

**Snow Bowl A-B-C Meet**  
**Hosted By: Liquid Lightning**  
**December 6-8, 2013**

<b>Sanction:</b>	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number <u><b>MI1314019</b></u> . In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. MS rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
<b>Location:</b>	<b>Lake Orion High School Natatorium</b> <b>495 E. Scripps, Lake Orion, MI 48360</b>
<b>Times:</b>	Friday- PM warm-up 5:15pm Start 6:15pm Saturday- AM warm up 7:30am Start 8:30am Saturday- PM warm up 12:30pm Start 1:30pm Sunday- AM warm up 7:30am Start 8:30am Sunday- PM warm up 12:30pm Start 1:30
<b>Motels:</b>	<i>Springhill Suites 4919 Interpark Dr. lake Orion, MI 48359 (248)475-4700</i> <i>Palace Inn 2775 Lapeer Road Lake Orion, MI (248)391-2755</i> <i>Holiday Inn Express 3990 Baldwin Rd Auburn Hills, MI (248)322-7000</i>
<b>Facilities:</b>	<b>Lake Orion High School Natatorium</b> is a <b>11</b> lane 25 yard pool with 8 lanes used for competition. <b>There is a separate 4- lane available for supervised warm-ups and warm downs.</b> Depth at start is <u>7 feet</u> <sup>1</sup> and <u>9-13</u> at turn. Permanent starting blocks and non-turbulent lane markers will be used. <b>[Colorado timing with an 8__ lane display will be used]</b> . There is ample balcony seating for spectators. Lockers are available <b>(provide your own lock)</b> . Public phones will be available. <b>[The competition course has not been certified in accordance with 104.2.2C(4)].</b>

<sup>1</sup>Depth at Start must meet State of Michigan requirements.

<b>Eligibility:</b>	<b><i>Snow Bowl</i></b> is for those swimmers with A, B and C times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on <b>December 6, 2013</b> will determine his/her eligibility for a particular age group.
<b>Deck Registration:</b>	Unregistered swimmers <i>must</i> register on deck at this meet <i>by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$124.00 per swimmer for 2013-14 registration).</i>
<b>Meet Format:</b>	<b><i>Timed finals format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 and Under, 10 and under, 11-12, 13-14 girls and Open. The time standards used in this meet are A, B and C.</i></b>
<b>Entry Limits:</b>	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.
<b>Swimmers Without A Coach:</b>	Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S 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.

<b>Individual Entry Limits:</b>	<b><i>Swimmers are limited to four (4) individual events Saturday &amp; Sunday and two (2) on Friday.</i></b>
<b>Electronic Entries:</b>	\$__5.00__ per individual event and \$__12.00__ for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: <b><i>Liquid Lightning. Only team checks accepted.</i></b>
<b>Paper Entries:</b>	MS rules regarding non-electronic entries apply. \$__6__ per individual event and \$__13__ 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 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 <i>must</i> 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.
<b>Entry Procedures:</b>	<p>Entries may be submitted to the entry chairperson as of <b><i>8:00 am Saturday November 9<sup>th</sup>, 2013.</i></b> The entry chairperson must receive all entries no later than <b><i>noon on December 1<sup>st</sup>, 2013.</i></b> 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 (<a href="http://www.miswim.org/">http://www.miswim.org/</a>). All individual entries should be submitted via electronic mail to the entry chairperson at</p> <p><b><i>Alanna Quail- Snow Bowl Meet Entry</i></b>  <b><i>3777 S Century Oaks Circle Oakland Twp, MI 48363</i></b>  <b><i><a href="mailto:Meetentries@liquidlightning.org">Meetentries@liquidlightning.org</a></i></b>  <b><i>Coaches only 248-693-2351 before 9pm</i></b></p> <p>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 clubs 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 <b><i>Snow Bowl</i></b> entry packet with entry forms is available on the Michigan Swimming Website at <a href="http://www.miswim.org/">http://www.miswim.org/</a></p>
<b>Refunds:</b>	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).
<b>Entry Chair:</b>	<p>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:</p> <p style="text-align: center;"><b><i>Alanna Quail- Snow Bowl Meet Entry</i></b>  <b><i>3777 S Century Oaks Circle Oakland Twp, MI 48363</i></b>  <a href="mailto:Meetentries@liquidlightning.org"><b><i>Meetentries@liquidlightning.org</i></b></a>  <b><i>Coaches only 248-693-2351 before 9:00pm</i></b></p>
<b>Check In:</b>	<p>Check In will be available 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 <b>all</b> events in that session. <b><i>Check in will close 15 minutes after the start of warm up for each session.</i></b> Check in sheets will be posted <b><i>in the downstairs pool lobby. A separate 1000 free check in will be posted Sunday from 10:00to 10:30am with the event starting immediately following the 200 free relay.</i></b></p>
<b>Scratch Rules:</b>	<p><u>Prior</u> to check in close a swimmer may scratch events at the Clerk of Course or on the check in sheet. <u>After</u> check in closes, you must see the Meet Referee to scratch an event.</p>
<b>Marshaling:</b>	<p>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. Afternoon sessions will have lane greeters to assist the younger swimmers.</p>

