

Michigan Swimming Open Long Course State Championships

Hosted by: Jenison Area Wildcat Swimming

Friday, July 22

Saturday, July 23

Sunday, July 24

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a Championship prelim/finals and timed finals (selected events) swimming meet on behalf of USA Swimming, Sanction: MI101183 and will also offer time trials if time permits at the discretion of the Meet Referee and Meet Director. All Michigan Swimming, Inc. rules, safety and warm up procedures will govern the meet as if fully set forth in this meet announcement.

Location: The Jenison HS Aquatics Center is located at 2140 Bauer Rd., Jenison, Michigan, 49428. A map to the pool can be found at our website: www.jenisonaquatics.org. The pool office phone number is 616-667-3571.

Facilities: The Jenison Aquatic Center is an indoor 50-meter, 8 lane pool. [The competition course has not been certified in accordance with 104.2.2C(4)]. Seven lanes will be used during the preliminaries with one warm up/down lane open the whole session. Eight lanes will be used during the finals session with 6 lanes open for a 10 minute award presentation after every event. Non-turbulent lane markers will be used. IST timing with an 8 lane display with subtractive splits will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Jenison High School, Michigan Swimming, Inc., USA Swimming, Inc, and the Jenison Area Wildcats (JAWS) are not responsible for lost or stolen items.

***COOLERS AND FOLD-UP CHAIRS WILL NOT BE ALLOWED
IN THE SPECTATOR AREA. THE WALKWAY ABOVE THE
SPECTATOR AREA MUST REMAIN CLEAR AT ALL TIMES.
NO SITTING IN THE STAIRWELL, EITHER. THIS IS A FIRE HAZARD.
NO OUTSIDE FOOD OR DRINK WILL BE
ALLOWED INTO THE SPECTATOR AREA.**

Eligibility: All swimmers registered with Michigan Swimming and residing within the USA who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

Times: Thursday Practice Time: 6:30 – 8:00 p.m. For 2011 Senior State Meet Swimmers ONLY.

Friday Preliminaries:

6:45 a.m. Grandstand opens for spectator seating

7:00 – 7:20 a.m. Coaches Meeting in the Hospitality Room

7:30 – 8:50 a.m. Warm-up

7:35 a.m. Scratch Box Closes for Friday Prelims

**Friday's 400 Medley Relay must be Checked In (by Coaches Only) to be seeded.*

**Swimmers in the 800/1500 Free on Friday must check in and confirm their intention to compete in order to be seeded.*

9:00 a.m. Events Start

10:00 a.m. Relays Declared - 400 Medley Relay

Friday Finals (No Finals Check In Required):

4:00 p.m. Grandstand Opens for Spectator Seating

4:30 – 5:20 p.m. Warm Up

5:30 p.m. Events Start

6:00 p.m. Scratch Box Closes for Sat Prelims,

**Saturday's 800 Free Relay must be Checked In (by Coaches only) to be seeded.*

Saturday Preliminaries:

6:45 a.m. Grandstand Opens for Spectator Seating

7:30 – 8:50 a.m. Warm Up

9:00 a.m. Events Start

10:00 a.m. Relays Declared - 800 Free Relay

Saturday Finals (No Finals Check In Required):

4:00 p.m. Grandstand Opens for Spectator Seating

4:30 – 5:20 p.m. Warm Up

5:30 p.m. Events Start

6:00 p.m. Scratch Box Closes for Sunday Prelims

**Sunday 800/1500 Swimmers must be Checked In to be seeded.*

**Sunday 400 Free Relay must be Checked In (by Coaches only) to be seeded.*

**See paragraph on down seeding for the 800/1500 and/or the 400 Free Relay.*

Sunday Preliminaries:

6:45 a.m. Grandstand Opens for Spectator Seating

7:30 – 8:50 a.m. Warm Up

9:00 a.m. Events Start

10:00 a.m. Relays Declared - 400 Free Relay

Sunday Finals (No Finals Check In Required):

3:30 p.m. Grandstand Opens for Spectator Seating

4:00 – 4:40 p.m. Warm Up

5:00 p.m. Events Start

Qualifying

Period: The qualifying time must have been achieved on or since January 1, 2010.

