

Michigan Swimming District Championships
“White Division”
Hosted By: Blue Water Swim Club (BWSC)
February 26-28, 2010

Sanction: This meet is sanctioned by Michigan Swimming, Inc. as a timed final swimming meet on behalf of USA Swimming, Sanction **MI0910034**. Michigan Swimming rules, safety and warm up procedures govern this meet as if fully set forth in this meet announcement.

Location: Royal Oak Middle School (formerly Dondero High School)
709 N Washington Ave.
Royal Oak, MI 48067
Please visit www.mapquest.com for map and directions or see Michigan Swim website posting www.uss-michigan.com

Times:		<u>Warm Ups</u>	<u>Start</u>	
	Friday	February 26	5:00 pm	6:00 pm
	Saturday	February 27	7:00 am	8:00am
	Saturday	February 27	12:00 pm	1:00 pm
	Sunday	February 28	7:00 am	8:00 am
	Sunday	February 28	12:00 pm	1:00 pm

Hotel Info: Springhill Suites by Marriott, 28555 Northwestern Hwy, Southfield, MI 248-352-6100
Hampton Inn, 32420 Stephenson Hwy, Madison Heights, MI 248-585-8881
Holiday Inn Express, 34952 Woodward Ave, Birmingham, MI 48009

Facilities: The Royal Oak Middle School pool is a 25 yard, 8 lane indoor pool with lane markers and permanent starting blocks. There is a diving well which will be available for supervised warm-up and warm down. Depth at start is 7 feet and 4.5 feet at turn. There is ample balcony seating for spectators. Lockers will be available (provide your own lock). The 25 yard events will be swam from the starting blocks.
BWSC is not responsible for lost or stolen property.
The competition course has not been certified in accordance with 104.2.2c (4).

Eligibility: All swimmers must be currently registered with Michigan Swimming. A swimmer's age on the first day of the meet (February 26, 2010) will determine his/her eligibility for a particular age group for the entire meet.

Team Venue: For the 2010 District Championship meets all teams registered with MS will initially be assigned by the MS Programs Operations vice chair to three District "venues". These venues are geographically located throughout the State of Michigan in an effort to equalize the size (total entries) of the meets as well as equalize travel distance to the meets. The districts are referred to as the "Red, White and Blue" Divisions. Each MS team will send their entries to the initial venue assigned by the Programs Operations vice chair and compete at that venue (i.e. a MS team cannot choose which venue they will compete at). After the entries are received at each venue the Program Operations vice chair in his/her discretion has the right to and may reassign clubs among the meet venues to balance the entries in an equitable manner between each venue. Teams will be notified as soon as possible if their swimming venue has been changed. Please contact Margaret Green at mlanegreen@aol.com or David Brace at davidlbrace@gmail.com if you have any questions.

Meet

Format: The format at each of the three District Championships is identical. All events are timed finals. 10&U's and 11-12 Boys will swim in the AM sessions. 13&18's and 11-12 girls will swim in the PM sessions. Relay events are offered for 10&u and 11-12 age groups only. No relays are offered for 13-18.

Time

Standards: **The District Championships are the beginning level (no minimum entry times) of MS Championship Meets. Thus, the District Championships are a "slower than stated time standard" swim meet.** All swimmers must not have achieved the stated time standard in a particular event to be eligible to enter the event. The "slower than" time standards are listed as "Q3" times. A swimmer may not compete in any event in which they have a junior Olympic Q2 time or a State Meet Q1 time. This included any 8 & Under swimmer who has achieved 10 & Under Q2 or Q1. A swimmer who achieves a Q2 or Q1 time after his/her entry has been sent to the entry chair and before the meet must withdraw from the event unless the following age up exception applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

Age Up

Exception: All swimmers who "age up" after Districts [and before JOs or their respective State Meet (either 12 and Under or 13/14 & Open)] and who don't have a Q2 (JO) or Q1 (State qualifying) time in their new JO or State Meet age group may enter a particular event in their current age group at Districts at a seed time at or faster than their current age groups Q3 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the JO Meets or State Meets in their actual age group at JOs or the State Meets. Swimmers who enter an event at Districts under the "age up" exception are not, however, eligible for awards at Districts in that event. Please alert the Entry Chair to all "Age Up" entries by enclosing a statement to that effect in your email or US mail entry.

Individual Entry

Limits: Swimmers may enter one (1) event on Friday afternoon/evening and a maximum of three (3) individual events and one (1) relay event per day on Saturday and Sunday.

Relays: Relay events are offered for 10&U and 11-12 age groups only. There are no relay-only swimmers at MS District Championship Meets. All relay participants must also swim at least one individual event.

Electronic

Entries: \$5.00 per individual event and \$12.00 for relays. Please include a \$1.00 Michigan Swimming athlete surcharge for each swimmer entered. Make Checks Payable to Blue Water Swim Club.

Paper

Entries: MS rules regarding non-electronic entries apply. \$6.00 per individual event and \$13.00 for relays. The Michigan Swimming \$1.00 athlete 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.

Time

Conversions: Time conversions are allowed. Convert to SCY.

