

POINTE AQUATICS
2013 FROST FEST INVITATIONAL SWIM MEET
Hosted by Pointe Aquatics Swim Club
FRIDAY-SUNDAY, JANUARY 11-13, 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 MI1213043. 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:	Grosse Pointe North High School Pool 707 Vernier Road Grosse Pointe Woods, Mi. 48236 The entrance to the high school is marked by a traffic signal, on the south side of Vernier Road and is approximately 1.6 miles East of the I-94 freeway. Map to Pool is available as part of the Meet Packet on the Michigan Swimming Website (www.miswim.org) and the Pointe Aquatics website at www.pointeaquatics.com .						
Times:	Friday p.m. Warm-up 4:30 p.m. Start 5:30 p.m. Saturday a.m. Warm-up 7:30 a.m. Start 8:30 a.m. Saturday p.m. Warm-up 12:30 p.m. Start 1:30 p.m. 1650 warm-up 4:00 p.m. (in the diving well) and will move to the competition pool at the conclusion of the afternoon session. Start time will be 20 minutes after the conclusion of the afternoon session. Sunday a.m. Warm-up 7:30 a.m. Start 8:30 a.m. Sunday p.m. Warm-up 12:30 p.m. Start 1:30 p.m.						
Motels:	<table><tr><td><u>Parkcrest Inn</u> 2.1 Miles 313.884.8800 20000 Harper Ave. Harper Woods, Michigan 48225</td><td><u>Shore Pointe Motor Lodge</u> 2.7 Miles 586.773.3700 20000 E. Nine Mile St. Clair Shores, Mich. 48080</td></tr><tr><td><u>Baymont Inn and Suites</u> 6.2 Miles 586.296.6910 20675 E. 13 Mile road Roseville, Mich. 48046</td><td><u>Holiday Inn Express Hotel and Suites</u> 6.6 Miles 888.487.4172 31900 Little Mack Roseville, Mich 48066</td></tr></table>			<u>Parkcrest Inn</u> 2.1 Miles 313.884.8800 20000 Harper Ave. Harper Woods, Michigan 48225	<u>Shore Pointe Motor Lodge</u> 2.7 Miles 586.773.3700 20000 E. Nine Mile St. Clair Shores, Mich. 48080	<u>Baymont Inn and Suites</u> 6.2 Miles 586.296.6910 20675 E. 13 Mile road Roseville, Mich. 48046	<u>Holiday Inn Express Hotel and Suites</u> 6.6 Miles 888.487.4172 31900 Little Mack Roseville, Mich 48066
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Facilities:	The Grosse Pointe North High School Pool is an 8 lane 25 yard pool with diving well area which will be available for supervised warm-up and warm down. Depth at start is 8 feet 7 inches and 4 feet at the turns. Permanent starting blocks and non-turbulent lane markers are in place. Daktronics timing with an 8 lane display will be used. Pool seating capacity is 450. Lockers are available (provide your own lock). The 25 yard events will be swum from the starting blocks. Public phones will be available. The competition course has not been certified in accordance with 104.2.2c(4). NO CELL PHONES WITH CAMERAS OR ANY TYPE OF CAMERA OR VIDEO IS ALLOWED IN THE LOCKER ROOMS AT ANYTIME.
Eligibility:	The 2013 Frost Fest Swim Meet is an ABC meet for swimmers who meet all USA/Michigan Swimming eligibility requirements. All swimmers must currently be registered with USA Swimming, Inc. A swimmer's age on January 11, 2013 will determine his/her eligibility for a particular age group. Mixed relays may consist of any combination of boys and girls (all boys/girls or mixed). 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.
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:	All events are timed finals. This is an age group swim meet. The swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, and Open. The time standards used in this meet are A, B, and C. The 1650 events will be limited to two heats of girls (fastest 16) and two heats of boys (fastest 16). There will be a fifteen minute warm-up prior to the 1650 events
Entry Limits:	Entries will be accepted on a first come first serve basis by date and time 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:	Athletes will be limited to two (2) events on Friday, and will be limited to four (4) individual events per day and one (1) relay per day on Saturday and Sunday.
Electronic Entries:	There will be a charge of \$5 per individual event and \$12 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Pointe Aquatics.
Paper Entries:	MS rules regarding non-electronic entries apply. Charge is \$5 per individual event. 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 9:00 am, December 14, 2012. The entry chairperson must receive all entries no later than 11:59 PM of January 4, 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 (www.miswim.org). All entries should be submitted in Hy-Tek format. All individual entries should be submitted via electronic mail to the Mike O'Connor at FrostFest@msn.com . Entries submitted will be processed provisionally pending receipt by the entry chairperson of: (a) a hard copy of your clubs signed released/waiver agreement (b) your clubs signed certification of athletes and (c) your clubs entry and entry fees. The complete Pointe Aquatics Frost Fest entry packet with entry forms is available on the Michigan Swimming Website at 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, with the exception of swimmers who qualify out of the ABC format by virtue of times swum between the acceptance of the entry and the start of the Frost Fest Meet. Such entries will be granted the opportunity to switch to an event in which their entry time conforms to the meet format or be granted a refund.

