



MICHIGAN
SWIMMING



Michigan Swimming, Inc.
Open Long Course State Championships
Hosted by: Michigan Lakeshore Aquatics (MLA)

August 1 through 3, 2014

Sanction Number: MI1314113

MEET HOST: Michigan Lakeshore Aquatics Club (MLA)

DATES OF MEET: Friday, August 1 through Sunday, August 3, 2014

MEET LOCATION: Holland Community Aquatic Center, 550 Maple Ave, Holland MI. 49423

START TIMES: Prelims 9:00am all days; FINALS 5:30pm; Sunday Finals will start ½ hour earlier.

GENERAL MEETING: Friday, August 1, 7:00am, Multi-purpose room A down the long hallway. Additional coaches meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including change to the meet format or conduct.**

DECK ACCESS: Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck and/or in locker rooms. **Without exception, coaches and officials must present government-issued photo identification matching their USA Swimming credentials.** Meet personnel will check the list of approved individuals supplied by Michigan Swimming. **Without exception, no coach or official will be admitted if he/she does not appear on the list as current or provide an email memo from the Michigan Swimming Office.** Individuals may inquire with Michigan Swimming, check their Deck Pass on their smart phone or check their club roster in their club portal to confirm that they are current with all requirements. Coaches and Officials must be current in all requirements through the final date of the meet to be issued a credential.

Meet Personnel will issue a credential to qualified individuals to be displayed at all times during the meet. This credential will include the host team as well as the function of the individual being granted access to the pool deck. **Individuals must return the credential at the conclusion of each session and be reissued a credential for any subsequent session.** 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.

Access to the pool deck may be granted to any other individual only in the event of emergency, and with approval of 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. Lists of registered coaches, certified officials and meet personnel will be placed outside the entrance to the locker rooms/pool deck.

CREDENTIALING: Credentials table opens at 6:30am for Prelims each day, 3:30pm for finals Friday and Saturday, and 3:00pm on Sunday.

OFFICIALS MEETINGS: 8:00am Prelims (7:30am Friday), 4:45pm Finals (Friday and Saturday) 4:15pm (Sunday).

FACILITY: The Holland Aquatic Center is an 8 lane 50 meter pool with an attached 6-lane 25 yard pool available for supervised warm-up and cool down. Depth at start is 6'9"¹ and 13' at the turn end. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8-lane display will be used. There is ample balcony seating for spectators. Lockers are available. Public phones will be available. The competition course has not been certified in accordance with 104.2.2 C (4).

Facility Items:

- (A) First Aid supplies will be kept with the lifeguard on duty.
- (B) No smoking is allowed in the building or on the grounds.
- (C) No glass or coolers are allowed anywhere in the aquatics center.
- (D) No folding chairs/bag chairs/camping chairs will be allowed in the balcony.
- (E) No bare feet allowed outside of the pool area.
- (F) An Emergency Action Plan is available for review near the Clerk of Course.
- (G) Changing into or out of swimsuits is permitted only in locker rooms or restrooms. Deck changing is strictly prohibited.

PARKING: There is a large parking lot directly adjacent to the Holland Aquatic Center that may be used to park and pick up/drop off swimmers. This parking lot is shared with Holland Community Hospital and will fill quickly. When the parking lot is full there is street parking available in the immediate blocks surrounding the Holland Aquatic Center.

ADMISSIONS: \$5.00 per person/per day (one-time fee for the day's prelims and finals). Children age 12 and under are free. All session wrist bands will be available for \$15. Although there is no discount associated with the All-Session Pass, it will eliminate the need to stand in the admission line. The wristband must be worn on one of your wrists. No exceptions. Please do not abuse this family friendly policy.

SWIMMER GIFTS: Swimmers' Gift Bags will be available for pick-up. The location will be communicated by the Meet Host prior to the meet. **NOTE: Gift Bags will not be available after the Sunday Preliminary Session.**

CONCESSIONS/HOSPITALTY: Food and beverages will be available at all sessions through the Holland Aquatic Center Concession Stand. Food and beverages in plastic containers will be allowed on the deck. NO glass containers will be allowed on the pool deck and will be confiscated if found. Violators of the No Glass Rule face ejection from the meet (either spectator or athlete) at the discretion of the Meet Referee. Violators may also face further sanctions from Michigan Swimming. A hospitality area will be available for coaches & officials.

OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE: This meet may be submitted for designation as an "Officials Qualifying Meet", for certification and re-certification evaluations for N2 and N3 level positions. Please submit requests for evaluation to the Meet Referee. The request for evaluation form can be downloaded from the will be located on Michigan Swimming Website:

www.miswimofficials.com

Evaluation requests should be submitted to the Meet Referee. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N3 Starter and N3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

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

ELIGIBILITY: All swimmers registered with Michigan Swimming and residing within the USA who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

Athletes with a disability should refer to the Michigan Swimming Rules and Procedures Section H (9 a&b) pages 19 - 21, which can be found on the Michigan Swimming, Inc. website at www.miswim.org, under the Administration tab, for qualifying information.

¹Depth at Start must meet State of Michigan requirements.

QUALIFYING: The qualifying period is January 1, 2013 through the entry deadline. Qualifying time standards are included in this packet. Entry Times will be accepted in Long Course Meters, Short Course Meters, or Short Course Yard, and all events will be seeded in that order. **No time conversions will be accepted.**

Entry Times:

Entry times for individual events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events: A swimmer, if entered in two or more events on the day of the 800m Freestyle or the 1500m Freestyle, may enter the 800m Freestyle and/or 1500m Freestyle timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. **Swimmers wishing to down seed must declare this intent before the close of check in for those events. See the RELAY ENTRY section below for directions regarding relay events.**

Relay Entry:

1. Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B".
2. "A" and/or "B" relays must be entered with a seed time, and the seed time must be at or faster than the qualifying standard for the relay event. "A" and/or "B" relays may be entered without proof of a qualifying time. Teams may enter relays by using a relay time for the team which is already in SWIMS, by entering an aggregate time from SWIMS, or they may enter an override (custom) time for the relay(s).
3. Swimmers participating in an individual event(s) and "Relay Only Swimmers" are eligible to compete on an "A" or "B" relay.
4. **ALL RELAY SWIMMERS MUST BE ENTERED IN THE MEET USING OME. ATHLETES NOT ON THE OME ENTRY REPORT ARE NOT ELIGIBLE TO SWIM.**

ENTRY LIMITS: Swimmers may compete in a maximum of three (3) individual event per day including time trials, and bonus events, plus one (1) relay event per day. A swimmer may swim no more than six (6) individual events for the entire three day meet. Each Team may enter a maximum of two (2) relay teams in each event. Two relay teams from each team are permitted to score. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card and turning it into the Administrative Referee table by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

BONUS EVENTS: Swimmers who have achieved fewer than four (4) individual event time standards may supplement their entry with bonus events (i.e. one (1) qualified entry and one (1) bonus, two (2) qualified entries and two (2) bonus, three (3) qualified entries and one (1) bonus). **Athletes with four (4) or more state cuts are not eligible to swim bonus events.** Swimmers entering bonus events may be entered at their actual time. If your swimmer does not have a time in the bonus event, please create a custom long course time for this event. Please be certain to check the box indicating "bonus" for each event that is a bonus entry.

***A SWIMMER MAY NOT ENTER THE 800m OR 1500m FREESTYLE AS BONUS EVENTS.**

ENTRY FEES: \$7.50 per individual event and \$12.00 per relay plus a \$3.00 athlete surcharge per swimmer. Make checks payable to Holland Community Aquatic Center if you did not pay via credit card on OME. Checks as well as the Release and Waiver form must be mailed to the **PAYMENT CONTACT** at the following address or brought to the meet on the first day of competition. Send to:

If sending the by overnight courier /express mail, you must waive the signature requirement.

PAYMENT CONTACT: Cody Tozer
550 Maple Ave.
Holland, MI 49423
entries@iswimmla.org, 616-393-7595 x117

REFUNDS: There are no refunds in full or in part once a team or individual entry has been entered into OME and you have checked out.

