

The Original Swim Your Own Age Meet
Hosted By: Lakers Aquatic Club
November 15-17, 2013

Sanction:	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI1314016. 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.
Location:	L'Anse Creuse High School 38495 L'Anse Creuse Road Harrison Township, MI 48045
Times:	NOTE: 11 Year olds will be swimming in the AM session Friday PM Warm Up Starts: 5:00 PM Events Begin: 6:00 PM Saturday AM Warm Up Starts: 7:30 AM Events Begin: 8:30 AM Saturday PM Warm Up Starts: 12:30 PM Events Begin: 1:30 PM Sunday AM Warm Up Starts: 7:30 AM Events Begin: 8:30 AM Sunday PM Warm Up Starts: 12:30 PM Events Begin: 1:30 PM Sunday PM Open 1000 Late Check-in at 3:30 Check-in closes 15 minutes after warm up begins.
Motels:	Use your favorite hotel booking site.
Facilities:	L'Anse Creuse High School is an 8 lane pool with 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. There is ample balcony seating for spectators. Lockers are available provide your own lock. Public phones will be available. The competition course has not been certified in accordance with 104.2.2C(4). Parking is only permitted on paved areas around the school. Persons parking on the grass sections 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-S). A swimmer's age on November 15, 2013 will determine his/her eligibility for a particular age group.

¹Depth at Start must meet State of Michigan requirements.

Deck Registration:	Unregistered swimmers <i>must</i> register on deck at this meet 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).
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, (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.
Swimmers Without A Coach:	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.
Individual Entry Limits:	Swimmers are limited to two individual events on Friday and to five individual events and one relay per day Saturday and Sunday.
Electronic Entries:	\$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: Lakers Aquatic Club.

<p>Paper Entries:</p>	<p>MS rules regarding non-electronic entries apply. \$6.00 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 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.</p>
<p>Entry Procedures:</p>	<p>Entries may be submitted to the entry chairperson as of Friday October 25th at 8:00 AM. The entry chairperson must receive all entries no later than Friday, November 8th. 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 LakersMeetDirector@gmail.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 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 Original Swim Your Own Age Meet entry packet with entry forms is available on the Michigan Swimming Website at http://www.miswim.org/</p>
<p>Refunds:</p>	<p>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).</p>
<p>Entry Chair:</p>	<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;"> Josh Peterson P.O. Box 26182 Fraser , MI 48026 LakersMeetDirector@gmail.com (586) 899-7696 </p>

Check In:	Check In will be available as of 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. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted between the locker rooms.
Scratch Rules:	<u>Prior</u> to check in close a swimmer may scratch events at the Clerk of Course. <u>After</u> check in closes, you must see the Meet Referee to scratch an 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 distance events [1000 open] which will be seeded fastest to slowest (alternating genders-women/men).
Deck Entries:	Deck entries will be accepted if the meet does not reach capacity. Deck entries are \$7.50 per event and \$15.00 for relays. Deck entry 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.
Meet Programs / Admissions:	Admission \$5.00 each day. 10 and under free with paid adult. Meet programs will be \$6.00.
Scoring:	This meet will not be scored.
Awards:	For individual events, medals and ribbons will be awarded 1st through 8th place by age with the exception of 15-18 year olds who will be awarded 1 st through 3 rd place medals. For relays, medals and ribbons will be awarded 1st through 8th place by age group (8 & under and 9-11). Awards will be available at the conclusion of each session and can be picked up by the coaches or designee. Seven and under will swim together but will be scored by age. The 1000 open will be awarded for 1st through 3rd as an open event (not by age).

