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**Integrity, Inclusion, Education, Excellence**

**Polar Plunge ABC**

**Hosted By: LCSC**

**January 31st, 2020– February 2nd, 2020**

**Sanction** - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a **timed final** meet on behalf of USA Swimming (USA-S), Sanction Number **MI1920060.** 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 -** Livonia Recreation Center 15100 Hubbard Livonia, MI 48154

Please park in the parking lot just East of the Rec Center, South of 5 mile. See the map at the end of the meet packet for reference.

**Times –** See meet format

**Motels –** Use your favorite Hotel booking website

**Facilities – Livonia Community Recreation Center (LCRC) Pool** is a(n) **8** lane pool **with a supervised warm-up and warm down area available**. Depth at start is 12ft and 7ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. **Colorado timing system with a(n) 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)

**Eligibility – Polar Plunge ABC** is for those swimmers **with ABC times.** All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on **January 31st, 2020** 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 ($160.00 per swimmer for 2019-20 registration).

**Meet Format –**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Session** | **Day** | **Warm-up Time** | **Check-in Closes** | **Meet Start time** | **Age Groups** |
| 1 | Friday | 5:00 pm | 5:15 pm | 6:00 pm | All age groups |
| 2 | Saturday AM | 7:30 am | 7:45 am | 8:30 am | Girls 11-12  All 13 & over swimmers |
| 2 | Saturday PM | 12:30 pm | 12:45 pm | 1:30 pm | Boys 11-12  All 10 & Under swimmers |
| 3 | Sunday AM | 7:30 am | 7:45 am | 8:30 am | Girls 11-12  All 13 & over swimmers |
| 3 | Sunday PM | 12:30 pm | 12:45 pm | 1:30 pm | Boys 11-12  All 10 & Under swimmers |

**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 -** A swimmer may enter a maximum of 2 individual events Friday evening and 5 individual events Saturday and 5 individual events Sunday.

**Electronic Entries - $5.00** per individual event and **$15.00 for the 1650 free entry**. Please include a $1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **Livonia Community Swim Club**.

**Paper Entries -** MS rules regarding non-electronic entries apply. **$6.00** per individual event which reflects a $1.00 additional charge per 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 **January 3rd, 2020 @ 8am.** The Administrative Official must receive all entries no later than **January 27th, 2020 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 **lcscentries@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 **Polar Plunge ABC** 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:

LCSC PO Box 510566 Livonia, MI 48151

Administrative Official: [lcscentries@gmail.com](mailto:lcscentries@gmail.com)

Phone: 313-399-8289 (no calls after 9pm)

**Check In -** Check in will be required. It will be available **30 minutes before the start of warm-up**. It will be required by the time set forth in this meet announcement. Failure to check in, it 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 at the **desk between the female and male locker rooms down the hall from the rock-climbing wall.**

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

**Marshaling -** This is a self-marshaled meet

**Seeding -** 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 other than distance events, 500 Free and 1650 free, which will be seeded fastest to slowest.

**Deck Entries/Time Trials - Deck entries ($7.00 for an individual event) will be offered at the discretion of the Meet Referee if time allows. Deck entries will not be taken for Sunday PM session. Time trials will not 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, date of birth and club affiliation should then be provided to meet administrative staff.

**Meet Programs/Admissions -** Heat Sheet: $2 Friday admission: $5 per person. (12 & under free) Sat & Sun admissions: $5 per person. (12 & under free)

**Scoring -** No individual or team scoring will be kept

**Awards –** Individual Awards: A, B, C Times Ribbons for 1st thru 8th place for 12 & U Events.

With awards being broken by the following age groups: 8 & Under, 9-10 and 11-12

**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 **east side of the pool with the view of the window**.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 **hallway near the entrance to the girl’s locker room (by the Rec Center’s equipment desk)**.Articles not picked up by the end of the meet will be will be retained by the Livonia Recreation Center in their lost and found closet which is behind the equipment desk.

**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 **hallway** to the **locker rooms/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 **pool office (coaches/officials hospitality room on deck).**

**Facility Items –**

(A) No smoking is allowed in the building or on the grounds of **Livonia Community Recreation Center*.***

(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 **Livonia Community Recreation Center**.

(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.

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| **Meet Director -** Krista Dessin  Email: dessinlcscswim@gmail.com  Phone: (734) 277-7357 (a current member of USA Swimming)  **Meet Referee -** Jeff Wilkins  Email: [Jeffrey.Wilkins@comcast.net](mailto:Jeffrey.Wilkins@comcast.net)  Phone: (313) 574-3638  **Safety Marshal –** Elberta Dziobak  **Administrative Official -** Alyssa De Leon  Email: [lcscentries@gmail.com](mailto:lcscentries@gmail.com)  Phone: (313)399-8289 |

**Event List**

**Sanction Number: MI1920060**

|  |  |
| --- | --- |
| **Event Number** |  |
| 1 | Open Mixed 1650 free |
| 2 | 13 & Over Mixed 500 free |
| 3 | 12 & Under Mixed 500 free |

