

2010 OLY Long Course Senior Challenge
Hosted By: Oakland Live Y'ers
June 11-13, 2010

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a prelim/final and timed final meet on behalf of USA Swimming, Sanction Number MI0910045. We also may have the opportunity to provide Time Trials under Sanction Number MI910049, see "Deck Entries/Time Trials" Limits for additional information. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

Location: Oakland University Aquatic Center. Oakland University is located in Rochester, Michigan at 2200 N. Squirrel Rd., Rochester, MI 48309. The pool is located in the Athletic and Recreation complex. Oakland University is directly accessible from I-75 at University Drive (East) exit #79. For map directions, please see the Oakland University website (www2.oakland.edu/map/).

Times:	Friday, June 11 Evening	Warm-up 4:00 P.M.	Start 5:00 P.M.
	Saturday, June 12 Prelims	Warm-up 7:30 A.M.	Start 9:00 A.M.
	Saturday, June 12 Finals	Warm-up 4:30 P.M.	Start 5:30 P.M.
	Sunday, June 13 Prelims	Warm-up 7:30 A.M.	Start 9:00 A.M.
	Sunday, June 13 Finals	Warm-up 4:30 P.M.	Start 5:30 P.M.

Hotels: Please see attached list of area hotels

Facilities: The Oakland Aquatic Center, located in the Student Athletic/Recreation Center, is an 8-lane 50-meter pool. Depth at start is 14 feet deep and 4 feet at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing and scoreboard will be used. The competition course has not been certified in accordance with 104.2.2C(4). There is ample balcony seating for 1000 spectators. Lockers are available (provide your own lock). Public phones will be available. Oakland University, Michigan Swimming, Inc., and Oakland Live Y'ers are not responsible for lost or stolen items. We will be using 6 lanes for competition and 2 lanes for continuous warm-up and warm down during the Preliminaries and Finals sessions and on Friday evening. Four heats (A-B-C-D finals) will qualify for Finals on Saturday and Sunday evenings.

Eligibility: National 15-16 "A" time standards will be used for qualifying times for this meet. This meet will be an LSY meet. Entry times may be submitted in LCM, SCM, or SCY. All swimmers must be currently registered with United States of America Swimming (USA).

- Entry Limits:** Swimmers may enter a maximum of three (3) events per day (not counting relays). Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of postmark for hard entries until the Michigan Swimming four (4) hour per session maximum time limit is met. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
- Bonus Events:** There will be Bonus Events for this competition. One qualifying time allows 3 Bonus Events. Please indicate bonus events by clicking the Bonus Event indicator in the Team manager entry. ***Please enter all bonus events in LCM.***
- Additional Limits:** If a swimmer is entered in too many events the swimmer will be entered numerically and automatically scratched from excess events without any further notification to the swimmer of scratched events. There are NO REFUNDS from excess events without any further notification to the swimmer of scratched events. Swimmers **must** have a seed time. Entries with NO TIME or “NT” will not be entered in the meet without any further notification to the swimmer. There are NO REFUNDS for “NT” entries. All relays must have a seed time. ***The meet host reserves the right to request proof of time for any event that a swimmer fails to make the meet qualifying time in. If proof is not produced, then the swimmer would be scratched from the remainder of the meet at the discretion of the Meet Referee and the Meet Director.***
- Electronic Entries:** \$7.50 per individual event and \$12.00 per relay. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **OAKLAND LIVE Y’ERS.**
- Paper Entries:** MS rules regarding non-electronic entries apply. \$8.50 per individual event and \$13.00 per relay 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. **Individual entry by email or by phone is not allowed.** 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 Procedure:** Entries may be submitted to the entry chairperson beginning on May 14, 2010 at 7:00 AM. **The entry chairperson must receive all entries no later than June 1, 2010.** ***Due to time line restrictions, certain events may close before the last day for entries. Please check the OLY website (OLYSWIM.COM) for updated event information.***

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 olymeetentry@gmail.com in Hy-Tek format.

Any entries submitted will be processed provisionally until 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 (c) your club's entry and entry fees. The complete 2010 OLY Long Course Senior Challenge entry packet with entry forms is available on the Michigan Swimming Website at www.uss-michigan.com.

All ages may enter Open events but must meet the time standards.

Updating Seed Times:

Seed times may be updated only by your club's entry chair to conform to an actual achieved time that occurred between the time your club's entry was sent and Tuesday, June 1, 2010 (the entry cutoff date). **Seed time updates will only be accepted between May 27 and June 1, 2010 by email and must be in Hy-Tek format.** Send your updated entry file to olymeetentry@gmail.com. Please include "Seed Time Update" in the subject area of your email. No phone calls please. Seed time updates will not be accepted after June 1, 2010.