Seed Times: Please submit an accurate seed time for each entry – individual or relay event. NT entries are acceptable if the swimmer has not swum the event before. NT swims will be considered exhibition and will not receive awards.

Entry

Procedures: Entries may be submitted to the Entry Chairperson as soon as this information is posted on Michigan Swimming web site. **The entry chairperson must receive all entries (whether by E-Mail or regular mail) no later than Friday, February 19, 2010 at 11:59 PM.** 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). 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) your entry (b) a hard copy of your club's signed release/waiver agreement (c) your clubs certification of entered athletes and (d) your entry fees.

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 except as specified in the Time Standards paragraph.

Entry Chair: Your club's Entry, Release/Waiver, Certification of Entered Athletes and check should be sent via E-Mail, U.S. Mail or nationally recognized overnight courier to:

Peggy Markel, Entry Chair

1524 Oakland Avenue

St. Clair, MI 48079

pmarkel5781@yahoo.com

(810) 329-4162

No Calls after 9:30 p.m. Please!

*****MUST BE SENT WITH NO SIGNATURE REQUIRED*****

Check In: All swimmers **MUST** check in. Check in will be available 30 minutes before the start of warm-ups. **CHECK IN WILL CLOSE 15 MINUTES AFTER THE START OF WARM UP.** 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, not 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.

Scratch

Rules: **Prior** to check in closing, a swimmer may scratch events at the Clerk of Course. **After** check in closes, you must see the Meet Referee to scratch an event.

Marshaling: All events will be self-marshaled.

Seeding: Seeding will be done after check in closes. All events will be seeded slowest to fastest other than the Friday Night 1000 Freestyle that will be seeded fastest to slowest and will alternate gender (girls then boys). Genders may also be combined to reduce the number of heats in the 1000.

Warm ups: Controlled, supervised warm-up sessions will be utilized in accordance with the "warm-up procedure guidelines" suggested by USA Swimming.

The final 20 minutes of warm-ups will be conducted as follows:

- Lanes 1 & 8 push/pace with push off from the start end of the pool 1 or 2 lengths or general warm-up lanes at the discretion of the Meet Referee
- Lanes 2 & 7 racing start lanes. Sprint lanes for racing starts from the blocks or backstroke starts. One length only and exiting the pool.
- Lanes 3-6 general warm-up, no diving or racing starts. Any one, or all of these lanes, may be converted to sprint lanes at the discretion of the Meet Referee.

Deck Entries/

Time Trials: There are no Deck Entries or Time Trials at MS District Championships, with the following exceptions:

10 year old athletes who will be aging up to 11-12 prior to Junior Olympic Meets may Time Trial the following:

200 Breaststroke

200 Backstroke

200 Butterfly

12 year old athletes who will be aging up to 13 prior to Junior Olympic Meets may time trial the following:

1000 Freestyle

1650 Freestyle

in order to achieve qualifying times in these events for the J.O. and/ or State Meet.

Entry into one or more of these time trials will count as an individual entry and is subject to the entry limit.

Programs/

Admissions: \$4.00 per person per day. Children 12 & under (with adult) free. Meet programs will be available for all 3 days for \$6.00.

Scoring: No individual or team scoring will be kept.

Awards: Individual Events: 1st – 8th Medals
9th – 16th Ribbons
Relays: 1st- 3rd Medals
4th – 8th Ribbons

Awards will be distributed at the meet. Coaches will need to pick up any remaining awards at the end of the meet. Awards will not be mailed.

Swimmers entered with NO ENTRY TIME are considered exhibition swims and are not eligible for awards.

Results: Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available on disk (HY-TEK Meet Manager) upon request. Teams providing a formatted 3.5" disk will be available for coaches and officials.

Concessions: Food and beverages will be available at the concessions area adjacent to the entrance to the pool. 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 at the admissions table or at the First Aid Room on deck. Articles not picked up by the end of the meet will be retained for 14 days. Please contact one of the meet directors for lost and found.

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. Penalties for violating these rules will be in the sole discretion of the Meet Referee that may include ejection from the meet.

Deck

Personnel: Only participating swimmers, registered coached 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 meet announcement will be documented by the Meet Referee and available at the Clerk of Course for review. Information will also be covered at the Coaches' Meeting.

First Aid:

Supplies will be kept in the Coached Office/Computer Room on deck, and available for use as needed.

Facility

Items:

- A. No smoking is allowed in the building or on the grounds of Royal Oak Middle 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 the sanction of this meet and is available for review and inspection at the Announcer's Table.

