

**Best Valen-Times Ever ABC Invitational**  
**Hosted By: Huron Valley Penguins**  
**February 5, 6 & 7<sup>th</sup>, 2010**

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI0910024. Michigan swimming rules, safety, and warm up procedures will govern the meet as is fully set forth in these meet rules.
- Location:** Lakeland High School, 1630 Bogie Lake Road, White Lake, MI 48383.
- Times:**
- |                                    |      |                 |              |
|------------------------------------|------|-----------------|--------------|
| Friday, February 5 <sup>th</sup>   | P.M. | Warm up 5:00pm  | Start 6:00pm |
| Saturday, February 6 <sup>th</sup> | A.M. | Warm up 7:30am  | Start 8:45am |
| Saturday, February 6 <sup>th</sup> | P.M. | Warm up 12:30pm | Start 1:30pm |
| Sunday, February 7 <sup>th</sup>   | A.M. | Warm up 7:30am  | Start 8:45am |
| Sunday, February 7 <sup>th</sup>   | P.M. | Warm up 12:30pm | Start 1:30pm |
- Motels:** Please see attached list of area lodging.
- Facilities:** The Lakeland High School pool is an 8 lane 25 yd pool with a diving well which will be available for supervised warm-up and warm down. Depth at start is 8ft and 4ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8 lane display will be used. The competition course has not been certified in accordance with 104.2.2C(4). There is ample balcony seating for spectators. Lockers are available (provide your own lock).
- Eligibility:** The Best Valen-n-Times Ever ABC Invitational is for all swimmers. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on February 5<sup>th</sup>, 2010 will determine his/her eligibility for a particular age group.
- Meet Format:** Timed Final Format.
- 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 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, entries are not deemed valid and will not be processed until such time as the entry chairperson has received: (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 clubs certification of entered athletes and (d) your clubs entry and entry fees. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
- Individual Entry Limits:** Swimmers may enter a maximum of four (4) individual events per session, and no more than a (5) event total for the day.
- Electronic Entries:** \$4.00 per individual event and \$10.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **Huron Valley Schools**.

- Paper Entries:** MS rules regarding non-electronic entries apply. \$5.00 per individual event and \$11.00 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 on Hy-Tek (or compatible) disk. 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 *must* 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.
- Entry Procedures:** Entries may be submitted to the entry chairperson as of Friday, January 8<sup>th</sup> no sooner than 12:00pm noon. The entry chairperson must receive all entries no later than Friday, January 29<sup>th</sup>, 2010. 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 ([www.uss-michigan.com](http://www.uss-michigan.com)). All individual entries should be submitted via electronic mail to the entry chairperson at [coach\\_janette@yahoo.com](mailto:coach_janette@yahoo.com). Any entries submitted will not be processed 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 club's signed certification of entered athletes and (d) your club's entry fees. The complete Best Valen-Times Ever ABC Invitational entry packet with entry forms is available on the Michigan Swimming Website at [www.uss-michigan.com](http://www.uss-michigan.com).
- 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.
- Entry Chair:** 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:
- Janette Heaton  
10325 Glynn Rd, White Lake, MI 48386.  
Email: [coach\\_janette@yahoo.com](mailto:coach_janette@yahoo.com)  
248-790-5607
- Check In:** Check-In will be available as of 30 mins 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 **all** events in that session. Also note that, pursuant to MS Rules, that failing to swim an event after checking in for that event, will disqualify a swimmer from his or her next event. Check-in sheets will be posted in hallway just outside of pool locker room entrances.
- Scratch Rules:** Prior to check-in close a swimmer may scratch events at the Clerk of Course. After check-in closes, you must see the Meet Referee to scratch an event. Once a swimmer has checked in for an event that swimmer must compete in that event or the swimmer will be scratched from his/her next event.
- Marshaling:** All Sessions will be self-marshaled.
- Seeding:** All events are timed finals and will be seeded slowest to fastest other than the 1000 Free and 400IM distance events, which will be seeded fastest to slowest (alternating genders-women/men).

