

"The Original Swim Your Own Age Meet"

Hosted By: Lakers Aquatic Club

November 11 - 13, 2011

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI1112004. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

Location: L'Anse Creuse High School
38495 L'Anse Creuse Road
Harrison Township, MI 48045

Times:	Friday PM	Warm up 5:00 PM	Check-in closes 5:15 PM	Start 6:00 PM
	Saturday AM	Warm up 7:30 AM	Check-in closes 7:45 AM	Start 8:30 AM
	Saturday PM	Warm up 12:30 PM	Check-in closes 12:45 PM	Start 1:30 PM
	Sunday AM	Warm up 7:30 AM	Check-in closes 7:45 AM	Start 8:30 AM
	Sunday PM	Warm up 12:30 PM	Check-in closes 12:45 PM	Start 1:30 PM
	Sunday PM	Open 1650	Late Check-in at 3:30	

Motels: Use GoogleMaps, YahooMaps or MapQuest for hotel locations.

Facilities: The L'anse Creuse High School pool is an 8 lane pool a diving well which will be available for supervised warm-up and warm down. Depth at start is 8 feet 1 and 4 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8 lane display will be used. The competition course has not been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available. Parking is only permitted on paved areas around the school. Persons parking on the grass section in front of the pool lobby may be ticketed or towed.

Eligibility: The Lakers Original Swim Your Own Age Meet is open to all swimmers. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on November 11, 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.

Meet Format: Swimmers will swim only against swimmers their own age, with the exception of 15-18 years old, 7 and under, relays and distance events. Events may be combined (per USA Rule 102.8.2) to conserve lane space and for the timeliness of the meet. If this occurs awards will still be provided by SYOA guidelines. Fly over starts will be used during this meet.

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, 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 five individual events and one relay event 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 check payable to: Lakers Aquatic Club, Inc.

Paper Entries: MS rules regarding non-electronic entries apply. \$1.00 per individual event and \$1.00 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 on Hy-Tek (or compatible) disk. 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 October 14, 2011 (12:00 noon EST). The entry chairperson must receive all entries no later than October 28, 2011 (11:59 p.m. EST). 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 syoameetdirector@yahoo.com. 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 check. The complete Lakers Original Swim Your Own Age 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, 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:

Barbara Shaub, Meet Chairperson
15364 French Crk.
Fraser, MI 48026
syoameetdirector@yahoo.com
(586) 634-2340 [cell]

Check In: Check I will be available as of 30 minutes before each warm-up start time. 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. 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 between the locker rooms.

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. Heat sheets will be posted on the pool deck. Swimmers and their coaches will be responsible for reporting to the starting blocks when their event is called.

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 the 1650, which will be swum fastest to slowest. The 1650 will be swum as an Open event and may be limited to one heat pending time.

Deck Entries: Deck entries will be accepted if the meet does not reach capacity. Deck entries are \$7.00 and are subject to the Michigan Swimming \$1.00 general surcharge. 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 and the athlete roster is in the reports section

Meet Programs/

Admissions: Friday admission \$2.00, Saturday and Sunday admission will be \$4.00 each day. 10 and under free with paid adult. Meet programs will be \$6.00

- Scoring: This meet will not be scored.
- Awards: Medals and ribbons will be awarded 1st through 8th place. With the exception of 15-18 year olds who will be awarded 1st through 3rd medals. Awards will be available at the conclusion of each session and can be picked up by the coaches or designee. Awards for the 1650 Open will not follow SYOA format, but be
- Results: Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available on flash drive (HY-TEK Meet Manager) upon request. Teams must provide their own flash drive.
- Concessions: Food and beverages will be available in the concession stand area and pool lobby. 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 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 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 in Coaches Office/Computer Room on deck.
- Facility Items: (A) No smoking is allowed in the building or on the grounds of L'anse Creuse 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 Clerk of Course and Pool Office.

(E) Entrance and exit of the pool deck is to be completed through the locker rooms only. Coaches, swimmers and spectators are not permitted to access the pool deck by gate access or over the bars. 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: Barbara Shaub 586 634-2340 syoameetdirector@yahoo.com

Meet Referee: Pete Olson 248 375-1458 olsonpl@yahoo.com

Safety Marshall: Laurie Davenport 586 703-4339

SESSION 1

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SATURDAY MORNING – NOVEMBER 12, 2011
SESSION 2

<u>Age</u>	<u>Event</u>	Event # <u>Girls</u>	Event # <u>Boys</u>
10 Yrs	200 Yard Freestyle	33	34
9 Yrs	200 Yard Freestyle	35	36
8 Yrs	200 Yard Freestyle	37	38
7 & U	200 Yard Freestyle	39	40
10 Yrs	100 Yard Individual Medley	41	42
9 Yrs	100 Yard Individual Medley	43	44
8 Yrs	100 Yard Individual Medley	45	46
7 & U	100 Yard Individual Medley	47	48
10 Yrs	100 Yard Backstroke	49	50
9 Yrs	100 Yard Backstroke	51	52
8 Yrs	25 Yard Backstroke	53	54
7 & U	25 Yard Backstroke	55	56
10 Yrs	50 Yard Breaststroke	57	58
9 Yrs	50 Yard Breaststroke	59	60
8 Yrs	50 Yard Breaststroke	61	62
7 & U	50 Yard Breaststroke	63	64
10 Yrs	50 yard Freestyle	65	66
9 Yrs	50 yard Freestyle	67	68
8 Yrs	50 yard Freestyle	69	70
7& U	50 yard Freestyle	71	72
10 Yrs	100 Yard Butterfly	73	74
9 Yrs	100 Yard Butterfly	75	76
8 Yrs	25 Yard Butterfly	77	78
7 & U	25 Yard Butterfly	79	80
9-10 Yrs	Mixed 200 Yard Freestyle Relay	81	
8 & Under	Mixed 200 Yard Freestyle Relay	82	

