

“The Original Swim Your Own Age Meet”

Hosted By: Lakers Aquatic Club

November 9 – 11, 2012

Sanction:	This meet is sanctioned by Michigan Swimming, Inc.(MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI12013010. 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:	L’Anse Creuse High School 38495 L’Anse Creuse Road Harrison Township, MI 48045
Times:	Friday PM Warm up 5:00 PM Start 6:00 PM Saturday AM Warm up 7:30 AM Start 8:30 AM Saturday PM Warm up 12:30 PM Start 1:30 PM Sunday AM Warm up 7:30 AM Start 8:30 AM Sunday PM Warm up 12:30 PM Start 1:30 PM Sunday PM Open 1000 Late Check-in at 3:30 Check-in closes 15 minutes after warm up begins.
Motels:	Use your favorite hotel booking site.
Facilities:	L’Anse Creuse High School pool is a 8 lane pool <i>with a diving well which will be available for supervised warm-up and warm down. Depth at start is 8 feet¹ and 4 feet 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). Parking is only permitted on paved areas around the school. Persons parking on the grass sections may be ticketed or towed.</i>

¹Depth at Start must meet State of Michigan requirements.

Eligibility:	The Lakers Original Swim Your Own Age Meet is open to all swimmers. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on November 9, 2012 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 2011-12 registration).</i>
Meet Format:	Swimmers will swim only against swimmers their own age, with the exception of 15-18 years old, 7 and under, relays and distance events. Events may be combined (per USA Rule 102.8.2) to conserve lane space and for the timeliness of the meet. If this occurs awards will still be provided by SYOA guidelines. Fly over starts will be used during this meet.
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:	Swimmers are limited to two individual events on Friday and to five individual events and one relay per day Saturday and Sunday.

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: Lakers Aquatic Club.
Paper Entries:	MS rules regarding non-electronic entries apply. \$6.00 per individual event and \$13.00 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 <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:	Entries may be submitted to the entry chairperson as of October 12, 2012 The entry chairperson must receive all entries no later than October 26, 2012. 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 barbsmail1999@sbcglobal.net All entries will be processed in order by email 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 "The Original Swim Your Own Age Meet" 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: Barb Shaub, Meet Entry Chair 15364 French Crk.

	<p>Fraser, MI 48026</p> <p>586-634-2340</p> <p>barbsmail1999@sbcglobal.net</p>
Check In:	<p>Check In will be available as of 30 minutes before each warm-up start time. 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 <u>after</u> checking in for that event will disqualify a swimmer from his or her next event. Check in sheets will be posted between the locker rooms.</p>
Scratch Rules:	<p><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.</p>
Marshaling:	<p>This meet will be self-marshaled. Heat sheets will be posted on the pool deck. Swimmers and their coaches will be responsible for reporting to the starting blocks when their event is called.</p>
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 other than distance events [1000 open] which will be seeded fastest to slowest (alternating genders-women/men).</p>
Deck Entries / Time Trials:	<p>Deck entries will be accepted if the meet does not reach capacity. Deck entries are \$7.50 per even and \$15.00 for relays.</p> <p>Deck entry and time trial 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 an athlete roster from the Club Portal. The Club Portal is located on the USA Swimming website.</p>
Meet Programs / Admissions:	<p>Admission \$4.00 each day. 10 and under free with paid adult. Meet programs will be \$6.00</p>

Scoring:	This meet will not be scored.
Awards:	Medals and ribbons will be awarded 1 st through 8 th place. With the exception of 15-18 year olds who will be awarded 1 st through 3 rd place medals. Awards will be available at the conclusion of each session and can be picked up by the coaches or designee. Awards for the 1000 open will not follow SYOA format but be awarded in 9/10, 11/12, 13/14 format.
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 pool lobby 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.
Lost and Found:	Articles may be turned in/picked up at Admissions table. 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. <i>[The same rules will apply with respect to the warm-down pool and diving well]</i> . 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 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 Coaches office/Computer room on deck.
Facility Items:	<p>(A) No smoking is allowed in the building or on the grounds of L'Anse Creuse 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. 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 Clerk of Course and 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:	Barb Shaub 586-634-2340 barbsmail1999@sbcglobal.net
Meet Referee:	John Loria 248-763-4909 jlوريا1@aol.com
Safety Marshal:	Laurie Davenport 586-703-4339