Entry Chair:	<p>Your club's Entry, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:</p> <p>Mike O'Connor 20660 Vernier Circle Grosse Pointe Woods MI, 48236 313 882 7914 FrostFest@msn.com</p>
Check In:	<p>Check In will be available 15 minutes prior to warm-up, until 15 minutes after warm-up has begun. Check in for the 1650 will close at the start of warm up for that session. 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. Pursuant to MS Rules, 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 the hall adjacent to the Grosse Pointe North High School Gym. No deck check in will be permitted.</p>
Scratch Rules:	<p>Prior 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>All events will be self marshaled. Heat sheets will be posted in conspicuous places on deck and distributed to coaches as soon as possible. All swimmers will be expected to find their heat and lane independently. If a swimmer does not show up for the correct heat of the event, that swimmer will be scratched from his/her next scheduled event</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 the 500 yard freestyle events which will be seeded fastest to slowest, alternating genders-women/men. The Meet Referee and Meet Director reserve the right to combine heats/genders 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, at the discretion of the Meet Referee and Meet Director. Deck entries are \$7 per individual event and \$15 for relays. Deck entries and time trials are subject to MS \$1 athlete surcharge and must provide a valid USA Swimming membership card or an athlete roster report from the Club Portal if not already in the meet.</p> <p>Time Trials will be held time permitting, and at the discretion of the Meet Referee.</p>

Meet Programs / Admissions:	Friday admission is \$2.00. Saturday & Sunday admission is \$4.00 per person per day. Programs for the entire meet are \$5.00.
Scoring:	No individual or team scoring will be recorded.
Awards:	Custom Meet ribbons will be given to 1 st -8 th place in individual events and 1 st -3 rd in relays for A, B, and C levels. No awards for open events. Coaches MUST pick-up awards at the end of the meet. Awards will not be mailed.
Results:	Daily meet results will be posted at www.PointeAquatics.com . Additional copies of the results can be ordered at the admissions table for \$5.00. Results will also be available on disk (HY-TEK Meet Manager). Teams may request an electronic results file either to be sent by email or down loaded onto appropriate media at the completion of the meet. Complete meet results will be posted on the Michigan Swimming Website at www.miswim.org .
Concessions:	Food and beverages will be available in the high school cafeteria. 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 in the concession area. Articles not picked up by the end of the meet will be retained in the home of the Meet Director 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. 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 / 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 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>
Swimmers with Disabilities:	<p>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.</p>
General Info:	<p>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.</p>
First Aid:	<p>Supplies will be kept in the control room on deck.</p>

Facility Items:	<p>A. No smoking is allowed in the building or on the grounds of Grosse Pointe North 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 Clerk of Course.</p> <p>E. <u>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:	Mike O'Connor, 313-882-7914, FrostFest@msn.com
Operations Chief:	Betsy Mellos, 313-460-9749
Meet Referee:	John Loria, 734-425-6778, jlوريا1@aol.com
Safety Marshal:	Christine Hafner, 248-496-3643, chafnerswim@aol.com

POINTE AQUATICS FROST FEST SWIM MEET
FRIDAY, JANUARY 11, 2013

WARM UP 4:30 PM EVENTS 5:30 PM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
1		OPEN	500 FREE		2
3		14 & UNDER	200 IM		4
		10 & UNDER	200 IM		
		11 & 12	200 IM		
		13 & 14	200 IM		
5		OPEN	200 IM		6
7		14 & UNDER	400 IM		8
		11 & 12	400 IM		
		13 & 14	400 IM		
9		OPEN	400 IM		10
11		14 & UNDER	500 FREE		12
		10 & UNDER	500 FREE		
		11 & 12	500 FREE		
		13 & 14	500 FREE		

