



Integrity, Inclusion, Education, Excellence

49th DRD Annual Freeze or Fry Mix'em Up

Hosted By: Dearborn Dolphins

June 14th, 2019 – June 16th, 2019

Sanction - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a **timed final** meet on behalf of USA Swimming (USA-S), Sanction Number **MI1819116**. 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 is fully set forth in these meet rules.

Location – Jack Dunworth Memorial Pool, 801 North Denwood, Dearborn MI, 48124

Times – See meet format

Motels – User your favorite booking website.

Facilities – Jack Dunworth Memorial Pool, is a **9 lane** pool **with a supervised warm-up and warm down area available**. Depth at the start is 5 feet and 4 feet at the turn. Permanent starting blocks and non-turbulent lane markers will be used. **Colorado Timing** with a 3 lane display will be used. There is ample seating for spectators. Lockers are available (provide you own lock). Public phones **will not** be available. The competition course has **not** been certified in accordance with 104.2.2C (4)

Eligibility – 49th DRD Annual Freeze or Fry Mix'em Up is for those swimmers with A/B/C times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on **June 14th, 2019** will determine his/her eligibility for a particular age group.

Deck Registration - 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 (\$156.00 per swimmer for 2018-19 registration).

Meet Format –

Session	Day	Age Group	Warm-Up	Check-In Closes	Start Time
1	Friday PM 1500 Free	All	3:00 for 1500 Free	3:15	4:00
1	Friday PM All other events	All	15 min after finish of the 1500	15 min after warm- up begins	Not before 5:15
2	Saturday	12 & Under	7:30am	7:45am	8:30am
3	Saturday	Open	12:30pm	12:45pm	1:30pm
4	Sunday	12 & Under	7:30am	8:45am	8:30am
5	Sunday	Open	12:30pm	12:45pm	1:30pm

Entry Limits - Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the Administrative Official 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.

Swimmers Without A Coach - 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.

Individual Entry Limits - Swimmers may enter a maximum of **Three (3) individual events Friday and one (1) relay** and **Four (4) individual events and one (1) relay Saturday and Sunday.**

Electronic Entries - **\$5.00** per individual event and **\$12.00** for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **Dearborn Dolphins.**

Paper Entries - MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** 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 Hy-Tek 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 must be logically formatted and must contain all pertinent information to allow the Administrative Official to easily enter the swimmer(s) in the correct events with correct seed times.

Entry Procedures - Entries may be submitted to the Administrative Official as of **May 17th, 2019 at noon**, The Administrative Official must receive all entries no later than **June 7th, 2019 at midnight**. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the Administrative Official at **drdentries@gmail.com**. 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 Administrative Official 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. The complete **DRD's Freeze or Fry Mix'em Up** entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

Refunds - Once a team or individual entry has been received and processed by the Administrative Official there are no refunds in full or in part unless the "over qualification exception" applies (see MS Rules).

Entries - 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:

Dearborn Dolphins

P.O. Box 2134

(313) 399-8289

drdentries@gmail.com

Check In - Check in will be required. It will be available **30 minutes before the start of warm-up**. 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 **on the table at the North end of the pool**.

Scratch Rules - Prior to check in close a swimmer may scratch events at the Clerk of Course or at the announcers table. After check in closes, you must see the Meet Referee to scratch an event.

Marshaling - This will be a self-marshalled meet.

Seeding - All events are mixed timed finals and will be seeded slowest to fastest other than the 1500, 400 IM, and 800 Free Relay, which will be seeded fastest to slowest. Relay composition may be mixed (two (2) male and two (2) female athletes or single gender.)

Deck Entries - Deck entries (\$7.50 for individual events and \$15.00 for relays) will be offered if time allows. **NO Time Trials will be offered**. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in the meet. 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.

Meet Programs/Admissions - Admissions \$5.00 per day for persons over age 12. Children 12 & Under Free with paying adult. Heat Sheets will be available for purchase for \$2.00 after scratch down.

Scoring - No individual or team scoring that will be kept.

