



2012 GRNSA OPEN

Hosted by: Grand Rapids Novi Sad Aquatics
May 4th through 6th, 2012

SANCTIONED: This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number **MI 1112073**. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

LOCATION: Grand Rapids Community College/ Gerald R. Ford Fieldhouse Natatorium
143 Bostwick Avenue NE
Grand Rapids, MI 49503
Phone: (616) 885-6619
Web: grnsa.org

DATES & TIMES:

- Friday, May 4th;
All participants - Warm up at 4:00 p.m.; Starts at 5:30 p.m.
- Saturday & Sunday, May 5th & 6th;
Morning sessions for swimmers 13 & older - Warm-up at 7:30 a.m.; Starts at 9:00 a.m.
Afternoon session for swimmers 12 & younger 45-minute warm-up guaranteed; it will not start before 1:30 p.m.

FACILITY: One six-lane, 25-meter indoor heated pool, with permanent starting blocks and non-turbulent lane lines for competition will be used. The two 16-yard side lanes which will be available for supervised warm up and cool down. Water depth at the competition starting end is 13 feet and 3 ft and 6 inches at turn. Daktronics Timing System with six lane display scoreboard will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). **The competition course has not been certified in accordance with 104.2.2C(4)]**

ELIGIBILITY: The GRNSA Open is open for all USA Swimming Registered Swimmers, limited to first 300 swimmers. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on *May 4th* will determine his/her eligibility for a particular age group. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

MEET FORMAT: This is an Age group meet using 2009-2012 USS motivational time standards in event 800 free. Open events (800 free, 400 free, 400 IM) will be deck seeded, swum together, fastest to slowest, separated by gender, alternating women and men heats, and scored separately by age groups 11-12, 13-14, 15 & over. Swimmers 13 & older will swim in the AM sessions and 12 & younger swimmers in the afternoon sessions. **Please note that the events 400 IM and the 400 Free will be swum at the end of the AM sessions and have a separate check in on the pool deck starting at 10:00 am.** 12 & younger relays will be separated by gender and consists of 12 & younger swimmers. Open relays will be separated by gender and consists of swimmers 13 & older.

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.

INDIVIDUAL ENTRY LIMITS: Swimmers will be limited to maximum of four (4) individual events per day plus one relay per day on Saturday and Sunday. Swimmers over entered will be considered in the first four (4) events each day. No limit to relay entries, but each entry should indicate "A", "B", etc.

ELECTRONIC ENTRIES: \$4.00 per individual event and \$10.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered.
Make checks payable to Grand Rapids Novi Sad Aquatics or GRNSA

PAPER ENTRIES: MS rules regarding non-electronic entries apply. \$5.00 per individual event and \$11.00 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 *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 PROCEDURE: **Entries may be submitted to the entry chairperson as of *Wednesday, March 28th at 8:00 a.m.*** The entry chairperson must receive all entries no later than ***Wednesday, April 25th by 9 p.m.*** 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 grnsa@hotmail.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 **2012 GRNSA Open** entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

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 unless the "over qualification exception" applies (see MS Rules).

ENTRY CHAIR: 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:

GRNSA

Attn: Mio Vasic

2805 Coit Ave. NE

Grand Rapids, MI 49505

Email: grnsa@hotmail.com

Phone: (616) 885-6619 (*Please, no calls after 9 p.m.*)

CHECK-IN: Check in *for events 7-28, 35-82, and 89-110* will be available as of **Thursday, April 26 and close as of Thursday, May 3rd** by 3 p.m. Check-in sheets will be emailed to coaches and taken care of ahead of time for all the events with exception of distance events.

Positive check-in for distance events 800 Free (#1-6), 400 IM (#29-34), and 400 free (#83-88) will be available as of 15 minutes prior to the beginning of each session's warm up start time. Check-in sheets for the distance events (800 free, 400 IM, 400 free) will be posted at the pool deck main entrance.

On Friday, positive check in for 800 free will close at 5:00 p.m. On Saturday and Sunday, positive check-in for distance events will close at 10:00 a.m.