<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. <b><i>All events are timed finals and will be seeded slowest to fastest. The Open 1000 free will be seeded fastest to slowest alternating genders-men/women.</i></b>
<b>Deck Entries / Time Trials:</b>	<b><i>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 per relay/ Deck entry and time trial swimmers are subject to the Michigan Swimming \$1.00 general surcharge.] 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. Time trials will not be offered.</i></b>
<b>Meet Programs / Admissions:</b>	<b><i>Admission is \$5.00 per person, per day on Saturday and Sunday, \$2.00 per person Friday PM. 10 &amp; under Free. A 3-day meet program will be available for \$5.00.</i></b>
<b>Scoring:</b>	<b><i>NO individual or team scoring will be kept.</i></b>
<b>Awards:</b>	<b><i>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 finishers. 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. Any swimmers entered as a "NT" are not eligible for awards.</i></b>
<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 <b><i>the concession area outside the pool stands</i></b> . 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 <b><i>the check in areas of the lower lobby.</i></b> 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 ( <b><i>any longer period shall be in the sole discretion of the Meet Director.</i></b> )
<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. <b><i>The same rules will apply with respect to the warm-down pool.</i></b> 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 / Locker Rooms / Credentialing:</b>	<p>Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or the Meet Referee. The General Chair of MS and the Program Operations Vice-Chair of MS are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability.</p> <p>Lists of registered coaches, certified officials and meet personnel will be placed outside the <b>door</b> to the locker rooms / pool deck. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team <b>name and logo</b> as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at the conclusion of working each day and be reissued a credential daily.</p> <p>All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.</p>
<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.

<b>First Aid:</b>	Supplies will be kept in the pool office.
<b>Facility Items:</b>	<p>(A) No smoking is allowed in the building or on the grounds of <b>Lake Orion High School</b>.</p> <p>(B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.</p> <p>(C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions. No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.</p> <p>(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 <b>pool office</b>.</p> <p>(E) To comply with USA Swimming privacy and security policy, <u>the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</u></p> <p>(F) Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is <b>strongly discouraged</b>.</p>
<b>Meet Director:</b>	Nancy Robertson 248-917-9614 before 9:00pm nancyrobertsoninkorea@yahoo.com
<b>Meet Referee:</b>	Pete Olson- 248-375-1458
<b>Safety Marshal:</b>	Wayne Waller
<b>Administrative Official</b>	Alanna Quail 248- 693-2351 before 9pm meetentries@liquidlightning.org

