

**2013 MLA Senior Prelims/Finals LCM Invitational**  
**Hosted By: Michigan Lakeshore Aquatics**  
**March 22-23-24, 2013**

<b>Sanction:</b>	This meet is sanctioned by Michigan Swimming, Inc.(MS), as a long course meter <b><i>prelims/finals</i></b> meet on behalf of USA Swimming (USA-S), Sanction Number <b>MI1213081</b> . 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.		
<b>Location:</b>	<b><i>Holland Community Aquatic Center</i></b> <b><i>550 Maple Ave</i></b> <b><i>Holland, Mi. 49423</i></b>		
<b>Times:</b>	<i>Friday, March 22, Morning</i> <i>Friday, March 22, Evening</i> <i>Saturday, March 23, Morning</i> <i>Saturday, March 23, Afternoon</i> <i>Sunday, March 24, Morning</i> <i>Sunday, March 24, Afternoon</i>	<i>Prelims: Warm-up 7:30 A.M.</i> <i>Finals: Warm-up 4:30 P.M.</i> <i>Prelims: Warm-up 7:30 A.M.</i> <i>Finals: Warm-up 4:30 P.M.</i> <i>Prelims: Warm-up 7:30 A.M.</i> <i>Finals: Warm-up 3:30 P.M.</i>	<i>Start 9:00 A.M.</i> <i>Start 6:00 P.M.</i> <i>Start 9:00 A.M.</i> <i>Start 6:00 P.M.</i> <i>Start 9:00 A.M.</i> <i>Start 4:30 P.M.</i>
<b>Hotels:</b>	<b><i>The preferred hotel for this meet is the</i></b> <b><i>Double Tree by Hilton, Holland</i></b> 650 East 24 <sup>th</sup> Street Holland, Mi 49423 (616)394-0111 Please see attached list of area hotels		
<b>Facilities:</b>	<b><i>The Holland Aquatic center is a 8 lane 50 meter pool with an attached 6-lane 25 yard pool available for supervised warm-up and cool-down.</i></b> Depth at start is _6'9" <sup>1</sup> and 13'at the turn end. Permanent starting blocks and non-turbulent lane markers will be used. <b><i>Colorado Timing with an 8-lane display will be used.</i></b> There is ample balcony seating for spectators. Lockers are available. Public phones will be available. <b><i>[The competition course has not been certified in accordance with 104.2.2C(4)]</i></b>		

<sup>1</sup>[Depth at Start must meet State of Michigan requirements.](#)

<b>Eligibility:</b>	<b><i>The MLA Senior Prelims/Finals LCM Invitational</i></b> is for those swimmers <b><i>with a minimum qualifying time equal to or faster than the USA Swimming 13-14 'AAA' motivational time standards.</i></b> All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on <b>March 22, 2013</b> will determine his/her eligibility for a particular age group.
<b>Deck Registration:</b>	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>
<b>Meet Format:</b>	This is a long course meter prelim/final meet. The 800 and 1500 free are timed finals and limited to the fastest 40 swimmers entered. The 800 and 1500 freestyle will be swum at the end of the prelim session. With the fastest 8 swimming at night in finals. All other prelim/final events will have three (C, B, A) heats in finals, swimming slowest to fast. The 400 IM, 400 Free, 800 Free and 1500 Free will be deck seeded and require positive check-in. All events will swim slowest to fastest in prelims. Athletes in the 800 & 1500 free are asked to provide their own timer and a counter.
<b>Entry Limits:</b>	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 enough entries are received to create a manageable timeline. 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 extend past a manageable timeline will be returned even if received before the entry deadline.
<b>Swimmers Without A Coach:</b>	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.

<b>Individual Entry Limits:</b>	<p>Swimmers may enter no more than 6 individual events for the meet. Any athlete entered in the meet will have the opportunity to swim two bonus events over the course of the three-day competition schedule, but are still limited to 6 total events for the meet. Athletes are permitted a total of 2 time trials over the course of the meet.</p> <p>There are bonus qualifying times for the 400 freestyle, 400 IM, 800 freestyle(W), and 1500 freestyle (M).</p>
<b>Electronic Entries:</b>	<p>\$7.50 per individual event \$12.00 per relay entry. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: <b>Michigan Lakeshore Aquatics</b></p>
<b>Paper Entries:</b>	<p>MS rules regarding non-electronic entries apply. \$7.50 per individual event and \$12.00 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.</p>
<b>Entry Procedures:</b>	<p>Entries may be submitted to the entry chairperson as of <b>Feb 25, 2013</b>. The entry chairperson must receive all entries no later than <b>midnight March 17, 2013</b> 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 (<a href="http://www.miswim.org/">http://www.miswim.org/</a>). All individual entries should be submitted via electronic mail to the entry chairperson at <b>mlacontact@yahoo.com</b>. 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 <b>MLA Senior Prelims/Finals LCM Invitational</b> entry packet with entry forms is available on the Michigan Swimming Website at <a href="http://www.miswim.org/">http://www.miswim.org/</a></p>
<b>Refunds:</b>	<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>

