

**2014 Cruisin' Into Summer AB Meet**  
**Hosted By: Plymouth Canton Cruisers (PCC)**  
**May 16-18, 2014**

<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 <b>MI1314086</b> . 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>	<p>Eastern Michigan University  Olds-Robb Student Recreation Building  100 Olds/Robb  Ypsilanti, Michigan 48197  (734) 487-1338</p> <p>Directions: <a href="http://www.emich.edu/recim/directions.htm">http://www.emich.edu/recim/directions.htm</a></p> <p><b>**** NOTE: NO PARENTS ARE PERMITTED TO ENTER THE LOCKER ROOMS. ONLY ATHLETES, COACHES AND OFFICIALS ARE PERMITTED TO ENTER THE LOCKER ROOMS. PARENTS WHO VIOLATE THIS RULE MAY BE EJECTED FROM THE MEET, AT THE DISCRETION OF THE MEET REFEREE AND MEET DIRECTOR ****</b></p>																				
<b>Times:</b>	<table border="1"> <thead> <tr> <th>Session</th> <th>Warm-Up/Check-in Closes</th> <th>First Event</th> </tr> </thead> <tbody> <tr> <td>Fri Evening</td> <td>4:30pm / 4:45pm</td> <td>5:30pm</td> </tr> <tr> <td>Sat Morning</td> <td>7:30am / 7:45am</td> <td>8:30am</td> </tr> <tr> <td>Sat Afternoon</td> <td>12:30pm / 12:45pm</td> <td>1:30pm</td> </tr> <tr> <td>Sat Evening</td> <td>4:30pm / 4:45pm</td> <td>Not before 5:30 pm</td> </tr> <tr> <td>Sun Morning</td> <td>7:30am / 7:45am</td> <td>8:30am</td> </tr> </tbody> </table>	Session	Warm-Up/Check-in Closes	First Event	Fri Evening	4:30pm / 4:45pm	5:30pm	Sat Morning	7:30am / 7:45am	8:30am	Sat Afternoon	12:30pm / 12:45pm	1:30pm	Sat Evening	4:30pm / 4:45pm	Not before 5:30 pm	Sun Morning	7:30am / 7:45am	8:30am		
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<b>Motels:</b>	Please consult your favorite travel website.																				
<b>Facilities:</b>	The Michael Jones pool in the Olds-Robb Student Recreation is a 10 lane 50 meter pool. Depth at start is 12'0" and 4'0"at turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics timing with a 10 lane display will be used. A separate warm-up pool is available at the facility. 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>	Cruisin' Into Summer is for those swimmers "B" times or faster. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on May 16, 2014, will determine his/her eligibility for a particular age group.
<b>Deck Registration:</b>	Unregistered swimmers <i>must</i> register on deck at this meet <i>by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$124.00 per swimmer for 2013-14 registration).</i>
<b>Meet Format:</b>	<p>Cruisin' Into Summer is a timed finals competition for athletes who have achieved the posted qualifying times for their events.</p> <p>Athletes may earn special awards by racing in a set series of events over the course of the meet. Please see "Scoring" for details.</p> <p>Minimum standards are USA Swimming "B" Time Standards for 10 &amp; Under, 11-12, 13-14 &amp; 15 &amp; Older age groups in most events.</p> <p>For events 37, 38, 41-48 listed with "10-12" or "10 &amp; Older" age groups, 10 year old athletes must meet the 11-12 "B" standard to enter.</p> <p>The Open 800 Freestyle, events 39-40, will use the 13-14 "B" standard as the event qualifying time.</p>
<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 may enter and swim a maximum of three (3) events on Friday, five (5) events on Saturday and four (4) events on Sunday for a maximum of twelve (12) events for the entire meet.
<b>Electronic Entries:</b>	\$5 per individual event. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: <b><i>Plymouth Canton Cruisers.</i></b>
<b>Paper Entries:</b>	MS rules regarding non-electronic entries apply. \$6 per individual event. There is a \$1.00 additional charge per individual event and \$1.00 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 entry chair 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.
<b>Entry Procedures:</b>	Entries may be submitted to the entry chairperson as of <b><i>April 25, 2014 at 8:00am.</i></b> The entry chairperson must receive all entries no later than 8:00 am May 1 <sup>st</sup> . 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 ( <a href="http://www.miswim.org/">http://www.miswim.org/</a> ). All individual entries should be submitted via electronic mail to the entry chairperson at <a href="mailto:SwimEntriesLL@yahoo.com">SwimEntriesLL@yahoo.com</a> . 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. The complete <b><i>Cruisin' Into Summer</i></b> entry packet with entry forms is available on the Michigan Swimming Website at <a href="http://www.miswim.org/">http://www.miswim.org/</a>
<b>Refunds:</b>	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).
<b>Entry Chair:</b>	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 style="text-align: center;"><b>Lisa Lambert</b>  <b>2378 SunnyRidge Drive</b>  <b>Pinckney, MI 48169</b>  <a href="mailto:SwimEntriesLL@yahoo.com">SwimEntriesLL@yahoo.com</a>  <b>734-945-4832</b> (<i>Calls before 10m please</i>)</p>
<b>Check In:</b>	<p>Check In will be available at least 15 minutes prior to the start of Warm-Up. 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 <b>all</b> events in that session. <b>Check in will close 15 minutes after the start of warm up for each session.</b> Check in sheets will be posted in the hallway near the entrance to the locker rooms.</p>
<b>Scratch Rules:</b>	<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>
<b>Marshaling:</b>	<p>This is a self-marshaled meet. Heat sheets will be posted in well-trafficked areas around the pool deck.</p>
<b>Seeding:</b>	<p>Seeding will be done after positive check-in closes. Swimmers who fail to check in for an event will be scratched from that event.</p> <p>All events are timed finals and will be seeded slowest to fastest except for Saturday evening 10-12 400m IM (#37-38) and Open 800m Freestyle (#39-40) which will be seeded fastest to slowest. The Open 800m freestyles (#39-40) will also alternate heats by gender, girls followed by boys.</p> <p>The Meet Referee reserves the right to combine genders and/or same stroke/distance events in order to reduce the number of heats.</p>
<b>Deck Entries / Time Trials:</b>	<p>Deck entries may be accepted if time and space permit, and at the sole discretion of the Meet Referee and Meet Director. Deck entries are \$7.00 per individual event. Deck entries are subject to Michigan Swimming \$1.00 general surcharge if athlete is not already entered in the meet.</p> <p>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.</p> <p>Time Trials may be offered at the discretion of the Meet Referee. If offered, Time Trials will be \$7.</p>

