

**DRD "Freeze or Fry" Long Course ABC MEET**

**Hosted by: DEARBORN DOLPHINS**

**June 13 – 15, 2014**

**Sponsored by: Dearborn Recreation Department**

<b>Sanction:</b>	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a <b>Timed Final</b> meet on behalf of USA Swimming (USA-S), Sanction Number <b>MI1314093</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>	Jack Dunworth Memorial Pool Levagood Park 801 North Denwood Dearborn, MI 48128 Map to pool available at <a href="http://www.mapquest.com">www.mapquest.com</a>																									
<b>Times:</b>	<table border="1"><tr><td><u>Friday June 13</u></td><td><u>WARM-UP</u></td><td><u>2:00 PM</u></td><td><u>START</u></td><td><u>3:00 PM</u></td></tr><tr><td><u>Saturday June 14</u></td><td><u>WARM-UP</u></td><td><u>7:30 AM</u></td><td><u>START</u></td><td><u>8:30 AM</u></td></tr><tr><td><u>Saturday June 14</u></td><td><u>WARM-UP</u></td><td><u>12:30 PM</u></td><td><u>START</u></td><td><u>1:30 PM</u></td></tr><tr><td><u>Sunday June 15</u></td><td><u>WARM-UP</u></td><td><u>7:30 AM</u></td><td><u>START</u></td><td><u>8:30 AM</u></td></tr><tr><td><u>Sunday June 15</u></td><td><u>WARM-UP</u></td><td><u>12:30 PM</u></td><td><u>START</u></td><td><u>1:30 PM</u></td></tr></table>	<u>Friday June 13</u>	<u>WARM-UP</u>	<u>2:00 PM</u>	<u>START</u>	<u>3:00 PM</u>	<u>Saturday June 14</u>	<u>WARM-UP</u>	<u>7:30 AM</u>	<u>START</u>	<u>8:30 AM</u>	<u>Saturday June 14</u>	<u>WARM-UP</u>	<u>12:30 PM</u>	<u>START</u>	<u>1:30 PM</u>	<u>Sunday June 15</u>	<u>WARM-UP</u>	<u>7:30 AM</u>	<u>START</u>	<u>8:30 AM</u>	<u>Sunday June 15</u>	<u>WARM-UP</u>	<u>12:30 PM</u>	<u>START</u>	<u>1:30 PM</u>
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<b>Motels:</b>	Please use your preferred booking methods for area hotels.																									
<b>Facilities:</b>	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 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 ( <b>provide your own lock</b> ). Public phones will be available. The competition course has not been certified in accordance with 104.2.2C(4).																									

<b>Eligibility:</b>	DRD Freeze or Fry is an A/B/C Swim Meet. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on June 13, 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 by <i>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>	A/B/C (LCM) Timed Finals
<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 a maximum of three (3) individual events on Friday and three (3) individual events plus one (1) relay each day for both Saturday and Sunday.
<b>Electronic Entries:</b>	\$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: <b>Dearborn Dolphins</b>
<b>Paper Entries:</b>	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 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>FRIDAY, May 16, 2014 at 12:00 PM.</b> The entry chairperson must receive all entries no later than <b>Friday June 6, 2014.</b> 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 <b>SwimEntriesAW@gmail.com.</b> 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 DRD Freeze or Fry 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>Alyssa Wilkins  22741 Audette St.  Dearborn, MI 48124-2601  e-mail: SwimEntriesAW@gmail.com</p> <p>Make checks payable to: <b>Dearborn Dolphins</b></p> <p>Questions may be directed to: 313-378-9896 (No calls after 9pm please)</p>
<b>Check In:</b>	<p>Check In will be available 15 minutes prior to the start of warm-ups. Check in is mandatory for all events during that session and is required by the time set forth in this meet announcement. <b>Failure to check in will cause the swimmer to be scratched from all events in that session.</b> Check in will close 15 minutes after the start of warm up for each session. Check in will be at the Marshaling table located at the north end of the pool deck area.</p>
<b>Scratch Rules:</b>	<p>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.</p>
<b>Marshaling:</b>	<p><b>This is a self-marshaled meet.</b> All swimmers will be expected to find their heat and lane independently. Heat sheets will be posted on the pool deck.</p>
<b>Seeding:</b>	<p>Seeding will be done after check in closes. All events are timed finals and will be seeded slowest to fastest.</p>
<b>Deck Entries / Time Trials:</b>	<p>Deck entries will be offered at the discretion of the Meet Director and the Meet Referee if time allows. All deck entries are \$7.00 per individual event and relays \$15.00. Time trials may be offered and are \$7.00 per individual event and \$15.00 per relay. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge. 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. <b>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.</b></p>

<b>Meet Programs / Admissions:</b>	Admissions: \$5:00 per day for persons over age 12. Children 12 and under, with adult, are free. Meet Program - \$7.00 (3-day program).
<b>Scoring:</b>	<b><i>No individual or team scoring will be kept.</i></b>
<b>Awards:</b>	Individual Awards: A, B, C Times: Ribbons for 1st thru 8th place Relays: Ribbons for 1 <sup>st</sup> thru 6 <sup>th</sup> Place
<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>	Concessions stand offers assorted foods, beverages, baked goods and vegetable tray is located at the entrance to the facility.  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 Announcer's table. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for 14 days and will then be donated to a charitable organization <b><i>any longer period shall be at the sole discretion of the Meet Director.</i></b>

<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. <b><i>The same rules will apply with respect to the warm-down pool and diving well.</i></b> 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 gate 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 &amp; meet 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.</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. Changing areas in the public locker room will be reserved for athletes only.</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 with the life guard staff.