Refunds:

Once a team or individual entry has been received and processed there are no refunds in full or in part, except as explained in the Entry Limits paragraph.

Changes:

All team changes must be sent via Hy-Tek file. Changes are allowed until the entry deadline. No additional updates to seeded times or event changes are allowed after this deadline.

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:

Joe Pang

P.O. Box1384

Troy, MI 48099

Phone: 586-634-8437

**(Only to be used by your club's Entry Chair and before 9 PM
no exceptions!)**

olymeetentry@gmail.com

Check In: Check In will be available as of 30 minutes prior to 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. **CHECK IN IS REQUIRED NO LATER THAN 15 MINUTES AFTER THE BEGINNING OF WARM-UP. 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 at the entrance to the locker rooms on the pool deck.**

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.

Bonus (D & C), Consolation and Championship Finals: USS Rule 207.7.9 D and E will be used. Coaches and swimmers should familiarize themselves with this rule as failing to scratch properly for Finals can result in the swimmer being barred from further competition in the meet. A swimmer qualifying for the finals (top 6), consolation finals (7-12th), or bonus finals (C, 13-18th and D, 19-24th) must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for the race of their scratch or declaration of intent to scratch. In addition, a swimmer who violates this scratch rule in his/her last event of the meet shall result in a \$50 fine payable by the swimmer or that swimmers club. The fine must be paid before that swimmer or any swimmer from that swimmers club may compete in any MS sanctioned meet following the conclusion of 2010 Michigan Open.

Marshaling: **This is a self-marshalled event.** Heat sheets will be displayed in multiple places on the pool deck. All swimmers will be expected to find their heat and lane independently, ***NO PARENTS WILL BE ALLOWED ON THE POOL DECK!***

Seeding: Seeding will be done after check in closes. This is a Prelim/Final meet and will be circle seeded accordingly. Events will be seeded Bonus, non-conforming cuts then conforming cuts. Swimmers who fail to check in for an event will be scratched from that event. **The 400 Free and 400 IM are timed final events on Friday evening and will be swum fastest to slowest, alternating women and men. ALL relays will be swam at night in finals.**

**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 \$7.50 per event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge. **Time Trials will be offered at the discretion of the Meet Referee and Meet Director after each morning session. Individuals participating in Time Trials will also be subject to the three (3) event per day maximum. If an individual wants to Time Trial an event and they have 3 individual events already scheduled for that day they must scratch out of one of those events to allow for the Time Trial. The cost to swim a Time Trial is \$7.50 per individual per event.**

**Meet Programs/
Admissions:**

Meet Programs: \$7.00 for a 3 day program/coupon for heat sheets in program. Heat sheet for Saturday and Sunday's Finals are \$2.00.
Admissions: \$5.00 per day and a wrist band will be provided for that day's swimming.

Scoring:

There will be no team or individual scores kept.

Awards:

There will be NO awards given at this meet.

Results:

Real-time results will be available at www.olysswim.com . Results will be posted on the Michigan Swimming Website at www.uss-michigan.com. HY-TEK results will also be available to coaches upon request following the conclusion of the meet.

**Concessions
/ Hospitality:**

Food and beverages will be available in the concession area at CRAZY STEVE'S just inside the entry to the seating area. Food and beverage will be allowed on the deck of the pool and in the spectator area ONLY. You will be expected to assist in the cleaning up of any waste that you or your swimmer has created in the spectator area. Your swimmer will be responsible for cleaning up any waste they may have created on the pool deck. ***The Meet Director appreciates all of your assistance in this area as we will treat your hosted meets with the same respect you treat ours!*** A hospitality area will be available for coaches and officials.

**Lost and
Found:**

Articles may be turned in/picked up near the Clerk of Course. 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 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.

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 with the Clerk of Course.

Facility Items:

- (A) No smoking is allowed in the building or on the grounds of the Oakland University Aquatic Center.
- (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 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.

Meet Director: Mike Costello
Phone: 248-808-8621
Email address: ciginic@hotmail.com

Meet Referee: Pete Olson

Meet Manager: Donna Kniffen
Email address: kniffed@gmail.com

Safety Marshall: Mike Costello

FRIDAY EVENING

ALL EVENTS FRIDAY EVENING ARE TIMED FINALS.

Warm-ups begin at 4:00 PM. Check-in deadline is 4:15 p.m. Meet starts at 5:00 PM

WOMEN		MEN
<u>EVENT #</u>	<u>EVENT NAME</u>	<u>EVENT #</u>
1	400 FREE	2
3	400 IM	4

SATURDAY MORNING

Check-in Deadline 7:45: a.m.