DECK REGISTRATION: Deck registrations are not accepted at this meet. (See 202.2.9 (E))

ENTRY PROCEDURE: All entries must be received through OME. Paper entries are not accepted for this meet. Payment through OME may be made with Visa, MasterCard, American Express, or Discover or by check (see Entry Fee section above). Entries are not considered accepted until payment method is validated. A confirmation e-mail will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgment is not received. Questions regarding these procedures should be addressed with Jan Cartmill of the Michigan Swimming Office. The website for entries is as follows: www.usaswimming.org/OME

ENTRY DEADLINE: Entries may be submitted online beginning **July 10, 2014** (9:00am Eastern Daylight Time) and will be accepted through **Monday July 28, 2014 at 11:59pm (Eastern Daylight Time)**. Updates for seed times will be allowed in the OME System up to the OME Entry Deadline date.

DECK ENTRIES: Deck entries will not be accepted at this meet.

MISSED ENTRY: A coach or an entry chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or a swimmer in an event by the entry deadline may then do so by: a) entering the athlete(s) and/or event(s) by the scratch deadline on the first day of the meet b) paying a fee of \$100 per team and double the entry fee for the event, and c) providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee's decision is final and non-appealable.

PROOF OF TIMES: All "Custom or Override Times" must be verified prior to the scratch deadline for that event and have a proof of time sent in. If you do not supply an acceptable proof of time before the deadline the swimmer will be scratched from any and all events requiring the proof of time. Refunds will not be issued for failure to supply a proof of time. Please contact Jan Cartmill of the Michigan Swimming Office for guidelines on the acceptable Proof of Times. Mail or email any necessary proof of time documents for your "Override Times" entries to Jan Cartmill, **MEET ENTRY CONTACT**, at the Michigan Swimming office. **RELAY PROOF OF TIME:** With "Custom or Override Times" the only proofs needed are if a team overrides the entry time and does not swim equal to or faster than the cut. Failure to prove a qualifying aggregate time within the 30 days will result in a fine of \$100 payable immediately to Michigan Swimming. Failure to pay the \$100 fine will result in that team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid. **Deadline for Proof of times** achieved prior to **July 21ST** must be received by the Meet Entry Contact by **July 24th**. Proof for times achieved on or after **July 21st** are due by **July 28th**. Please mail/e-mail all proofs of time to the following:

Michigan Swimming Office
Meet Entry Contact
2900 Rodd St #1784
Midland, MI 48641-1784
JBCartmill@gmail.com

CONTACT INFORMATION:

Jeff Wilkins, Meet Referee	313-574-3638, Jeffrey.wilkins@comcast.net
Cody Tozer, Meet Director	616-393-7595, coachcody@iswimmla.org
Troy Emmons, Michigan Lakeshore Aquatics Head Coach	616-393-7595, coachtroy@iswimmla.org
Adam Hopkins, Administrative Referee	616-292-3360, Adam.Hopkins02@gmail.com
Troy Emmons, Holland Community Aquatic Director	616-795-7595, coachtroy@iswimmla.org

RULES AND PROCEDURES

The meet will be administered according to the National Championship scratch procedures (2014 Rulebook, Section 207.11.6). More information on check-in deadlines, scratch procedures, and the location of the scratch box will be distributed at the general meeting.

RULES: Current National USA Swimming Rules will govern all competitions, except as otherwise specified in this meet information or the Michigan Swimming Rules and Procedures. All information, rules and regulations, including time standards, schedules, order of events, meet operations, and requirements can be found in the USA Swimming 2014 Rulebook. Except as noted below:

1. All individual events will conform to the USA National Scratch Procedure **with the exception of the 800 Free and the 1500 Free.**
2. Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only Coaches and swimmers may use a scratch card to scratch an event.
3. A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (i.e. remove the swimmer from the entire meet).
4. 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.
5. 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. 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.
6. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
7. Except where venue facilities require otherwise, changing into or out of swim suits other than in lockers rooms is not appropriate and is **strictly prohibited.**
8. Participants consent to be photographed/filmed by any authorized photographer(s) and/or networks of Michigan Swimming, Inc. and/or the host club, under conditions determined by the host club and authorize the use of names, pictures, likenesses, and biographical information before, during, or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

ADDITIONAL \$50 PENALTY: In addition to the procedures and penalties in the USA Swimming Rulebook, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without being properly scratched for that event, he/she shall be fined \$50 payable immediately to MS. The swimmer is not allowed to compete in any subsequent MS sanctioned events until the fine is paid.