Format: All Michigan Swimming, Inc. LSC individual events are offered for this Open Meet. All individual events are prelim/final events with the exception of the 800m and 1500m free events which are timed final events. Preliminaries are swum in the morning and the finals are swum at night. All relays are timed finals.

Finals Info: (1) Individual Events: There will be three heats of individual and one heat of relay finals – each heat comprised of a maximum of eight (8) swimmers or eight (8) relays. These will be referred to as “A, B, C Finals” or “Finals, Consolation and Bonus Finals”. These will swim in a C- Bonus, B- Consolation, A-Finals order.

(2) Relay Events: The fastest heat of all relays will swim in the Finals in the evening. The rest of the relays swim in the prelims in the mornings.

(3) Order of Events: Note the order of events as stated in the schedule of events for Finals. Finals are

not necessarily swum in the same order as they are swum in the Prelims. Always consult the heat sheet.

Conversion: No time conversions are permitted. Times must be submitted in long course meters, short course meters, and short course yards.

Seeding: (1) Seeding individual events shall be as follows: All conforming LCM times will first be arranged in time order. Following the conforming LCM times, non conforming SCM times shall be arranged in time order followed by non conforming SCY times arranged in time order. After arranging the times as provided above, the event shall be seeded in normal fashion.

(2) All entry times must be designated as SCY, SCM, or LCM. Any entry time having an inaccurate course designation will not be accepted.

Entry Times: Entry times for individual and relay events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events and all Relays: A swimmer, if entered in two or more events on the day of the 800m Freestyle or the 1500m Freestyle, may enter the 800m Freestyle and/or 1500m Freestyle timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. Relays may enter at either fastest time or at the Q1 time standard. **THIS MUST BE DONE WITH YOUR ORIGINAL ENTRIES AND NOT CHANGED AT THE MEET.**

Entry Procedures: Michigan swimming has adopted USA Swimming's OME (Online Meet Entry) as the sole process for entering teams and individuals swimmers into the State Meet. Times achieved at any USA Swimming sanctioned, observed or approved meet will appear in OME. Follow the step by step instructions to complete your entries:

Step 1 Go to www.usaswimming.org/OME

Step 2 Click on "Available Meets", select Michigan Swimming LSC, and then click on "Search". The Michigan Swimming Senior Open State Meet will appear.

Step 3 Click on "Enter team" and login using your team login; or you may need to create an account for your team, then login. A pick list of your athletes who have qualifying times in SWIMS will appear. From here, select the events you want to enter. Athletes whose times are not in SWIMS must enter using "Override Times", any athlete entering using the Override Times option must send a proof of time to the Michigan Swimming office. See the Proof of Time section for further instruction. Relay only swimmers must be entered in OME, by listing in the Relay Only section for your team.

Step 4 Double click on the athletes who you want to enter into the meet and complete your entry. You may add to your entry. It does not have to be completed at one time.

Step 5 Do not check out of OME until you are completely done with your entries. Once you have checked out of OME you CANNOT go back and make any changes.

Step 6 You will receive an email confirming your entries.

Step 7 Mail your completed athlete waiver, athlete certification, and check to the meet entry chair.

Step 8 Mail or email any necessary proof of time documents for your "Override Times" entries to

Jan Cartmill at the Michigan Swimming office.

Proof of Times: Michigan swimming will accept all qualifying times contained in USA swimming's SWIMS database, as well as times from meets sanctioned by other national governing bodies including college, high school, Masters, YMCA, and foreign meets approved by FINA that have been run on approved meet management software within the qualifying period (on or after January 1, 2010). The SWIMS database contains results of all sanctioned, observed and approved meets held in the USA for athletes who are registered USA swim member at the time of the swim. Times from the SWIMS database are proven times and do not require any further proof. If a time does not appear in OME it is **NOT** a proven time. Use the OVERRIDE TIMES entry function to enter the meet with this time and send in a proof of time. **EVENT ENTRIES USING THE CUSTOM TIME PROCESS ARE NOT PROVEN AND REQUIRE A PROOF OF TIME SUBMISSION TO THE MICHIGAN SWIMMING OFFICE. IF YOU DO NOT SUPPLY AN ACCEPTABLE PROOF OF TIME BEFORE THE DEADLINE (SEE THE PROOF OF TIME DEADLINE) THE SWIMMER WILL BE SCRATCHED FROM ANY AND ALL EVENTS REQUIRING THE PROOF OF TIME. REFUNDS WILL NOT BE ISSUED FOR FAILURE TO SUPPLY A PROOF OF TIME.**

ACCEPTABLE PROOFS: include printed meet results which clearly identify the meet host, meet location and meet date (swim date must be on or after January 1, 2010) as well as the name of the event and the names, clubs and times of other swimmers in the event. The **PREFERRED PROOF** is a locked Meet Manager backup of the meet results. Team manager export files are also accepted but are not preferred. Computer printed award labels and/or time cards signed by a meet referee are **NOT** acceptable for proof purposes.

