

POINTE AQUATICS

2011 FROST FEST INVITATIONAL SWIM MEET

Hosted by Pointe Aquatics Swim Club

FRIDAY-SUNDAY, JANUARY 14-16, 2011

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI101126. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

Location: Grosse Pointe North High School, 707 Vernier Road, Grosse Pointe Woods, MI. 48236. The entrance to the high school, marked by a traffic signal, is on the south side of Vernier Road and is approximately 1.6 miles East of the I-94 freeway. Map to Pool is available as part of the Meet Packet on the Michigan Swimming Website (www.uss.michigan.com) and the Pointe Aquatics website at www.pointeaquatics.com.

Times: **FRIDAY WARM-UP:** 4:30 P.M. FIRST EVENT: 5:30 P.M.

SATURDAY/SUNDAY:

MORNING WARM-UP: 7:30 A.M. FIRST EVENT: 8:30 A.M.

AFTERNOON WARM-UP: 12:30 P.M. FIRST EVENT: 1:30 P.M.

CHECK IN CLOSES 15 MINUTES AFTER WARMUP BEGINS FOR ALL SESSIONS.

SATURDAY 1650 P.M. SESSION: WARMUP 4:30 P.M. OR IMMEDIATELY AFTER THE AFTERNOON SESSION. FIRST HEAT 4:45 OR AFTER WARMUP.

Facilities: The Grosse Pointe North High School Pool is an 8 lane 25 yard pool with diving well area which will be available for supervised warm-up and warm down. Depth at start is 8 feet 7 inches and 4 feet at the turns. Permanent starting blocks and non-turbulent lane markers are in place. Daktronics timing with an 8 lane display will be used. Pool seating capacity is 450. Lockers are available (provide your own lock). The 25 yard events will be swum from the starting blocks. Public phones will be available. The competition course has not been certified in accordance with 104.2.2c(4).

Eligibility: The 2011 Frost Fest Swim Meet is an ABC meet for swimmers who meet all USA/Michigan Swimming eligibility requirements. All swimmers must currently be registered with USA Swimming, Inc. A swimmer's age on January 14, 2011 will determine his/her eligibility for a particular age group. Mixed relays may consist of any combination of boys and girls (all boys/girls or mixed). Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

- Meet Format:** All events are timed finals. This is an age group swim meet. The swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, and Open. The time standards used in this meet are A, B, and C. The 1650 events will be limited to two heats of girls (fastest 16) and two heats of boys (fastest 16). There will be a fifteen minute warm-up prior to the 1650 events.
- Entry Limits:** Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming four (4) hour per session maximum time limit is met. As set forth in Entry Procedures below, entries are not deemed valid and will not be processed until such time as the entry chairperson has received: (a) a hard copy of your club's entry summary sheet, (b) a hard copy of your club's signed release/waiver agreement (c) your club's certification of entered athletes and (d) your club's entry and entry fees. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
- Individual Entry Limits:** In this timed finals meet swimmers will be limited to **4 (four)** individual events and **1 (one)** relay 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: Pointe Aquatics.**
- Paper Entries:** Michigan Swimming's rules regarding non-electronic entries apply. \$5.00 per individual event and \$13.00 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 12:00 pm, December 17, 2010. **The entry chairperson must receive all entries no later than 11:59 PM of January 4, 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 (www.uss-michigan.com). All entries should be submitted in Hy-Tek format. All individual entries should be submitted via electronic mail to the Mike O'Connor at FrostFest@msn.com. **Entries submitted will be processed provisionally pending receipt by the entry chairperson of: (a) a hard copy of your club's signed release/waiver agreement (b) your club's signed certification of athletes and (c) your club's entry and entry fees.** The complete Pointe Aquatics Frost Fest 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, with the exception of swimmers who qualify out of the ABC format by virtue of times swum between the acceptance of the entry and the start of the Frost Fest Meet. Such entries will be granted the opportunity to switch to an event in which their entry time conforms to the meet format or be granted a refund.