<b>Meet Programs / Admissions:</b>	Admission costs \$4.00 per person per day for individuals over the age of 12. There is no admission charge for children age 12 and under. Heat Sheets will be available for purchase (\$2) shortly after the beginning of the events.
<b>Scoring:</b>	<p>No team scores will be kept.</p> <p>The Top 8 athletes, regardless of age and gender, who score the highest in the categories listed below will be awarded. USA Swimming Single Age Power Points will be used for scoring calculations. Athletes must swim in all events listed for each special award to be considered for that award.</p> <p><u>Distance Champ</u> (400m Free, 400m IM &amp; 800m Freestyles)  <u>Freestyle Champ</u> (50m, 100m, 200m &amp; 400m Freestyles)  <u>100m Champ</u> (100m Butterfly, Backstroke, Breaststroke &amp; Freestyle)  <u>200m Champ</u> (200m Butterfly, Backstroke, Breaststroke, Freestyle &amp; IM)</p>
<b>Awards:</b>	<p>Ribbons will be only be awarded in "12 &amp; Under" events. The top 8 swimmers in both the A and B divisions will be awarded.</p> <p>Special awards will be distributed to top 8 finishers of the Distance, Freestyle, 100m and 200m Champ competitions (see Scoring for details).</p> <p>All awards will be given to coaches at the end of the Sunday session. Unattached swimmers may pick up their awards at the Awards Table after the completion of their last session. Awards will not be mailed.</p>
<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 EMU concession counter in the Rec/IM lobby. 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 admin 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).
<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. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet.
<b>Deck Personnel / Locker Rooms / Credentialing:</b>	<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 entrance to the hallway leading 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, PCC, 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>
<b>Swimmers with Disabilities:</b>	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.
<b>General Info:</b>	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.
<b>First Aid:</b>	Supplies will be kept in on deck with the EMU Rec/IM personnel and meet Safety volunteers.