PROOF OF TIME DEADLINE: All proofs, and a **Meet Entry Report** from Team Manager or Team Unify, which includes the name and dates of the meet where the swimmers achieved the times being proven must be received by the Michigan Swimming office by Tuesday, July 12, 2011. It is preferred that clubs send only one packet containing all of their proofs to the MS office.

Swimmers whose times cannot be proven will be rejected and will not be entered in that event. The Michigan Swimming office will notify the swimmer's club entry chair of the rejection using the email address provided in OME.

Mail or email all proofs and the Meet Entry Report to the Michigan Swimming Office, P.O. Box 1784, Midland, Mi 48641-1784, or to JBCartmill@hughes.net. DO NOT SEND THESE TO THE MEET ENTRY COORDINATOR.

Entry Limits: A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may swim no more than three individual events per day. A swimmer may swim no more than 6 individual events for the entire three day meet. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card dropped in the scratch box by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

Bonus Events: Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events (i.e. 1 qualified and 1 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). **If you have four or more state cuts you are not eligible to swim bonus events.** Swimmers entering bonus events may be entered at their actual time. If your swimmer does not have a time in the bonus event, please create a custom Long Course Time for this event. Please be

certain to check the box indicating “bonus” for each event that is a bonus entry.

***A SWIMMER MAY NOT ENTER THE 800 OR 1500 FREESTYLE AS BONUS EVENTS.**

Entry Fees: \$7.50 per individual event and \$12.00 per relay. Please include a \$3.00 Michigan Swimming. Athlete Surcharge for each swimmer entered. Please make checks payable to JAWS. Checks or Credit Cards. will be accepted as payment. If you choose to use Credit Cards as payment, you must pay using OME.

Paper Entry: PAPER ENTRIES ARE NOT ACCEPTED FOR THIS MEET. All Entries must be processed using Online Meet Entry (OME).

Entry Deadline: The OME entries will close at 10 pm on Monday, July 11, 2011.

Entries submitted will not be considered as officially received until the entry chairperson has received: (a) the signed release/waiver agreement, (b) the certification of entered athletes form, and (c) the team check. All paperwork must be received by in order for your team to participate in the meet. If overnight courier is used, you must waive the signature requirement.

Entry Extension: NEW CUTS achieved at meets occurring between July 12 and July 17, 2011 must be processed using OME. Follow the entry procedure instruction and use the OME file called “2011 Michigan LCM Open State Extension”. This file is the ONLY file that will show the SWIMS times achieved during this time period. The OME OVERRIDE TIMES option may NOT be used for entries during the entry extension. THE ENTRY EXTENSION OME FILE WILL OPEN ON MONDAY, JULY 18, 2011, AT 9:00a.m. AND CLOSE ON TUESDAY, JULY 19, 2011, AT 9:00a.m. THIS 24 HOUR PERIOD IS THE ONLY TIME NEW CUT ENTRIES WILL BE ACCEPTED.

****If you host a meet between July 12 and July 17, please send your results immediately to Jan Cartmill so she can put it in the SWMS database.**

****Relay Cuts made during the Entry Extension: If you have a relay that qualifies during the period of July 12 and July 17, 2011, you can not submit these entries through OME. You must submit these entries through email to Julie Ray. These entries will also CLOSE ON TUESDAY, JULY 19, 2011, AT 9:00a.m.**

Please use the following process to submit Relays achieved at this time:

- 1) Send an email to Julie Ray at Julie@jenisonaquatics.org
- 2) If there is a new relay member that is not already entered into the meet through OME, include the name and USA number of the Relay Only swimmer.
- 3) Include the Event name, Event number, and Accurate time of the relay.

