

DRD "FREEZE OR FRY" LONG COURSE MEET

ABC Meet

Hosted by DEARBORN DOLPHINS SWIM CLUB

June 15, 16, 17, 2012

Sponsored by Dearborn Recreation Department

Sanction: This meet is sanctioned by Michigan Swimming, Inc., (MS) as a timed final meet on behalf of USA Swimming (USS), Sanction Number **MI1112076**. Michigan Swimming rules, safety and warm-up procedures will govern the meet as if fully set forth in these meet rules.
(No glass permitted on deck!)

Location: Jack Dunworth Memorial Pool, Levagood Park
801 North Denwood, Dearborn, MI 48128
Four blocks west of Telegraph Rd. (US 24), between Cherry Hill and Ford Rds.
Map on Dearborn Dolphins Website (www.swimdrd.com)

Times:	Friday June 15	WARM-UP	9:30 AM	START 10:15 AM
	Friday June 15	WARM-UP	2:00 PM	START 3:00 PM
	Saturday June 16	WARM-UP	7:30 AM	START 8:30 AM
	Saturday June 16	WARM-UP	12:30 NOON	START 1:30 PM
	Sunday June 17	WARM-UP	7:30 AM	START 8:30 AM
	Sunday June 17	WARM-UP	12:30 NOON	START 1:30 PM

Facilities: Jack Dunworth Memorial Pool is 50 meters long, 9 lanes. Pool depth is 5' at start and 4' at turn. Stationary starting blocks and non-turbulent lane markers are in place. Colorado Electronic Timing will be used. Separate warm-up pool (diving well) is available during the meet. There is spacious seating space. The competition course has not been certified in accordance with 104.2.2C(4). THERE IS NO USE OF THE SHALLOW POOL. THE WARM-UP POOL IS OPEN TO SWIMMERS OF THAT SESSION ONLY.

Eligibility: This DRD Meet is an ABC Meet for all swimmers. All swimmers must be currently registered with United States Swimming. Swimmer's age on June 15, 2012 will determine his/her eligibility for a particular age group. 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.

Entry Limits: All swimmers are limited to four (4) individual events per day, plus relays.

Entry Fees Electronic: \$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 Dearborn Dolphins.

Entry Fees Paper Entry: Michigan Swimming's rules regarding non-electronic entries apply. **There is an additional \$1.00 charge per swimmer per event** paid to the Host Club. The Michigan Swimming \$1.00 surcharge for each swimmer will apply.

- Entry Procedures:** Entries may be submitted to the entry chairperson as of **FRIDAY, May 18, 2012 at 9am**. The entry chairperson must receive all entries **NO LATER THAN Friday, June 8, 2012**. Entries must include swimmer name (no nicknames, official registered names must be used), age and USS number. You can import the order of events and event numbers from the Michigan Swimming website (www.miswim.org). **ENTRY TIMES MUST BE SUBMITTED IN METER TIMES**. All individual entries should be submitted via electronic mail in HY-TEK format to the entry chairperson at mlanegreen@aol.com. **Any entries submitted via email will be considered provisional until the entry chairperson has received a hard copy of the signed waiver agreements (both forms of which are attached hereto) and a check for the entry fee. If the check and signed waivers are not received within one week of submission of the electronic entries, the provisional status shall lapse and the entries will not be considered to have been received until the date on which the check and signed waivers are actually received.** The complete DRD Freeze or Fry entry packet with entry forms is available on the Michigan Swimming Website at www.miswim.org.
- Payment/Entry Summary Sheet And Waiver:** Your club's Certification Waivers and Check should be sent via U.S. mail or overnight courier to:
Margaret Green
22362 Morley Ave.
Dearborn, MI 48124
e-mail: MLANEGREEN@AOL.COM
Make checks payable to: Dearborn Dolphins
Questions may be directed to 313-792-9839 (No calls after 9pm please)
- Deck Entries:** Deck entries will be taken at the discretion of the Meet Director and the Meet Referee. (\$7 per individual event and \$14 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 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.
- Check In:** Check-In will be available as of 15 minutes prior to the start of warm-ups for each session and will close 15 minutes after the start of warm-ups. 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 will be at the Marshaling table located at the north end of the pool deck area.
- Friday: Check-in from 9:30 to 10:00 AM for events 1 and 2.
Check-in from 1:45 to 2:15 PM for events 3-18.
- Saturday & Sunday: Check-in from 7:15 to 7:45 AM for morning events.
Check-in from 12:15 to 12:45 AM for afternoon events.
- Marshalling:** **THIS IS A SELF-MARSHALED MEET. Heat sheets will be posted for each event at the Marshaling table located at the north end of the pool deck area and will be made available for all coaches at the start of each session. When the events are posted on the Marshaling Board and announced, swimmers and their coaches will be responsible for reporting to the starting block for their assigned heat.**
- Scratch Rules:** **SWIMMERS WHO HAVE NOT CHECKED IN DURING THE TIMES INDICATED ABOVE WILL BE SCRATCHED FROM THAT SESSION'S EVENTS.** Per MS rules, any swimmer who is checked in for an event and fails to report

