



## 3<sup>rd</sup> Annual Arctic Blast

Hosted by South Lyon Aquatics

January 17-19, 2014

|                    |  |
|--------------------|--|
| <b>Sanction:</b>   | This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed finals meet on behalf of USA Swimming (USA-S), Sanction Number <b>MI1314044</b> . 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><i>South Lyon EAST High School</i></b><br><b>52200 West Ten Mile Road</b><br><b>South Lyon, MI 48178</b><br><br>SL East High School is 2 miles west of Beck Road on the north side of 10 Mile Rd. Due to another event planned for these days parking is available in the <b><u>LOWER</u></b> parking lots only on the East and West Sides of the building. The entrance to the pool is from the west side upper and lower parking areas. Signs will be posted. Best parking will be off the Johns Rd. Entrance             |
| <b>Times:</b>      | Friday      Warm Ups: 5:00 pm      Meet Start: 6:00 pm<br>Sat/Sun AM Warm ups: 7:30 am      Meet Start: 8:30 am<br>Sat/Sun PM Warm Ups: 12:30 pm      Meet Start: 1:30 pm  |
| <b>Motels:</b>     | <b><i>Holiday Inn Expresss, Wixom 1-800-315-2605</i></b><br><b><i>Comfort Suites, Wixom, 248-504-5080</i></b>  |
| <b>Facilities:</b> | South Lyon East pool is an 11 lane pool <b>8</b> lanes for competition with <b>2</b> lanes for continuous warm-up/cool down. Depth at start is 12' and 4' at turn. Permanent starting blocks and non-turbulent lane markers will be used. <i>Colorado timing with an 8 lane display will be used.</i> There is ample balcony seating for spectators. Lockers are available ( <i>provide your own lock</i> ). Public phones will be available. <i>The competition course has not been certified in accordance with 104.2.2C</i> |

|                                  |  |
|----------------------------------|--|
| <b>Eligibility:</b>              | The <b>Arctic Blast</b> is for those swimmers ABC times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 17 <sup>th</sup> 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 by <i>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>              | Timed finals format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, and Open. 11-12 Girls will swim in the PM sessions. The time standards used in this meet are A, B & C.  |
| <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> | Swimmers are limited to two (2) individual events on Friday and four (4) individual events per session Sat and Sun and (1) relay per day.  |
| <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. <b>Make checks payable to: South Lyon Aquatics.</b>   |
| <b>Paper Entries:</b>           | 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.  |
| <b>Entry Procedures:</b> | <p>Entries may be submitted to the Administrative Official as of <b>9:00 am on Monday, December 30, 2013</b>. The AO must receive all entries no later than <b>5:00 pm Sunday January 12, 2014</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 AO at <b><u>Entries@southlyonaquatics.com</u></b> . 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>3<sup>rd</sup> Annual Arctic Blast</b> entry packet with entry forms will be 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>SLA-Arctic Blast</b><br/> <b>AO: Sheila Ebel</b><br/> <b>P.O Box 291</b><br/> <b>South Lyon, MI 48178</b></p>  |
| <b>Check In:</b>         | <p>Check In will be available as of 4:45 pm on Friday and 7:00 am Sat and Sun. 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>Check in will close 15 minutes after the start of warm up for each session.</b> Check in sheets will be posted in the hallway directly across from locker room entrances at pool level. Check in for Fridays 1650 will close no earlier than 7:15 pm.</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. All events are timed finals and will be seeded slowest to fastest other than distance events on <b>Friday night, the 500 Free and 1650 Free, which will be seeded fastest to slowest (alternating genders-women/men).</b>  |
| <b>Deck Entries / Time Trials:</b> | Deck Entries <b>may</b> be allowed dependent on the timeline of the meet and at the discretion of the Meet Referee and Meet Director. The deck entry fee will be \$7.00 per individual event and \$14.00 per relays <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. The athlete may also enter by showing their membership from USA Swimming's DECK PASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the card or list or the swimmer may compete unattached (UN) if they request to do so.</i> |
| <b>Meet Programs / Admissions:</b> | Admissions will be \$4.00 per persons 10 and older.<br>Full Meet programs will be available for \$6.00   |
| <b>Scoring:</b>                    | No individual or team scoring will be kept.  |
| <b>Awards:</b>                     | Awards will be given for age groups <b>12 and Under ONLY</b> . Custom 1 <sup>st</sup> – 3 <sup>rd</sup> place medals and custom ribbons for 4 <sup>th</sup> – 8 <sup>th</sup> place A, B, and C finishers will be provided. Relays will be awarded medals for 1 <sup>st</sup> – 3 <sup>rd</sup> . <b><i>Heat winner awards will be given for all heats including pm sessions immediately following each finish.</i></b> Awards will be available for picked up by coaches/designated team representative at the completion of the meet. Teams <b>MUST</b> pick up remaining awards by the end of the meet. No awards will be mailed.   |
| <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>Lost and Found:</b>             | Articles may be turned in/picked up at the on deck pool office. 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>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 lanes.</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 in the hallway outside the entrance to pool deck lower level entrance. 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 name 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>First Aid:</b>                                     | Supplies will be kept in pool office deck level.  |

