



DRD "Freeze or Fry" Long Course ABC Meet

Hosted By: Dearborn Dolphins

June 17 – 19, 2016

Sanction - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a **timed final** meet on behalf of USA Swimming (USA-S), Sanction Number **MI1516118**. 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, Levagood Park 801 North Denwood, Dearborn MI 48124

Times – Friday June 17	Warm-Up 8:30AM	Start 9:30AM
	Warm-up 2:00PM	Start 3:00PM
Saturday June 18	Warm-up 7:30AM	Start 8:30AM
	Warm-up 12:30PM	Start 1:30PM
Sunday June 19	Warm-up 7:30AM	Start 8:30AM
	Warm-up 12:30PM	Start 1:30PM

Motels – Please use your favorite hotel booking software.

Facilities – Jack Dunworth Memorial Pool is a 50 meter, 9 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at 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 deck/bleacher 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 – DRD Freeze or Fry is an A/B/C Swim Meet. All swimmers must be currently registered with United States of America Swimming (USAS-S). A swimmers age on June 17, 2016 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 (\$140.00 per swimmer for 2015-16 registration).

Meet Format – A/B/C (LCM) Timed Finals.

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 – All swimmers are limited to three (3) individual entries on Friday and four (4) individual entries plus 1 relay entry each day 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 20th, 2016 @ 8:00pm**. The Administrative Official must receive all entries no later than **June 12th, 2016 @ 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 swimentriesaw@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 club's 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 "Freeze or Fry"** 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 entry chair 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:

Alyssa Wilkins
22741 Audette, Dearborn, MI 22741
313-399-8289

swimentriesaw@gmail.com

Check In - Check In will be available as of **30 minutes prior to the start of warm-ups**. 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 **at the North end of the pool deck near the entry**.

Scratch Rules - **Prior** to check in close a swimmer may scratch events at the check-in area. **After** check in closes, you must see the Meet Referee to scratch an event. Swimmers who have not checked in during the times indicated will be scratched from that sessions events.

Marshaling – This is a self-marshaled meet. All swimmers are expected to find their heat and lane independently. Heat sheets will posted at various locations on the pool deck.

Seeding – All events except the 400IM, 800M, and 1500M Freestyle will be seeded slowest to fastest. The 400IM, 800M, and 1500M freestyle will be seeded fastest to slowest alternating gender girls and boys. Please **submit meter times** for all events.

Use the following conversion table or an aquanometer:

50m = 1.127 x 50yd	400m = 1.136 x 400yd
100m = 1.143 x 100yd	400m = 0.892 x 500yd
200m = 1.136 x 200yd	1500m = 1.022 x 1650yd

Deck Entries/Time Trials – Deck entries/Time Trials may be accepted at the discretion of the Meet Referee and Meet Director. (\$7.50 per individual entry and \$15.00 per relay) Deck entry and time trial swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in the meet. For deck entries and time trials, 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 – Heat sheets will be available each day for \$2.00

Friday/Saturday/Sunday: \$5.00 per day children 10 & Under Free

Scoring – No individual or team scores will be kept.

Awards – Individual Awards for 12 & Under Events only:

A,B,C Times: Ribbons 1st thru 8th Place

Relay Awards for 12 & Under Events Only:

Ribbons 1st thru 6th Place

Awards for individual events will be in the following age groups in the 12 & Under Sessions:

8 & Under, 9 & 10, 11 & 12

Results - Complete 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 at the Concession Stand, located near the entrance. No glass items are allowed or permitted in the venue. 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 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 **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 **Dearborn Dolphins** 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 the lifeguard room in the main building.

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 Office**.
- (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**.

Meet Director – John Mihalik, 313-378-9896

mihjmsk84@yahoo.com

Meet Referee – Jeff Wilkins, 313-574-3638 email:

Jeffrey.wilkins@comcast.net

Safety Marshal – Leslie Riehl

Administrative Official – Alyssa Wilkins, 313-399-8289 email:

swimentriesaw@gmail.com

Meet Events
Friday June 17th, 2016
Sanction Number: MI 1516118

Warm-up 1 – 4 8:30AM

Events: 9:30AM

Girls

Boys

Event No.

Event

Event No.

1

Open 800 Freestyle

2

3

Open 1500 Freestyle

4

Warm-up Events 5 – 12

2:00PM

Events: 3:00PM

5

Open 100 Free

6

7

12 & Under 200 IM

8

9

13-14 200 IM

10

11

Open 400 IM

12

Saturday, June 18th, 2016

Warm-up 7:30AM

Events: 8:30AM

Event No.

Event No.

13

11 – 12 50 Back

14

15

10&U 50 Back

16

17

11-12 100 Breast

18

19

10&U 100 Breast

20

21

11 – 12 50 Free

22

23

10&U 50 Free

24

25

11 – 12 100 Fly

26

27

10&U 100 Fly

28

29

11 – 12 200 Free

30

31

12 & Under 400 Med Relay

32

Saturday, June 18th, 2016

Warm-up 12:30PM

Events: 1:30PM

Event No.

Event No.

33

13 – 14 200 IM

34

35

Open 200 IM

36

37

13 – 14 200 Free

38

39

Open 200 Free

40

41

13 – 14 100 Breast

42

43

Open 100 Breast

44

45

13 – 14 200 Back

46

47

Open 200 Back

48

49

13 – 14 100 Fly

50

51

Open 100 Fly

52

53

Open 400 Med Relay

54

Sunday, June 19th, 2016

Warm-up 7:30AM

Events: 8:30AM

Event No.

55	10&U 200 Free
57	11 – 12 400 Free
59	10&U 50 Breast
61	11 – 12 50 Breast
63	10&U 100 Back
65	11 – 12 100 Back
67	10&U 50 Fly
69	11 – 12 50 Fly
71	12&U 400 Free Relay

Event No.

56
58
60
62
64
66
68
70
72

Sunday, June 19th, 2016

Warm-up 12:30PM

Events: 1:30PM

Event No.

73	13 – 14 400 Free
75	Open 400 Free
77	13 – 14 200 Breast
79	Open 200 Breast
81	13 – 14 50 Free
83	Open 50 Free
85	13 – 14 200 Fly
87	Open 200 Fly
89	13 – 14 100 Back
91	Open 100 Back
93	Open 400 Free Relay

Event No.

74
76
78
80
82
84
86
88
90
92
94

Sanction Number: MI 1516118

[illegible]

Club Code: _____

Certification of Registration Status

Of All Entered Athletes

DRD "Freeze Or Fry" LC ABC Meet

Sanction Number: MI1516118

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.

[illegible]

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.

By: _____

(Signature)

(Printed Name of person signing above)

Capacity: _____

Club Name: _____

Date: _____

This form must be signed and returned with the entry or the entry will not be accepted.

Meet Evaluation Form

Sanction Number: MI 1516118

Name of Meet: DRD "Freeze or Fry" LC ABC Meet

Date of Meet: June 17 – 19, 2016

Host of Meet: Dearborn Dolphins

Place of Meet: Jack Dunworth Memorial Pool, Levagood Park

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 (Mike Cutler) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.