

# Snow Bowl

**Hosted By: Liquid Lightning**

**December 9-11, 2011**

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number **MI1112016**. Michigan swimming rules, safety, and warm up procedures will govern the meet as is fully set forth in these meet rules.
- Location:** **Lake Orion High School Natatorium**, 495 E. Scripps, Lake Orion, MI 48360  
Map to pool on Michigan Swimming Website ([www.miswim.org](http://www.miswim.org))
- Times:**
- |                        |                 |              |
|------------------------|-----------------|--------------|
| Friday – PM            | Warm-up 5:30pm  | Start 6:30pm |
| Saturday & Sunday – AM | Warm-up 7:30am  | Start 8:30am |
| Saturday & Sunday – PM | Warm-up 12:30pm | Start 1:30pm |
- Motels:** **Springhill Suites** 4919 Interpark Dr. Lake Orion, MI 48359 (248)475-4700  
**Palace Inn** 2775 Lapeer Road Lake Orion, MI 48360 (248)391-2755  
**Holiday Inn Express** 3990 Baldwin Rd Auburn Hills, MI 48326 (248)322-7000
- Facilities:** The competition course has not been certified in accordance with 104.2.2C(4) Lake Orion pool 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 at the 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. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on December 9, 2011 will determine his/her eligibility for a particular age group. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. NT's will be entered as exhibition and will not be eligible for awards.
- 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, (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 must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. 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 four (4) individual events per day.

- Electronic Entries:** \$4.00 per individual event and \$12.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Lake Orion Liquid Lightning (LOLL) Only Team Checks accepted.
- Paper Entries:** MS rules regarding non-electronic entries apply. \$5 per individual event and \$13 per relay. 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 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 *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 **8 am Saturday November 12<sup>th</sup>, 2011**. The entry chairperson must receive all entries no later than **noon on December 1<sup>st</sup>, 2011**. 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 (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the entry chairperson at [meetentries@liquidlightning.org](mailto:meetentries@liquidlightning.org). All entries will be processed in order by email date code or mail date code. Any entries submitted will be considered provisional until such time as the entry chairperson has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement (c) your club's signed certification of entered athletes and (d) your club's entry fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim in the meet. The complete Snow Bowl entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>
- 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 unless the "over qualification exception" applies (see MS Rules).
- 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:
- Alanna Quail - Snow Bowl Meet Entry***  
***3777 S Century Oaks Circle Oakland Twp, MI 48363***  
***Meetentries@liquidlightning.org***  
***Coaches only 248-693-2351 before 9pm.***
- 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. 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 in the downstairs pool lobby.
- 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 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.

<b>Seeding:</b>	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. The Open 500 Free, 400 IM & 1000 Free will be seeded fastest to slowest alternating genders-women/men.
<b>Deck Entries/ Time Trials:</b>	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 individual event and \$15.00 pre relay. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if not currently entered into the meet. <b><i>For deck entries, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal. The Club Portal is located on the USA Swimming website.</i></b> Time Trials will not be offered.
<b>Meet Programs/ Admissions:</b>	Admissions is \$4.00 per person, per day on Saturday and Sunday, \$2.00 per person Friday PM. 10 & Under Free. A 3-day meet program will be available for \$6.00.
<b>Scoring:</b>	No individual or team scoring will be kept.
<b>Awards:</b>	Medals will be awarded for 1 <sup>st</sup> – 3 <sup>rd</sup> place and ribbons for 4 <sup>th</sup> – 12 <sup>th</sup> place A, B, and C finishers. Relays will be awarded medals for 1 <sup>st</sup> – 3 <sup>rd</sup> and ribbons for 4 <sup>th</sup> – 6 <sup>th</sup> place finishes. <b>Awards will be made available to be picked up by the coaches/designated team representative at the end of each day. Teams MUST pick up remaining awards at the end of the meet. No awards will be mailed.</b> Please remember pursuant to MS Rules; any swimmers entered as a “NT” are not eligible for awards.
<b>Results:</b>	Complete meet results will be posted on the Michigan Swimming Website at <a href="http://www.miswim.org/">http://www.miswim.org/</a> . Results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.
<b>Concessions:</b>	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.
<b>Lost and Found:</b>	Articles may be turned in/picked up at check in area in the lower lobby. 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).
<b>Swimming Safety:</b>	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.
<b>Deck Personnel:</b>	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.
<b>Swimmers with Disabilities:</b>	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.
<b>General Info:</b>	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 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 pool office.
  - (E) 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.