<b>Entry Chair:</b>	<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;"><b>Cody Tozer</b>  <b>550 Maple Ave</b>  <b>Holland, Mi 49423</b>  <a href="mailto:mlacontact@yahoo.com">mlacontact@yahoo.com</a>, 616-393-7595</p>
<b>Check In:</b>	<p>As per Michigan Swimming Rules and Procedures positive check in is required for all events, except Prelim/Finals events which will be covered by the National Championship Scratch Procedures as found in Section 207.11.6 in the 2012 USA Swimming Rulebook. Swimmers in the 800 and 1500 on Sunday must also indicate if they intend to swim in prelims or finals. Check-in deadlines are as follows:</p> <p>400 IM – check-in 15 minutes after coaches meeting  400 Free – check-in by 6:00 PM on Friday  W 800, M 1500 free – check-in by 5:30 PM on Saturday</p> <p>Check in sheets will be posted on the pool deck.</p>
<b>Scratch Rules:</b>	<p><u>The following are the scratch deadlines for each day's events:</u></p> <p>Deadline for Friday's events: 15 minutes after Coaches Meeting  Deadline for Saturday's events: Friday 6:30pm  Deadline for Sunday's events: Saturday 6:30pm</p> <p>The meet will be administered according to the National Championship Scratch Procedures as found in Section 207.11.6 in the 2012 USA Swimming Rulebook. More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration.</p>
<b>Marshaling:</b>	<p>This is a "self-marshalling" meet. Swimmers are responsible for being in the correct heat and lane. Heat sheets will be posted prior to the start of the session.</p>

<b>Seeding:</b>	Seeding will be completed after the scratch box closes the previous evening and after positive check-in closes for those designated events. All events are prelims- finals (with the exception of the 800 & 1500 Freestyle) and will be seeded slowest to fastest. Seeding priority will be as follows; LCM, SCY.
<b>Deck Entries / Time Trials:</b>	<p>Will be offered if time is available. Individual events \$7.50/ \$12.00 per relay, time trial swimmers are subject to the Michigan Swimming \$1.00 general surcharge. Registration status must be proven by providing 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. Time Trial sanction is MITT1213081.</p> <p><b><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></b></p>
<b>Meet Programs / Admissions:</b>	Admissions: \$5.00 per person per day (12 and under free with a paying adult). Programs will not be available. Heat sheets will be available at admissions for \$2.00 prelims/\$1.00 evening finals. One-day wristbands on the right wrist only (no hand stamps) will be utilized. Cut bands are NOT allowed for re-entry. NO BAG CHAIRS/FOLDING CHAIRS/CAMP CHAIRS ARE ALLOWED IN THE BALCONY.
<b>Scoring:</b>	There will be no team or individual scores kept.
<b>Awards:</b>	no awards
<b>Results:</b>	Complete meet results will be posted on the Michigan Swimming Website at <a href="http://www.miswim.org/">http://www.miswim.org/</a> . Results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive. 'Live Results' will be available through <a href="http://www.hollandhighswimminganddiving.org">www.hollandhighswimminganddiving.org</a> or through the 'Meet Mobile' app, key word "Holland"
<b>Concessions:</b>	Food and beverages will be available in spectator 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. Please, <u>NO</u> coolers are allowed in the stands.