Meet

Director:

Laura Laenen, rllaenen@aol.com, 810-326-1788(home), please no calls after 9:00 P.M.
810-650-7997(cell)

Meet

Referee:

Pete Olson, olsonpl@yahoo.com, 248-375-1458

Safety

Marshall:

John L. Sturtridge

Vendors:

Action Accents

Schedule of Events

Friday

Warm-Up 5:00 pm, Check In Closes 5:15 pm, Start 6:00 pm

Girls Event #	Age	Event	Boys Event #
1	11-12	400 IM	2
3	10&U	500 Free	4
5	13-18	1000 Free	6

Saturday AM

Warm-Up 7:00 am, Check In Closes 7:15 am, Start 8:00 am

Girls Event #	Age	Event	Boys Event #
	11-12	200 Back	7
8	10&U	50 Free	9
	11-12	50 Free	10
11	10&U	100 IM	12
	11-12	100 IM	13
14	10&U	50 Fly	15
	11-12	50 Fly	16
17	10&U	200 Free	18
	11-12	200 Free	19
20	10&U	100 Breast	21
	11-12	100 Breast	22
23	10&U	50 Back	24
	11-12	50 Back	25
	11-12	200 Fly	26
27	10&U	200 Medley Relay	28
	11-12	200 Medley Relay	29

Saturday PM

Warm-Up 12:00 pm, Check In Closes 12:15pm, Start 1:00 pm

Girls Event #	Age	Event	Boys Event #
30	11-12	100 IM	
31	13-18	400 IM	32
33	11-12	50 Back	
34	13-18	200 Back	35
36	11-12	200 Free	
37	13-18	200 Free	38
39	11-12	50 Fly	
40	13-18	200 Fly	41
42	11-12	200 Back	
43	13-18	50 Free	44
45	11-12	50 Free	
46	13-18	100 Breast	47
48	11-12	100 Breast	
49	11-12	200 Fly	
50	11-12	200 Medley Relay	

Sunday AM

Warm-Up 7:00 am, Check In Closes 7:15 am, Start 8:00 am

Girls Event #	Age	Event	Boys Event #
	11-12	200 Breast	51
52	10&U	200 IM	53
	11-12	200 IM	54
55	10&U	100 Back	56
	11-12	100 Back	57
58	10&U	100 Free	59
	11-12	100 Free	60
61	10&U	50 Breast	62
	11-12	50 Breast	63
64	10&U	100 Fly	65
	11-12	100 Fly	66
67	10&U	200 Free Relay	68
	11-12	200 Free Relay	69
	11-12	500 Free	70

Sunday PM

Warm-Up 12:00 pm, Check In Closes 12:15 pm, Start 1:00 pm

Girls Event #	Age	Event	Boys Event #
71	11-12	200 Breast	
72	13-18	200 Breast	73
74	11-12	200 IM	
75	13-18	200 IM	76
77	11-12	100 Back	
78	13-18	100 Back	79
80	11-12	100 Free	
81	13-18	100 Free	82
83	11-12	50 Breast	
84	13-18	100 Fly	85
86	11-12	100 Fly	
87	11-12	200 Free Relay	
88	13-18	500 Free	89
90	11-12	500 Free	

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 Blue Water Swim Club, St. Clair, MI, 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: _____

2010 Districts White Division

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.

2010 MS District Short Course Championship Meet Standards **Q3 Time Standards**

September 2009

10 & UNDER GIRLS **Slower than**

33.59
1:15.99
2:50.09
7:42.89
40.39
1:27.79
45.59
1:42.79
39.79
1:40.99
1:26.59
3:16.09

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
50 Backstroke
100 Backstroke
50 Breaststroke
100 Breaststroke
50 Butterfly
100 Butterfly
100 IM
200 IM

10 & UNDER BOYS **Slower than**

34.59
1:19.09
2:55.69
8:05.99
41.69
1:32.29
48.09
1:44.29
42.69
1:40.59
1:30.99
3:24.69

11-12 GIRLS **Slower than**

29.09
1:05.09
2:24.39
6:27.99
35.09
1:16.39
2:48.09
39.99
1:27.69
3:11.09
34.19
1:22.99
3:12.59
1:16.29
2:47.59
6:19.89

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
50 Backstroke
100 Backstroke
200 Backstroke
50 Breaststroke
100 Breaststroke
200 Breaststroke
50 Butterfly
100 Butterfly
200 Butterfly
100 IM
200 IM
400 IM

11-12 BOYS **Slower than**

30.59
1:09.19
2:32.99
6:42.19
37.09
1:20.19
3:09.59
41.99
1:32.09
3:25.79
36.29
1:26.69
3:23.99
1:20.29
2:55.69
6:30.89

13-18 WOMEN **Slower than**

27:59
59:89
2:11.69
5:50.99
20:57.09
1:09.59
2:29.89
1:20.69
2:55.09
1:10.29
2:48.59
2:28.99
5:26.89

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
1650 Freestyle
100 Backstroke
200 Backstroke
100 Breaststroke
200 Breaststroke
100 Butterfly
200 Butterfly
200 IM
400 IM

13-18 MEN **Slower than**

27.09
58.89
2:11.09
5:53.69
21:19.99
1:10.99
2:35.99
1:19.49
2:54.49
1:09.99
2:41.99
2:28.99
5:24.99

* = standard revised this year

The District Meet(s) are the beginning level of the MS Championship meets. Those with a Q3 time which is any time slower than the JO (Q2) time standard are eligible to swim that event at a District Championship Meet. Once a swimmer has met or surpassed the time standard listed above the swimmer is eligible to swim at the next level championship meet.