Late Entries: A coach or an entry chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or a swimmer in an event by the entry deadline may then do so by: a) entering the athlete(s) and/or event(s) by the scratch deadline on the first day of the meet b) paying a fee of \$100 per team and double the entry fee for the event, and c) providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee’s decision is final and non appealable.

Late entries can not be made through OME. If you must submit a late entry, this must be done as an email entry. Please submit your entry in the following manner:

- 1) Send an email to Julie Ray at Julie@jenisonaquatics.org
- 2) Include the name and USA number of the late entered swimmer.

- 3) Include the Event name, Event number, Accurate time, and Meet where time was achieved.
- 4) Proof of time must still be presented to Meet Referee at the meet.

Deck Entry: There are no deck entries for this meet.

Entry

Chair: Your Club's entry package and check should be sent via U.S. mail or nationally recognized overnight courier to the entry chair. If sending the entry by overnight courier/express, etc you should waive the signature requirement so your entry will not be delayed. Send entries to:

Julie Ray, julie@jenisonaquatics.org
3975 Comanche Ct.
Grandville, MI 49418
Telephone inquiries: 616-538-8771
COACHES ONLY: Please call between 4 PM and 9 PM.

Refunds: There are no refunds in full or in part once a team or individual entry has been received and processed by the Entry Chair.

ScratchRules/IndividualEvents: (1) All individual events will conform to the USA National Scratch Procedure **with the exception of the 800m Free and the 1500m Free.** With these rules in effect you are no longer required to “check in” for any individual events – you are already “checked in” by virtue of your entry and thus expected to swim the event. If you are entered in an event you must swim the event or, if desired, scratch the event correctly in order to not be penalized. To scratch a preliminary or timed finals event you must drop a scratch card in a scratch box by the time stated. To scratch from a Finals event (that you have qualified for) you must scratch or declare your intention to scratch within 30 minutes after the qualifiers are announced pursuant to 207.12.6 (E). If you fail to scratch out of any individual event correctly and fail to compete in the event - you will be penalized.

(2) Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only coaches and swimmers may use a scratch card to scratch an event.

(3) A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (ie. remove the swimmer from the entire meet).

Penalties for Failure to Compete: Preliminary and Timed Final Events: If you fail to drop your scratch card by the time stated for the event and fail to compete, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

Finals: If you qualify for finals as a result of your preliminary swim and fail to properly scratch or properly declare your intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced and fail to compete in the finals at night, you will be barred from further competition for the remainder of the meet. NOTE: If you declare that you may want to scratch an event but do not return to confirm that scratch within 30 minutes following the conclusion of your last event, you will be seeded into the Finals event and will be similarly penalized if you do not compete in Finals (See Meet Referee or his/her designee).

800m Free and 1500m Free Timed Final events: If, after you check in for the 800m Free or the

1500m Free and (A) as a result of top 8 seeding and failing to properly scratch and failing to compete in the evening Finals, the swimmer will be barred from swimming any events for the remainder of the meet, or (B) as a result of being seeded in the heats that swim during the morning sessions and fail to compete, the swimmer will be barred from swimming any further preliminary individual or relay events that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event (See Meet Referee or his/her designee).

Scratch& Check In Deadlines: Scratch deadline for Prelim Events: All prelim scratch times are specifically listed above in the "Times" section. Scratch deadline for all Final events: Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.7.9 D and E).

Additional \$50 Penalty: In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without have properly scratched that event, he/she shall be fined \$50 payable immediately to MS. The swimmer is not allowed to compete in any subsequent MS sanctioned events until the fine is paid.

Relay Entry:

A. Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B".

B. A and/or B relays must be entered with a seed time, and the seed time must be at or faster than the qualifying standard for the relay event. A and/or B relays may be entered without proof of a qualifying time. Relays missing a qualifying time standard must prove that the qualifying standard had been achieved during the qualifying period or pay a fine. (See Proof of Time paragraph). Therefore, it is highly suggested that all relay seed times as submitted on the entry have a provable aggregate time.

C. Swimmers participating in an individual event(s) and "Relay Only Swimmers" are eligible to compete on an A or B relay.