|  |   |
|--|---|
| <b>Facility Items:</b>                 | <p>(A) No smoking is allowed in the building or on the grounds of <i>South Lyon East High School</i>.</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.</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 Announcers table.</p> <p>(E) To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</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><i>prohibited</i></b>.</p> |
| <b>Meet Director:</b>                  | Karen Stroven – meetdirector@southlyonaquatics.com<br>810-632-7559 (No call after 9pm Please)   |
| <b>Meet Referee:</b>                   | Mary Perczak - <a href="mailto:Flamegang@aol.com">Flamegang@aol.com</a> 248-946-1362  |
| <b>Safety Marshal:</b>                 | Michelle Hutter   |
| <b>Administrative Official/Entries</b> | Sheila Ebel - Entries@southlyonaquatics.com   |

## **Friday P.M**

Warm-up: **5:00am**

Check in closed at **5:15am**

Events begin: **6:00am**

| Girls<br>Event # | Age        | Events    | Boys<br>Event # |
|------------------|------------|-----------|-----------------|
| 1                | 12 & Under | 500 Free  | 2               |
| 3                | Open       | 500 Free  | 4               |
| 5                | 12 & Under | 200 IM    | 6               |
| 7                | Open       | 1650 Free | 8               |

## **Saturday A.M**

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

Check in closed at **7:45am**

Events begin: **8:30am**

| Girls<br>Event # | Age        | Events         | Boys<br>Event # |
|------------------|------------|----------------|-----------------|
| -                | 11-12      | 200 Free       | 9               |
| 10               | 9-10       | 200 Free       | 11              |
| 12               | 8 & Under  | 100 Free       | 13              |
| -                | 11-12      | 50 Back        | 14              |
| 15               | 9-10       | 50 Back        | 16              |
| 17               | 8 & Under  | 25 Back        | 18              |
| -                | 11-12      | 100 Fly        | 19              |
| 20               | 9-10       | 100 Fly        | 21              |
| 22               | 8 & Under  | 50 Fly         | 23              |
| -                | 11-12      | 100 Breast     | 24              |
| 25               | 9-10       | 100 Breast     | 26              |
| 27               | 8 & Under  | 25 Breast      | 28              |
| -                | 11-12      | 50 Free        | 29              |
| 30               | 9-10       | 50 Free        | 31              |
| 32               | 8 & Under  | 50 Free        | 33              |
| -                | 11-12      | 200 Back       | 34              |
| 35               | 10 & Under | 200 Free Relay | 36              |
| -                | 11-12      | 200 Free Relay | 37              |

## **Saturday P.M**

Warm-up: **12:30pm**

Check in closed at **12:45pm**

Events begin: **1:30pm**

| Girls<br>Event # | Age   | Events         | Boys<br>Event # |
|------------------|-------|----------------|-----------------|
| 38               | Open  | 200 Free       | 39              |
| 40               | 11-12 | 200 Free       | -+              |
| 41               | Open  | 200 Back       | 42              |
| 43               | 11-12 | 50 Back        | -               |
| 44               | Open  | 100 Fly        | 45              |
| 46               | 11-12 | 100 Fly        | -               |
| 47               | Open  | 100 Breast     | 48              |
| 49               | 11-12 | 100 Breast     | -               |
| 50               | Open  | 50 Free        | 51              |
| 52               | 11-12 | 50 Free        | -               |
| 53               | Open  | 200 IM         | 54              |
| 55               | 11-12 | 200 Back       | -               |
| 56               | 11-12 | 200 Free Relay |                 |