for the swimming of that event without informing the Clerk of Course before the event is marshaled forfeits the right to swim his/her next scheduled event. **COACHES ARE RESPONSIBLE FOR INSTRUCTING THEIR SWIMMERS ACCORDINGLY.**

Seeding: All events, except the 1500m freestyle, will be seeded from the slowest to fastest times and all events will be timed finals. The 1500m freestyle will be seeded fastest to slowest, with alternating heats for girls and boys. Please submit meter times for all events, including the 1500m freestyle. Use the following conversion table or an aquanometer:

50 M = 1.127 x 50 yd	400 M = 1.136 x 400 yd
100 M = 1.143 x 100 yd	400 M = 0.892 x 500 yd
200 M = 1.136 x 200 yd	1500 M = 1.022 x 1650 yd

Admission: **\$4.00 per day for persons over age 12. Children 12 and under, with adult, free. Meet Program - \$7.00 (3-day program).**

Awards: Individual Awards:
A, B, C Times Ribbons for 1st thru 8th place;
Relays: Ribbons for 1st thru 6th place

Awards will be given to coaches at the end of the Sunday session; Unattached swimmers may stop by the Awards table on Sunday to pick up their awards. **Coaches must pick up Awards at the end of the meet – they will not be mailed!**

Scoring: No individual or team scoring will be kept.

Results: Complete meet results will be posted on the Michigan Swimming Website at www.miswim.org, and also on the DRD Website located at www.swimdrd.org (for one week after the meet). Results will also be available (HY-TEK Team results file) by request in scoring at the end of Sunday's afternoon session. Teams must provide their own flash drive.

Time Trials: Time trials may be offered for all events each day immediately following the conclusion of each session at the sole discretion of the Meet Referee and Meet Director if time permits. Time trials are \$7 for an individual event and \$15 for a relay. Time Trial entries are subject to MS surcharge if not already entered in the meet.

Concessions: Concessions stand offers assorted foods, beverages, baked goods and vegetable trays and is located at the entrance to the facility. Different Strokes will also be available during the meet. Food, beverages and coolers are not allowed on deck, in locker rooms, or in the spectator area. Swimmers may take plastic water bottles on deck.

Lost & Found: A "Lost & Found" box will be kept at the awards table. Any unclaimed items will be given to charity two weeks after the end of the meet.

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 warmdown 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 in the roped off "on-deck" area. 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.
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:	First aid is available in the lifeguard's room in the main entrance building.
Facility Items:	<ul style="list-style-type: none"> (a) No smoking is allowed in the building or on the grounds of Jack Dunworth Memorial Pool. (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 concession area or the restrooms. (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 Jack Dunworth Memorial Pool.
Meet Director:	John Mihalik, (313) 562-5794; e-mail: MIHjgmsk84@yahoo.com
Meet Referee:	Bob Juhasz, (734) 420-0703; e-mail: juhaszr@juno.com
Safety Marshall:	Lisa Palajac e-mail: palajac5@aol.com
Clerk of Course:	Margaret Green (313) 792-9839; e-mail: MLANEGREEN@AOL.COM

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ABC Meet
Hosted by DEARBORN DOLPHINS SWIM CLUB
June 15, 16, 17, 2012
Sponsored by Dearborn Recreation Department

MEET EVENTS

FRIDAY, JUNE 15, 2012

WARM-UP EVENTS 1 & 2: 9:30 AM EVENTS: 10:15 AM

GIRLS

BOYS

EVENT NO.

EVENT

EVENT NO.