<b>Lost and Found:</b>	Articles may be turned in/picked up at <b><i>the announcers table during the meet.</i></b> 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 <b><i>(any longer period shall be in the sole discretion of the Meet Director).</i></b>
<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. <b><i>[The same rules will apply with respect to the warm-down pool and diving well].</i></b> 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 / Locker Rooms / Credentialing:</b>	<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 <b>southeast deck entrance</b> and 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 <b>[logo, name]</b> 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>
<b>Swimmers with Disabilities:</b>	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.
<b>General Info:</b>	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.
<b>First Aid:</b>	Supplies will be kept in at the lifeguard station.
<b>Facility Items:</b>	<p>(A) No smoking is allowed in the building or on the grounds of <b><i>Holland Community Aquatic Center</i></b></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 in the <b><i>meet directors office</i></b></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>
<b>Meet Director:</b>	Cody Tozer 616-393-7595, ext.: 117, mlacontact@yahoo.com
<b>Meet Referee:</b>	Scott Appleyard <a href="tel:269-598-6838">Cell# 269-598-6838</a>
<b>Safety Marshal:</b>	Sara Tenbrink

Friday, March 22  
 Warm-up 7:30 am  
 Prelims start 9:00 am

Girls	age	Description	age	Boys
1	Open	200 Free Relay**	Open	2
3	Open	200 Breast	Open	4
5	Open	100 Freestyle	Open	6
7	Open	100 Butterfly	Open	8
9	Open	400 Freestyle	Open	10
11	Open	400 Free Relay**	Open	12

Saturday, March 23  
 Warm-up 7:30 am  
 Prelims start 9:00am

Girls	age	Description	age	Boys
13	Open	200 Medley Relay**	Open	14
15	Open	400 IM	Open	16
17	Open	200 Freestyle	Open	18
19	Open	200 Backstroke	Open	20
21	Open	100 Breaststroke	Open	22
23	Open	400 Medley Relay**	Open	24

Sunday, March 24  
 Warm-up 7:30 am  
 Prelims start 9:00 am

Girls	age	Description	age	Boys
25	Open	800 Freestyle***	Open	X
X	Open	1500 Freestyle***	Open	26
27	Open	200 Butterfly	Open	28
29	Open	50 Freestyle	Open	30
31	Open	100 Backstroke	Open	32
33	Open	200 IM	Open	34

**\*\* Top 16 relays will be swum in finals and remainder of relays will be swum in prelims and will run fastest to slowest alternating women and men. There will be a 10 minute break prior to the 400 relays and after the 200 relays**

**\*\*\*Top 8 seeded swimmers will swim in finals, all others will swim after the preliminary session of Sundays events.**



SCY	LCM	EVENT	LCM	SCY
:25.79	:29.49	50 Freestyle	:27.09	:23.89
:56.09	1:03.89	100 Freestyle	:59.89	:52.09
200.99	2:17.69	200 Freestyle	2:2:10.19	1:53.59
5:23.49	4:48.69	400/500 Freestyle	4:37.49	5:05.99
11:06.99	9:53.99	800/1000 Freestyle	XXX	XXX
XXX	XXX	1500/1650 Freestyle	18:16.09	17:39.39
1:02.49	1:10.79	100 Backstroke	1:06.79	:57.89
2:13.89	2:31.79	200 Backstroke	2:23.79	2:04.49
1:10.29	1:20.79	100 Breaststroke	1:14.79	1:04.89
2:34.09	2:54.89	200 Breaststroke	2:44.59	2:21.79
1:01.09	1:09.19	100 Butterfly	1:04.59	:56.79
2:16.49	2:28.79	200 Butterfly	2:23.49	2:05.99
2:16.09	2:32.59	200 IM	2:26.99	2:05.99
4:49.59	5:30.39	400 IM	5:11.99	4:32.39
1:46.59	1:59.59	200 Free Relay	1:48.19	1:34.69
3:53.99	4:20.99	400 Free Relay	4:01.99	3:29.99
1:59.99	2:05.99	200 Medley Relay	1:59.99	1:46.99
4:17.99	4:59.69	400 Medley Relay	4:49.19	4:10.09

400 Free, 400 IM, 800 free & 1500 free bonus qualifying times

Girls	SCY	LCM	Description	LCM	SCY	Boys
9	5:28.29	4:56.10	400 Freestyle	4:40.49	5:07.99	10
15	4:54.24	5:43.99	400 IM	5:25.99	4:40.99	16
27	11:20.99	10:20.99	800 Freestyle			
			1500 Freestyle	18:50.99	18:10.49	28

## 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 **Michigan Lakeshore Aquatics, Holland Aquatic Center and** 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

**2013 MLA Senior Prelim/Final LCM Invitational**

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.**

***[Insert apparel descriptions, if any, and hotel information on succeeding pages]***

## 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.**