Results:	Complete meet results will be posted on the Michigan Swimming Website at http://www.miswim.org/ . Results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.
Concessions:	Food and beverages will be available in the pool lobby area. 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 the 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 / Locker Rooms / Credentialing:	<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 door to the locker rooms. 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 logo 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>

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:	<p>(A) No smoking is allowed in the building or on the grounds of L'Anse Creuse High School</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 Clerk of Course and Pool office.</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 strongly discouraged.</p>
Meet Director:	Josh Peterson, (586) 899-7696 LakersMeetDirector@gmail.com
Meet Referee:	John Loria, 248-763-4909 jlora1@aol.com
Safety Marshal:	Laurie Davenport, 586-703-4339
Administrative Official	Margaret Green, 313-418-0301 MIanegreen@aol.com

Friday Evening Warm Up: 5:00PM Meet Start: 6:00PM MI1314016

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
1	15-18	500 YARD FREESTYLE	2
3	14	500 YARD FREESTYLE	4
5	13	500 YARD FREESTYLE	6
7	12	500 YARD FREESTYLE	8
9	11	500 YARD FREESTYLE	10
11	10	500 YARD FREESTYLE	12
13	9	500 YARD FREESTYLE	14
15	8	500 YARD FREESTYLE	16
17	7&U	500 YARD FREESTYLE	18
19	15-18	400 YARD INDIVIDUAL MEDLEY	20
21	14	400 YARD INDIVIDUAL MEDLEY	22
23	13	400 YARD INDIVIDUAL MEDLEY	24
25	12	400 YARD INDIVIDUAL MEDLEY	26
27	11	400 YARD INDIVIDUAL MEDLEY	28
29	10	400 YARD INDIVIDUAL MEDLEY	30
31	9	400 YARD INDIVIDUAL MEDLEY	32

Saturday AM Warm Up: 7:30AM Meet Start: 8:30AM MI1314016

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
33	11	200 YARD FREESTYLE	34
35	10	200 YARD FREESTYLE	36
37	9	200 YARD FREESTYLE	38
39	8	200 YARD FREESTYLE	40
41	7 & U	200 YARD FREESTYLE	42
43	11	100 YARD INDIVIDUAL MEDLEY	44
45	10	100 YARD INDIVIDUAL MEDLEY	46
47	9	100 YARD INDIVIDUAL MEDLEY	48
49	8	100 YARD INDIVIDUAL MEDLEY	50
51	7 & U	100 YARD INDIVIDUAL MEDLEY	52
53	11	100 YARD BACKSTROKE	54
55	10	100 YARD BACKSTROKE	56
57	9	100 YARD BACKSTROKE	58
59	8	25 YARD BACKSTROKE	60
61	7 & U	25 YARD BACKSTROKE	62
63	11	50 YARD BREASTSTROKE	64
65	10	50 YARD BREASTSTROKE	66
67	9	50 YARD BREASTSTROKE	68
69	8	50 YARD BREASTSTROKE	70
71	7 & U	50 YARD BREASTSTROKE	72
73	11	50 YARD FREESTYLE	74
75	10	50 YARD FREESTYLE	76
77	9	50 YARD FREESTYLE	78
79	8	50 YARD FREESTYLE	80
81	7 & U	50 YARD FREESTYLE	82
83	11	100 YARD BUTTERFLY	84
85	10	100 YARD BUTTERFLY	86
87	9	100 YARD BUTTERFLY	88
89	8	25 YARD BUTTERFLY	90
91	7 & U	25 YARD BUTTERFLY	92
93	9-11	MIXED 200 YARD FREESTYLE RELAY	
94	8 & U	MIXED 200 YARD FREESTYLE RELAY	

Saturday PM Warm Up: 12:30PM Meet Start: 1:30PM MI1314016

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
95	15-18	200 YARD INDIVIDUAL MEDLEY	96
97	14	200 YARD INDIVIDUAL MEDLEY	98
99	13	200 YARD INDIVIDUAL MEDLEY	100
101	12	200 YARD INDIVIDUAL MEDLEY	102
103	15-18	100 YARD FREESTYLE	104
105	14	100 YARD FREESTYLE	106
107	13	100 YARD FREESTYLE	108
109	12	100 YARD FREESTYLE	110
111	15-18	200 YARD BACKSTROKE	112
113	14	200 YARD BACKSTROKE	114
115	13	200 YARD BACKSTROKE	116
117	12	50 YARD BACKSTROKE	118
119	15-18	100 YARD BREASTROKE	120
121	14	100 YARD BREASTROKE	122
123	13	100 YARD BREASTROKE	124
125	12	100 YARD BREASTROKE	126
127	15-18	100 YARD BUTTERFLY	128
129	14	100 YARD BUTTERFLY	130
131	13	100 YARD BUTTERFLY	132
133	12	100 YARD BUTTERFLY	134