1

OPEN 1500 FREE

2

WARM-UP EVENTS 3-18 2:00 PM EVENTS 3:00 PM

3

10&U 100 FREE

4

5

11-12 100 FREE

6

7

13-14 100 FREE

8

9

OPEN 100 FREE

10

11

10&U 200 IM

12

13

11-12 200 IM

14

15

13-14 400 IM

16

17

OPEN 400 IM

18

DRD "FREEZE OR FRY" LONG COURSE MEET
ABC Meet
Hosted by DEARBORN DOLPHINS SWIM CLUB
June 15, 16, 17, 2012
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MEET EVENTS SATURDAY, JUNE 16, 2012

MORNING WARM-UP: 7:30 AM EVENTS: 8:30 AM

GIRLS		BOYS	
<u>EVENT NO.</u>	<u>EVENT</u>	<u>EVENT NO.</u>	
19	11-12 50 BACK	20	
21	8&U 50 BACK	22	
23	10&U 50 BACK	24	
25	11-12 100 BREAST	26	
27	10&U 100 BREAST	28	
29	11-12 50 FREE	30	
31	8&U 50 FREE	32	
33	10&U 50 FREE	34	
35	11-12 100 FLY	36	
37	10&U 100 FLY	38	
39	11-12 200 FREE	40	
41	12&U 400 M.R.	42	

AFTERNOON WARM-UP: 12:30 NOON EVENTS: 1:30 PM

43	OPEN 400 M.R.	44
45	13-14 200 IM	46
47	OPEN 200 IM	48
49	13-14 200 FREE	50
51	OPEN 200 FREE	52
53	13-14 100 BREAST	54
55	OPEN 100 BREAST	56
57	13-14 200 BACK	58
59	OPEN 200 BACK	60
61	13-14 100 FLY	62
63	OPEN 100 FLY	64

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June 15, 16, 17, 2012

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MEET EVENTS SUNDAY, JUNE 17, 2012

MORNING WARM-UP: 7:30 AM

EVENTS: 8:30 AM

GIRLS		BOYS	
<u>EVENT NO.</u>	<u>EVENT</u>	<u>EVENT NO.</u>	
65	10&U 200 FREE	66	
67	11-12 400 FREE	68	
69	8&U 50 BREAST	70	
71	10&U 50 BREAST	72	
73	11-12 50 BREAST	74	
75	10&U 100 BACK	76	
77	11-12 100 BACK	78	
79	8&U 50 FLY	80	
81	10&U 50 FLY	82	
83	11-12 50 FLY	84	
85	10&U 400 FREE REL	86	
87	12&U 400 FREE REL	88	

AFTERNOON WARM-UP: 12:30 NOON

EVENTS: 1:30 PM

89	OPEN 400 FREE REL	90
91	13-14 400 FREE	92
93	OPEN 400 FREE	94
95	13-14 200 BREAST	96
97	OPEN 200 BREAST	98
99	13-14 50 FREE	100
101	OPEN 50 FREE	102
103	13-14 200 FLY	104
105	OPEN 200 FLY	106
107	13-14 100 BACK	108
109	OPEN 100 BACK	110

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 Dearborn Dolphins Swim Club, Dearborn Recreation & Parks Department, Dunworth Pool, 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: _____

Note: This form must be signed and returned or entry will not be accepted.

Freeze or Fry 2012 Meet

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: _____

DRD 2012 FoF Meet Package.doc

**2012 FREEZE OR FRY SWIM MEET
MEET APPAREL
PREORDER FORM**

DESCRIPTION	YL	S	M	L	XL	PREORDER PRICE	MEET PRICE	PREORDER XXL PRICE
Short sleeve t-shirt								
in white						\$13.00	\$15.00	\$15.00
in light blue						\$13.00	\$15.00	\$15.00
Long sleeve t-shirt								
in white						\$16.00	\$18.00	\$18.00
in light blue						\$16.00	\$18.00	\$18.00
Hoodie								
in white						\$22.00	\$24.00	\$24.00
in light blue						\$22.00	\$24.00	\$24.00
Ladies Tank								
in white						\$12.00	\$14.00	
in light blue						\$12.00	\$14.00	

*** Limited colors and sizes will be available for purchase at the meet ****

Please turn orders in by Friday, June 1, 2012!

Please submit one team check payable to DRD and put DRD
FF Shirts in subject line

Mail orders to: Sharon Alford, 22743 Park St., Dearborn, MI 48124

Questions, please call:
Sharon Alford 313-590-1592 (sharon@hometownspiritshop.com)



New this year to our Freeze or Fry – a DUNK TANK! More details to Follow!