FRIDAY EVENING**WARM UP 5:00PM****MEET STARTS 6:00PM**

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT
1	15-18	500 YARD FREESTYLE	2
3	14	500 YARD FREESTYLE	4
5	13	500 YARD FREESTYLE	6
7	12	500 YARD FREESTYLE	8
9	11	500 YARD FREESTYLE	10
11	10	500 YARD FREESTYLE	12
13	9	500 YARD FREESTYLE	14
15	8	500 YARD FREESTYLE	16
17	7&U	500 YARD FREESTYLE	18
19	15-18	400 YARD INDIVIDUAL MEDLEY	20
21	14	400 YARD INDIVIDUAL MEDLEY	22
23	13	400 YARD INDIVIDUAL MEDLEY	24
25	12	400 YARD INDIVIDUAL MEDLEY	26
27	11	400 YARD INDIVIDUAL MEDLEY	28
29	10	400 YARD INDIVIDUAL MEDLEY	30
31	9	400 YARD INDIVIDUAL MEDLEY	32

SATURDAY AM**WARM UP 7:30AM****MEET STARTS 8:30AM**

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT
33	10	200 YARD FREESTYLE	34
35	9	200 YARD FREESTYLE	36
37	8	200 YARD FREESTYLE	38
39	7 & U	200 YARD FREESTYLE	40
41	10	100 YARD INDIVIDUAL MEDLEY	42
43	9	100 YARD INDIVIDUAL MEDLEY	44
45	8	100 YARD INDIVIDUAL MEDLEY	46
47	7 & U	100 YARD INDIVIDUAL MEDLEY	48
49	10	100 YARD BACKSTROKE	50
51	9	100 YARD BACKSTROKE	52
53	8	25 YARD BACKSTROKE	54
55	7 & U	25 YARD BACKSTROKE	56
57	10	50 YARD BREASTSTROKE	58
59	9	50 YARD BREASTSTROKE	60
61	8	50 YARD BREASTSTROKE	62
63	7 & U	50 YARD BREASTSTROKE	64
65	10	50 YARD FREESTYLE	66
67	9	50 YARD FREESTYLE	68
69	8	50 YARD FREESTYLE	70
71	7 & U	50 YARD FREESTYLE	72
73	10	100 YARD BUTTERFLY	74
75	9	100 YARD BUTTERFLY	76
77	8	25 YARD BUTTERFLY	78
79	7 & U	25 YARD BUTTERFLY	80
81	9-10 Yrs	MIXED 200 YARD FREESTYLE RELAY	
82	8 & U	MIXED 200 YARD FREESTYLE RELAY	

SATURDAY PM**WARM UP 12:30PM STARTS 1:30PM**

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT
83	15-18	200 YARD INDIVIDUAL MEDLEY	84
85	14	200 YARD INDIVIDUAL MEDLEY	86
87	13	200 YARD INDIVIDUAL MEDLEY	88
89	12	200 YARD INDIVIDUAL MEDLEY	90
91	11	200 YARD INDIVIDUAL MEDLEY	92
93	15-18	100 YARD FREESTYLE	94
95	14	100 YARD FREESTYLE	96
97	13	100 YARD FREESTYLE	98
99	12	100 YARD FREESTYLE	100
101	11	100 YARD FREESTYLE	102
103	15-18	200 YARD BACKSTROKE	104
105	14	200 YARD BACKSTROKE	106
107	13	200 YARD BACKSTROKE	108
109	12	50 YARD BACKSTROKE	110
111	11	50 YARD BACKSTROKE	112
113	15-18	100 YARD BREASTROKE	114
115	14	100 YARD BREASTROKE	116
117	13	100 YARD BREASTROKE	118
119	12	100 YARD BREASTROKE	120
121	11	100 YARD BREASTROKE	122
123	15-18	100 YARD BUTTERFLY	124
125	14	100 YARD BUTTERFLY	126
127	13	100 YARD BUTTERFLY	128
129	12	100 YARD BUTTERFLY	130
131	11	100 YARD BUTTERFLY	132