SATURDAY AFTERNOON – NOVEMBER 12, 2011
SESSION 3

<u>Age</u>	<u>Event</u>	Event # <u>Girls</u>	Event # <u>Boys</u>
15-18	200 Yard Individual Medley	83	84
14 Yrs	200 Yard Individual Medley	85	86
13 Yrs	200 Yard Individual Medley	87	88
12 Yrs	200 Yard Individual Medley	89	90
11 Yrs	200 Yard Individual Medley	91	92
15-18	100 Yard Freestyle	93	94
14 Yrs	100 Yard Freestyle	95	96
13 Yrs	100 Yard Freestyle	97	98
12 Yrs	100 Yard Freestyle	99	100
11 Yrs	100 Yard Freestyle	101	102
15-18	200 Yard Backstroke	103	104
14 Yrs	200 Yard Backstroke	105	106
13 Yrs	200 Yard Backstroke	107	108
12 Yrs	50 Yard Backstroke	109	110
11 Yrs	50 Yard Backstroke	111	112
15-18	100 Yard Breaststroke	113	114
14 Yrs	100 Yard Breaststroke	115	116
13 Yrs	100 Yard Breaststroke	117	118
12 Yrs	100 Yard Breaststroke	119	120
11 Yrs	100 Yard Breaststroke	121	122
15-18	100 Yard Butterfly	123	124
14 Yrs	100 Yard Butterfly	125	126
13 Yrs	100 Yard Butterfly	127	128
12 Yrs	100 Yard Butterfly	129	130
11 Yrs	100 Yard Butterfly	131	132

SUNDAY MORNING – NOVEMBER 13, 2011
SESSION 4

<u>Age</u>	<u>Event</u>	<u>Event # Girls</u>	<u>Event # Boys</u>
10 Yrs	200 Yard Individual Medley	133	134
9 Yrs	200 Yard Individual Medley	135	136
8 Yrs	25 Yard Freestyle	137	138
7 & U	25 yard Freestyle	139	140
10 Yrs	50 Yard Backstroke	141	142
9 Yrs	50 Yard Backstroke	143	144
8 Yrs	50 Yard Backstroke	145	146
7 & U	50 Yard Backstroke	147	148
10 Yrs	100 Yard Breaststroke	149	150
9 Yrs	100 Yard Breaststroke	151	152
8 Yrs	25 Yard Breaststroke	153	154
7 & U	25 Yard Breaststroke	155	156
10 Yrs	50 Yard Butterfly	157	158
9 Yrs	50 Yard Butterfly	159	160
8 Yrs	50 Yard Butterfly	161	162
7 & U	50 Yard Butterfly	163	164
10 Yrs	100 Yard Freestyle	165	166
9 Yrs	100 Yard Freestyle	167	168
8 Yrs	100 Yard Freestyle	169	170
7 & U	100 Yard Freestyle	171	172
9-10 Yrs	Mixed 200 Yard Medley Relay	173	
8 & Under	Mixed 200 Yard Medley Relay	174	

SUNDAY AFTERNOON – NOVEMBER 13, 2011
SESSION 5

<u>Age</u>	<u>Event</u>	Event # <u>Girls</u>	Event # <u>Boys</u>
15-18	200 Yard Freestyle	175	176
14 Yrs	200 Yard Freestyle	177	178
13 Yrs	200 Yard Freestyle	179	180
12 Yrs	200 Yard Freestyle	181	182
11 Yrs	200 Yard Freestyle	183	184
15-18	100 Yard Backstroke	185	186
14 Yrs	100 Yard Backstroke	187	188
13 Yrs	100 Yard Backstroke	189	190
12 Yrs	100 Yard Backstroke	191	192
11 Yrs	100 Yard Backstroke	193	194
15-18	200 Yard Butterfly	195	196
14 Yrs	200 Yard Butterfly	197	198
13 Yrs	200 Yard Butterfly	199	200
12 Yrs	50 Yard Butterfly	201	202
11 Yrs	50 Yard Butterfly	203	204
15-18	200 Yard Breaststroke	205	206
14 Yrs	200 Yard Breaststroke	207	208
13 Yrs	200 Yard Breaststroke	209	210
12 Yrs	50 Yard Breaststroke	211	212
11 Yrs	50 Yard Breaststroke	213	214
12 Yrs	100 Yard Individual Medley	215	216
11 Yrs	100 Yard Individual Medley	217	218
15-18	50 Yard Freestyle	219	220
14 Yrs	50 Yard Freestyle	221	222
13 Yrs	50 Yard Freestyle	223	224
12 Yrs	50 Yard Freestyle	225	226
11 Yrs	50 Yard Freestyle	227	228
Open	1650 Freestyle	229	230

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 Lakers Aquatic Club, L'Anse Creuse High School, L'Anse Creuse School District, 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: _____

Lakers Aquatic Original Swim Your Own Age Meet

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

Meet Evaluation

The Original Swim Your Own Age Meet

November 11-13, 2011

Lakers Aquatic Club

L'anse Creuse High School

Who do you represent (circle)? Host club Visiting club Unattached

Describe yourself (circle) Athlete Coach Official Meet worker Spectator

Please rate the overall quality of this meet:

1 = Low 5 = 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

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

Return the completed evaluation to the Admissions desk or Clerk of Course. Thank you.