

**BEST VALEN-TIMES EVER ABC INVITATIONAL**  
**HOSTED BY: HURON VALLEY PENGUINS**  
**FEBRUARY 10, 11, & 12, 2012**

- Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI1112044. Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
- Location:** Lakeland High School, 1630 Bogie Lake Road, White Lake, MI 48383.
- Times:**
- |   |                 |              |
|---|-----------------|--------------|
| Friday, February 4 <sup>th</sup> P.M.   | Warm up 5:00pm  | Start 6:00pm |
| Saturday, February 5 <sup>th</sup> A.M. | Warm up 7:30am  | Start 8:30am |
| Saturday, February 5 <sup>th</sup> P.M. | Warm up 12:30pm | Start 1:30pm |
| Sunday, February 6 <sup>th</sup> A.M.   | Warm up 7:30am  | Start 8:30am |
| Sunday, February 6 <sup>th</sup> P.M.   | Warm up 12:30pm | Start 1:30pm |
- Motels:** Please see attached list of area motels
- Facilities:** The Lakeland High School pool is an 8 lane 25 yd pool with a diving well which will be available for supervised warm-up and warm down. Depth at start is 8ft and 4ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8 lane display will be used. The competition course has not been certified in accordance with 104.2.2C(4). There is ample balcony seating for spectators. Lockers are available (provide your own lock).
- Eligibility:** The Best Valen-n-Times Ever ABC Invitational is for all swimmers. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on February 10<sup>th</sup>, 2010 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
- Meet Format:** Timed Finals
- 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, entries are not deemed valid and will not be processed until such time as the entry chairperson has received: (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 clubs certification of entered athletes and (d) your club's entry and entry fees. 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 may enter a maximum of four (4) individual events per session, and no more than a (5) event total for the day.

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**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: Huron Valley Schools.

**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 on Hy-Tek (or compatible) disk. 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 Procedures:** Entries may be submitted to the entry chairperson as of Saturday, January 14<sup>th</sup>, not before 8:00am. The entry chairperson must receive all entries no later than Friday, February 3<sup>rd</sup>. 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 ([www.uss-michigan.com](http://www.uss-michigan.com)). All individual entries should be submitted via electronic mail to the entry chairperson at [hvpmeetentries@gmail.com](mailto:hvpmeetentries@gmail.com). Any entries submitted will not be processed 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 club's signed certification of entered athletes and (d) your club's entry fees. The complete Best Valen-Times Ever ABC Meet entry packet with entry forms is available on the Michigan Swimming Website at [www.miswim.org](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.

**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:

Janette Heaton, 10325 Glynn, White Lake, MI 48386  
[hvpmeetentries@gmail.com](mailto:hvpmeetentries@gmail.com)  
For questions call 248-790-5607

**Check In:** Check In will be available 30mins before warm-ups begin. 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 sheets will be posted in hallway outside locker-room entrances.

<b>Scratch Rules:</b>	<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. 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.
<b>Marshaling:</b>	All sessions of the meet will be self marshaled. Heat sheets for all events will be posted in the pool area. Swimmers will be responsible for reporting to the starting blocks in time to swim their respective event.
<b>Seeding:</b>	All events are timed finals. Saturday and Sunday events will be seeded slowest to fastest. All Friday events will be seeded fastest to slowest. The Meet Referee and Meet Director reserve the right to combine genders and/or same stroke/distance events in order to reduce the number of heats.
<b>Deck Entries/ Time Trials:</b>	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 \$6.00 per individual event and \$12.00 per relay event. Time trials will not be offered. 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 athlete roster from club portal. The club portal is located on the USA swimming website.
<b>Meet Programs/ Admissions:</b>	Admission is \$4.00 per person, per day on Saturday and Sunday, \$2.00 per person Friday. 12 and under are free. A 3-day program will be available for \$6.00.
<b>Scoring:</b>	No individual or team scoring will be kept.
<b>Awards:</b>	Huron Valley Penguin medals will be awarded for 1-3 place and ribbons will be awarded 4-16 <sup>th</sup> place for A, B, and C divisions.
<b>Results:</b>	Complete meet results will be posted on the Michigan Swimming Website at <a href="http://www.miswim.org">www.miswim.org</a> .
<b>Concessions:</b>	Food and beverages will be available in the upper hallway just outside the pool balcony observation 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.
<b>Lost and Found:</b>	Articles may be turned in/picked up at the Huron Valley Pools & Fitness front desk. 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).
<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. 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.
<b>Deck Personnel:</b>	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 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 pool deck office. Both safety marshals and lifeguards are available to assist with any injuries.