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 **0 (none)** events in that session. Also note that pursuant to MS Rules, failing to swim an event after checking in for that event will disqualify a swimmer from his/her next event.

SCRATCH RULES: Prior to distance events check in close a swimmer may scratch events at the Clerk of Course. After distance events check in closes, you must see the Meet Referee to scratch an event. Once a 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: All events will be self-marshall.

SEEDING: Seeding will be done prior the start of the meet. All events are timed finals and will be seeded slowest to fastest with exception of distance events (800 free, 400 free, 400 IM) which will be seeded fastest to slowest alternating genders-women/men, and scored separately.

DECK ENTRIES/Deck entries will be offered if time (4 hour rule) allows. They will be accepted no later than 45 minutes prior to the session start. Each deck entry will cost \$7.00 plus \$1.00 LSC Michigan Swimming fee if a swimmer is not already entered in meet. For all deck entries must be paid and accepted by the Administrative Referee. 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 located on the USA Swimming website. Swimmers are not allowed to exceed the maximum entries per day, nor will they be allowed to scratch an event and replace it with deck entry if they are already entered in the maximum number of events per day. Time Trials are not offered at the 2012 GRNSA Open.

PROGRAMS/ Meet program for all three days is \$10.00. Daily admission is \$4.00 per person.

ADMISSIONS: Children 10 & younger are free.

- SCORING:** Team score will be kept based on 6-lane USS Standard Point System
Individual: 7-5-4-3-2-1 **Relays:** 14-10-8-6-4-2
- AWARDS:** **Individual Events:** Medals for top 3 finishers, Ribbons for 4th– 6th place
Relays: Ribbons 1st– 6th
High Point Awards for each Age Group
(8 & under, 9-10, 11-12, 13-14, 15 & older): 1st – 3rd place
Team Award: 1st – 3rd place
- RESULTS:** Complete meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/> and at grnsa.org. Results will also be available on flash drive (HY-TEK Team Manager result file) upon request.
- CONCESSIONS:** Food and beverages will be available near the balcony seating entrance. 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, officials, and meet volunteers.
- LOST & FOUND:** Articles may be turned in/picked up at *nearby Aquatic Director 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 **(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:** 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 W/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 Lifeguard Office. The GRCC Medical Trainer will be on duty during the meet.
- FACILITY ITEMS:**
- (A) No smoking is allowed in the building or on the grounds of *Grand Rapids Community College (GRCC)*.
 - (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 lifeguard office.
 - (E) To comply with USA Swimming privacy and security policy, **NO CELL PHONES WITH CAMERAS OR ANY TYPE OF CAMERA OR VIDEO IS ALLOWED IN THE LOCKER ROOMS AT ANYTIME.**

MEET DIRECTOR: Mio Vasic; grnsa@hotmail.com; (616) 885-6619

MEET REFEREE: Scott Appleyard

SAFETY MARSHALL: Jerron Julien; jerronjulien@hotmail.com; (616) 550-6692

WARM UP SCHEDULE

For safety reasons, the host will run controlled/designated lanes team warm ups. The lanes and the times will be provided to the guests teams before the meet.

Lane	Sixty minutes (General Warm-up)	Last 20 minutes (Controlled Warm-up)
1	Push off 50% pace (circle swimming)	Racing start, one length only
2	Swimming only (push-off)	Racing start, one length only
3	Swimming only (push-off)	Racing start, one length only
4	Swimming only (push-off)	Racing start, one length only
5	Swimming only (push-off)	Racing start, one length only
6	Swimming only (push-off)	Racing start, one length only
	CIRCLE SWIM IN ALL SIX LANES	ONE WAY SPRINTS IN ALL SIX LANES

- *NO EQUIPMENT (PADDLES, BOARDS, BOUYS, etc.) TO BE USED DURING WARM-UP**
- *NO RACING STARTS IN WARMUP OR COOL DOWN AREAS DURING THE MEET**
- *ENTER THE WATER FEET FIRST WITH ONE HAND ON THE DECK WHEN ENTERING THE POOL AT ALL TIMES DURING THE WARM-UP INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START**

DIRECTIONS

Grand Rapids Community College
143 Bostwick NE
Grand Rapids, MI 49503

From the north (Traverse City):

Head south on US-131. Take I-196 East toward Lansing. Exit at College Avenue (exit 78). Turn right onto College, then turn right (west) onto Lyon Street. Take Lyon to Ransom, then turn left on Ransom. The Bostwick Parking Ramp will be on your right.

