

16th Annual Summer Solstice Invitational
IMX Racing, Team Distance and Sprint Championships
Hosted By: Great Lakes Aquatics
June 18-20, 2010

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI910056 . Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

Location: City of Kalamazoo Kik Pool
1038 Walter Street, Kalamazoo, MI 49007
Map to Pool can be found at: www.greatlakesaquatics.org

Times:

| | |
|-----------------------|---|
| Friday, 6/18 | Check In closes 30 minutes prior to session start. |
| Session 1 | Warm Up Starts: 8:00 AM Events Begin: 9:00 AM |
| Session 2 | Warm Up Starts: 12:30 PM Events Begin: 1:30 PM |
| Session 3 | Warm Up Starts: 5:30 PM Events Begin: 6:00 PM |
| Saturday, 6/19 | Check In closes 30 minutes prior to session start. |
| Session 4 | Warm Up Starts: 7:30 AM Events Begin: 8:30 AM |
| Session 5 | Warm Up Starts: 12:30 PM Events Begin: 1:30 PM |
| Sunday, 6/20 | Check In closes 30 minutes prior to session start. |
| Session 6 | Warm Up Starts: 7:30 AM Events Begin: 8:30 AM |
| Session 7 | Warm Up Starts: 12:30 PM Events Begin: 1:30 PM |

Hotels: Check www.greatlakesaquatics.org for hotel accommodations.

Facilities: Kik Pool is a 6 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at start is 6 feet and 3.5 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing will be used. There is ample deck space for spectators (provide your own chairs). Lockers are available (provide your own lock). Public phones will be available.

Safety: To comply with USA Swimming privacy and security policy, NO CELL PHONES WITH CAMERAS OR ANY TYPE OF CAMERA OR VIDEO IS ALLOWED IN THE LOCKER ROOMS AT ANYTIME.

Eligibility: The Summer Solstice Invitational Team Distance and Sprint Championship Meet is open to all currently registered USA Swimming swimmers. A swimmer's age on June 18, 2010, will determine his/her eligibility for a particular age group.

Meet Format: This meet format is timed finals. For swimmers ages 10 & under, this is a "swim-your-own-age" meet; for 11-12 and 13-14 year olds, this is a swim-your-own-age group meet; for the 15 & over ages, this is an open meet. **All swimmers have the full range of IMX events available.** Older swimmers now have the opportunity to sprint 50's of all strokes! All swimmers racing team championship events are to be categorized as "14 & under" or "open."

Entry Limits: Entries will be accepted beginning Wednesday, May 19, 2010, 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 club's 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.** To balance sessions to meet the four (4) hour per session time limit, the meet host reserves the right to use any reasonable technique including but not limited to splitting age groups and/or splitting teams. If the meet host desires to either split age groups and/or split teams, the contact person of each club entering the meet and each unattached swimmer shall be provided with electronic notification of such change at least ten (10) days prior the date of the meet. Any club that withdraws entries based on such change shall receive a refund of such entry fees.

Individual Entry Limits: USA Swimming rules permit no more than 5 individual events per day in a timed finals format. Swimmers in the 800 free and 1500 free must provide one timer and one counter, and these events count toward the five events per day.

Electronic Entries: \$4.00 per individual event. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Great Lakes Aquatics.

Paper Entries: MS rules regarding non-electronic entries apply. \$5.00 per individual event. There is a \$1.00 additional charge per individual event paid if the entry is not submitted on Hy-Tek. 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 May 19, 2010. The entry chairperson must receive all entries no later than Thursday, June 10, 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.ussmichigan.com). Any entries submitted will not processed on an “as received basis”, but when the entry chairperson has received a hard copy of: (a) your club's signed release/waiver agreement (b) your club's signed certification of entered athletes and (d) your club's entry and 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.

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:

Vince Gallant
323 Garland Ave.
Kalamazoo, MI 49001

greatlakesaquatics@gmail.com
phone/fax: 269-340-0452

Check In: See stated times above. 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. PLEASE FOLLOW THE POSTED CHECK IN PROCEDURE AND MICHIGAN SWIMMING CHECK IN RULES. 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 on tables at the entrance gate.

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: **This is a self-marshaled meet for all age groups.** All swimmers will be expected to independently find their heat and lane. Coaches will receive heat sheets after the events are seeded. Heat sheets will be posted in conspicuous areas on deck and behind the starting blocks.

Seeding: Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest other than distance events [800 and 1500 free] which will be seeded fastest to slowest (alternating genders-women/men).

Deck Entries/ Deck entries will be offered based on the time schedule of the meet and
Time Trials: availability. Deck entries will be \$7.00 per individual event. Sign up for deck entries at the Clerk of Course. There will be no time trials. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge.

Meet Admission Admission will be \$4.00 per person per day for all non-participants over
Programs 5 years old. An all-session meet program will be available for \$6.00.
Purchase of meet program also includes one heat sheet per session.

Scoring: Scoring will be kept for the 800 free, 1500 free, 50 free, 50 fly, 50 back, and 50 fly. These events will be scored as follows: 1st place=1 point, 2nd place=2 points, 3rd place=3 points, ... Teams entering three swimmers of the same gender in the 800 and/or 1500 are eligible to compete in the team distance championships. Teams with four swimmers of the same gender racing in the 50's are eligible for the team sprint championships. For 12 & Unders, IMX events will be scored.