**Meet Director:** Jody Gorgas [jgorgas@liquidlightning.org](mailto:jgorgas@liquidlightning.org)

**Meet Referee:** Pete Olson

**Safety Marshall:** Rick Corriveau

## Friday, December 9<sup>th</sup> - Evening

**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	11-12	200 Breast	11-12	12
13	Open	1000 Free	Open	14

## Saturday, December 10<sup>th</sup> – Morning

**Warm-up starts at 7:30am**

**Meet starts at 8:30am**

Girls Event #	Age	Event	Age	Boys Event #
15	11-12	200 Back		
16	13-14	200IM	13-14	17
18	Open	200 IM	Open	19
20	11-12	50 Breast		
21	13-14	100 Breast	13-14	22
23	Open	100 Breast	Open	24
25	11-12	200 Free		
26	13-14	200 Free	13-14	27
28	Open	200 Free	Open	29
30	11-12	50 Back		
31	13-14	100 Back	13-14	32
33	Open	100 Back	Open	34
35	11-12	50 Fly		
36	13-14	200 Fly	13-14	37
38	Open	200 Fly	Open	39
40	11-12	200 Medley Relay		
41	Open	400 Medley Relay	Open	42

## Saturday, December 10<sup>th</sup> - Afternoon

**Warm-up starts at 12:30am**

**Meet starts at 1:30am**

Girls Event #	Age	Event	Age	Boys Event #
		200 IM	11-12	43
44	9-10	100 IM	9-10	45
		50 Fly	11-12	46
47	9-10	50 Fly	9-10	48
49	8 & U	25 Fly	8 & U	50
		200 Back	11-12	51
52	8 & U	100 IM	8 & U	53
		100Free	11-12	54
55	9-10	100 Free	9-10	56
57	8 & U	50 Free	8 & U	58
		50 Back	11-12	59
60	9-10	50 Back	9-10	61
62	8 & U	25 Back	8 & U	63
		100 Breast	11-12	64
65	9-10	100 Breast	9-10	66
		200 Medley Relay	11-12	67
68	10 & U	200 Medley Relay	10 & U	69

## Sunday, December 11<sup>th</sup> - Morning

Warm-up starts at 7:30am			Meet starts at 8:30am	
Girls Event #	Age	Event	Age	Boys Event #
70	11-12	100 Fly		
71	13-14	100 Fly	13-14	72
73	Open	100 Fly	Open	74
75	11-12	100 Back		
76	13-14	200 Back	13-14	77
78	Open	200 Back	Open	79
80	11-12	50 Free		
81	13-14	50 Free	13-14	82
83	Open	50 Free	Open	84
85	11-12	100 Breast		
86	13-14	200 Breast	13-14	87
88	Open	200 Breast	Open	89
90	11-12	100 Free		
91	13-14	100 Free	13-14	92
93	Open	100 Free	Open	94
95	11-12	200 IM		
96	Open	200 Free Relay	Open	97
98	11-12	200 Free Relay		

## Sunday, December 11<sup>th</sup> - Afternoon

Warm-up starts at 12:30am			Meet starts at 1:30am	
Girls Event #	Age	Event	Age	Boys Event #
		100 Fly	11-12	99
100	9-10	100 Fly	9-10	101
		50 Breast	11-12	102
103	9-10	50 Breast	9-10	104
105	8 & U	25 Breast	8 & U	106
		200 Free	11-12	107
108	8 & U	100 Free	8 & U	109
		100 Back	11-12	110
111	9-10	100 Back	9-10	112
113	8 & U	50 Back	8 & U	114
		50 Free	11-12	115
116	9-10	50 Free	9-10	117
118	8 & U	25 Free	8 & U	119
		200 Free Relay	11-12	120
121	10 & U	200 Free Relay	10 & U	122

## 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 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

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.

The authority for these actions is:

[illegible]

By: \_\_\_\_\_  
(Signature)

Capacity: \_\_\_\_\_

Date: \_\_\_\_\_

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



## Meet Evaluation Form

Name of Meet Snow Bowl

Date of Meet December 9 – 11, 2011

Host of Meet Liquid Lightning

Place of Meet Lake Orion High School

Who do you represent (circle)?      the host club      a visiting club      unattached

Describe yourself (circle)    athlete      coach      official      meet worker  
spectator

**Please rate the overall quality of this meet:**

(Please write any compliments or suggestions below or on the reverse side)

	Low				High
1. Swimming pool (e.g., water quality, ventilation)	1	2	3	4	5
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
6. Officiating	1	2	3	4	5
7. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. Other (please specify):	1	2	3	4	5

**Return this completed evaluation to a representative of the Meet Host. Thank you.**