<b>Deck Entries/ Time Trials:</b>	Time Trials will not be offered. Deck entries may be allowed depending on the timeline of the meet and the decision of the Meet Referee and Meet Director. The Deck Entry fee will be \$5.00 per event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge.
<b>Meet Programs/ Admissions:</b>	Meet Programs: \$6.00 for a 3 day program Admissions: \$4.00 per day
<b>Scoring:</b>	No individual or team scoring will be kept.
<b>Awards:</b>	Huron Valley Penguin medals will be awarded for 1-3 place and ribbons will be awarded 4-16 <sup>th</sup> place for A, B, and C divisions.
<b>Results:</b>	Complete meet results will be posted on the Michigan Swimming Website at <a href="http://www.uss-michigan.com">www.uss-michigan.com</a> . Results will also be available on flash drive (HY-TEK Meet Manager) upon request. Teams must provide their own flash drive.
<b>Concessions:</b>	Food and beverages will be available in upper hallway just outside pool balcony observation area. 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 Huron Valley Pools & Fitness front desk. 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 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.
<b>Deck Personnel:</b>	Only swimmers, registered coaches, and meet officials/workers are allowed on the deck. Coaches and officials must display their registration cards at all times. Coaches must be current in all certifications through the final date of the meet.
<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.

- First Aid:** Supplies will be kept in pool deck office.
- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Huron Valley Schools.
  - (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 pool office.

**Meet Director:** Jim Tulpa email: jdltulpa@aol.com

**Meet Referee:** Ron Reinke email: ronr48@hotmail.com

**Safety Marshall:** Keely Aman

### **Best Valen-Times Ever ABC Invitational**

Friday, February 5<sup>th</sup>, 2010

Warm up 5:00pm, Start 6:00pm

<b>Boys Event #</b>	<b>Age</b>	<b>Event</b>	<b>Girls Event #</b>
1	12 & UNDER	400 IM	2
3	13 & OVER	400 IM	4
5	12 & UNDER	500 FREE	6
7	13 & OVER	1000 FREE	8

<p align="center"><b>Best Valen-Times Ever</b>  <b>ABC Invitational</b>          Saturday, February 6<sup>th</sup>, 2010          Warm up 7:30am, Start 8:45am</p>
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<b>Boys Event#</b>	<b>Age</b>	<b>Event</b>	<b>Girls Event#</b>
9	11-12	200 Medley Relay	*
10	10&U	200 Medley Relay	11
12	11-12	100 FREE	*
13	10 & U	100 FREE	14
15	8 & U	50 FREE	16
17	11-12	50 BACK	*
18	10 & U	50 BACK	19
20	8 & U	25 BACK	21
22	11-12	200 IM	*
23	10 & U	200 IM	24
25	8 & U	100 IM	26
27	11-12	50 FLY	*
28	10 & U	50 FLY	29
30	8 & U	25 FLY	31
32	11 & 12	100 BREAST	*
33	10 & U	100 BREAST	34
35	8 & U	50 BREAST	36

SATURDAY		PM	12:30 PM Warm-up	
			1:30PM Start	
Boys Event#	Age	Event	Girls Event#	
*	11-12	200 Medley Relay	37	
38	Open	200 Medley Relay	39	
*	11-12	100 BREAST	40	
41	OPEN	100 BREAST	42	
*	11-12	50 BACK	43	
44	OPEN	200 BACK	45	
*	11-12	200 IM	46	
47	OPEN	200 IM	48	
*	11-12	100 FREE	49	
50	OPEN	100 FREE	51	
*	11-12	50 FLY	52	
53	OPEN	100 FLY	54	

<p align="center"><b>Best Valen-Times Ever</b>  <b>ABC Invitational</b>          Sunday, February 6<sup>th</sup>, 2010          Warm up 7:30am, Start 8:45am</p>
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Boys Event #	Age	Event	Girls Event #
55	11-12	200 FREE RELAY	*
56	10 & U	200 FREE RELAY	57
58	11-12	200 FREE	*
59	10 & U	200 FREE	60
61	8 & U	100 FREE	62
63	11-12	50 BREAST	*
64	10 & U	50 BREAST	65
66	8 & U	25 BREAST	67
68	11-12	100 BACK	*
69	10 & U	100 BACK	70
71	8 & U	50 BACK	72
73	11-12	100 IM	*
74	10 & U	100 IM	75
76	8 & U	25 FREE	77
78	11-12	100 FLY	*
79	10 & U	100 FLY	80
81	8 & U	50 FLY	82
83	11-12	50 FREE	*
84	10 & U	50 FREE	85