**Friday PM Session**

**Saturday AM Session**

|  |  |
| --- | --- |
| **Event Number** |  |
| 4 | 13 & Over Mixed 200 IM |
| 5 | Girls 11-12 200 IM |
| 6 | 13 & Over Mixed 50 breast |
| 7 | Girls 11-12 50 breast |
| 8 | 13 & Over Mixed 100 fly |
| 9 | Girls 11-12 100 Fly |
| 10 | 13 & Over Mixed 200 breast |
| 11 | Girls 11-12 200 breast |
| 12 | 13 & Over Mixed 50 back |
| 13 | Girls 11-12 50 back |
| 14 | 13 & Over Mixed 100 free |
| 15 | Girls 11-12 100 free |
| 16 | 13 & Over Mixed 200 back |
| 17 | Girls 11-12 200 back |

**Saturday PM Session**

|  |  |
| --- | --- |
| **Event Number** |  |
| 18 | Boys 11-12 200 IM |
| 19 | 10 & U Mixed 200 IM |
| 20 | 10 & U Mixed 25 fly |
| 21 | Boys 11-12 50 breast |
| 22 | 10 & U Mixed 50 breast |
| 23 | Boys 11-12 100 free |
| 24 | 10 & U Mixed 100 free |
| 25 | 10 & U Mixed 25 back |
| 26 | Boys 11-12 50 free |
| 27 | 10 & U Mixed 50 free |
| 28 | Boys 11 -12 100 back |
| 29 | 10 & U Mixed 100 back |
| 30 | Boys 11-12 50 fly |
| 31 | 10 & U Mixed 50 fly |

**Sunday AM Session**

|  |  |
| --- | --- |
| **Event Number** |  |
| 32 | 13 & Over Mixed 100 IM |
| 33 | Girls 11-12 100 IM |
| 34 | 13 & Over Mixed 50 fly |
| 35 | Girls 11-12 50 fly |
| 36 | 13 & Over Mixed 100 back |
| 37 | Girls 11-12 100 back |
| 38 | 13 & Over Mixed 200 fly |
| 39 | Girls 11-12 200 fly |
| 40 | 13 & Over Mixed 50 free |
| 41 | Girls 11-12 50 free |
| 42 | 13 & Over Mixed 100 breast |
| 43 | Girls 11-12 100 breast |
| 44 | 13 & Over Mixed 200 free |
| 45 | Girls 11-12 200 free |

**Sunday PM Session**

|  |  |
| --- | --- |
| **Event Number** |  |
| 46 | Boys 11-12 100 IM |
| 47 | 10 & U Mixed 100 IM |
| 48 | 10 & U Mixed 25 breast |
| 49 | Boys 11-12 50 back |
| 50 | 10 & U Mixed 50 back |
| 51 | Boys 11-12 100 fly |
| 52 | 10 & U Mixed 100 fly |
| 53 | 10 & U Mixed 25 free |
| 54 | Boys 11-12 100 breast |
| 55 | 10 & U Mixed 100 breast |
| 56 | Boys 11-12 200 free |
| 57 | 10 & U Mixed 200 free |

**CERTIFICATION OF REGISTRATION STATUS OF ALL ENTERED ATHLETES**

**RELEASE AND WAIVER**

**Polar Plunge ABC**

**Sanction Number: MI1920060**

Enclosed is a total of $\_\_\_\_\_\_\_\_\_\_ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims againstLCSC, Livonia Community Recreation Center, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to this swim meet.

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

Michigan Swimming Clubs must register and pay for the registration of all athletes that are contained in the electronic TM Entry File or any paper entries that are submitted to the Meet Host with the Office of Michigan Swimming **prior to submitting the meet entry to the meet host**. Clubs from other LSCs must register and pay for the registration of their athletes with their respective LSC Membership Coordinator.

A penalty fee of $100.00 per unregistered athlete will be levied against any Club found to have **entered** an athlete in a meet without first registering the athlete and paying for that registration with the Office of Michigan Swimming or their respective LSC Membership Coordinator.

Submitting a meet entry without the athlete being registered and that registration paid for beforehand may also subject the Club to appropriate Board of Review sanctions.

The authority for these actions is: UNITED STATES SWIMMING RULES AND REGULATIONS 302.4 FALSE REGISTRATION – A host LSC may impose a fine of up to $100.00 per event against a member Coach or a member Club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed Club is not properly registered. The host LSC will be entitled to any fines imposed.

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I certify that **all** athletes submitted **with this meet entry** are currently registered members of USA Swimming and that I am authorized by my Club to make this representation in my listed capacity.

|  |  |
| --- | --- |
| Signature: | Position: |
| Street Address: | City, State Zip: |
| Club Email: | Phone: |
| Coach Name: | Club Name: |
| Coach Email: | Club Code: |

**Meet Evaluation Form**

**Sanction Number: MI1920060**

**Name of Meet: Polar Plunge ABC**

**Date of Meet: January 31st, 2020 – February 2nd, 2020**

**Host of Meet: LCSC**

**Place of Meet: Livonia Community Recreation Center**

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

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3. Swimmer facilities (e.g., locker rooms, rest areas): 1 2 3 4 5

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4. Spectator facilities (e.g., seating, rest rooms): 1 2 3 4 5

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5. Meet services (e.g., concessions, admissions, programs): 1 2 3 4 5

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6. Officiating 1 2 3 4 5

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7. Awards and award presentations: 1 2 3 4 5

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8. Safety provisions: 1 2 3 4 5

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9. Overall success of the meet: 1 2 3 4 5

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10. Other (please specify): 1 2 3 4 5

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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 (programopsvicechair@miswim.org) and the Michigan Swimming Office (office@miswim.org) within 30 days.