be available for coaches and officials.
<b>Lost and Found:</b>	Articles may be turned in/picked up at the pool office. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).
<b>Swimming Safety:</b>	Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. [The same rules will apply with respect to the warm-down pool and diving well]. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet.

<p><b>Deck Personnel /Locker Rooms /Credentialing:</b></p>	<p>Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or the Meet Referee. The General Chair of MS and the Program Operations Vice-Chair of MS are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability.</p> <p>Lists of registered coaches, certified officials and meet personnel will be placed outside the door to the locker rooms. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team <b>Lakeview Aquatic Club</b> as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at the conclusion of working each day and be reissued a credential daily.</p> <p>All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.</p>
<p><b>Swimmers with Disabilities:</b></p>	<p>All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please indicate them on the entry form and with the Clerk of Course and/or the Meet Referee during warm ups.</p>
<p><b>General Info:</b></p>	<p>Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.</p>
<p><b>First Aid:</b></p>	<p>Supplies will be kept in the pool office</p>

<b>Facility Items:</b>	<p>(A) No smoking is allowed in the building or on the grounds of Lakeview High School.</p> <p>(B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.</p> <p>(C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.</p> <p>(D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review and inspection at the Lakeview High School.</p> <p>(E) To comply with USA Swimming privacy and security policy, <u>the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</u></p> <p>(F) 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.</p>
<b>Meet Director:</b>	<p>Andy Fredenburg  <a href="mailto:coachfredenburg@yahoo.com">coachfredenburg@yahoo.com</a>  (269) 579-1208</p>
<b>Meet Referee:</b>	<p>Scott Appleyard  <a href="mailto:scott.appleyard@asmnet.com">scott.appleyard@asmnet.com</a></p>
<b>Safety Marshal:</b>	<p>Nate Belson</p>
<b>Administrative Official:</b>	<p>Betty Peristeridis <a href="mailto:peris4swim@yahoo.com">peris4swim@yahoo.com</a> (269)760-3996</p>

## Sanction Number MI1516051

1. Girls 8 & Under 100 IM	2. Boys 8 and Under 100 IM
3. Girls 10 & Under 100 IM	4. Boys 10 and Under 100 IM
5. Girls 11 & 12 100 IM	6. Boys 11 & 12 100 IM
7. Girls Open 200 IM	8. Boys Open 200 IM
9. Girls 8 & Under 25 freestyle	10. Boys 8 and Under 25 freestyle
11. Girls 10 & Under 50 freestyle	12. Boys 10 and Under 50 freestyle
13. Girls 11 & 12 50 freestyle	14. Boys 11 & 12 50 freestyle
15. Girls Open 100 freestyle	16. Boys Open 100 freestyle
17. Girls 8 & Under 25 fly	18. Boys 8 and Under 25 fly
19. Girls 10 & Under 50 fly	20. Boys 10 and Under 50 fly
21. Girls 11 & 12 50 fly	22. Boys 11 & 12 50 fly
23. Girls Open 100 fly	24. Boys Open 100 fly
25. Girls 8 & Under 25 back	26. Boys 8 and Under 25 back
27. Girls 10 & Under 50 back	28. Boys 10 and Under 50 back
29. Girls 11 & 12 50 back	30. Boys 11 & 12 50 back
31. Girls Open 100 back	32. Boys Open 100 back
33. Girls 8 & Under 25 breast	34. Boys 8 and Under 25 breast
35. Girls 10 & Under 50 breast	36. Boys 10 and Under 50 breast
37. Girls 11 & 12 50 breast	38. Boys 11 & 12 50 breast
39. Girls Open 100 breast	40. Boys Open 100 breast
41. 8 & under mixed 100 freestyle relay	42. Girls 10 & under 200 freestyle relay
43. Boys 10 & under 200 freestyle relay	44. Girls 11 & 12 200 freestyle relay
45. Boys 11 & 12 200 freestyle relay	46. Girls Open 200 freestyle relay
47. Boys Open 200 freestyle relay	







**Meet Evaluation Form**  
**Sanction Number: MI1516051**

**Name of Meet: LAC Speedster Quad Meet**

**Date of Meet: January 23, 2016**

**Host of Meet: Lakeview Aquatics Club (LAC)**

**Place of Meet: Battle Creek Lakeview High School**

Who do you represent (circle)?      Host Club                  Visiting Club                  Unattached  
Describe yourself (circle)      Athlete      Coach      Official      Meet Worker      Spectator

**Please rate the overall quality of this meet:**

(Please write any compliments or suggestions below or on the reverse side)

	Low			High	
1. Swimming pool (e.g., water quality, ventilation)	1	2	3	4	5
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
6. Officiating	1	2	3	4	5
7. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. Other (please specify):	1	2	3	4	5

**Return this completed evaluation to a representative of the Meet Host. Thank you.**

**Meet Host: Copy all of these submitted Meet Evaluations to the current Program Operations Vice-Chair and the Michigan Swimming Office within 30 days.**