From the south (Kalamazoo):

Head north on US-131. Exit at Wealthy Street (exit 84-A) and turn right on to Wealthy. Take Wealthy to Lafayette. Turn left onto Lafayette. Go to Lyon Street; turn left on Lyon and go to Ransom. Turn left onto Ransom. Enter the Bostwick Parking ramp on your right.

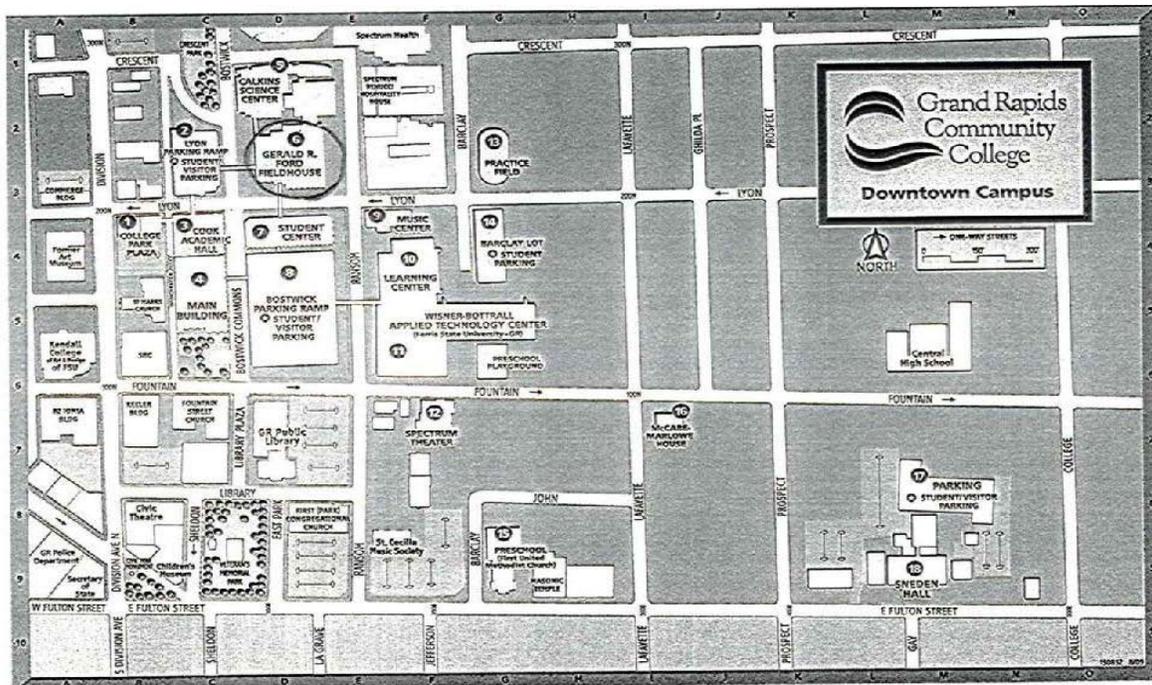
From the west (Holland/Muskegon):

Take I-196 east. Exit at College Avenue (exit 78). Turn right onto College, then turn right (west) onto Lyon Street. Take Lyon to Ransom, then turn left on Ransom. The Bostwick Parking Ramp will be on your right.