**SUNDAY**      **PM**      12:30 PM Warm-up-1:30 Start

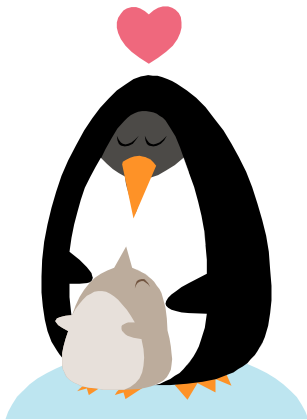
Boys Event#	Age	Event	Girls Event#
*	11-12	200 FREE RELAY	86
87	OPEN	200 FREE RELAY	88
*	11-12	200 FREE	89
90	OPEN	200 FREE	91
*	11-12	50 BREAST	92
93	OPEN	200 BREAST	94
*	11-12	100 BACK	95
96	OPEN	100 BACK	97
*	11-12	100 IM	98
99	OPEN	50 FREE	100
*	11-12	100 FLY	101
102	OPEN	200 FLY	103
*	11-12	50 FREE	104

## Local Hotel Info:

Hampton Inn  
169 Loop Rd.  
Commerce Township, MI 48390  
[Hamptoninn.com](http://Hamptoninn.com)

Holiday Inn Express Hotel & Suites Waterford  
4350 Pontiac Lake Road, Waterford, MI  
(248) 674-3434  
[hiexpress.com](http://hiexpress.com)

Comfort Inn  
7076 Highland Rd., Waterford, MI  
(248) 666-8555  
[comfortinn.com](http://comfortinn.com)



# WISH YOUR SWIMMERS GOOD LUCK



## AS THEY SWIM FOR THEIR BEST VALENTINES EVER!

RATHER THAN POSTING GOOD LUCK MESSAGES IN A PROGRAM THAT MOST SWIMMERS WILL NOT SEE UNTIL AFTER THEIR RACES, WE'RE OFFERING AN OPPORTUNITY FOR YOU TO SEND YOUR SWIMMER OR TEAM A VALENTINE VALENTINE TO CHEER THEM ON! YOUR TEXT WILL BE PRINTED ON A PERSONALIZED VALENTINE AND POSTED ON THE WALLS SURROUNDING THE POOL DECK!

WHEN THEY ARE FINISHED SWIMMING, THEY MAY TAKE IT HOME AS A MEMENTO! SHOW YOUR SWIMMERS YOUR SUPPORT AND HOW MUCH YOU LOVE TO WATCH THEM SWIM, AS THEY STRIVE TO ACHIEVE THEIR BEST VALENTINES EVER! PROVIDE YOUR MESSAGE AND INFORMATION BELOW

AND MAIL ALONG WITH YOUR PAYMENT TO:

DEB TULPA, 802 CHATHAM DR., MILFORD, MI 48381

JDLTULPA@AOL.COM

ORDER AS SOON AS POSSIBLE! MUST BE RECEIVED NO LATER THAN JANUARY 22, 2010.



SWIMMER NAME: \_\_\_\_\_ PHONE/EMAIL: \_\_\_\_\_

(IN CASE MESSAGE CLARIFICATION NECESSARY)

SWIM TEAM: \_\_\_\_\_ SWIMMER'S AGE: \_\_\_\_\_

VALENTINE TO: \_\_\_\_\_ VALENTINE FROM: \_\_\_\_\_

YOUR MESSAGE:

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### PRICING:



4x6= \$2



5x7= \$5



8x10= \$10



16x20= \$20



20x24= \$25

PLEASE CHECK THE HEART NEXT TO THE SIZE YOU WISH TO ORDER. KEEP IN MIND, THE SIZES LISTED ARE APPROXIMATIONS AND MAY VARY SLIGHTLY DEPENDING ON DESIGN AND MESSAGE. PLEASE BE PROPORTIONATE IN REGARD TO SIZE OF VALENTINE AND AMOUNT OF TEXT PROVIDED! ADDITIONAL ORDERS MAY HANDWRITTEN OR PHOTOCOPIED, PROVIDED ALL THE INFORMATION ABOVE IS COMPLETED! PLEASE MAKE CHECKS PAYABLE TO **HURON VALLEY SCHOOLS OR HVS.**



# RELEASE AND WAIVER

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 Huron Valley Penguins, Huron Valley Schools, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to said swim meet.

[illegible]

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.

Signature: \_\_\_\_\_

Position: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Phone: \_\_\_\_\_

Coach E-Mail \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Code: \_\_\_\_\_

**Certification of Registration Status  
Of All Entered Athletes  
Best Valen-Times Ever ABC Invitational**

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.**