**Facility Items:**

- (A) No smoking is allowed in the building or on the grounds of Huron Valley Public Schools.
- (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 pool 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:**

Jim Tulpa, jdltulpa@aol.com, 248-685-3774

**Entry Coordinator:**

Janette Heaton [coach\\_janette@yahoo.com](mailto:coach_janette@yahoo.com), 248-790-5607

**Meet Referee:**

Loria, John D, JLoria1@aol.com (248) 763-4909

**Safety Marshall:**

Irene Kennedy

## Local Hotel Info:

Hampton Inn  
169 Loop Rd.  
Commerce Township, MI 48390  
[Hamptoninn.com](http://Hamptoninn.com)

Holiday Inn Express Hotel & Suites Waterford  
4350 Pontiac Lake Road, Waterford, MI  
(248) 674-3434  
[hiexpress.com](http://hiexpress.com)

Comfort Inn  
7076 Highland Rd., Waterford, MI  
(248) 666-8555  
[comfortinn.com](http://comfortinn.com)

## Best Valen-Times Ever ABC Invitational

Friday, February 10<sup>th</sup> , 2012  
Warm up 5:00pm, Start 6:00pm

Boys Event #	Age	Event	Girls Event #
1	12 & UNDER	400 IM	2
3	Open	400 IM	4
5	12 & UNDER	500 FREE	6
7	Open	1000 FREE	8

# Best Valen-Times Ever ABC Invitational

Saturday, February 11<sup>th</sup> , 2012

Warm up 7:30am, Start 8:30am

Boys Event#	Age	Event	Girls Event#
9	11-12	200 Medley Relay	*
10	10&U	200 Medley Relay	11
12	11-12	100 FREE	*
13	10 & U	100 FREE	14
15	8 & U	50 FREE	16
17	11-12	50 BACK	*
18	10 & U	50 BACK	19
20	8 & U	25 BACK	21
22	11-12	200 IM	*
23	10 & U	200 IM	24
25	8 & U	100 IM	26
27	11-12	50 FLY	*
28	10 & U	50 FLY	29
30	8 & U	25 FLY	31
32	11 & 12	100 BREAST	*
33	10 & U	100 BREAST	34
35	8 & U	50 BREAST	36

12:30 PM Warm-up

1:30PM Start

SATURDAY	PM			
Boys Event#	Age	Event	Girls Event#	
*	11-12	200 Medley Relay	37	
38	Open	200 Medley Relay	39	
*	11-12	100 BREAST	40	
41	OPEN	100 BREAST	42	
*	11-12	50 BACK	43	
44	OPEN	200 BACK	45	
*	11-12	200 IM	46	
47	OPEN	200 IM	48	
*	11-12	100 FREE	49	
50	OPEN	100 FREE	51	
*	11-12	50 FLY	52	
53	OPEN	100 FLY	54	

# **Best Valen-Times Ever ABC Invitational**

Sunday, February 12<sup>th</sup> , 2012  
Warm up 7:30am, Start 8:30am

<b>Boys Event #</b>	<b>Age</b>	<b>Event</b>	<b>Girls Event #</b>
55	11-12	200 FREE RELAY	*
56	10 & U	200 FREE RELAY	57
58	11-12	200 FREE	*
59	10 & U	200 FREE	60
61	8 & U	100 FREE	62
63	11-12	50 BREAST	*
64	10 & U	50 BREAST	65
66	8 & U	25 BREAST	67
68	11-12	100 BACK	*
69	10 & U	100 BACK	70
71	8 & U	50 BACK	72
73	11-12	100 IM	*
74	10 & U	100 IM	75
76	8 & U	25 FREE	77
78	11-12	100 FLY	*
79	10 & U	100 FLY	80
81	8 & U	50 FLY	82
83	11-12	50 FREE	*
84	10 & U	50 FREE	85

**SUNDAY**

**PM**

12:30 PM Warm-up-1:30 Start

<b>Boys Event#</b>	<b>Age</b>	<b>Event</b>	<b>Girls Event#</b>
*	11-12	200 FREE RELAY	86
87	OPEN	200 FREE RELAY	88
*	11-12	200 FREE	89
90	OPEN	200 FREE	91
*	11-12	50 BREAST	92
93	OPEN	200 BREAST	94
*	11-12	100 BACK	95
96	OPEN	100 BACK	97
*	11-12	100 IM	98
99	OPEN	50 FREE	100
*	11-12	100 FLY	101
102	OPEN	200 FLY	103
*	11-12	50 FREE	104

# 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 Huron Valley Penguins, Huron Valley 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: \_\_\_\_\_



**Certification of Registration Status  
Of All Entered Athletes  
Best Valen-Times Ever ABC Invitational  
February 10<sup>th</sup> ,11<sup>th</sup> & 12<sup>th</sup>, 2012**

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.**

## Meet Evaluation Form

**Name of Meet**\_\_\_\_\_

**Date of Meet** \_\_\_\_\_

**Host of Meet**

**Place of Meet** \_\_\_\_\_

Who do you represent (circle)?    the host club                      a visiting club                      unattached

Describe yourself (circle)

spectator	athlete	coach	official	meet worker
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**Please rate the overall quality of this meet:**

(Please write any compliments or suggestions below or on the reverse side)

	Low					High
	1	2	3	4	5	
1. Swimming pool (e.g., water quality, ventilation)						

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

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
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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 within 30 days.**