WARM-UP: Feet first entries only, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet. More detail warm-up procedures will be distributed at the General Meeting.

POOL HOURS: Friday, Saturday and Sunday doors open at 7:00am and the **pool will be open for general warm-up on Thursday, July 31st from 6:00pm to 8:30pm.** The structured warm-up schedule for the competition pool is listed below. The pool will close 30 minutes after competition is completed each night.

	<u>WARM-UP</u>	<u>PRELIMS</u>	<u>FINALS</u>
Friday	7:30am-8:50am	9:00am	5:30pm
Saturday	7:30am-8:50am	9:00am	5:30pm
Sunday	7:30am-8:50am	9:00am	5:00pm

CONDUCT OF THE MEET: This meet is a Championship prelim/final and timed final (select events) swimming meet.

- All individual events recognized by USA Swimming, Inc. are offered for this Open Meet.
- All individual events are prelim/final events with the exception of the 800m and 1500m freestyle events which are timed final events.
- Preliminaries are swum in the morning and the finals are swum at night.
- In finals, there will be three (3) heats of each individual event—each heat comprised of a maximum of eight (8) swimmers. These will be referred to as “A, B, C Finals” or “Finals, Consolation and Bonus Finals”. These heats will swim in a C-Bonus, B-Consolation, A-Finals order.
- The 800m and 1500m free events will be seeded fastest to slowest alternating gender after check-in closes. The fastest seeded heat (Top 8) after scratches (if any) of the 800m and 1500m free events will swim during the Finals session. The remaining heats of these events will swim in the morning preliminary sessions. All swimmers **MUST** check heat sheets for exact heat and lane assignments. Awards and scoring/place for these events are determined by all the athletes’ performances in all the heats (i.e., times achieved in the preliminary heats are also used to determine the Top 16 finishers even though the time was not achieved in the Finals.
- If there is five (5) or more heats in the preliminary session of an 800m or 1500m free event, at the sole discretion of the Meet Referee and the Meet Director, chase starts may be used.
- Note the order of events as stated in the schedule of events for finals. Finals are not necessarily swum in the same order as they are swum in the Prelims. Always check the heat sheet.
- The final three (3) heats of all prelim/final events will be circle seeded slowest to fastest. All swimmers **MUST** check heat sheets for heat and lane assignments.

FORMAT/SEEDING OF RELAY EVENTS

- All relays are timed finals.
- The fastest seeded heat of all relays (Top 8) will be swum during the finals sessions in the evening as stated in the Schedule of Events. The rest of the relays swim in the prelims in the mornings.
- Relays will be seeded slowest to fastest.
- **Sunday relays** must indicate their intention to down-seed in the designated area in the check-in sheet. We may swim open lanes in finals if needed to accommodate down-seeding requests.

SCRATCH DEADLINES: The following are the scratch deadlines for each day’s events:

Deadline for Friday’s events: 15 minutes after the general meeting

Deadline for Saturday’s events: Friday 6:00pm

Deadline for Sunday’s events: Saturday 6:00pm

POSITIVE CHECK-IN: Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines are the same as the scratch deadlines. If you will not be arriving in time to make a deadline please contact the Meet Director or Administrative Referee.

MEET COMMITTEE: A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters, per the USA Swimming 2014 Rulebook section 102.23.