<b>Facility Items:</b>	<p>(A) No smoking is allowed in the building or on the grounds of Eastern Michigan University.</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 <i>EMU Rec/IM</i></p> <p>(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.</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>Josh Morgan  <a href="mailto:jmorgan@cruiserswimming.com">jmorgan@cruiserswimming.com</a>  734-845-0855 (please no calls after 10pm)</p>
<b>Meet Referee:</b>	<p>Jeff Wilkins  <a href="mailto:Jeffrey.Wilkins@comcase.net">Jeffrey.Wilkins@comcase.net</a></p>
<b>Safety Marshal:</b>	<p>John Goit</p>
<b>Administrative Official:</b>	<p>Lisa Lambert  <a href="mailto:SwimEntriesLL@yahoo.com">SwimEntriesLL@yahoo.com</a>  734-845-9832</p>
<b>Entry Chair:</b>	<p>Lisa Lambert  <a href="mailto:SwimEntriesLL@yahoo.com">SwimEntriesLL@yahoo.com</a>  734-845-9832</p>

**2014 Cruisin' Into Summer AB Meet**  
**Hosted By: Plymouth Canton Cruisers (PCC)**  
**May 16-18, 2014**  
**Sanction Number: MI1314086**

<b>Friday, May 16<sup>th</sup> Evening Events</b>		
<b>Warm-up: 4:30pm</b>		<b>Events: 5:30pm</b>
Girls	Event	Boys
1	13 & Over 200m Freestyle	2
3	12 & Under 200m Freestyle	4
5	13 & Over 200m IM	6
7	12 & Under 200m IM	8
9	13 & Over 50m Freestyle	10
11	12 & Under 50m Freestyle	12

<b>Saturday, May 17<sup>th</sup> Morning Events</b>		
<b>Warm-Up: 7:30am</b>		<b>Events: 8:30am</b>
Girls	Event	Boys
13	12 & Under 100m Backstroke	14
15	12 & Under 50 Breaststroke	16
17	12 & Under 100m Butterfly	18
19	12 & Under 50m Backstroke	20
21	12 & Under 100m Breaststroke	22
23	12 & Under 50m Butterfly	24
25	12 & Under 100m Freestyle	26

<b>Saturday, May 17<sup>th</sup> Afternoon Events</b>		
<b>Warm-Up: 12:30pm</b>		<b>Events: 1:30pm</b>
Girls	Event	Boys
27	13 & Over 100m Butterfly	28
29	13 & Over 100m Backstroke	30
31	13 & Over 100m Breaststroke	32
33	13 & Over 100m Freestyle	34
35	13 & Over 400m IM	36

<b>Saturday, May 17<sup>th</sup> Evening Events</b>		
<b>Warm-Up: 4:30pm (club pool)</b>		<b>Events: not before 5:30pm</b>
Girls	Event	Boys
37	10-12 400m IM	38
39	Open 800m Freestyle	40

<b>Sunday, May 18<sup>th</sup> Morning Events</b>		
<b>Warm-Up: 7:30am</b>		<b>Events: 8:30am</b>
Girls	Event	Boys
41	10 & Over 200m Butterfly	42
43	10 & Over 200m Backstroke	44
45	10 & Over 200m Breaststroke	46
47	10 & Over 400m Freestyle	48