SUNDAY AM**WARM UP 7:30 AM START 8:30AM**

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT
133	10	200 YARD INDIVIDUAL MEDLEY	134
135	9	200 YARD INDIVIDUAL MEDLEY	136
137	8	25 YARD FREESTYLE	138
139	7 & U	25 YARD FREESTYLE	140
141	10	50 YARD BACKSTROKE	142
143	9	50 YARD BACKSTROKE	144
145	8	50 YARD BACKSTROKE	146
147	7 & U	50 YARD BACKSTROKE	148
149	10	100 YARD BREASTSTROKE	150
151	9	100 YARD BREASTSTROKE	152
153	8	25 YARD BREASTSTROKE	154
155	7 & U	25 YARD BREASTSTROKE	156
157	10	50 YARD BUTTERFLY	158
159	9	50 YARD BUTTERFLY	160
161	8	50 YARD BUTTERFLY	162
163	7 & U	50 YARD BUTTERFLY	164
165	10	100 YARD FREESTYLE	166
167	9	100 YARD FREESTYLE	168
169	8	100 YARD FREESTYLE	170
171	7 & U	100 YARD FREESTYLE	172

173	9-10 YRS	MIXED 200 YARD MEDLEY RELAY	
174	8 & U	MIXED 200 YARD MEDLEY RELAY	

SUNDAY PM
WARM UP 12:30PM
START 1:30PM

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT
175	15-18	200 YARD FREESTYLE	176
177	14	200 YARD FREESTYLE	178
179	13	200 YARD FREESTYLE	180
181	12	200 YARD FREESTYLE	182
183	11	200 YARD FREESTYLE	184
185	15-18	100 YARD BACKSTROKE	186
187	14	100 YARD BACKSTROKE	188
189	13	100 YARD BACKSTROKE	190
191	12	100 YARD BACKSTROKE	192
193	11	100 YARD BACKSTROKE	194
195	15-18	200 YARD BUTTERFLY	196
197	14	200 YARD BUTTERFLY	198
199	13	200 YARD BUTTERFLY	200
201	12	50 YARD BUTTERFLY	202
203	11	50 YARD BUTTERFLY	204
205	15-18	200 YARD BREASTSTROKE	206
207	14	200 YARD BREASTSTROKE	208
209	13	200 YARD BREASTSTROKE	210
211	12	50 YARD BREASTSTROKE	212
213	11	50 YARD BREASTSTROKE	214
215	12	100 YARD INDIVIDUAL MEDLEY	216
217	11	100 YARD INDIVIDUAL MEDLEY	218
219	15-18	50 YARD FREESTYLE	220
221	14	50 YARD FREESTYLE	222
223	13	50 YARD FREESTYLE	224
225	12	50 YARD FREESTYLE	226
227	11	50 YARD FREESTYLE	228
229	OPEN	1000 FREESTYLE	230

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 Lakers Aquatic Club, L'Anse Creuse 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: _____

**Certification of Registration Status
Of All Entered Athletes
The Original Swim Your Own Age Meet**

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.

[illegible]

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: The Original Swim Your Own Age Meet

Date of Meet: November 9-11, 2012

Host of Meet: Lakers Aquatic Club

Place of Meet L'Anse Creuse 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. Meet Host: Copy all of these submitted Meet Evaluations to the current Program Operations Vice-Chair within 30 days.