SATURDAY, JANUARY 12, 2013

WARM UP 7:30 AM EVENTS 8:30 AM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
13		10 & UNDER	200 FREE		14
15		8 & UNDER	50 BUTTERFLY		16
17		10 & UNDER	50 BUTTERFLY		18
19		8 & UNDER	25 BACK		20
21		10 & UNDER	100 BACK		22
23		8 & UNDER	50 FREE		24
25		10 & UNDER	50 FREE		26
27		8 & UNDER	25 BREAST		28
29		10 & UNDER	100 BREAST		30
31		8 & UNDER	100 IM		32
33		10 & UNDER	200 MIXED FREE RELAY		
34		8 & UNDER	200 MIXED FREE RELAY		

WARM UP 12:30 PM EVENTS 1:30 PM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
35		11-12	50 FREE		36
37		OPEN	200 FLY		38
39		11-14	200 FLY		40
		13-14	200 FLY		
		11-12	200 FLY		
41		OPEN	100 BREAST		42
43		11-14	100 BREAST		44
		13-14	100 BREAST		
		11-12	100 BREAST		
45		OPEN	50 FREE		46
47		13-14	50 FREE		48
49		11-12	50 FLY		50
51		OPEN	100 BACK		52
53		11-14	100 BACK		54
		13-14	100 BACK		
		11-12	100 BACK		
55		OPEN	200 FREE		56
57		11-14	200 FREE		58
		13-14	200 FREE		
		11-12	200 FREE		
WARM UP 4:00 PM (DIVING WELL) EVENTS 20 MINUTES AFTER THE CONCLUSION OF EVENT 58					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
59		OPEN	1650 FREE		60

POINTE AQUATICS FROST FEST SWIM MEET
SUNDAY JANUARY 13, 2013

WARM UP 7:30 AM EVENTS 8:30 AM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
61		8 & UNDER	100 FREE		62
63		10 & UNDER	100 FREE		64
65		8 & UNDER	50 BREAST		66
67		10 & UNDER	50 BREAST		68
69		8 & UNDER	25 FLY		70
71		10 & UNDER	100 FLY		72
73		8 & UNDER	50 BACK		74
75		10 & UNDER	50 BACK		76
77		8 & UNDER	25 FREE		78
79		10 & UNDER	100 IM		80
81		8 & UNDER	200 MIXED MEDLEY RELAY		
82		10 & UNDER	200 MIXED MEDLEY RELAY		
WARM UP 12:30 PM EVENTS 1:30 PM					
GIRLS					BOYS
EVENT #		AGE	EVENT		EVENT #
83		11-14	100 FREE		84
		11-12	100 FREE		
		13-14	100 FREE		
85		OPEN	100 FREE		86
87		11-12	50 BREAST		88
89		11-14	200 BACK		90
		11-12	200 BACK		
		13-14	200 BACK		
91		OPEN	200 BACK		92
93		11-14	100 FLY		94
		11-12	100 FLY		
		13-14	100 FLY		
95		OPEN	100 FLY		96
97		11-12	50 BACK		98
99		11-14	200 BREAST		100
		11-12	200 BREAST		
		13-14	200 BREAST		
101		OPEN	200 BREAST		102
103		11-12	100 IM		104

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 Pointe Aquatics, Grosse Pointe North 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.

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.

Club Code: _____

Certification of Registration Status Of All Entered Athletes (Pointe Aquatics 2013 Frost Fest)

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:

ClubName:

Date: _____

This form must be signed and returned with the entry or the entry will not be accepted.

Meet Evaluation

Pointe Aquatic Frost Meet

January 11-13, 2013

Pointe Aquatics Swim Club

Grosse Pointe North High School

Who do you represent (circle)?	Host club	visiting club	Unattached				
Describe yourself (circle)	Athlete	Coach	Official	Meet worker	Spectator		
Please rate the overall quality of this meet: 1 = Low 5 = 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

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

Return the completed evaluation to the Admissions desk or Clerk of Course. Thank you.