Awards - Individual Awards for A/B/C Times. Ribbons for 1st thru 8th Place 12 & Under Sessions Only. Relays 1st thru 6th Place 12 & Under Sessions Only.

The awards for the 12 & Under sessions will be broken into the following age groups:

8 & Under, 9-10, and 11-12.

Age groups will be divided by gender as well.

Results - Complete Official meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/>. Unofficial results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.

Concessions - Food and beverages will be available in available at the entrance to the pool deck. 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.

Lost and Found - Articles may be turned in/picked up at the awards table. 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).

Swimming Safety - 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.

Deck Personnel/Locker Rooms/Credentialing - 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, Program Operations Vice-Chair of MS, Officials Chairs of MS, and the Michigan Swimming Office staff 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.

Lists of registered coaches, certified officials and meet personnel will be placed outside the entrance to the pool deck. 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 logo, name 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.

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.

Swimmers with Disabilities - 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.

General Info - 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.

First Aid - Supplies will be kept in **head guard office and life guards on duty.**

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of **Jack Dunworth Memorial Pool.**
- (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- (C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
- (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 **Jack Dunworth Memorial Pool**.

- (E) To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- (F) Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is **prohibited**.
- (G) 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.

Meet Director - Leslie Riehl / (313) 333-2427 /
leslie.a.riehl@gmail.com

Meet Referee - Jeff Wilkins / (313) 574-3638 /
jeffrey.wilkins@comcast.net

Safety Marshal - John Mihalik / (313) 378-9896 /
mihjmsk84@yahoo.com

Administrative Official - Alyssa De Leon / (313) 399-8289 /
drdentries@gmail.com

Friday PM

Warm-Up: 3:00 for 1500

**Warm-Up: All other events 15 minutes after completion of 1500 Free
(See Meet Format)**

Sanction Number: MI1819116

Event	Age Group	Event #
Mixed 1500 Free	Open	1
Mixed 100 Free	12 & Under	2
Mixed 100 Free	Open	3
Mixed 200 IM	12 & Under	4
Mixed 400 IM	Open	5
Mixed 800 Free Relay	Open	6

Saturday AM

Warm-Up: 7:30am

Start: 8:30am

Sanction Number: MI1819116

Event	Age Group	Event #
Mixed 50 Back	12 & Under	7
Mixed 100 Breast	12 & Under	8
Mixed 100 Fly	12 & Under	9
Mixed 50 Free	12 & Under	10
Mixed 400 Med Rel	12 & Under	11

Saturday PM

Warm-Up: 12:30pm

Start: 1:30pm

Sanction Number: MI1819116

Event	Age Group	Event #
Mixed 200 IM	Open	12
Mixed 200 Free	Open	13
Mixed 100 Fly	Open	14
Mixed 100 Breast	Open	15
Mixed 200 Back	Open	16
Mixed 400 Med Relay	Open	17

Sunday AM

Warm-Up: 7:30am

Start: 8:30am

Sanction Number: MI1819116

Event	Age Group	Event #
Mixed 50 Breast	12 & Under	18
Mixed 100 Back	12 & Under	19
Mixed 50 Fly	12 & Under	20
Mixed 200 Free	12 & Under	21
Mixed 200 Free Relay	12 & Under	22

Sunday PM

Warm-Up: 12:30pm

Start: 1:30pm

Sanction Number: MI1819116

Event	Age Group	Event #
Mixed 400 Free	Open	23
Mixed 200 Breast	Open	24
Mixed 200 Fly	Open	25
Mixed 100 Back	Open	26
Mixed 50 Free	Open	27
Mixed 400 Free Relay	Open	28

Meet Evaluation Form

Sanction Number: MI1819116

Name of Meet: 49th DRD Annual Freeze or Fry Mix'em Up

Date of Meet: June 14th, 2019 – June 16th, 2019

Host of Meet: Dearborn Dolphins

Place of Meet: Jack Dunworth Memorial Pool

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 comments 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 (Shawn Kornoelje) and the Michigan Swimming Office (Dawn Gurley) within 30 days.