SCORING: All events will be scored to 16 places using the following point system:

Individual Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2, and 1

Relay Scoring: 40,34,32,30,28,26,24, and 22

AWARDS:

Individual: Top 8 Awarded (medals), 9th – 16th ribbons

Relays: Top 3 Awarded (medals), 4th – 8th ribbons

Individual High Point: 1st through 3rd place finishers

Teams: Team State Champion and runner-up trophy

Awards will be presented at Finals Sessions only during a formal awards ceremony which will take place at intervals designated on the schedule of events. It is expected that athletes will appear on time for awards so as not to delay the meet. Awards for 9th through 16th place individual events will be bagged for each team and available for pick at the end of the meet on Sunday evening. No awards will be mailed (NO EXCEPTIONS).

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. Athletes must be already entered in the meet to swim a time trial. At the discretion of the Meet Referee, swimmers who are not already entered in the meet and are potential National, US Open, World Cup or Olympic Trial qualifiers may be allowed to compete in Time Trial events. There is a limit of two (2) time trials per day. Time trial entries do count against the maximum per day entry limit of three (3) but not against the total meet entry limit of six (6). The entry fee is \$7.50 per individual event and \$15.00 for relays. Time trials sign up will be from 10:00am to 12:00pm each day. Athletes must provide their own lap counter for all time trials. 800m and 1500m Freestyle time trials will be swum with those events in open lanes with heats added as necessary and seeded at the entry time.

TIME TRIAL SCHEDULE (Time Permitting)

Order of Events

At the discretion of the Meet Referee:

Friday afternoon following event 12 of prelims

Friday events/Saturday events/Sunday events

Saturday afternoon following event 24 of prelims

Saturday events/Sunday events/Friday events

Sunday afternoon following event 34 of prelims

Sunday events/Friday events/Saturday events

Schedule of Events:

Sanction Number: MI1314113

Friday Prelims:

Warm up: 7:30 am Start: 9:00 am

6:30 AM Credential table opens
7:00 AM Balcony opens for spectators
Positive check-in for Friday's relays
10:00 AM Friday's relays declared

Events

1	Women	100	Breaststroke
2	Men	100	Breaststroke
3	Women	200	Freestyle
4	Men	200	Freestyle
5	Women	100	Butterfly
6	Men	100	Butterfly
7	Women	400	IM
8	Men	400	IM
9	Women	400	Medley Relay
10	Men	400	Medley Relay
11	Women	1500	Freestyle**
12	Men	800	Freestyle**

**800/1500 Freestyle is seeded fastest to slowest

Friday Finals:

Warm up: 4:00 PM Start: 5:30 PM

3:30 PM Credential table opens
3:30 PM Balcony opens for spectators
6:00 PM Scratch deadline for Saturday events.
Positive check-in for Saturday's relays.

- The order of events is the same as the preliminary session except the 800/1500 which will swim first.
- Top 8 seeded 400 Medley Relays, 800 Freestyle, and 1500 Freestyle swim in finals.
- Award breaks will be after the 200 Freestyle, after the 400 IM, and at the end of the session.

Saturday Prelims:

Warm up: 7:30 AM Start: 9:00 AM

6:30 AM Credential table opens
7:00 AM Balcony opens for spectators
10:00 AM Saturday's relays declared

Events

13	Women	400	Freestyle
14	Men	400	Freestyle
15	Women	50	Freestyle
16	Men	50	Freestyle
17	Women	100	Backstroke
18	Men	100	Backstroke
19	Women	200	IM
20	Men	200	IM
21	Women	800	Free Relay
22	Men	800	Free Relay

Saturday Finals:

Warm up 4:00 PM Start 5:30 PM

3:30 PM Credential table opens
3:30 PM Balcony opens for spectators
6:00 PM Scratch deadline for Sunday events
Positive check-in for Sunday's relays.

- The order of events is the same as the preliminary session.
- Top 8 seeded 800 Free Relays will swim in finals.
- Award breaks will be at the end of the 50 Freestyle, at the end of the 200 IM, and at the end of the session.