D. ALL RELAY SWIMMERS MUST BE ENTERED IN THE MEET USING OME. **ATHLETES NOT ON THE OME ENTRY REPORT ARE NOT ELIGIBLE TO SWIM.**

Relay Proof of Time: If the relay actually swims slower than the qualifying standard, or if a relay is disqualified, proof of time is required. This is done by proving the aggregate time for the four individuals who actually swam on the particular relay within 30 days following the conclusion of the meet to the Michigan Swimming office. The aggregate time to be proved need not be equivalent to the submitted entry time for the relay, however, the time must be at or faster than the qualifying standard for the relay event. Aggregate proof times must all be equivalent (i.e. all SCY, all LCM, all SCM), all times must have been achieved during the qualifying period (on or after January 1, 2010), and may not use conversions in determining the submitted proof of time. Failure to prove a qualifying aggregate time within the 30 days will result in a fine of \$100 payable immediately to Michigan Swimming. Failure to pay the \$100 fine will result in that team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

Relay Check In: All relay check in times are listed in the "Times" section. Failure to check in the relay (to be seeded) by the time stated will result in the relay being scratched and the relay barred from swimming that event. Coaches should declare the actual swimmers (when they check the relays in) that will swim on the relay by writing the names and the order they will swim on the relay card and returning the card to the designated Meet official. Coaches may, at their discretion, delay the declaration of relay swimmers (Relays Declared) until a stated time.

Declaration Of Relay Swimmers: In addition to the relay check in requirement, the names and order of relay swimmers and alternates must initially be declared (Relays Declared) by accurately writing all the swimmers names and order on a relay card provided for that purpose. The names and order of four relay swimmers must be declared for seeding purposes by: (1) 10 a.m. Friday for the 400 Medley Relays (2) 10 a.m. Saturday for the 800 Free Relays and (3) 10 a.m. Sunday for the 400 Free Relays. The order of relay swimmers may be changed (by coaches only) up to the start of the heat. If a coach wishes to change the order of the four swimmers that will actually swim, the coach must indicate the change to the Deck Referee or his/her designee sufficiently in advance to the start of the heat so as not to delay the heat. The Deck Referee or his/her designee in the coach's presence will alter the order of swimmers on the relay card. If the relay fails to actually swim in the final order as declared on the relay card - the relay will be disqualified.

Distance Free Check In: Women distance swimmers in the 800 M Free and Men distance swimming in the 1500 M Free on Thursday and Men distance swimmers in the 800 M free and Women distance swimmers in the 1500 M Free on Sunday must check in and confirm their intention to compete in order to be seeded. Women swimmers in the 800M Free and Men swimmers in the 1500M free must check in by 7:30 AM Friday. Men swimmers in the 800M free and Women swimmers in the 1500M Free must check in by 6 PM Saturday (the night before the event).

800m & 1500m Events: Be aware that if we have large numbers of participants in the 800 and/or 1500, we may have to try alternative solutions, not limited to but including swimming 2 per lane.

Seeding: Individual Events:

- (1) The Open individual events will be swum in preliminary/final format except for the 800M and 1500M Free which are Timed Finals events.
- (2) All heats of the of the 800M/1500M swum in the morning sessions will be seeded fastest to slowest and alternate age groups and genders (i.e. fastest heat of Open Girls followed by fastest heat of Open Boys, etc.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.
- (3) The Open 800M/ 1500M Free will be seeded after the scratch box closes. The fastest seeded heat (top 8) after scratches (if any) of the 800M/ 1500 Free automatically qualify for Finals and will swim in the finals session at night. The remaining heats of the 800M/ 1500 heats swim during the morning sessions. Awards and scoring/place for these events are determined by all the athletes' performances in all the heats.
- (4) The final three heats of all prelim/final individual events will be circle seeded slowest to fastest.

Relay Events:

- (1) All relay events will be timed finals. (2) The fastest seeded heats (Top 8) of the relay events will be swum during the finals sessions in the evening as stated in the Schedule of Events. (3) Relays will be seeded slowest to fastest.

Protests: USA Swimming Rule 102.11 shall be used.

Marshaling: This is a self-marshaled meet. All swimmers will be expected to find their heat and lane independently. Heats will not be delayed. Heat cards will not be used. Heat sheets will be posted around the pool deck in various locations.