### Friday, December 6<sup>th</sup> - Evening

**Warm-up starts at 5:15pm**

**Check-In closes @ 5:30pm**

**Meet starts at 6:15pm**

Girls Event #	Age	Event	Age	Boys Event #
1	11-12	200 Fly	11-12	2
3	Open	400IM	Open	4
5	11-12	400 IM	11-12	6
7	Open	500 Free	Open	8
9	11-12	200 Breast	11-12	10

### Saturday, December 7<sup>th</sup> – Morning

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

**Check-In closes @ 7:45am**

**Meet starts at 8:30am**

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

### Saturday, December 7<sup>th</sup> - Afternoon

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

**Check-In closes @ 12:45pm**

**Meet starts at 1:30pm**

Girls Event #	Age	Event	Age	Boys Event #
34	11-12	200 IM		X
36	9-10	100 IM	9-10	35
37	11-12	50 Fly		X
38	9-10	50 Fly	9-10	39
40	8 & U	25 Fly	8 & U	41
42	11-12	200 Back		X
44	8 & U	100 IM	8 & U	43
45	11-12	100Free		X
46	9-10	100 Free	9-10	47
48	8 & U	50 Free	8 & U	49
50	11-12	50 Back		X
52	9-10	50 Back	9-10	51
54	8 & U	25 Back	8 & U	53
55	11-12	100 Breast		X
56	9-10	100 Breast	9-10	57
58	11-12	200 Medley Relay		X
60	10 & U	200 Medley Relay	10 & U	59



## Sunday, December 8<sup>th</sup> - Morning

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

**Check-In closes @ 7:45am**

**Meet starts at 8:30am**

Girls Event #	Age	Event	Age	Boys Event #
X		100 Fly	11-12	61
62	Open	100 Fly	Open	63
64	13-14	100 Fly		X
X		100 Back	11-12	65
66	Open	200 Back	Open	67
68	13-14	200 Back		X
X		50 Free	11-12	69
70	Open	50 Free	Open	71
72	13-14	50 Free		X
X		100 Breast	11-12	73
74	Open	200 Breast	Open	75
76	13-14	200 Breast		X
X		100 Free	11-12	77
78	Open	100 Free	Open	79
80	13-14	100 Free		X
X		200 IM	11-12	81
82	Open	200 Free Relay	Open	83
X		200 Free Relay	11-12	84
86	Open	1000 Free	Open	85

## Sunday, December 8<sup>th</sup> - Afternoon

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

**Check-In closes @ 12:45pm**

**Meet starts at 1:30pm**

Girls Event #	Age	Event	Age	Boys Event #
87	11-12	100 Fly		X
88	9-10	100 Fly	9-10	89
90	11-12	50 Breast		X
92	9-10	50 Breast	9-10	91
94	8 & U	25 Breast	8 & U	93
95	11-12	200 Free		X
96	8 & U	100 Free	8 & U	97
98	11-12	100 Back		X
100	9-10	100 Back	9-10	99
102	8 & U	50 Back	8 & U	101
103	11-12	50 Free		X
104	9-10	50 Free	9-10	105
106	8 & U	25 Free	8 & U	107
108	11-12	200 Free Relay		X
110	10 & U	200 Free Relay	10 & U	109

## RELEASE AND WAIVER

**Sanction Number****MI1314019**

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 Community Schools**, 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: \_\_\_\_\_

**Snow Bowl**  
**Sanction Number**  
**MI1314019**

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)

(Printed Name of person signing above)

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

Club Name: \_\_\_\_\_

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

***[Insert apparel descriptions, if any, and hotel information on succeeding pages]***

**Meet Evaluation Form**  
**Sanction Number: MI1314019**

**Name of Meet** Snow Bowl

**Date of Meet** December 6,7,8, 2013

**Host of Meet** Liquid Lightning

**Place of Meet** Lake Orion High School Natatorium

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.**

**Meet Host: Copy all of these submitted Meet Evaluations to the current Program Operations Vice-Chair and the Michigan Swim**