

POINTE AQUATICS

2010 FROST FEST INVITATIONAL SWIM MEET

BC 14 & Under with 11-12 200's Stroke (Fly, Back, Breast), 400 IM,
10 and Under 500 and Open 13 & Over-Group II With 1650

Hosted by Pointe Aquatics Swim Club

FRIDAY-SUNDAY, JANUARY 8-10, 2010

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI0910022. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
- Location:** Grosse Pointe North High School, 707 Vernier Road, Grosse Pointe Woods, Mi. 48236. The entrance to the high school, marked by a traffic signal, is on the south side of Vernier Road and is approximately 1.6 miles East of the I-94 freeway. Map to Pool is available as part of the Meet Packet on the Michigan Swimming Website (www.uss.michigan.com) and the Pointe Aquatics website at www.pointequatics.com.
- Times:** **FRIDAY WARM-UP:** 4:30 P.M. FIRST EVENT: 5:30 P.M.
SATURDAY/SUNDAY:
MORNING WARM-UP: 7:30 A.M. FIRST EVENT: 8:30 A.M.
AFTERNOON WARM-UP: 12:30 P.M. FIRST EVENT: 1:30 P.M.
CHECK IN CLOSES 15 MINUTES AFTER WARMUP BEGINS
- Facilities:** The Grosse Pointe North High School Pool is an 8 lane 25 yard pool with diving well area which will be available for supervised warm-up and warm down. Depth at start is 8 feet 7 inches and 4 feet at the turns. Permanent starting blocks and non-turbulent lane markers are in place. Daktronics timing with an 8 lane display will be used. Pool seating capacity is 450. Lockers are available (provide your own lock). The 25 yard events will be swum from the starting blocks. Public phones will be available. The competition course has not been certified in accordance with 104.2.2c(4).
- Eligibility:** The Pointe Aquatics Frost Fest Swim meet is for age 14 & Under swimmers with times that fall within the cut-offs listed. Open "B" events have no lower cut-off times for 13-18 swimmers. **SWIMMERS MUST HAVE A SEED TIME. ENTRIES WITH "NO TIME" OR "NT" WILL NOT BE ACCEPTED.** All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on January 8, 2010 will determine his/her eligibility for a particular age group. Mixed relays may consist of any combination of boys and girls (all boys/girls or mixed).
- Meet Format:** This meet is a BC 14 and Under meet with the 200's of stroke for 11-12, 13-14, and Open. There will be a 10 and Under and 11-12 500 free. The 11-12 age group will offer the 400 IM. The open age group will offer the 400 IM and 1650 free. 10 and unders will swim in the morning. 11-12, 13-14, and Open will swim in the afternoon. All 14 & under events and all events 100 yards and over on Saturday and Sunday will be swum as one girl's event and one boy's event. Scoring and awards will be distributed by gender and age groups as follows: 10 and under, 11 & 12 and 13 & 14.

- 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 club's 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:** In this timed finals meet swimmers will be limited to **4 (four)** individual events and **1 (one)** relay per 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: Pointe Aquatics.**
- Paper Entries:** Michigan Swimming's 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 12:00 pm (NOON), December 11, 2009. **The entry chairperson must receive all entries no later than 11:59 PM of December 29, 2009.** 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). All entries should be submitted in Hy-Tek format. All individual entries should be submitted via electronic mail to the Mike O'Connor at FrostFest@msn.com. **Entries submitted will be processed provisionally pending receipt by the entry chairperson of: (a) a hard copy of your clubs signed released/waiver agreement (b) your clubs signed certification of athletes and (c) your clubs entry and entry fees.** The complete Pointe Aquatics Frost Fest entry packet with entry forms is available on the Michigan Swimming Website at 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, with the exception of swimmers who qualify out of the BC format by virtue of times swum between the acceptance of the entry and the start of the Frost Fest Meet. Such entries will be granted the opportunity to switch to an event in which their entry time conforms to the meet format or be granted a refund.
- Entry Chair:** Your club's Entry, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Mike O'Connor
20660 Vernier Circle
Grosse Pointe Woods MI, 48236
313 882 7487
[**FrostFest@msn.com**](mailto:FrostFest@msn.com)

