

POINTE AQUATICS
2012 FROST FEST INVITATIONAL SWIM MEET
Hosted by Pointe Aquatics Swim Club
FRIDAY-SUNDAY, JANUARY 13-15, 2012

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MII112031. Michigan swimming 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.

Hotels

<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

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.

Saturday 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.

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 2012 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 14, 2012 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.

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.

Individual Entry Limits: Athletes will be limited to four (4) individual events per day and one (1) relay per day.

Electronic Entries: There will be a charge of \$4 per individual event and \$12 per relay. 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. \$5 per individual event and \$13 for relays. There is a \$1.00 additional charge per individual event and \$1 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 *must* 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.

No Time (NT)

Entries: A swimmer who has no official time for an event may enter that event with no submitted time (an NT). However, any swimmers entered as “NT” are not eligible for awards.

Entry

Procedures: Entries may be submitted to the entry chairperson as of 12:00 pm, December 16, 2011. **The entry chairperson must receive all entries no later than 11:59 PM of January 6, 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 (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: 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:

Mike O’Connor
20660 Vernier Circle
Grosse Pointe Woods MI, 48236
313 882 7914
FrostFest@msn.com

Check In: 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.

Scratch Rules: Prior to check in close a swimmer may scratch events at the Clerk of Course. After 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 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.

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 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.

Deck Entries: 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. Deck entries are subject to MS 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.

Time Trials: Time Trials will be held time permitting, and at the discretion of the Meet Referee.

**Meet Programs/
Admissions:** Friday admission is \$2.00.
Saturday & Sunday admission is \$5.00 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 1st-8th place in individual events 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. **NO CELL PHONES WITH CAMERAS OR ANY TYPE OF CAMERA OR VIDEO IS ALLOWED IN THE LOCKER ROOMS AT ANYTIME.**
- 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 the control room on deck.
- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Grosse Pointe North High School.
 - (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
 - (C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
 - (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.
 - (E) **NO CELL PHONES WITH CAMERAS OR ANY TYPE OF CAMERA OR VIDEO IS ALLOWED IN THE LOCKER ROOMS AT ANYTIME.**

Meet Director: Mike O'Connor, 313-882-7914, FrostFest@msn.com

Chief of Operations: Betsy Mellos, 313-460-9749

Meet Referee: Ron Reinke, 734-591-7981, ronr48@hotmail.com

Safety Marshall: Theresa Thompson

**POINTE AQUATICS FROST FEST SWIM MEET
FRIDAY, JANUARY 13, 2012**

WARM UP 4:30 PM EVENTS 5:30 PM				
GIRLS		AGE	EVENT	BOYS
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 14, 2012

WARM UP 7:30 AM EVENTS 8:30 AM				
GIRLS		AGE	EVENT	BOYS
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 15, 2012**

WARM UP 7:30 AM EVENTS 8:30 AM				
GIRLS				BOYS
EVENT #		AGE	EVENT	EVENT #
61		8 & UNDER	100 FREE	62
63		9-10	100 FREE	64
65		8 & UNDER	50 BREAST	66
67		9-10	50 BREAST	68
69		8 & UNDER	25 FLY	70
71		9-10	100 FLY	72
73		8 & UNDER	50 BACK	74
75		9-10	50 BACK	76
77		8 & UNDER	25 FREE	78
79		9-10	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

Meet Evaluation

Pointe Aquatic Frost Meet

January 13-15, 2012

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.