<b>Facility Items:</b>	<p>(A) No smoking is allowed in the building or on the grounds of Jack Dunworth Memorial Pool.</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.</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 Jack Dunworth Memorial Pool.</p> <p>(E) To comply with USA Swimming privacy and security policies, <b><u>the use of audio or visual recording devices , including cell phones is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.</u></b></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 <b><i>prohibited</i></b>.</p>
<b>Meet Director:</b>	John Mihalik, 2665 Boldt St., Dearborn, MI 48124 mihjgmsk84@yahoo.com, Home Phone: 313-378-9896
<b>Meet Referee:</b>	Bob Juhasz, (734) 420-0703 e-mail: juhaszr@juno.com
<b>Safety Marshal:</b>	Lisa Palajac e-mail: palajac5@aol.com
<b>Administrative Official:</b>	Alyssa Wilkins 313-399-8289
<b>Entry Chair:</b>	Alyssa Wilkins 22741 Audette Dearborn, MI 48124 <a href="mailto:SwimEntriesAW@gmail.com">SwimEntriesAW@gmail.com</a>

**FRIDAY, JUNE 13, 2014 Sanction Number: MI1314093**

<u>GIRLS EVENT #</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>		
	<b>WARM-UP EVENTS 1-16</b>	<b>2:00 PM</b>	<b>EVENTS</b>	<b>3:00</b>
	<b>PM</b>			
1	10&U 100 FREE	2		
3	11-12 100 FREE	4		
5	13-14 100 FREE	6		
7	OPEN 100 FREE	8		
9	10&U 200 IM	10		
11	11-12 200 IM	12		
13	13-14 400 IM	14		
15	OPEN 400 IM	16		

**SATURDAY, JUNE 14, 2014**

**MORNING WARM-UP: 7:30 AM**                      **EVENTS: 8:30 AM**

<u>GIRLS</u>		<u>BOYS</u>
<u>EVENT #</u>	<u>EVENT</u>	<u>EVENT #</u>
17	11-12 50 BACK	18
19	8&U 50 BACK	20
21	10&U 50 BACK	22
23	11-12 100 BREAST	24
25	10&U 100 BREAST	26
27	11-12 50 FREE	28
29	8&U 50 FREE	30
31	10&U 50 FREE	32
33	11-12 100 FLY	34
35	10&U 100 FLY	36
37	11-12 100 FREE	38
39	12&U 400 M.R.	40

**AFTERNOON WARM-UP: 12:30 NOON**                      **EVENTS: 1:30 PM**

41	OPEN 400 Medley Relay	42
43	13-14 200 IM	44
45	OPEN 200 IM	46
47	13-14 200 FREE	48
49	OPEN 200 FREE	50
51	13-14 100 BREAST	52
53	OPEN 100 BREAST	54
55	13-14 200 BACK	56
57	OPEN 200 BACK	58
59	13-14 100 FLY	60
61	OPEN 100 FLY	62



**SUNDAY, JUNE 15, 2014 Sanction Number: MI1314093**

**MORNING WARM-UP: 7:30 AM**

**EVENTS: 8:30 AM**

<u>GIRLS</u> <u>EVENT #</u>	<u>EVENT</u>	<u>BOYS</u> <u>EVENT #</u>
63	10&U 100 FREE	64
65	11-12 200 FREE	66
67	8&U 50 BREAST	68
69	10&U 50 BREAST	70
71	11-12 50 BREAST	72
73	10&U 100 BACK	74
75	11-12 100 BACK	76
77	8&U 50 FLY	78
79	10&U 50 FLY	80
81	11-12 50 FLY	82
83	10&U 400 FREE REL	84
85	12&U 400 FREE REL	86

**AFTERNOON WARM-UP: 12:30 NOON**

**EVENTS: 1:30 PM**

87	OPEN 400 FREE REL	88
89	13-14 400 FREE	90
91	OPEN 400 FREE	92
93	13-14 200 BREAST	94
95	OPEN 200 BREAST	96
97	13-14 50 FREE	98
99	OPEN 50 FREE	100
101	13-14 200 FLY	102
103	OPEN 200 FLY	104
105	13-14 100 BACK	106
107	OPEN 100 BACK	108





**Meet Evaluation Form**  
**Sanction Number: MI1314093**

**Name of Meet: DRD "Freeze or Fry"**

**Date of Meet: June 13 - 15, 2014**

**Host of Meet: Dearborn Dolphins (DRD)**

**Place of Meet: Jack Dunworth Memorial Pool, Dearborn MI**

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
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 and the Michigan Swimming Office within 30 days.**