Check In:	CHECK IN WILL BE AVAILABLE 15 MINUTES PRIOR TO THE BEGINNING OF WARM UP AND CLOSE AT 7:45 A.M. and 12:45 P.M. OR 15 MINUTES AFTER WARMUP BEGINS. Check in is mandatory for all events. Failure to check in will cause the swimmer to be scratched from all events in that session. PLEASE FOLLOW THE POSTED CHECK IN PROCEDURE AND MICHIGAN SWIMMING CHECK IN RULES. Also note that pursuant to Michigan Swimming Rules that failing to swim an event <u>after</u> checking in for that event will disqualify a swimmer for his or her next event. Check in sheets will be posted in the hall adjacent to the Grosse Pointe North High School Gym. No deck check in will be permitted.
Scratch Rules:	<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. Once a swimmer (or a representative for such 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:	The meet will be marshaled for the morning sessions only. All other sessions will be self marshaled. Marshaling will be on the pool deck. Swimmers will be responsible for reporting to the marshaling area when their event is called. If a swimmer in an event cannot be at the marshaling area when an event is called, another representative from such swimmer's team (swimmer, coach, etc.) should report to the marshaling area for such swimmer. Swimmers not swimming in the morning sessions will be expected to locate their heat and lane independently. Heat sheets for 11 and over will be posted. Each swimmer must sign in prior to the specified time or be scratched from their events.
Warm Up Procedures:	For the first 30 minutes of warm up, all lanes will be used for general warm up. After 30 minutes lanes 2 and 7 will become one way sprint lanes. The last 10 minutes of warm up on Saturday and Sunday lanes 2,3,6, and 7 will be one way sprint lanes. Warm up will end 10 minutes before the meet is to begin. Feet first entry is required to enter the pool. Swimmers may dive only in designated lanes. Friday Warm Up: 4:30-5:00 Lanes 1-8 General warm up. 5:00-5:20 Lanes 2/7 only One way sprints. Pool Closes at 5:20 Saturday AM/ Sunday AM Warm UP: 7:30-8:00 Lanes 1-8 general warm up 8:00-8:20 Lanes 2/7 one-way sprint 8:10-8:20 Lanes 2/3/6/7 one-way sprint Pool closes at 8:20am *Saturday PM/ Sunday PM Warm up:* 12:30-1:00 Lanes 1-8 General Warm UP 1:00-1:20 Lanes 2/7 one-way sprint. 1:10 – 1:20 Lanes 2/3/6/7/ one way sprint Pool closes at 1:20 PM <i>* Tentative depending upon warm up start time*</i>
Seeding:	All events are timed finals and will be seeded slowest to fastest with the exception of the 1650 Free , which will be seeded fastest to slowest (alternating genders-women/men).
Deck Entries/ Time Trials:	There will be NO deck entries for this meet. Time Trials will be held time permitting, and at the discretion of the Meet Referee.

**Meet Programs/
Admissions:**

Meet programs will be \$6.00 for the meet. Heat sheets for the Friday session will be \$1.00. Friday admission will be \$1.00. Saturday and Sunday admission will be \$3.00.

Scoring:

No individual or team scoring will be kept.

Awards:

SWIMMERS MUST HAVE A SEED TIME. ENTRIES WITH “NO TIME” OR “NT” WILL NOT BE ACCEPTED. Pointe Aquatics medals will be awarded for 1st – 8th place and ribbons will be awarded 9th – 16th place for 10 & Under swimmers. Medals will be awarded for 1st – 8th place for 11 and over swimmers. Relays will be awarded medals for 1st – 3rd place. Scoring and awards will be distributed by gender and age groups as follows: 10 and under, 11 & 12 and 13 & 14.

Results:

Daily meet results will be posted at www.PointeAquatics.com. Additional copies of the results can be ordered at the admissions table for \$5.00. Results will also be available on disk (HY-TEK Meet Manager). Teams may request an electronic results file either to be sent by email or down loaded onto appropriate media at the completion of the meet. Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com.

Concessions:

Food and beverages will be available in the high school cafeteria. 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.

**Lost and
Found:**

Articles may be turned in/picked up in the concession area. Articles not picked up by the end of the meet will be retained in the home of the Meet Director 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 will be required to enter the pool feet first except when sprint lanes have been designated. 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.

Deck Personnel:

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.

**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 pool office.

- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Grosse Pointe North High School.
 - (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: Betsy Mellos, 313-882-4565, Betsymel@aol.com

Meet Referee: Ron Reinke, 734-591-7981, ronr48@hotmail.com

Safety Marshall: Theresa Thompson

POINTE AQUATICS FROST FEST SWIM MEET
 FRIDAY, JANUARY 9, 2009
 SANCTION MSS# MI0809024

	WARM UP	4:30 PM	EVENTS	5:30 PM	
GIRLS					BOYS
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
1	5:59.99	OPEN	500 FREE	5:44.99	2
3		14 & UNDER	200 IM		4
	3:11.99	10 & UNDER	200 IM	3:11.99	
	2:44.99	11 & 12	200 IM	2:44.69	
	2:34.99	13 & 14	200 IM	2:29.99	
5	2:33.49	OPEN	200 IM	2:24.99	6
7		14 & UNDER	400 IM		8
	6:06.59	11 & 12	400 IM	6:07.09	
	5:36.99	13 & 14	400 IM	5:21.99	
9	5:34.99	OPEN	400 IM	5:14.99	10
11		14 & UNDER	500 FREE		12
	7:44.89	10 & UNDER	500 FREE	7:42.99	
	6:19.99	11 & 12	500 FREE	6:17.99	
	6:13.99	13 & 14	500 FREE	5:54.99	