**2014 Cruisin' Into Summer AB Meet**  
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**May 16-18, 2014**

**Time Standards**

10 & Under Girls			10 & Under Boys		13 & 14 Girls			13 & 14 Boys	
B	A		A	B	B	A		A	B
44.99*	36.29*	50 Free	35.69*	43.79*	37.59*	32.19*	50 Free	29.49*	34.39*
1:43.09*	1:21.19*	100 Free	1:20.39*	1:41.29*	1:21.29*	1:09.69*	100 Free	1:05.29*	1:16.19*
3:48.49*	2:58.39*	200 Free	2:51.89*	3:34.79*	2:55.19*	2:30.19*	200 Free	2:21.99*	2:45.69*
7:37.29	6:05.89	400 Free	5:59.59*	7:29.49*	6:07.39*	5:14.89*	400 Free	5:02.69*	5:53.19*
55.69*	43.49*	50 Back	43.29*	55.69*	12:36.0	10:47.99	800 Free	10:29.39	12:14.3
2:01.89*	1:34.79*	100 Back	1:31.69*	1:56.09*	1:30.09*	1:17.19*	100 Back	1:12.89*	1:24.99*
1:01.29*	48.09*	50 Breast	48.19*	1:01.19*	3:13.19*	2:45.59*	200 Back	2:36.79*	3:02.99*
2:16.89*	1:46.49*	100 Breast	1:44.69*	2:11.99*	1:42.89*	1:28.19*	100 Breast	1:21.29	1:34.89
54.39*	41.49*	50 Fly	40.89*	52.79*	3:42.59*	3:10.79*	200 Breast	2:59.49*	3:29.49*
2:11.19*	1:36.79*	100 Fly	1:36.09*	2:09.39*	1:28.09*	1:15.49*	100 Fly	1:10.39*	1:22.19*
4:10.09*	3:17.59*	200 IM	3:16.89*	4:08.09*	3:13.29*	2:45.69*	200 Fly	2:36.59*	3:02.59*
					3:19.49*	2:50.99*	200 IM	2:40.39*	3:07.09*
					7:00.49*	6:00.39*	400 IM	5:40.39*	6:37.09*
11 & 12 Girls			11 & 12 Boys		15 & Older Girls			15 & Older Boys	
B	A		A	B	B	A		A	B
38.69*	33.39*	50 Free	32.49*	37.79*					
1:24.99*	1:12.89*	100 Free	1:10.49*	1:22.19*					
3:03.79*	2:37.59*	200 Free	2:33.39*	2:58.99*	36.99*	31.69*	50 Free	27.89*	32.59*
6:23.89*	5:29.09*	400 Free	5:21.89*	6:15.49*	1:19.79*	1:08.39*	100 Free	1:02.19*	1:12.59*
13:27.89*	11:32.49*	800 Free	11:22.69*	13:16.49*	2:51.79	2:27.19	200 Free	2:16.49*	2:39.19*
44.89*	38.49*	50 Back	37.99*	44.89*	6:00.39	5:08.89	400 Free	4:48.69*	5:36.79*
1:38.89	1:23.29	100 Back	1:22.39*	1:37.79*	12:23.29	10:37.09	800 Free	10:00.69*	11:40.79*
3:27.69*	2:57.99*	200 Back	2:53.79*	3:22.79*	1:28.69*	1:15.99*	100 Back	1:09.69*	1:21.29*
49.09	42.09	50 Breast	41.99*	49.89*	3:09.29*	2:42.29*	200 Back	2:28.89*	2:53.79*
1:49.99	57:36.0	100 Breast	1:31.69*	1:48.29*	1:14.09	1:26.69	100 Breast	1:18.89*	1:31.99*
3:54.59*	3:21.09*	200 Breast	3:17.09*	3:49.99*	3:36.59	3:05.69	200 Breast	2:49.99*	3:18.29*
41.79*	35.79*	50 Fly	35.89*	42.69*	1:26.09*	1:13.89*	100 Fly	1:07.09*	1:18.19*
1:37.49*	1:21.89*	100 Fly	1:20.39*	1:36.19*	3:09.39*	2:42.29*	200 Fly	2:29.09*	2:53.89*
3:29.09	2:59.29	200 Fly	2:53.59*	3:22.49*	3:14.19*	2:46.39*	200 IM	2:32.79*	2:58.19*
3:28.39*	2:58.59*	200 IM	2:55.89*	3:26.99*	6:47.89*	5:49.69*	400 IM	5:24.49*	6:18.59*
7:23.79*	6:20.39*	400 IM	6:11.49*	7:13.49*					





**Meet Evaluation Form**  
**Sanction Number: MI1314086**

**Name of Meet** \_\_\_\_\_

**Date of Meet** \_\_\_\_\_

**Host of Meet** \_\_\_\_\_

**Place of Meet** \_\_\_\_\_

Who do you represent (circle)?      the host club              a 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
<hr/>					
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
<hr/>					
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
<hr/>					
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
<hr/>					
5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
<hr/>					
6. Officiating	1	2	3	4	5
<hr/>					
7. Awards and award presentations:	1	2	3	4	5
<hr/>					
8. Safety provisions:	1	2	3	4	5
<hr/>					
9. Overall success of the meet:	1	2	3	4	5
<hr/>					
10. Other (please specify):	1	2	3	4	5
<hr/>					

**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.**