Time Trials: Time trials may be offered for all events each day immediately following the conclusion of the preliminary heats (only after the morning session) at the sole discretion of the Meet Referee and

Meet Director if time permits. Time trials are \$7.50 for an individual event and \$15 for a relay. Time trials are subject to the Michigan Swimming Championship Time Trial Rules which are reviewable in full on the MS website. Notable portions of the rule include (1) To participate in time trials the swimmer must be already participating in this Long Course State Meet, either in an individual event or a relay event (including relay only athletes). A swimmer does not have to actually swim an individual or relay event to participate in time trials so long as the swimmer is entered in the meet or listed as a relay only (including alternates) swimmer. (2) Swimmers are limited to two time trials for the entire meet (3) Time trials count against the total number of individual events per day (no more than 3 individual per day) but not toward the total number of individual events for the entire meet (6). If an athlete has entered the maximum number of individual events allowed per day and wants to swim a time trial, the athlete must scratch an event using the scratch box by the stated deadline or not swim the time trial in order to assure the limit of swims per day is not exceeded.

Awards: Michigan Swimming, Inc. provides medals for 1st – 8th place finishers in both individual and relay events and ribbons for 9th – 16th in all individual events. JBL Enterprises will be on site to engrave all medals from this meet and any other meet. There are individual high point awards for 1st – 3rd place finishers in each age group. There is an overall Team State Champion and runner-up trophy.

Award Presentation: There will be a formal awards presentation in each session as described in the meet program. It is expected that athletes will appear on time for awards so as not to delay the meet and appropriately dressed - no towels on the awards podium. Please pay close attention to the schedule of awards. There will also be award presentation order of events posted on the pool deck and available in the program.

Award Distribution: Awards for 9th – 16th place will be bagged for each team and available for immediate pickup at the end of the meet on Sunday evening. Awards **WILL NOT** be mailed.

Timers: Participating clubs are no longer required to provide timers for any session, any assistance that can be given during the preliminary heats of the Open 800m Free and 1500m Free would be greatly appreciated. If you would like to volunteer for any session you may email jaws@jenisonaquatics.org.

Programs: Programs for the entire meet are \$8.00. Coupons for preliminary heat sheets will be located on the back page of the program. Return to admissions with your program to receive your complimentary heat sheet when announced that they are available. Preliminary heat sheets are \$2.00 (without a coupon, ie. no program). Final session heat sheets are \$1.00 and can be purchased at admissions. An evaluation form will also be located in the program. Please fill this out at your convenience and return it to admissions.

Bag Tags and Athlete Gifts: Bag tags and athlete gifts will be distributed at admissions after the start of the meet for each session and throughout that session. Bag tags and athlete gifts will not be distributed during warm ups or before.

Admissions: \$5.00 per person/per day for ten and over (one-time fee for the day's prelims and finals). Children age 8 and under are free. All Session Passes (*wristband) are available for \$15.00 during the practice swim on Thursday night and all day on Friday. Although there is no discount associated with the All Session Pass it will eliminate the need to stand in the admission line. **The wristband must be worn on one of your wrists. No exceptions.** Please do not abuse this family friendly policy.

***If you purchase a wristband, and do not need to use the elevator, we will have a JAWS volunteer*

staffing the middle stairwell located between the women ' s and men ' s locker room for no wait access to the spectator area from 7:15 a.m. to 8:45 a.m. After 8:45 a.m. the only route to the spectator area will be via the main stairwell located in the pool lobby.

Scoring: Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st-16th respectively. Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1st –16th respectively. Relay points affect team scoring only and are not counted toward individual high point.

Results: Results will be posted following the conclusion of the meet on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive). “Live” results will be available at www.jenisonaquatics.org

Concessions/Hospitality: Full concessions will be available for swimmers and spectators located in the pool balcony. Hospitality will be available for all coaches.

Lost and Found: Articles may be turned in to a designated lost and found area. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

Safety: Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer’s coach is responsible for the care of the athlete. The participating athlete and/or the athlete’s USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach have the athlete’s insurance cards and signed releases allowing them to direct medical care.

Deck Personnel: Only swimmers, registered and certified coaches and meet officials/workers are allowed on the deck. Coaches must be current in all certifications through the final date of the meet.

No athlete, coach, official, or volunteer without proper credentials will be allowed on deck at the state meet. All credentials will be checked prior to entering the locker room facilities.

NO PARENTS ON DECK EXCEPT IN CASES OF MEDICAL EMERGENCY.