Prelims - Warm-ups begin at 7:30 AM, Events start at 9:00 AM

WOMEN		EVENT	MEN
<u>EVENT #</u>	<u>NAME</u>	<u>EVENT #</u>	
5	200 IM	6	
7	100 BACK	8	
9	100 BREAST	10	
11	100 FREE	12	
13	200 FLY	14	
25	400 FREE RELAY	18	

SATURDAY EVENING

Warm-ups begin 4:30 PM Events start 5:30 PM

SUNDAY MORNING

Check-in Deadline 7:45 a.m.

Prelims - Warm-ups begin at 7:30 AM, Events start at 9:00 AM

WOMEN		EVENT	MEN
<u>EVENT #</u>	<u>NAME</u>	<u>EVENT #</u>	
15	200 FREE	16	
17	200 BREAST	18	
19	100 FLY	20	
21	200 BACK	22	
23	50 FREE	24	
27	400 MED RELAY	28	

SUNDAY EVENING

Warm-ups begin 4:30 PM Events start 5:30 PM

QUALIFYING TIMES FOR EACH EVENT
IN LCM, SCM AND SCY ARE ON THE NEXT PAGE

2010 Qualifying Time Standards

No time conversions are permitted. There are no qualifying standards for relays that are offered per the meet announcement; however, there are no 'relay only swimmers.' Athletes must be entered in the meet to swim a relay. For seeding purposes coaches should submit a reasonably accurate aggregate seed time for relays rather than a NT.

2010 Time Standards for MS LCM Senior Meets						
	Women				Men	
LCM	SCM	SCY	Event	SCY	SCM	LCM
31.79	30.99	27.99	50 Freestyle	25.29	27.99	28.79
1:08.59	1:07.09	1:00.79	100 Freestyle	55.19	1:00.99	1:03.09
2:27.19	2:23.99	2:10.39	200 Freestyle	2:00.09	2:12.69	2:17.19
5:08.89	5:03.99	5:47.39	400 Freestyle	5:24.29	4:43.79	4:50.19
1:16.29	1:13.59	1:06.59	100 Backstroke	1:01.09	1:07.49	1:10.59
2:44.29	2:38.99	2:23.89	200 Backstroke	2:12.39	2:26.29	2:31.29
1:26.69	1:23.59	1:15.69	100 Breaststroke	1:08.89	1:16.09	1:19.69
3:05.69	2:59.89	2:42.79	200 Breaststroke	2:30.09	2:45.89	2:54.29
1:14.19	1:13.29	1:06.29	100 Butterfly	1:00.09	1:06.39	1:07.69
2:42.69	2:39.59	2:24.49	200 Butterfly	2:13.39	2:27.39	2:30.59
2:47.29	2:42.49	2:26.99	200 IM	2:15.09	2:29.29	2:35.89
5:50.59	5:42.39	5:09.89	400 IM	4:47.79	5:18.09	5:27.09
			400 Free Relay			
			400 Medley Relay			

RELEASE AND WAIVER

[illegible]

Signature: _____

Position: _____

Street Address: _____

City, State, Zip _____

E-mail: _____

Coach Name: _____

Coach Phone: _____

Coach E-Mail _____

Club Name: _____

Club Code: _____

2010 Long Course Senior Challenge
Hosted By: Oakland Live Y'ers
June 11-13, 2010

Certification of Entered Athletes

Group members must submit full registries and dues prior to entering any sanctioned competition. A penalty fee of \$100.00 per illegal athlete will be levied against any group member found to have illegally entered a non-member athlete in a meet and also subject the athlete and Club to MS Board of Review sanctions. 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 USA 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 USA Swimming.

By: _____
(Signature)

(Printed Name of person signing above)

Club Name: _____

Date: _____

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

Following is the list of Meet hotels we recommend.

When you call them please reference, "OLY Swimming" when making your reservation to get the rate listed.

Hilton Suites

2300 Featherstone

Auburn Hills, MI 48326

248 334 2222/800 445 8667

King Suite \$89.00 includes breakfast for 2

Cut off June 1, 2010

Crowne Plaza

1500 Opdyke Rd.

Auburn Hills, MI 48326

248 373 4550

2 Double beds \$84.00 includes breakfast for 2

Cut off May 24, 2010

Courtyard Detroit Auburn Hills

1296 Opdyke Road

Auburn Hills, MI 48326

248 373 4100/800 321 2211

2 Queens \$79.00 includes breakfast for 2

Cut off May 24, 2010