

Snow Bowl

Hosted By: Liquid Lightning

December 7-9, 2012

Sanction:	This meet is sanctioned by Michigan Swimming, Inc.(MS), as a timed finals meet on behalf of USA Swimming (USA-S), Sanction Number MI1213040 . 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:	<i>Lake Orion High School Natatorium, 495 E. Scripps, Lake Orion, MI 48360</i>
Times:	Friday – PM Warm-up 5:30pm Start 6:30pm Saturday & Sunday – AM Warm-up 7:30am Start 8:30am Saturday & Sunday – PM Warm-up 12:30pm Start 1:30pm
Motels:	Springhill Suites 4919 Interpark Dr. Lake Orion, MI 48359 (248)475-4700 Palace Inn 2775 Lapeer Road Lake Orion, MI 48360 (248)391-2755 Holiday Inn Express 3990 Baldwin Rd Auburn Hills, MI 48326 (248)322-7000
Facilities:	The competition course has not been certified in accordance with 104.2.2C(4). The Lake Orion pool is a 25 yard, 11 lane pool; 8 lanes are used for competition._A separate 4-lane pool will be available for supervised warm-up and warm down. Depth at start is 7 feet and 9-13 at the 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

Eligibility:	Snow Bowl is an Open Format ABC Meet. All swimmers must be currently registered with United States of America Swimming (USA). A swimmer's age on December 7, 2012 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.
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:	Timed finals format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, 13-14 girls & Open. The time standards used in this meet are A, B & C.
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 <u>even if received before the entry deadline.</u>
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:	Swimmers are limited to four (4) individual events Saturday & Sunday and two (2) individual events on Friday.
Electronic Entries:	\$5.00 per individual event and \$12.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Lake Orion Liquid Lightning (LOLL) <u>Only Team Checks accepted.</u>
Paper Entries:	MS rules regarding non-electronic entries apply. \$6 per individual event and \$13 per relay. 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.
Entry Procedures:	<p>Entries may be submitted to the entry chairperson as of <u>8 am Saturday November 10th, 2012.</u> The entry chairperson must receive all entries no later than <u>noon on December 1st, 2012.</u> 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</p> <p><i>Alanna Quail - Snow Bowl Meet Entry</i> <i>3777 S Century Oaks Circle Oakland Twp, MI 48363</i> <i>Meetentries@liquidlightning.org</i></p> <p><i>Coaches only 248-693-2351 before 9pm.</i></p> <p>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 Snow Bowl entry packet with entry forms is available on the Michigan Swimming Website at http://www.miswim.org/</p>

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:	<p>Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:</p> <p style="text-align: center;"><i>Alanna Quail - Snow Bowl Meet Entry</i> <i>3777 S Century Oaks Circle Oakland Twp, MI 48363</i> <i><u>Meetentries@liquidlightning.org</u></i> <i>Coaches only 248-693-2351 before 9pm.</i></p>
Check In:	<p>Check In will be available as of 30 minutes prior to start of warm-up. 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 in the downstairs pool lobby. <i>A separate 1000 Free check in will be posted Sunday from 10:00 to 10:30am with the event starting immediately following the 200 Free relay.</i></p>
Scratch Rules:	<p><u>Prior</u> to check in close, a swimmer may scratch events at the Clerk of Course or on the check in sheet. <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.</p>
Marshaling:	<p>This meet will be self-marshaled. All swimmers will be expected to find their heat and lane independently. Heat sheets will be posted on the pool deck. Afternoon sessions will have lane greeters to assist the younger swimmers.</p>

Seeding:	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 Open 1000 Free will be seeded fastest to slowest alternating genders-men/women.
Deck Entries / Time Trials:	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 \$7.50 per individual event and \$15.00 pre relay. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if not currently entered into the meet. <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.</i> Time Trials will not be offered
Meet Programs / Admissions:	Admission is \$4.00 per person, per day on Saturday and Sunday, \$2.00 per person Friday PM. 10 & Under Free. A 3-day meet program will be available for \$6.00.
Scoring:	No individual or team scoring will be kept.
Awards:	Medals will be awarded for 1 st – 3 rd place and ribbons for 4 th – 12 th place A, B, and C finishers. Relays will be awarded medals for 1 st – 3 rd and ribbons for 4 th – 6 th place finishes. <i>Awards will be made available to be picked up by the coaches/designated team representative at the end of each day. Teams MUST pick up remaining awards at the end of the meet. No awards will be mailed. Please remember pursuant to MS Rules; <u>any swimmers entered as a "NT" are not eligible for awards.</u></i>
Results:	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.
Concessions:	Food and beverages will be available in the concession area outside the pool stands. 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.