Gen Info: Any errors or omissions in this meet announcement will be documented by the Meet Referee and available for review at the Clerk of Course. Information will also be covered at the Coaches’ Meeting which will be held on Thursday afternoon, July 29, at 2:00 p.m.

Facility Items: (A) First Aid supplies will be kept with the lifeguard on duty and at concessions

(B) No smoking is allowed in the building or on the grounds.

(C) No glass or coolers are allowed anywhere in the aquatics center.

(D) No folding chairs/bag chairs/camping chairs will be allowed in the balcony.

(E) No bare feet allowed outside of the pool area.

(F) An Emergency Action Plan is available for review near the Clerk of the Course.

COACHES ONLY MAY CONTACT THE MEET PERSONNEL LISTED BELOW. ANY PARENT/SWIMMER COMMUNICATION WITH THE MEET PERSONNEL LISTED BELOW WILL BE DISREGARDED.

Meet Referee: Scott Appleyard

scott.appleyard@asmnet.com

Meet Director: Jennifer Coffey

Jennifer@jenisonaquatics.org

Meet Manager: Julie Ray

Julie@jenisonaquatics.org

Clerk of Course: Deb Gillis/Caroline Clement Caroline@jenisonaquatics.org

Safety Marshall: James Richardson

Swim Vendor: Different Strokes Swim Shop

Email: dsss@different-strokes.com

Phone 1-800-828-2623

Web site: www.different-strokes.com

Engraving: JBL Enterprises

Food vendor: Facility concessions

Fruit Smoothies: Maui Wowi

State Meet Apparel: Earthbound Screen Printing will be on site Friday, Saturday, and Sunday morning, from 9:00 am to 1:00 pm. We are doing on-site orders only. All colors of shirts and sweatshirts will be available as well as three unique designs to choose from.

Shirts will be \$17.00

(Tie-Dye may be available at a slightly higher price)

Long Sleeve Shirts will be \$22.00

Sweatshirts will be \$35.00

Designs will be posted at www.jenisonaquatics.org

CLICK on the state meet link to view the state logos in early July.

***COOLERS AND FOLD-UP CHAIRS WILL NOT BE ALLOWED
IN THE SPECTATOR AREA. THE WALKWAY ABOVE THE
SPECTATOR AREA MUST REMAIN CLEAR AT ALL TIMES.
NO SITTING IN THE STAIRWELL, EITHER. THIS IS A FIRE HAZARD.
NO OUTSIDE FOOD OR DRINK WILL BE
ALLOWED INTO THE SPECTATOR AREA.**

Michigan Swimming Senior Open Long Course State Championships

Hosted by: Jenison Area Wildcat Swimming

Schedule of Events

Friday, July 22

Saturday, July 23

Sunday, July 24

Times:

Thursday Practice Time: 6:30 – 8:00 p.m. For 2011 Senior State Meet Swimmers ONLY.

Friday Preliminaries:

7:00 AM General Meeting

7:30 - 8:50 AM Warm Up

7:35 AM 1) Scratch Box closes for all Friday Preliminary events.

2) 400 Medley Relays must be checked in.

3) 800M/1500M Distance Free Swimmers must be checked in

9:00 AM **Events Start**

10:00 AM 1) 400 Medley Relays must be declared.

Events

1 100 Breaststroke Women

2 100 Breaststroke Men

3 400 Freestyle Women

4 400 Freestyle Men

5 100 Butterfly Women

6 100 Butterfly Men

7 200 IM Women

8 200 IM Men

9* 400 Medley Relay Women

10* 400 Medley Relay Men

11* 800 Freestyle Women

12* 1500 Freestyle Men

*** Top seeded heat of relays swim at night in finals**

*** For prelims, the 800's/1500's are at the end of the Preliminary session. For finals (top heat of Open Women and Men only) are the first event.***

Note: The Open Distance Free (Events 11-12) will swim and be scored as separate events. However, these events will be seeded and swum fastest to slowest, alternating heats of each gender (i.e. fastest heat of Open Girls followed by fastest heat of Open Boys.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.

