



**Michigan Swimming
13-14 & Open Short Course
State Championship
Hosted by: West Michigan Swimmers**

March 16th, 17th & 18th

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a championship prelim/finals and timed finals (selected events) swimming meet on behalf of USA Swimming, Meet Sanction **MI1112068**, Time Trials Sanction **MI1112069**. 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. All Michigan Swimming, Inc. rules, safety and warm up procedures will govern the meet as if fully set forth in this meet announcement.

Location: Zeeland West High School
Zeeland Natatorium
3390 100th Ave
Zeeland, MI 49464

Facilities *Zeeland Natatorium is a 10 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at start is 8' and 8' 9" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 10 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). The competition course has not been certified in accordance with 104.2.2C(4).*

Hotels: Check Hotels in Holland, Hudsonville and Grandville

State Meet Apparel: Earth Bound Inc., Friday, Saturday .See attached pre-order form.

WMS Team Website: www.zeelandswimming.org

Eligibility: All swimmers registered with Michigan Swimming who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as **Q1** times) during the qualifying period are eligible to enter an event.

Deck Registration: Deck registrations are not accepted at this meet.

Times: Thursday Practice Time:

6:00 p.m. – 8:00 p.m. Practice time available in the competition pool
All Session passes will be sold Thursday during practice time.

Friday Preliminaries:

6:45 a.m. Balcony opens for spectator seating
7:00 – 7:20 a.m. Coaches Meeting in the A106 Room
7:30 – 8:50 a.m. Warm-up
7:35 a.m. Scratch Box Closes for Friday Prelims
 Friday's 400 Medley Relay must be Checked In (by Coaches Only) to be seeded.
9:00 a.m. Events Start
10:00 a.m. Relays Declared - 400 Medley Relay
 Swimmers in the 1000 Free on Friday must check in and confirm their intention to compete in order to be seeded.

Friday Finals (No Finals Check In Required):

4:00 p.m. Balcony Opens for Spectator Seating
4:30 – 5:20 p.m. Warm Up
5:30 p.m. Events Start
6:00 p.m. Scratch Box Closes for Sat Prelims,
 Saturday's 800 Free Relay must be Checked In (by Coaches only) to be seeded.

Saturday Preliminaries:

6:45 a.m. Balcony Opens for Spectator Seating
7:30 – 8:50 a.m. Warm Up
9:00 a.m. Events Start
10:00 a.m. Relays Declared - 800 Free Relay

Saturday Finals (No Finals Check In Required):

4:00 p.m. Balcony Opens for Spectator Seating
4:30 – 5:20 p.m. Warm Up
5:30 p.m. Events Start
6:00 p.m. Scratch Box Closes for Sunday Prelims
 **Sunday 1650 Swimmers must be Checked In to be seeded.*
 **Sunday 400 Free Relay must be Checked In (by Coaches only) to be seeded.*
 **See paragraph on down seeding for the 1650 and/or the 400 Free Relay.*

Sunday Preliminaries:

6:45 a.m. Balcony Opens for Spectator Seating
7:30 a.m. – 8:50 a.m. Warm Up
9:00 a.m. Events Start
10:00 a.m. Relays Declared - 400 Free Relay

Sunday Finals (No Finals Check In Required):

***Note that Sunday Session starts ½ hour earlier than Fri and Sat Finals Sessions**

3:30 p.m. Balcony Opens for Spectator Seating
4:00 – 4:50 p.m. Warm Up
5:00 p.m. Events Start

Age Group: A swimmer's age on March 16th (the 1st day of the meet) will determine his/her eligibility for a particular age group for the entire meet. You must swim your own age group.

Format: All Michigan Swimming, Inc. LSC individual events are offered in the 13/14 age group and Open Division in this three-day meet. All individual events are prelim – final events with two selected timed final exceptions (1000 Free and 1650 Free) with the preliminaries swum in the morning and the finals at night. All relays are timed finals. The 1000 Free and 1650 Free will be swum together and then separated for awards and scoring purposes.

Qualifying Period: The qualifying time must have been achieved on or since January 1, 2011

Conversion/Entry/Down Seed Times: No time conversions are permitted. Times must be submitted in short course yards, short course meters, or long course meters. Entry times for individual and relay events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events and all Relays: A swimmer, if entered in two or more events on the day of the 1000 Free or the 1650 Free, may enter the 1000 Free and/or 1650 Free timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. Relays may enter at either fastest time or at the Q1 time standard. **THIS MUST BE DONE WITH YOUR ORIGINAL ENTRIES AND NOT CHANGED AT THE MEET.**

Entry Procedures: Michigan swimming has adopted USA Swimming's OME (Online Meet Entry) as the sole process for entering teams and individual swimmers into the State Meet. Times achieved at any USA Swimming sanctioned, observed or approved meet will appear in OME. Follow the step by step instructions to complete your entries:

- Step 1** Go to www.usaswimming.org/OME
- Step 2** Click on "Available Meets", select Michigan Swimming LSC, and then click on "Search". The Michigan Swimming 13-14 and Over State Meet will appear.
- Step 3** Click on "Enter team" and login using your team login; or you may need to create an account for your team, then login. A pick list of your athletes who have qualifying times in SWIMS will appear. From here, select the events you want to enter. Athletes whose times are not in SWIMS must enter using "Override Times", any athlete entering using the Override Times option must send a proof of time to the Michigan Swimming office. See the Proof of Time section for further instruction. Relay only swimmers must be entered in OME, by listing in the Relay Only section for your team.
- Step 4** Double click on the athletes who you want to enter into the meet and complete your entry. You may add to your entry. It does not have to be completed at one time.
- Step 5** **When finished make sure to check out. You may pay with a credit card or send a check to the host team at the address below. Make sure your entry is done before you checkout. You will not be able to change it after checking out.**
- Step 6** You will receive an email confirming your entries.
- Step 7** Mail or email any necessary proof of time documents for your "Override Times" entries to Jan Cartmill at the Michigan Swimming Office – JBCartmill@gmail.com; 2900 Rodd St #1784, Midland, MI 48641-1784 to arrive on or before Monday, March 5, 2012
- Step 8** Mail your completed athlete waiver, athlete certification, and check (if you did not pay with a credit card) to Jan Cartmill, Michigan Swimming Office, 2900 Rodd St #1784, Midland, MI 48641-1784 to arrive on or before Wednesday, March 14, 2012

Proof of Times: Michigan swimming will accept all qualifying times contained in USA swimming's SWIMS database, as well as times from meets sanctioned by other national governing bodies including college, high school, Masters, YMCA, and foreign meets approved by FINA that have been run on approved meet management software within the qualifying period (on or after January 1, 2011). The SWIMS database contains results of all sanctioned, observed and approved meets held in the USA for athletes who are registered USA swim member at the time of the swim. Times from the SWIMS database are proven times and do not require any further proof. If a time does not appear in OME it is **NOT** a proven time. Use the OVERRIDE TIMES entry function to enter the meet with this time and send in a proof of time. **EVENT ENTRIES USING THE CUSTOM TIME PROCESS ARE NOT PROVEN AND REQUIRE A PROOF OF TIME SUBMISSION TO THE MICHIGAN SWIMMING OFFICE. IF YOU DO NOT SUPPLY AN ACCEPTABLE PROOF OF TIME BEFORE THE DEADLINE (SEE THE PROOF OF TIME DEADLINE) THE SWIMMER WILL BE SCRATCHED FROM ANY AND ALL EVENTS REQUIRING THE PROOF OF TIME. REFUNDS WILL NOT BE ISSUED FOR FAILURE TO SUPPLY A PROOF OF TIME.**

ACCEPTABLE PROOFS include printed meet results which clearly identify the meet host, meet location and meet date (swim date must be on or after January 1, 2011) as well as the name of the event and the names, clubs and times of other swimmers in the event. The **PREFERRED PROOF** is a locked Meet Manager backup of the meet results. Team manager export files are also accepted but are not preferred. Computer printed award labels and/or time cards signed by a meet referee are **NOT** acceptable for proof purposes.

PROOF OF TIME DEADLINE: All proofs must be received by the Michigan Swimming office by March 5, 2012. Coaches may send proofs to MS Office as soon as they enter an override time into the OME.

Swimmers whose times cannot be proven will be rejected and will not be entered in that event. The Michigan Swimming office will notify the swimmer's club entry chair of the rejection using the email address provided in OME.

Mail or email all proofs to the Michigan Swimming Office, 2900 Rodd St. #1784, Midland, MI 48641-1784, or to JBCartmill@gmail.com

Entry Limits: A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may swim no more than three individual events per day. A swimmer may swim no more than six individual events for the entire three day meet. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card dropped in the scratch box by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

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.

Entry Fees: \$7.50 per individual event and \$12.00 per relay. Please include a \$3.00 Michigan Swimming Athlete Surcharge for each swimmer entered. Please make checks payable to West Michigan Swimmers. You may pay by credit card on OME.

Paper Entry: PAPER ENTRIES ARE NOT ACCEPTED FOR THIS MEET. All Entries must be processed using Online Meet Entry (OME).

Entry Deadline: The OME entries will close at midnight on March 12, 2012. Entries submitted will not be considered as officially received until the entry chairperson has received: (a) the signed release/waiver agreement, (b) the certification of entered athletes form, and (c) the team check. All paperwork must be received by March 14th, 2012 in order for your team to participate in the meet. If overnight courier is used, you must waive the signature requirement.

Missed Entry: A Coach or an Entry Chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or swimmers in an event by the entry deadline may then do so by: a) entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet; b) paying a fee of \$100.00 per team and double the entry fee for the event; and, c) providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee's decision is final and non-appealable.

Deck Entry: There are no deck entries for this meet.

Entry Chair: Your Club's entry package and check should be sent via U.S. mail or nationally recognized overnight courier to the entry chair. **If sending the entry by overnight courier/express mail, you must waive the signature requirement.**

Send to: Jan Cartmill
Michigan Swimming Office
2900 Rodd St. #1784
Midland, MI 48641-1784

Refunds: There are no refunds in full or in part once a team or individual entry has been received and processed by the Entry Chair.