Sunday Prelims:

Warm up 7:30 AM Start 9:00 AM

6:30 AM Credential table opens
7:00 AM Balcony opens for spectators
10:00 AM Sunday's relays declared

Events

23	Women	200	Backstroke
24	Men	200	Backstroke
25	Women	200	Breaststroke
26	Men	200	Breaststroke
27	Women	100	Freestyle
28	Men	100	Freestyle
29	Women	200	Butterfly
30	Men	200	Butterfly
31	Women	400	Freestyle Relay
32	Men	400	Freestyle Relay
33	Women	800	Freestyle**
34	Men	1500	Freestyle**

**800/1500 Freestyle is seeded fastest to slowest

Sunday Finals:

Warm up: 3:30 PM Start: 5:00 PM

3:00 pm Credential table opens
3:30 pm Balcony opens for spectators

- The order of events is the same as the preliminary session except the 800/1500 which will swim first.
- The top 8 seeded 400 Free Relays, 800 Freestyle, and 1500 Freestyle will swim in finals.
- Award breaks will be at the end of the 200 Breaststroke, at the end of the 200 Butterfly, and at the end of the meet.

**Time Standards for 2014 MS Open Long Course State Championship Meet (Q1 Times)
Qualifying Period: January 1, 2013 to entry deadline**

Posted March 2014

SCY	WOMEN SCM	LCM	OPEN EVENT	LCM	MEN SCM	SCY
25.79	28.89	29.49	50 Freestyle	26.49	25.79	22.99
55.19	1:02.79	1:03.69	100 Freestyle	58.09	56.49	50.19
1:59.99	2:15.39	2:17.59	200 Freestyle	2:07.09	2:05.19	1:49.09
5:23.99	4:45.79	4:53.19	400/500 Freestyle	4:34.99	4:26.49	4:58.99
11:11.99	9:48.09	10:08.09	800/1000 Freestyle	9:38.79	9:25.49	10:39.99
18:50.09	18:52.39	19:30.99	1500/1650 Freestyle	18:50.99	18:13.69	17:59.99
1:03.99	1:13.29	1:15.39	100 Backstroke	1:09.59	1:08.09	57.99
2:16.59	2:36.39	2:40.99	200 Backstroke	2:31.89	2:28.19	2:08.99
1:12.39	1:21.59	1:24.49	100 Breaststroke	1:18.99	1:16.99	1:05.99
2:36.99	2:56.49	3:04.89	200 Breaststroke	2:55.69	2:52.49	2:26.99
1:02.99	1:10.49	1:11.29	100 Butterfly	1:05.29	1:05.39	56.19
2:23.39	2:45.89	2:48.89	200 Butterfly	2:40.99	2:38.59	2:16.39
2:17.59	2:33.69	2:38.99	200 IM	2:25.99	2:21.09	2:05.59
4:51.79	5:36.79	5:42.99	400 IM	5:23.99	5:19.39	4:36.99
3:51.19	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
8:30.79	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:59.99
4:17.99	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	4:10.09

Release and Waiver

Sanction Number: MI1314113

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 against Michigan Lakeshore Aquatics, their affiliates, agents or assigns, Holland Community Aquatic Center, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to said swim meet or any liabilities or claims by reason of injuries to anyone during the conduct of this event.

In granting the sanction it is understood and agreed that Michigan Lakeshore Aquatics, their affiliates, agents or assigns, Holland Community Aquatic Center, Michigan Swimming, Inc., and United States 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.

Signature: _____

Position: _____

Street Address: _____

City, State, Zip: _____

E-mail: _____

Coach Name: _____

Coach Phone: _____

Coach E-Mail: _____

Club Name: _____

Club Code: _____

Meet Evaluation Form

Sanction Number: MI1314113

Name of Meet: 2014 Open Long Course State Championship Sanction #

Date of Meet: August 1 - 3, 2014

Host of Meet: Michigan Lakeshore Aquatics (MLA)

Place of Meet: Holland Community Aquatic 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 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, etc.):	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.

Meet Host: Copy all of these submitted Meet Evaluations to the Michigan Swimming Office, 2900 Rodd St #1784, Midland, MI 48641 within 30 days.