Friday Night Finals - Order of Events: Top Heat of # 11 and 12 (Women's Open 800M/Men's Open 1500M free), then #'s 1 -10

4:30 – 5:20 PM Warm Up

5:30 PM **Events Start**

6:00 PM 1) Scratch Box closes for Saturday Morning Prelim Events

2) Saturday Morning 800 Free Relay must be checked in (by Coaches Only)

Saturday Morning Prelims

7:30 – 8:50 AM Warm Up

9:00 AM **Events Start**

10:00 AM Relays Declared for 800 Free Relay

Events

13 200 Freestyle Women

14 200 Freestyle Men

15 400 IM Women

16 400 IM Men

17 50 Freestyle Women

18 50 Freestyle Men

19 100 Back Women

20 100 Back Men

21* 800 Free Relay Women

22* 800 Free Relay Men

***top seeded heat of relays swim at night in Finals**

Saturday Night Finals- Order of Events 49-68, No check in required

4:30 – 5:20 PM Warm Up

5:30 PM **Events Start**

6:00 PM 1) Scratch Box closes for Sunday Morning Prelim Events

2) Sunday Morning 800M/1500M Free swimmers must check in

3) Saturday Morning 400 Free Relay must be checked in (by Coaches Only)

Sunday Morning Prelims

7:30 – 8:50 AM Warm Up

9:00 AM **Events Start**

Events

23 200 Back Women

24 200 Back Men

25 100 Free Women

26 100 Free Men

27 200 Breast Women

28 200 Breast Men

29 200 Fly Women

30 200 Fly Men

31* 400 Free Relay Women

32* 400 Free Relay Men

33* 1500 Free Women

34* 800 Free Men

*** Top seeded heat of relays swim at night in finals**

*** For prelims, the 800's/1500's are at the end of the Preliminary session. For finals (top heat of Open Women and Men only) are the first event.***

Note: The Open Distance Free (Events 33-34) will swim and be scored as separate events. However, these events will be seeded and swum fastest to slowest, alternating heats of each gender (i.e. fastest heat of Open Girls followed by fastest heat of Open Boys.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.

Sunday Night Finals- Order of events: Top Heat of # 33 and 34 (Men's Open 800M/Womens Open 1500M free), then #'s 23-32

4:30 – 5:20 PM Warm Up

5:30 PM **Events Start**

**Time Standards for 2011 Michigan Swimming Long Course State Championship
Meet (Q1 Times)**

Qualifying Period: January 1, 2010 to entry deadline

<u>WOMEN</u>			<u>OPEN</u>	<u>MEN</u>		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.79	28.89	29.49	50 Freestyle	26.49	25.79	22.99
55.19	1:02.79	1:03.69	100 Freestyle	58.09	56.49	50.19
01:59.99	2:15.39	02:17.59	200 Freestyle	2:07.09	2:05.19	01:49.09
5:23.99	4:45.79	4:53.19	400/500 Freestyle	04:34.99	4:26.49	04:58.99
11:11.99	9:48.09	10:08.09	800/1000 Freestyle	9:38.79*	9:25.49	10:39.99
18:50.09	18:52.39	19:30.99	1500/1650 Freestyle	18:50.99	18:13.69	17:59.99
1:03.99	1:13.29	1:15.39	100 Backstroke	1:09.59	1:08.09	57.99
2:16.59	2:36.39	2:40.99	200 Backstroke	2:31.89	2:28.19	2:08.99
1:12.39	1:21.59	1:24.49	100 Breaststroke	01:18.99	1:16.99	01:05.99
2:36.99	2:56.49	03:04.89	200 Breaststroke	02:55.69	2:52.49	2:26.99

1:02.99	1:10.49	1:11.29	100 Butterfly	1:05.29	1:05.39	56.19
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02:23.39	2:45.89	2:48.89	200 Butterfly	02:40.99	2:38.59	2:16.39
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2:17.59	2:33.69	2:38.99	200 IM	2:25.99	2:21.09	2:05.59
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04:51.79	5:36.79	05:42.99	400 IM	05:23.99	5:19.39	4:36.99
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3:51.19	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
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8:30.79	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:59.99
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4:17.99	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	4:10.09
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Friday, July 22 Saturday, July 23 Sunday, July 24

[illegible]

Signature: _____

Position: _____

Street Address: _____

City, State, Zip_____

E-mail: _____

Coach Name: _____

Coach Phone: _____

Coach E-Mail _____

Club Name: _____

Club Code: _____

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