Sunday AM Warm Up: 7:30AM Meet Start: 8:30AM MI1314016

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
135	11	200 YARD INDIVIDUAL MEDLEY	136
137	10	200 YARD INDIVIDUAL MEDLEY	138
139	9	200 YARD INDIVIDUAL MEDLEY	140
141	8	25 YARD FREESTYLE	142
143	7 & U	25 YARD FREESTYLE	144
145	11	50 YARD BACKSTROKE	146
147	10	50 YARD BACKSTROKE	148
149	9	50 YARD BACKSTROKE	150
151	8	50 YARD BACKSTROKE	152
153	7 & U	50 YARD BACKSTROKE	154
155	11	100 YARD BREASTROKE	156
157	10	100 YARD BREASTSTROKE	158
159	9	100 YARD BREASTSTROKE	160
161	8	25 YARD BREASTSTROKE	162
163	7 & U	25 YARD BREASTSTROKE	164
165	11	50 YARD BUTTERFLY	166
167	10	50 YARD BUTTERFLY	168
169	9	50 YARD BUTTERFLY	170
171	8	50 YARD BUTTERFLY	172
173	7 & U	50 YARD BUTTERFLY	174
175	11	100 YARD FREESTYLE	176
177	10	100 YARD FREESTYLE	178
179	9	100 YARD FREESTYLE	180
181	8	100 YARD FREESTYLE	182
183	7 & U	100 YARD FREESTYLE	184
185	9-11	MIXED 200 YARD MEDLEY RELAY	
186	8 & U	MIXED 200 YARD MEDLEY RELAY	

Sunday PM

Warm Up: 12:30PM

Meet Start: 1:30PM

MI1314016

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
187	15-18	200 YARD FREESTYLE	188
189	14	200 YARD FREESTYLE	190
191	13	200 YARD FREESTYLE	192
193	12	200 YARD FREESTYLE	194
195	15-18	100 YARD BACKSTROKE	196
197	14	100 YARD BACKSTROKE	198
199	13	100 YARD BACKSTROKE	200
201	12	100 YARD BACKSTROKE	202
203	15-18	200 YARD BUTTERFLY	204
205	14	200 YARD BUTTERFLY	206
207	13	200 YARD BUTTERFLY	208
209	12	50 YARD BUTTERFLY	210
211	15-18	200 YARD BREASTSTROKE	212
213	14	200 YARD BREASTSTROKE	214
215	13	200 YARD BREASTSTROKE	216
217	12	50 YARD BREASTSTROKE	218
219	12	100 YARD INDIVIDUAL MEDLEY	220
221	15-18	50 YARD FREESTYLE	222
223	14	50 YARD FREESTYLE	224
225	13	50 YARD FREESTYLE	226
227	12	50 YARD FREESTYLE	228
229	OPEN	1000 FREESTYLE	230

Meet Evaluation Form
Sanction Number: MI1314016

Name of Meet: The Original Swim Your Own Age Meet

Date of Meet: November 15-17, 2013

Host of Meet: Lakers Aquatic Club

Place of Meet: L'Anse Creuse 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
<hr/>					
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
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3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
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4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
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5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
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6. Officiating	1	2	3	4	5
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7. Awards and award presentations:	1	2	3	4	5
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8. Safety provisions:	1	2	3	4	5
<hr/>					
9. Overall success of the meet:	1	2	3	4	5
<hr/>					
10. Other (please specify):	1	2	3	4	5
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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 Swimming Office within 30 days.