Awards: Ribbons for places 1-12 in individual events for all 12 & under events. The age groups are: 7 & Under, 8, 9, 10, and 11-12. All 12 & Under swimmers racing in all the IMX events will receive special recognition and awards. The top 3

individuals and teams in the distance and sprint championships will receive trophies. The age categories for team championships are 14 & Under and Open.

Volunteers: If you would like to volunteer at the Summer Solstice Invitational, please email the meet director at greatlakesaquatics@gmail.com.

Results: Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available on disk (HYTEK Meet Manager) upon request (please provide a disk).

Concessions: Food and beverages will be available at the concession stand. Consideration of all in attendance is requested regarding clean-up of food and beverage items. **Recycling containers will be available for paper, plastic and returnables; coaches are strongly urged to encourage recycling during the meet.** A hospitality area will be available for coaches and officials.

Lost and

Found: Articles may be turned in/picked up at the admissions 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 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: Coaches must be current in all certifications through the final date of the meet. Only swimmers, registered coaches and meet officials/workers are allowed in certain areas of the deck. Coaches and officials must display their registration cards at all times.

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 pool office.

Facility Items: (A) No smoking is allowed in the building or on the deck of Kik 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.
(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: Vince Gallant
323 Garland Ave.
Kalamazoo, MI 49001

greatlakesaquatics@gmail.com
phone/fax: 269-340-0452

Meet Referee: Scott Appleyard

Safety Marshall: Vince Gallant

Hotel Information

Holiday Inn
2747 South 11th Street
Kalamazoo, MI 49009
269-375-6000
www.holidayinnkz.com

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Sanctioned by Michigan Swimming, Inc. #

Open Event List

| | | |
|--------------------------------|-----------------------------|-----------------------------|
| Friday, June 18, 2010 | Warm-up: 8:00AM | Event begins: 9:00AM |
| Girls Event # | Event Description | Boys Event # |
| 23 | 1500 meter freestyle | 24 |
| | Warm-up: 12:30PM | Events begin: 1:30PM |
| 1 | 200 meter freestyle | 2 |
| 3 | 50 meter backstroke | 4 |
| 5 | 100 meter butterfly | 6 |
| 7 | 200 meter breaststroke | 8 |
| 9 | 200 meter individual medley | 10 |
| | Warm-up: 5:30PM | Events begin: 6:00PM |
| 11 | 800 meter freestyle | 12 |
| Saturday, June 19, 2010 | Warm-up: 7:30AM | Events begin: 8:30AM |
| 13 | 400 individual medley | 14 |
| 15 | 50 meter freestyle | 16 |
| 17 | 200 meter butterfly | 18 |
| 19 | 50 meter breaststroke | 20 |
| 21 | 100 meter backstroke | 22 |
| Sunday, June 20, 2010 | Warm-up: 7:30AM | Events begin: 8:30AM |
| 35 | 400 meter freestyle | 36 |
| 37 | 50 meter butterfly | 38 |
| 39 | 200 meter backstroke | 40 |
| 41 | 100 meter breaststroke | 42 |
| 43 | 100 meter freestyle | 44 |

Ages 12 & Under Event List

| | | |
|--------------------------------|-----------------------------|-----------------------------|
| Saturday, June 19, 2010 | Warm-up: 12:30PM | Events begin: 1:15PM |
| 25 | 200 meter freestyle | 26 |
| 27 | 50 meter breaststroke | 28 |
| 29 | 100 meter butterfly | 30 |
| 31 | 50 meter freestyle | 32 |
| 33 | 100 meter backstroke | 34 |
| Sunday, June 20, 2010 | Warm-up: 12:30PM | Events begin: 1:15PM |
| 45 | 200 meter individual medley | 46 |
| 47 | 50 meter backstroke | 48 |
| 49 | 100 meter breaststroke | 50 |
| 51 | 50 meter butterfly | 52 |
| 53 | 100 meter freestyle | 54 |
| 55 | 400 meter freestyle | 56 |

Release and Waiver Agreement

Group members must submit full registries and dues prior to entering any sanctioned competition. Illegal entries by a group or athlete will result in a penalty. A penalty fee of \$100.00 per illegal athlete will be levied against any group member found guilty of illegally entering a non-member athlete in a meet. Illegal entry means entry of an unregistered athlete into a Michigan Swimming sanctioned competition.

The authority for these actions is:

UNITED STATES SWIMMING RULES AND REGULATIONS 302.4 FALSE REGISTRATION. A LSC may impose a fine up to \$100.00 per event against a member or coach or a member club representative signing a document which indicates a swimmer is registered with United States Swimming for a meet when the swimmer is not properly registered. This will be enforced by LSC and the LSC will be entitled to the fines imposed.

I certify that all athletes entered are current members of United States Swimming or another FINA Federation.

By: _____
(Signature)

(Printed Name of person signing above)

Club Name: _____

Date: _____

RELEASE:

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 assign, waive and release any and all claims against Great Lakes Aquatics, the City of Kalamazoo, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at said swim meet. I/We are amateur athletes and are eligible to participate in all events I/We have entered.

Signature: _____

Entry Chair: _____

Position: _____

Street Address: _____

Phone: _____

City, State, Zip _____

E-mail: _____

Coach Name: _____

Club Name: _____

Coach Phone: _____

Club Code: _____

Coach E-Mail: _____

Note: This form must be signed and returned or entry will not be accepted.

Certification of Registration Status Of All Entered Athletes 16th Annual Summer Solstice

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.