Lost and Found:	Articles may be turned in/picked up at check in area in the lower lobby. 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 <i>(any longer period shall be in the sole discretion of the Meet Director)</i> .
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. 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. Parents will not be allowed in the locker rooms or on deck unless requested by the meet referee.
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 the pool office.
Facility Items:	<p>(A) No smoking is allowed in the building or on the grounds of Lake Orion High School.</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 pool office.</p> <p>(E) To comply with USA Swimming privacy and security policy, <u>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:	Jody Gorgas jgorgas@liquidlightning.org 248-627-6967 before 9pm
Meet Referee:	Pete Olson
Safety Marshal:	Jan Seeds

Friday, December 7th - Evening

Warm-up starts at 5:30pm

Check-In closes @ 5:45pm

Meet starts at 6:30pm

Girls Event #	Age	Event	Age	Boys Event #
1	11-12	200 Fly	11-12	2
3	Open	400IM	Open	4
5	11-12	400 IM	11-12	6
7	Open	500 Free	Open	8
9	11-12	200 Breast	11-12	10

Saturday, December 8th – Morning

Warm-up starts at 7:30am

Check-In closes @ 7:45am

Meet starts at 8:30am

Girls Event #	Age	Event	Age	Boys Event #
X		200 Back	11-12	11
12	Open	200IM	Open	13
14	13-14	200 IM		X
X		50 Breast	11-12	15
16	Open	100 Breast	Open	17
18	13-14	100 Breast		X
X		200 Free	11-12	19
20	Open	200 Free	Open	21
22	13-14	200 Free		X
X		50 Back	11-12	23
24	Open	100 Back	Open	25
26	13-14	100 Back		X
X		50 Fly	11-12	27
28	Open	200 Fly	Open	29
30	13-14	200 Fly		X
X		200 Medley Relay	11-12	31
32	Open	400 Medley Relay	Open	33

Saturday, December 8th - Afternoon

Warm-up starts at 12:30am

Check-In closes @ 12:45pm

Meet starts at 1:30am

Girls Event #	Age	Event	Age	Boys Event #
34	11-12	200 IM		X
36	9-10	100 IM	9-10	35
37	11-12	50 Fly		X
38	9-10	50 Fly	9-10	39
40	8 & U	25 Fly	8 & U	41
42	11-12	200 Back		X
44	8 & U	100 IM	8 & U	43
45	11-12	100Free		X
46	9-10	100 Free	9-10	47
48	8 & U	50 Free	8 & U	49
50	11-12	50 Back		X
52	9-10	50 Back	9-10	51
54	8 & U	25 Back	8 & U	53
55	11-12	100 Breast		X
56	9-10	100 Breast	9-10	57
58	11-12	200 Medley Relay		X
60	10 & U	200 Medley Relay	10 & U	59

Sunday, December 9th - Morning

Warm-up starts at 7:30am

Check-In closes @ 7:45am

Meet starts at 8:30am

Girls Event #	Age	Event	Age	Boys Event #
X		100 Fly	11-12	61
62	Open	100 Fly	Open	63
64	13-14	100 Fly		X
X		100 Back	11-12	65
66	Open	200 Back	Open	67
68	13-14	200 Back		X
X		50 Free	11-12	69
70	Open	50 Free	Open	71
72	13-14	50 Free		X
X		100 Breast	11-12	73
74	Open	200 Breast	Open	75
76	13-14	200 Breast		X
X		100 Free	11-12	77
78	Open	100 Free	Open	79
80	13-14	100 Free		X
X		200 IM	11-12	81
82	Open	200 Free Relay	Open	83
X		200 Free Relay	11-12	84
86	Open	1000 Free	Open	85

Sunday, December 9th - Afternoon

Warm-up starts at 12:30am

Check-In closes @ 12:45pm

Meet starts at 1:30am

Girls Event #	Age	Event	Age	Boys Event #
87	11-12	100 Fly		X
88	9-10	100 Fly	9-10	89
90	11-12	50 Breast		X
92	9-10	50 Breast	9-10	91
94	8 & U	25 Breast	8 & U	93
95	11-12	200 Free		X
96	8 & U	100 Free	8 & U	97
98	11-12	100 Back		X
100	9-10	100 Back	9-10	99
102	8 & U	50 Back	8 & U	101
103	11-12	50 Free		X
104	9-10	50 Free	9-10	105
106	8 & U	25 Free	8 & U	107
108	11-12	200 Free Relay		X
110	10 & U	200 Free Relay	10 & U	109

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 Liquid Lightning, Lake Orion High School, Michigan Swimming, Inc., Liquid Lightning, Lake Orion High School, 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: _____

Snow Bowl

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)

Date: _____

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Meet Evaluation Form

Name of Meet Snow Bowl

Date of Meet December 7, 8 & 9, 2012

Host of Meet Liquid Lightning

Place of Meet Lake Orion 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.