From the east (Lansing, Detroit):

Head west on I-96. Next take I-196 west towards downtown Grand Rapids / Holland. Exit at Ottawa Avenue (exit 77-C). Turn left onto Michigan Street, heading east. Take Michigan to Bostwick. Turn right onto Bostwick. Enter the Lyon St. Parking ramp on your right.

GRCC CAMPUS MAP



DESTINATION	NUMBER	LOCATION	DESTINATION	NUMBER	LOCATION	DESTINATION	NUMBER	LOCATION
Barclay Lot ○ Student/Visitor Parking	14	D3	Main Building	4	C4	Sneden Hall Parking ○ Student/Visitor Parking	17	L8
Bostwick Parking Ramp ○ Student/Visitor Parking	8	D5	McCabe-Marlowe House	16	L7	Spectrum Theater	12	F6
Calkins Science Center	5	D1	Learning Center	10	F4	Student Center	7	D4
College Park Plaza	1	B4	Lyon Parking Ramp ○ Student/Visitor Parking	2	C2	Practice Field	13	G3
Cook Academic Hall	3	C4	Music Center	9	E3	Preschool (First United Methodist Church)	15	G9
Gerald R. Ford Fieldhouse	6	D2	Sneden Hall	18	L9	Wisner-Bottrall Applied Technology Center	11	F5

ORDER OF EVENTS

Friday, May 4th

AFTERNOON SESSION; All participants

GIRLS	BOYS	AGE GROUP	EVENT
1	2	Open	*800 Free
3	4	13-14	*800 Free
5	6	11-12	*800 Free

*Event 800 free (#1-6) will be deck seeded, swum together, fastest to slowest, separated by gender, alternating women and men heats, and scored separately by age groups 11-12, 13-14, and open. Positive check-in required by 5:00 p.m. Entries may be limited to control the length of the session (four hour limit).

***Coaches please do not enter swimmers who are not strong enough for 32 lengths of the pool. Thank you. ***

Saturday & Sunday, May 5th & 6th

MORNING SESSIONS; Swimmers 13 & older

Saturday, May 5th

Warm ups begin at 7:30 a.m.

GIRLS	BOYS	AGE GROUP	EVENT
7	8	Open	200 Free
9	10	13-14	200 Free
11	12	Open	100 Fly
13	14	13-14	100 Fly
15	16	Open	200 Back
17	18	13-14	200 Back
19	20	Open	100 Breast
21	22	13-14	100 Breast
23	24	Open	50 Free
25	26	13-14	50 Free
27	28	Open	400 Fr Relay
29	30	Open	**400 IM
31	32	13-14	**400 IM
33	34	11-12	**400 IM

Sunday, May 6th

Timed finals start at 9:00 a.m.

GIRLS	BOYS	AGE GROUP	EVENT
61	62	Open	200 IM
63	64	13-14	200 IM
65	66	Open	100 Free
67	68	13-14	100 Free
69	70	Open	200 Breast
71	72	13-14	200 Breast
73	74	Open	100 Back
75	76	13-14	100 Back
77	78	Open	200 Fly
79	80	13-14	200 Fly
81	82	Open	400 Med Relay
83	84	Open	**400 Free
85	86	13-14	**400 Free
87	88	11-12	**400 Free

**Distance events 400 IM (#29-34) and 400 free (#83-88) will be swum at the end of the AM sessions. They will be deck seeded, swum together, fastest to slowest, separated by gender, alternating women and men heats, and scored separately by age groups 11-12, 13-14, and open. Positive check-in required by 10:00 a.m. **

***Coaches please do not enter swimmers who are not strong enough for 16 lengths of the pool. Thank you. ***

Saturday & Sunday, May 5th & 6th

AFTERNOON SESSIONS; Swimmers 12 & younger

Saturday, May 5th

Warm-ups will not start before 12:30 p.m.