POINTE AQUATICS FROST FEST SWIM MEET
 SATURDAY, JANUARY 10, 2009
 SANCTION MSS# MI0809024

	WARM UP	7:30 AM	EVENTS 8:30 AM		
GIRLS					BOYS
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
13	2:46.99	10 & UNDER	200 FREE	2:44.99	14
15	NO CUT	8 & UNDER	50 BUTTERFLY	NO CUT	16
17	40.09	10 & UNDER	50 BUTTERFLY	39.99	18
19	NO CUT	8 & UNDER	25 BACK	NO CUT	20
21	1:30.49	10 & UNDER	100 BACK	1:28.99	22
23	NO CUT	8 & UNDER	50 FREE	NO CUT	24
25	33.79	10 & UNDER	50 FREE	33.29	26
27	NO CUT	8 & UNDER	25 BREAST	NO CUT	28
29	1:37.99	10 & UNDER	100 BREAST	1:38.89	30
31	NO CUT	8 & UNDER	100 IM	NO CUT	32
33		10 & UNDER	200 MIXED FREE RELAY		
34		8 & UNDER	200 MIXED FREE RELAY		

	WARM UP	12:30 PM	EVENTS 1:30 PM		
GIRLS					BOYS
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
35	29.99	11-12	50 FREE	29.99	36
37	2:44.99	OPEN	200 FLY	2:32.99	38
39		11-14	200 FLY		40
	2:44.99	13-14	200 FLY	2:39.99	
	2:56.29	11-12	200 FLY	2:56.89	
41	1:21.99	OPEN	100 BREAST	1:15.49	42
43		11-14	100 BREAST		44
	1:21.99	13-14	100 BREAST	1:18.49	
	1:25.49	11-12	100 BREAST	1:26.19	
45	28.39	OPEN	50 FREE	26.39	46
47	28.19	13-14	50 FREE	27.09	48
49	33.99	11-12	50 FLY	34.09	50
51	1:12.99	OPEN	100 BACK	1:09.99	52
53		11-14	100 BACK		54
	1:13.49	13-14	100 BACK	1:12.49	
	1:18.99	11-12	100 BACK	1:18.29	
55	2:13.99	OPEN	200 FREE	2:06.99	56
57		11-14	200 FREE		58
	2:16.09	13-14	200 FREE	2:09.99	
	2:23.39	11-12	200 FREE	2:22.99	
			EVENTS 5:30 PM		
GIRLS					BOYS
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
59	22:34.99	OPEN	1650 FREE	20:39.99	60

POINTE AQUATICS FROST FEST SWIM MEET
 SUNDAY JANUARY 11, 2009
 SANCTION MSS# MI0809024

	WARM UP	7:30 AM	EVENTS 8:30 AM		
GIRLS					BOYS
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
61	NO CUT	8 & UNDER	100 FREE	NO CUT	62
63	1:15.89	9-10	100 FREE	1:14.19	64
65	NO CUT	8 & UNDER	50 BREAST	NO CUT	66
67	44.99	9-10	50 BREAST	45.49	68
69	NO CUT	8 & UNDER	25 FLY	NO CUT	70
71	1:34.99	9-10	100 FLY	1:32.99	72
73	NO CUT	8 & UNDER	50 BACK	NO CUT	74
75	41.09	9-10	50 BACK	40.29	76
77	NO CUT	8 & UNDER	25 FREE	NO CUT	78
79	1:26.49	9-10	100 IM	1:24.99	80
81		8 & UNDER	200 MIXED MEDLEY RELAY		
82		10 & UNDER	200 MIXED MEDLEY RELAY		

	WARM UP	12:30 PM	EVENTS 1:30 PM		
GIRLS					BOYS
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
83		11-14	100 FREE		84
	1:05.99	11-12	100 FREE	1:05.99	
	1:01.69	13-14	100 FREE	59.09	
85	1:01.49	OPEN	100 FREE	57.09	86
87	39.69	11-12	50 BREAST	39.39	88
89		11-14	200 BACK		90
	2:55.89	11-12	200 BACK	2:55.09	
	2:40.99	13-14	200 BACK	2:33.99	
91	2:39.99	OPEN	200 BACK	2:31.99	92
93		11-14	100 FLY		94
	1:18.49	11-12	100 FLY	1:19.09	
	1:11.99	13-14	100 FLY	1:08.99	
95	1:10.49	OPEN	100 FLY	1:05.99	96
97	36.29	11-12	50 BACK	36.29	98
99		11-14	200 BREAST		100
	3:11.89	11-12	200 BREAST	3:12.89	
	2:56.99	13-14	200 BREAST	2:52.99	
101	2:55.99	OPEN	200 BREAST	2:44.99	102
103	1:15.99	11-12	100 IM	1:16.49	104

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 Pointe Aquatics, Grosse Pointe North High School, 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 2010 Frost Fest

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.