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:

Mike O'Connor
20660 Vernier Circle
Grosse Pointe Woods MI, 48236
313 882 7487
FrostFest@msn.com

Check In: CHECK IN WILL BE AVAILABLE 15 MINUTES PRIOR TO THE BEGINNING OF WARM UP AND CLOSE AT 7:45 A.M. and 12:45 P.M. OR 15 MINUTES AFTER WARMUP BEGINS. **CHECK IN FOR THE 1650 WILL CLOSE AT THE START OF WARM UP FOR THAT SESSION.**

Check in is mandatory for all events. **Failure to check in will cause the swimmer to be scratched from all events in that session.** PLEASE FOLLOW THE POSTED CHECK IN PROCEDURE AND MICHIGAN SWIMMING CHECK IN RULES. Also note that pursuant to Michigan Swimming Rules that failing to swim an event after checking in for that event will disqualify a swimmer for his or her next event. Check in sheets will be posted in the hall adjacent to the Grosse Pointe North High School Gym. No deck check in will be permitted.

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 (or a representative for such 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-MARSHALLED. 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.**

Warm Up Procedures: For the first 30 minutes of warm up, all lanes will be used for general warm up. After 30 minutes lanes 2 and 7 will become one way sprint lanes. The last 10 minutes of warm up on Saturday and Sunday lanes 2,3,6, and 7 will be one way sprint lanes. Warm up will end 10 minutes before the meet is to begin. Feet first entry is required to enter the pool. Swimmers may dive only in designated lanes. THERE WILL BE A FIFTEEN MINUTE WARMUP FOR THE 1650 ON SATURDAY THAT WILL BEGIN AT 4:30 P.M. OR IMMEDIATELY AFTER THE AFTERNOON SESSION ENDS, WHICHEVER IS LATER.

Friday Warm Up:

4:30-5:00 Lanes 1-8 General warm up.
5:00-5:20 Lanes 2/7 only One way sprints.
Pool Closes at 5:20

Saturday AM/ Sunday AM Warm UP:

7:30-8:00 Lanes 1-8 general warm up
8:00-8:20 Lanes 2/7 one-way sprint
8:10-8:20 Lanes 2/3/6/7 one-way sprint
Pool closes at 8:20am

Saturday PM/ Sunday PM Warm up:

12:30-1:00 Lanes 1-8 General Warm UP
1:00-1:20 Lanes 2/7 one-way sprint.
1:10 – 1:20 Lanes 2/3/6/7/ one way sprint
Pool closes at 1:20 PM

** Tentative depending upon warm up start time**

Seeding:	All events are timed finals and will be seeded slowest to fastest with the exception of the 1650 Free , which will be seeded fastest to slowest (alternating genders-women/men).
Deck Entries/ Time Trials:	There will be deck entries for this meet, if the Time Line permits. Time Trials will be held time permitting, and at the discretion of the Meet Referee. For deck entries, registration status must be proven by providing current USA swimming membership card or a current print out of athlete roster from club portal. The club portal is located on the USA swimming website.
Meet Programs/ Admissions:	Meet programs will be \$6.00 for the meet. Heat sheets for the Friday session will be \$1.00. Friday admission will be \$2.00. Saturday and Sunday admission will be \$4.00.
Scoring:	No individual or team scoring will be kept.
Awards:	Custom Meet ribbons will be given to 1 st -8 th place in individual events for A, B, and C levels. No awards for open events. Coaches MUST pick-up awards at the end of the meet. Awards will not be mailed.
Results:	Daily meet results will be posted at www.PointeAquatics.com . Additional copies of the results can be ordered at the admissions table for \$5.00. Results will also be available on disk (HY-TEK Meet Manager). Teams may request an electronic results file either to be sent by email or down loaded onto appropriate media at the completion of the meet. Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com .
Concessions:	Food and beverages will be available in the high school cafeteria. 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 in the concession area. Articles not picked up by the end of the meet will be retained in the home of the Meet Director for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).
Swimming Safety:	Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers will be required to enter the pool feet first except when sprint lanes have been designated. 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.
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 pool office.

- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Grosse Pointe North 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.