GIRLS	BOYS	AGE GROUP	EVENT
35	36	10 & under	100 Free
37	38	11-12	100 Free
39	40	8 & under	50 Fly
41	42	10 & under	50 Fly
43	44	11-12	50 Fly
45	46	10 & under	100 Back
47	48	11-12	100 Back
49	50	8 & under	50 Breast
51	52	10 & under	50 Breast
53	54	11-12	50 Breast
55	56	10 & under	200 IM
57	58	11-12	200 IM
59	60	12 & under	200 Fr Relay

Sunday, May 6th

Timed finals will not start before 1:30 p.m.

GIRLS	BOYS	AGE GROUP	EVENT
89	90	8 & under	50 Free
91	92	10 & under	50 Free
93	94	11-12	50 Free
95	96	10 & under	100 Breast
97	98	11-12	100 Breast
99	100	8 & under	50 Back
101	102	10 & under	50 Back
103	104	11-12	50 back
105	106	10 & under	100 Fly
107	108	11-12	100 Fly
109	110	12 & under	200 Med Relay

RELEASE AND WAIVER

2012 GRNSA Open

May 4th-6th, 2012

Grand Rapids, MI

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 **Grand Rapids Novi Sad Aquatic, Grand Rapids, MI**, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to said swim meet.

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: _____

CERTIFICATION OF REGISTRATION STATUS
OF ALL ENTERED ATHLETES

2012 GRNSA Open
May 4th-6th, 2012
Grand Rapids, MI

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.

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.

FINANCIAL RECAP

2012 GRNSA Open
May 4th through 6th, 2012
Grand Rapids, MI

Team Name: _____ Call Letters: _____

Coach: _____ LSC: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

We have entered the following:

Total Swimmers _____ @ \$1.00 = \$ _____

Individual Events _____ @ \$4.00 = \$ _____

Relays _____ @ \$10.00 = \$ _____

Hy-tek Fee (team *not* using Hy-tek) \$50.00 _____

TOTAL ENTRY FEES PAID \$ _____

**ALL ENTRIES MUST BE RECEIVED BY 9 p.m.
ON WEDNESDAY, APRIL 25th, 2012**

Make checks payable to GRNSA

2012 GRNSA OPEN APPAREL ORDER FORM

Swimmers Name: _____

Team Name: _____

Phone Number: (____) _____ E-Mail: _____

APPAREL	YL	AS	AM	AL	AXL	A2XL	QTY	PRICE	TOTAL
T -shirt								\$10 2XL (\$12)	
Long Sleeve T-shirt								\$15 2xl (\$17)	
Please, specify the color of the shirt white or gray.							TOTAL CHECK #		



1. Print and complete order form.
2. Attach check payable to **GRNSA**
3. Mail completed order form and check to: GRNSA
C/o Meet Apparel
2805 Coit. Ave. NE
Grand Rapids, MI 49505

Order Forms and Payment must be received by Wednesday, April 25th, 2012

A limited number of t-shirts and sweat shirts will be available for purchase at the meet
Apparel will be distributed at the meet.

HOTEL ACCOMODATION

Radisson

270 Ann Street Northwest, Grand Rapids, MI
(800) 967-9033

Courtyard

11 Monroe Avenue Northwest, Grand Rapids, MI
(616) 242-6605

Amway Grand Plaza Hotel

187 Monroe Avenue Northwest, Grand Rapids, MI

Holiday Inn Grand Rapids - Downtown

310 Pearl Street Northwest, Grand Rapids, MI
(616) 235-7611

City Flats Hotel

83 Monroe Center Street Northwest, Grand Rapids, MI
(616) 451-1892

JW Marriott Grand Rapids

235 Louis Street Northwest, Grand Rapids, MI
(616) 242-1500

Crowne Plaza Hotel Grand Rapids - Airport

5700 28th Street Southeast, Grand Rapids Charter Township, MI
(616) 957-1770

MEET EVALUATION FORM

2012 GRNSA Open

May 4th-6th, 2012

Grand Rapids Novi Sad Aquatics

Grand Rapids Community College/ Gerald R. Ford Fieldhouse Natatorium

Who do you represent (circle)?

the host club

a visiting club

unattached

Describe yourself (circle):

athlete

coach

official

meet volunteer

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 (if applies):	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.