

Snow Bowl

Hosted By: Lake Orion Liquid Lightning December 10-12, 2010

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number **MI101120**. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
- Location:** **Lake Orion High School**, 495 E. Scripps, Lake Orion, MI 48360
Map to Pool on Michigan Swimming Website (www.uss.michigan.com)
- Times:**
- | | | |
|--|------------------|---------------|
| Friday, December 10th – PM | Warm-up 5:30 pm | Start 6:30 pm |
| Saturday, December 11th – AM | Warm-up 7:30 am | Start 8:30 am |
| Saturday, December 11th – PM | Warm-up 12:30 pm | Start 1:30 pm |
| Sunday, December 12th – AM | Warm-up 7:30 am | Start 8:30 am |
| Sunday, December 12th – PM | Warm-up 12:30 pm | Start 1:30 pm |
- Motels:** **Wingate by Wyndham** 2200 Featherstone Road Auburn Hills, MI 48326 (248) 334-3324
Best Western Palace Inn, 2755 Lapeer Road, Lake Orion, MI 48360. (248) 391-2755
Staybridge Suites, 2050 Featherstone Road, Auburn Hills, MI 48326. (248) 322-4600
- Facilities:** The competition course has not been certified in accordance with 104.2.2C(4). Lake Orion is a 25-yard, 11-lane pool; 8 lanes are used for competition. A separate 4-lane pool will be available for supervised warm-up and warm down. Depth at start is 7 feet and 9-13 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8-lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available.
- Eligibility:** Snow Bowl is an Open Format ABC Meet. NT's may be entered as exhibition and will not be eligible for awards. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on December 10, 2010 will determine his/her eligibility for a particular age group. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement
- Meet Format:** Timed finals format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & under, 10 & under, 11-12, 13-14, & Open. The time standards used in this meet are A, B & C.
- 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 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.**
- Individual Entry Limits:** Swimmers are limited to 4 individual events 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: Lake Orion Liquid Lightning (LOLL).

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 in Hy-Tek (or compatible) 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 <i>must</i> 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 noon on November 12th, 2010 . The entry chairperson must receive all entries no later than noon on December 1st, 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). All individual entries should be submitted via electronic mail to the entry chairperson at meetentries@liquidlightning.org . Entries submitted will be processed provisionally until the entry chairperson has received: (a) a hard copy of your club's signed release/waiver agreement (b) your club's signed certification of entered athletes and (c) your club's entry and entry fees. The complete Snow Bowl 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.
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: Rick Corriveau – Snow Bowl Meet Entry – 850 W Dryden Rd, Metamora MI 48455. meetentries@liquidlightning.org Cell phone (586) 337-1229.
Check In:	Check In will be available as of 30 minutes prior to start of warm-up. Check in is mandatory for all events and is required no later than 15 minutes after warm-up starts. 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 <u>after</u> checking in for that event will disqualify a swimmer from his or her next event. Check in sheets will be posted in the downstairs pool lobby area.
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 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 meet will be self-marshaled. All swimmers will be expected to find their heat and lane independently. Heat sheets will be posted on the pool deck.
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.
Deck Entries/ Time Trials:	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 \$6.00 per event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge. Time Trials will not be offered. For deck entries, registration status must be proven by providing current USA swimming membership card or a current print out of athlete roster from club portal. The club portal is located on the USA swimming website.
Meet Programs/ Admissions:	Admissions is \$4.00 per person, per day on Saturday and Sunday, \$2.00 per person Friday PM. 12 and under free. A 3-day meet program will be available for \$6.00.

Scoring:	No individual or team scoring will be kept.
Awards:	Medals will be awarded for 1st-3rd place and ribbons for 4th-12th place A, B, and C finishers. Relays will be awarded medals for 1st-3rd and ribbons for 4th-6th place finishes. Awards will be made available to be picked up by the coaches/designated team representative at the end of the each day. Teams MUST pick up remaining awards at the end of the meet. No awards will be mailed.
Results:	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 concession area outside the pool stands. 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 check in area in the lower lobby. Articles not picked up by the end of the meet will be retained by 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 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. Penalties for violating these rules will be in the sole discretion of the meet referee, which may include ejection from the meet.
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 the pool office.
Facility Items:	<ul style="list-style-type: none"> (A) No smoking is allowed in the building or on the grounds of Lake Orion 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 [location].
Meet Director:	Jody Gorgas jgorgas@liquidlightning.org
Meet Referee:	Pete Olson
Safety Marshall:	Rick Corriveau