## **Sunday A.M.**

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

Check in Closed at **7:45am**

Events begin: **8:30am**

| Girls<br>Event # | Age        | Events           | Boys<br>Event # |
|------------------|------------|------------------|-----------------|
| -                | 11-12      | 200 Fly          | 57              |
| 58               | 9-10       | 100 IM           | 59              |
| 60               | 8 & Under  | 100 IM           | 61              |
| -                | 11-12      | 100 Free         | 62              |
| 63               | 9-10       | 100 Free         | 64              |
| 65               | 8 & Under  | 25 Free          | 66              |
| -                | 11-12      | 100 Back         | 67              |
| 68               | 9-10       | 100 Back         | 69              |
| 70               | 8 & Under  | 50 Back          | 71              |
| -                | 11-12      | 50 Breast        | 72              |
| 73               | 9-10       | 50 Breast        | 74              |
| 75               | 8 & Under  | 50 Breast        | 76              |
| -                | 11-12      | 50 Fly           | 77              |
| 78               | 9-10       | 50 Fly           | 79              |
| 80               | 8 & Under  | 25 Fly           | 81              |
| -                | 11-12      | 200 Breast       | 82              |
| 83               | 10 & Under | 200 Medley Relay | 84              |
| -                | 11-12      | 200 Medley Relay | 85              |

## **Sunday P.M.**

Warm-up: **12:30pm**

Check in closed at **12:45pm**

Events begin: **1:30pm**

| Girls<br>Event # | Age   | Events           | Boys<br>Event # |
|------------------|-------|------------------|-----------------|
| 86               | Open  | 200 Fly          | 87              |
| 88               | 11-12 | 200 Fly          | -               |
| 89               | Open  | 100 Free         | 90              |
| 91               | 11-12 | 100 Free         | -               |
| 92               | Open  | 100 Back         | 93              |
| 94               | 11-12 | 100 Back         | -               |
| 95               | Open  | 200 Breast       | 96              |
| 97               | 11-12 | 50 Breast        | -               |
| 98               | Open  | 400 IM           | 99              |
| 100              | 11-12 | 50 Fly           | -               |
| 101              | 11-12 | 200 Medley Relay | -               |





**Certification of Registration Status  
Of All Entered Athletes  
3<sup>rd</sup> Annual Arctic Blast  
Sanction Number MI1314044**

Michigan Swimming Clubs must register and pay for the registration of all athletes that are contained in the electronic TM Entry File or any paper entries that are submitted to the Meet Host with the Office of Michigan Swimming **prior to submitting the meet entry to the meet host.** Clubs from other LSCs must register and pay for the registration of their athletes with their respective LSC Membership Coordinator.

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.

Submitting a meet entry without the athlete being registered and that registration paid for beforehand may also subject the Club to appropriate Board of Review sanctions.

The authority for these actions is:

UNITED STATES SWIMMING RULES AND REGULATIONS 302.4 FALSE REGISTRATION – A host LSC may impose a fine of up to \$100.00 per event against a member Coach or a member Club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed Club is not properly registered. The host LSC will be entitled to any fines imposed.

[illegible]

I certify that **all** athletes submitted **with this meet entry** are currently registered members of USA Swimming and that I am authorized by my Club to make this representation in my listed capacity.

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

(Printed Name of person signing above)

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

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

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

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

**Meet Evaluation Form**  
**Sanction Number: MI1314044**

**Name of Meet** 3<sup>rd</sup> Annual Arctic Blast

**Date of Meet** January 17-19, 2014

**Host of Meet** South Lyon Aquatics

**Place of Meet** South Lyon East 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.**

**Meet Host: Copy all of these submitted Meet Evaluations to the current Program Operations Vice-Chair and the Michigan Swimming Office within 30 days.**