

Polar Plunge ABC Meet

Hosted By: Livonia Community Swim Club (LCSC)

February 8-10, 2013

Sanction:	This meet is sanctioned by Michigan Swimming, Inc.(MS), as a <i>timed final</i> meet on behalf of USA Swimming (USA-S), Sanction Number MI1213063 . 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:	Livonia Recreation Center 15100 Hubbard Livonia, MI 48154		
Times:		Warm Ups	Start
	Friday PM	5:00 PM	6:00 PM
	Saturday AM	7:30 AM	8:30 AM
	Saturday PM	12:30 PM	1:30 PM
	Sunday AM	7:30 AM	8:30 AM
	Sunday PM	12:30 PM	1:30 PM
Motels:	<i>Days Inn (734) 427-1300</i> <i>Marriott (734) 462-3100</i> <i>Comfort Inn (734) 458-7111</i>		
Facilities:	Livonia Community Recreation Center (LCRC) Pool is an 8-lane pool with a bulkhead, behind which will be available for supervised warm-up and warm down. Depth at start is 12 ft. and 7 ft. 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))		

Eligibility:	<i>Polar Plunge ABC Meet</i> is for all A, B, and C swimmers. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on <i>February 8th, 2013</i> , will determine his/her eligibility for a particular age group.
Deck Registration:	Unregistered swimmers <i>must</i> register on deck at this meet <i>by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$118 per swimmer for 2012-13 registration).</i>
Meet Format:	The Meet is an ABC Short Course Yards timed final meet. Friday provides the opportunity to swim longer events like the 400IM, 200IM, and the 500 Freestyle. 11-12 boys and 10 & under boys and girls swim the Saturday and Sunday AM sessions. The 11-12 girls and the 13 & over boys and girls swim the Saturday and Sunday PM sessions
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:	<p>A swimmer may enter a maximum of 2 individual events Friday evening and 5 individual events Saturday and 5 individual events Sunday.</p> <p>Max individual entry for the entire weekend is 12 individual events.</p>
Electronic Entries:	<p>\$5 per individual event and \$12 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Livonia Community Swim Club.</p>
Paper Entries:	<p>MS rules regarding non-electronic entries apply. \$6 per individual event and \$13 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>
Entry Procedures:	<p>Entries may be submitted to the entry chairperson beginning at 6:00pm on January 11th, 2013. The entry chairperson must receive all entries no later than 6:00pm February 1st, 2013. 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 james.cramb@yahoo.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 club's 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 Polar Plunge ABC Meet entry packet with entry forms is available on the Michigan Swimming Website at http://www.miswim.org/</p>
Refunds:	<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>
Entry Chair:	<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;"> James Cramb 18265 Beech Daly Redford, MI 48240 mailto:james.cramb@yahoo.com Phone: (313) 673-6199 (no calls after 9pm) </p>

Check In:	Check In will be available <i>30 minutes prior to warm-ups</i> . 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. <i>Check in will close 15 minutes after the start of warm up for each session</i> . Also note that pursuant to MS Rules that failing to swim an event <u>after</u> checking in for that event will disqualify a swimmer from his or her next event. Check in sheets will be posted <i>on the desk between the male and female lockers, down the hall from the rockwall</i> .
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. 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 age groups will be self-marshaled. Heat sheets for all events will be posted in the pool area. Swimmers will be responsible for reporting to the marshaling area when their event is called. Once a swimmer has reported to the marshaling area and is seeded, that swimmer must compete in that event or such swimmer will be scratched from his/her next scheduled event.

Seeding:	<p>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. The 500 Freestyle and the 400 IM on Friday PM, will be swam fastest to slowest. Short course yards entry times will be used for seeding. Deck entries may be placed in heats with open lanes. The meet referee reserves the right to combine genders and/or same stroke/distance events in order to reduce the number of heats.</p>
Deck Entries / Time Trials:	<p>Deck entries may be accepted at the Clerk of Course if time and space permit and at the sole discretion of the Meet Referee and Meet Director. 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.</p> <p>There will be deck entry forms at the check-in desk to allow for entry requests during the check-in period. We ask that whenever possible, only registered coaches interface with meet entry personnel on-deck to resolve any issues and deck entries. Deck entry cost is \$7 per individual event and \$14 per relay event. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies to deck entries. All deck entries are eligible for awards</p> <p>Time Trials will not be offered.</p>
Meet Programs / Admissions:	<p>Programs for all three days: \$5 Friday admission: \$2 per person. (12 & under free) Sat & Sun admissions: \$4 per person. (12 & under free)</p> <p>Friday 3-Day Pass: \$8 (only eligible Friday)</p>
Scoring:	<p><i>No individual or team scoring will be kept.</i></p>

Awards:	<p>Ribbons will be awarded for all A, B and C divisions for: 1st through 8th place for individual events; 1st through 4th place for relay events.</p> <p>Swimmers entered with no time (NT) are considered exhibition swims and are not eligible for an award. Ribbons will not be distributed to swimmers during the meet. The teams' representative at the conclusion of the meet must pick up all awards at the rear of the concessions room on the second floor. Awards will NOT be mailed.</p>
Results:	<p>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.</p>
Concessions:	<p>Food and beverages will be available in the concession area near the spectator viewing area on the second floor. 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 near the control room.</p>