Friday, December 10th – Afternoon

Warm-up starts at 5:30pm

Meet Starts at 6:30pm

Girls Event #	Age	Event	Age	Boys Event #
1	11-12	200 Fly	11-12	2
3	Open	500 Free	Open	4
5	11-12	400 IM	11-12	6
7	13-14	400 IM	13-14	8
9	Open	400 IM	Open	10
11	Open	1000 Free	Open	12

Saturday, December 11th – Morning

Warm-up starts at 7:30am

Meet Starts at 8:30am

Girls Event #	Age	Event	Age	Boys Event #
13	11-12	200 IM		
14	13-14	200 IM	13-14	15
16	Open	200 IM	Open	17
18	11-12	50 Back		
19	13-14	100 Back	13-14	20
21	Open	100 Back	Open	22
23	11-12	200 Free		
24	13-14	200 Free	13-14	25
26	Open	200 Free	Open	27
28	11-12	50 Breast		
29	13-14	100 Breast	13-14	30
31	Open	100 Breast	Open	32
33	11-12	100 Fly		
34	13-14	200 Fly	13-14	35
36	Open	200 Fly	Open	37
38	Open	400 Medley Relay	Open	39
40	11-12	200 Medley Relay		

Saturday, December 11th – Afternoon

Warm-up starts at 12:30pm

Meet Starts at 1:30pm

Girls Event #	Age	Event	Age	Boys Event #
		200 IM	11-12	41
42	9-10	100 IM	9-10	43
		50 Fly	11-12	44
45	9-10	50 Fly	9-10	46
47	8 & U	25 Fly	8 & U	48
		200 Back	11-12	49
50	8 & U	100 IM	8 & U	51
		100 Free	11-12	52
53	9-10	100 Free	9-10	54
55	8 & U	50 Free	8 & U	56
		50 Back	11-12	57
58	9-10	50 Back	9-10	59
60	8 & U	25 Back	8 & U	61
		100 Breast	11-12	62
63	9-10	100 Breast	9-10	64
65	10 & U	200 Medley Relay	10 & U	66
		200 Medley Relay	11-12	67

Sunday, December 12th – Morning

Warm-up starts at 7:30am

Meet Starts at 8:30am

Girls Event #	Age	Event	Age	Boys Event #
68	11-12	50Fly		
69	13-14	100 Fly	13-14	70
71	Open	100 Fly	Open	72
73	11-12	100 Back		
74	13-14	200 Back	13-14	75
76	Open	200 Back	Open	77
78	11-12	50 Free		
79	13-14	50 Free	13-14	80
81	Open	50 Free	Open	82
83	11-12	100 Breast		
84	13-14	200 Breast	13-14	85
86	Open	200 Breast	Open	87
88	11-12	100 Free		
89	13-14	100 Free	13-14	90
91	Open	100 Free	Open	92
93	11-12	200 Back		
94	Open	200 Free Relay	Open	95
96	11-12	200 Free Relay		

Sunday, December 12th – Afternoon

Warm-up starts at 12:30pm

Meet Starts at 1:30pm

Girls Event #	Age	Event	Age	Boys Event #
		100 Fly	11-12	97
98	9-10	100 Fly	9-10	99
		50 Breast	11-12	100
101	9-10	50 Breast	9-10	102
103	8 & U	25 Breast	8 & U	104
		200 Free	11-12	105
106	8 & U	100 Free	8 & U	107
		100 Back	11-12	108
109	9-10	100 Back	9-10	110
111	8 & U	50 Back	8 & U	112
		50 Free	11-12	113
114	9-10	50 Free	9-10	115
116	8 & U	25 Free	8 & U	117
118	10 & U	200 Free Relay	10 & U	119
		200 Free Relay	11-12	120

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 Lake Orion Liquid Lightning, Lake Orion 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 LOLL Snow Bowl]

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.