Meet Director: Betsy Mellos, 313-882-4565, **Betsymel@aol.com**

Meet Referee: Ron Reinke, 734-591-7981, **ronr48@hotmail.com**

Safety Marshall: Theresa Thompson

POINTE AQUATICS FROST FEST SWIM MEET
FRIDAY, JANUARY 14, 2011
 SANCTION MSS #

WARM UP 4:30 PM EVENTS 5:30 PM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
1		OPEN	500 FREE		2
3		14 & UNDER	200 IM		4
		10 & UNDER	200 IM		
		11 & 12	200 IM		
		13 & 14	200 IM		
5		OPEN	200 IM		6
7		14 & UNDER	400 IM		8
		11 & 12	400 IM		
		13 & 14	400 IM		
9		OPEN	400 IM		10
11		14 & UNDER	500 FREE		12
		10 & UNDER	500 FREE		
		11 & 12	500 FREE		
		13 & 14	500 FREE		

POINTE AQUATICS FROST FEST SWIM MEET
SATURDAY, JANUARY 15, 2011

SANCTION MSS #

WARM UP 7:30 AM EVENTS 8:30 AM				
GIRLS				BOYS
EVENT #		AGE	EVENT	EVENT #
13		10 & UNDER	200 FREE	14
15		8 & UNDER	50 BUTTERFLY	16
17		10 & UNDER	50 BUTTERFLY	18
19		8 & UNDER	25 BACK	20
21		10 & UNDER	100 BACK	22
23		8 & UNDER	50 FREE	24
25		10 & UNDER	50 FREE	26
27		8 & UNDER	25 BREAST	28
29		10 & UNDER	100 BREAST	30
31		8 & UNDER	100 IM	32
33		10 & UNDER	200 MIXED FREE RELAY	
34		8 & UNDER	200 MIXED FREE RELAY	

WARM UP 12:30 PM EVENTS 1:30 PM				
GIRLS				BOYS
EVENT #		AGE	EVENT	EVENT #
35		11-12	50 FREE	36
37		OPEN	200 FLY	38
39		11-14	200 FLY	40
		13-14	200 FLY	
		11-12	200 FLY	
41		OPEN	100 BREAST	42
43		11-14	100 BREAST	44
		13-14	100 BREAST	
		11-12	100 BREAST	
45		OPEN	50 FREE	46
47		13-14	50 FREE	48
49		11-12	50 FLY	50
51		OPEN	100 BACK	52
53		11-14	100 BACK	54
		13-14	100 BACK	
		11-12	100 BACK	
55		OPEN	200 FREE	56
57		11-14	200 FREE	58
		13-14	200 FREE	
		11-12	200 FREE	

EVENTS 5:30 PM				
GIRLS				BOYS
EVENT #		AGE	EVENT	EVENT #
59		OPEN	1650 FREE	60

POINTE AQUATICS FROST FEST SWIM MEET
SUNDAY JANUARY 16, 2011

SANCTION MSS#

WARM UP 7:30 AM EVENTS 8:30 AM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
61		8 & UNDER	100 FREE		62
63		9-10	100 FREE		64
65		8 & UNDER	50 BREAST		66
67		9-10	50 BREAST		68
69		8 & UNDER	25 FLY		70
71		9-10	100 FLY		72
73		8 & UNDER	50 BACK		74
75		9-10	50 BACK		76
77		8 & UNDER	25 FREE		78
79		9-10	100 IM		80
81		8 & UNDER	200 MIXED MEDLEY RELAY		
82		10 & UNDER	200 MIXED MEDLEY RELAY		

WARM UP 12:30 PM EVENTS 1:30 PM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
83		11-14	100 FREE		84
		11-12	100 FREE		
		13-14	100 FREE		
85		OPEN	100 FREE		86
87		11-12	50 BREAST		88
89		11-14	200 BACK		90
		11-12	200 BACK		
		13-14	200 BACK		
91		OPEN	200 BACK		92
93		11-14	100 FLY		94
		11-12	100 FLY		
		13-14	100 FLY		
95		OPEN	100 FLY		96
97		11-12	50 BACK		98
99		11-14	200 BREAST		100
		11-12	200 BREAST		
		13-14	200 BREAST		
101		OPEN	200 BREAST		102
103		11-12	100 IM		104

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 Pointe Aquatics, Grosse Pointe North 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: _____

Meet Evaluation

Pointe Aquatic Frost Meet

January 14-16, 2011

Pointe Aquatics Swim Club

Grosse Pointe North 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.