Lost and Found:	A Lost & Found box will be located in the hallway near the entrance to the locker rooms (by the Rec Center's equipment desk). Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for 14 days. After this period, at the discretion of the Meet Director, the items may be discarded or donated to a charitable organization.
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 area. 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 / pool deck. 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 and 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> <p><u>Parents who need to be with their children for changing should use the rest rooms near the entrance to Recreation Center, near the front desk.</u></p> <p>Parents are not allowed into the locker rooms or the pool deck unless approved by the Meet Referee.</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:	First Aid supplies will be kept in the pool office (coaches area/break room).
Facility Items:	<p>(A) No smoking is allowed in the building or on the grounds of Livonia Community Recreation Center.</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 wear shoes to go into the hallway to awards or concessions.</p> <p>(D) An Emergency Action Plan has been submitted by LCSC 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 table.</p> <p><u>(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.</u></p>
Meet Director:	Denise Arceri (734) 751-0681 (lcscmom@yahoo.com)
Meet Referee:	John Loria (248) 763-4909 (jlوريا1@aol.com)
Safety Marshal:	John Coffey (248)931-0365 (johnc77us@gmail.com)

**LCSC Polar Plunge ABC Meet
February 8-10, 2013**

Friday PM

Warm-up:	Check-in:	Start
5:00pm	4:30pm - 5:15pm	6:00pm

Girls	Age	Event	Boys
1	10 & U	500 Free	2
3	11-12	500 Free	4
5	13-14	500 Free	6
7	Open	500 Free	8
9	10 & U	200 IM	10
11	11-12	200 IM	12
13	Open	400 IM	14

Saturday AM

Warm-up:	Check-in:	Start
7:30am	7:00am - 7:45am	8:30am

Girls	Age	Event	Boys
15	8 & U	100 IM	16
17	10 & U	100 IM	18
X	11-12	100 IM	20
21	8 & U	25 Back	22
23	10 & U	50 Back	24
X	11-12	50 Back	26
27	8 & U	25 Breast	28
29	10 & U	50 Breast	30
X	11-12	50 Breast	32
33	8 & U	50 Fly	34
35	10 & U	100 Fly	36
X	11-12	100 Fly	38
39	8 & U	50 Free	40
41	10 & U	100 Free	42
X	11-12	100 Free	44
45	8 & U	200 Free Relay	46
47	10 & U	200 Free Relay	48
X	11-12	200 Free Relay	50

Saturday PM

Warm-up:	Check-in:	Start
12:30pm	12:00pm - 12:45pm	1:30pm

Girls	Age	Event	Boys
51	11-12	50 Back	x
53	13-14	100 Back	54
55	Open	100 Back	56
57	11-12	100 Fly	X
59	13-14	200 Fly	60
61	Open	200 Fly	62
63	11-12	50 Breast	X
65	13-14	100 Breast	66
67	Open	100 Breast	68
69	11-12	100 IM	X
71	13-14	200 Free	72
73	Open	200 Free	74
75	11-12	100 Free	X
77	13-14	50 Free	78
79	Open	50 Free	80
81	11-12	200 Free Relay	X
83	13-14	200 Free Relay	84
85	Open	200 Free Relay	86

Sunday AM

Warm-up:	Check-in:	Start
7:30am	7:00am - 7:45am	8:30am

Girls	Age	Event	Boys
87	8 & U	50 Back	88
89	10 & U	100 Back	90
X	11-12	100 Back	92
93	8 & U	25 Fly	94
95	10 & U	50 Fly	96
X	11-12	50 Fly	98
99	8 & U	50 Breast	100
101	10 & U	100 Breast	102
X	11-12	100 Breast	104
105	8 & U	25 Free	106
107	10 & U	50 Free	108
X	11-12	50 Free	110
111	8 & U	100 Free	112
113	10 & U	200 Free	114
X	11-12	200 Free	116
117	8 & U	200 Medley Relay	118
119	10 & U	200 Medley Relay	120
x	11-12	200 Medley Relay	122

Sunday PM

Warm-up:	Check-in:	Start
12:30pm	12:00pm - 12:45pm	1:30pm

Girls	Age	Event	Boys
123	11-12	100 Back	x
125	13-14	200 Back	126
127	Open	200 Back	128
129	11-12	50 Fly	X
131	13-14	100 Fly	132
133	Open	100 Fly	134
135	11-12	100 Breast	X
137	13-14	200 Breast	138
139	Open	200 Breast	140
141	11-12	50 Free	X
143	13-14	100 Free	144
145	Open	100 Free	146
147	11-12	200 Free	X
149	13-14	200 IM	150
151	Open	200 IM	152
153	11-12	200 Medley Relay	X
155	13-14	200 Medley Relay	156
157	Open	200 Medley Relay	158

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 Livonia Community Swim Club, Livonia Community Recreation Center, 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
Polar Plunge ABC Meet (hosted by LCSC)**

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) 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 within 30 days.