Finals Info:

Individual Events: There will be two heats of individual finals in both the 13/14 and Open Divisions – each heat is comprised of a maximum of eight (8) swimmers. These will be referred to as “A, B” Finals or “Championship Finals and Consolation Finals.” These will swim in a B-Consolation, A-Championship Finals order. The fastest seeded heat (top eight) after scratches (if any) of then 1000 Free (male and female) will swim in the Finals session on Friday night. The fastest seeded heat (top eight) after scratches (if any) of the 1650 Free (male and female) will swim in the Finals session on Sunday night. The 1000 Free and 1650 Free will be swum as a combined event and then separated for awards and scoring.

Relay Events: The fastest seeded heat (top eight) of all relays will swim in the evening Finals session. The remainder of the relays swim during the morning prelims.

Order of Events: Note the order of events as stated in the schedule of events for Finals. Finals are not necessarily swum in the same order as they are swum in the Prelims. Consult the heat sheet.

Scratch Rules/Individual Events: (1) All individual events will conform to the USA National Scratch Procedure **with the exception of the 1000 Free and the 1650 Free.** With these rules in effect you are no longer required to “check in” for any individual events – you are already “checked in” by virtue of your entry and thus expected to swim the event. If you are entered in an event you must swim the event, or if desired, scratch the event correctly in order to avoid being penalized. To scratch a preliminary or timed finals event you must drop a scratch card in a scratch box by the time stated. To scratch from a Finals event (that you have qualified for) you must scratch or declare your intention to scratch within 30 minutes after the qualifiers are announced pursuant to

207.7.9 (E). If you fail to scratch out of any individual event correctly and fail to compete in the event you will be penalized. (2) Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only Coaches and swimmers may use a scratch card to scratch an event. (3) A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A Coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (ie. remove the swimmer from the entire meet).

Penalties for Failure to Compete:

Preliminary Events: If a swimmer fails to drop his/her scratch card by the time stated for the event and fails to compete in that event, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

Finals: If a swimmer qualifies for a finals event as a result of his/her preliminary swim and fails to properly scratch, or fails to properly declare an intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced, and fails to compete in that event final, the swimmer will be barred from further competition for the remainder of the meet. NOTE: If a swimmer declares that he/she may want to scratch an event but does not return to confirm that scratch within 30 minutes following the conclusion of the swimmer's last event, the swimmer will be seeded into the Finals event, and will be similarly penalized if the swimmer does not compete in Finals. (See Meet Referee or his/her designee).

1000 Free and 1650 Free Timed Final events: If, after a swimmer checks in for the 1000 Free or the 1650 Free and (A) as a result of top 8 seeding, fails to properly scratch, and fails to compete in the evening Finals, the swimmer will be barred from swimming any events for the remainder of the meet, or (B) as a result of being seeded in the heats that swim during the preliminary sessions and fails to compete, the swimmer will be barred from swimming any further preliminary individual or relay events that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

Scratch Deadlines:

Scratch deadline for Prelim Events: All prelim scratch times are specifically listed above in the "Times" section.

Scratch deadline for all Final events: Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.7.9 D and E).

Additional \$50 Penalty: In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without have properly scratched that event, he/she shall be fined \$50 payable immediately to MS. The swimmer is not allowed to compete in any subsequent MS sanctioned events until the fine is paid.

Relay Entry:

A. Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B".

B. A and/or B relays must be entered with a seed time, and the seed time must be at or faster than the qualifying standard for the relay event. A and/or B relays may be entered without proof of a qualifying time. Relays missing a qualifying time standard must prove that the qualifying standard had been achieved during the qualifying period or pay a fine. (See Proof of Time paragraph). Therefore, it is highly suggested that all relay seed times as submitted on the entry have a provable aggregate time.

C. Swimmers participating in an individual event(s) and "Relay Only Swimmers" are eligible to compete on an A or B relay.

D. ALL RELAY SWIMMERS MUST BE ENTERED IN THE MEET USING OME. ATHLETES NOT ON THE OME ENTRY REPORT ARE NOT ELIGIBLE TO SWIM.

Relay Proof of Time: If the relay actually swims slower than the qualifying standard, proof of time is required. This is done by proving the aggregate time for the four individuals who actually swam on the particular relay within 30 days following the conclusion of the meet to the Michigan Swimming office. The aggregate time to be proved need not be equivalent to the submitted entry time for the relay, however, the time must be at or faster than the qualifying standard for the relay event. Aggregate proof times must all be equivalent (i.e. all SCY, all LCM, all SCM), all times must have been achieved during the qualifying period (on or after January 1, 2011), and may not use conversions in determining the submitted proof of time. Failure to prove a qualifying aggregate time within the 30 days will result in a fine of \$100 payable immediately to Michigan Swimming. Failure to pay the \$100 fine will result in that team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

Relay Check In: All relay check in times are listed in the “**Times**” section. Failure to check in the relay (to be seeded) by the time stated will result in the relay being scratched and the relay barred from swimming that event. Coaches should declare the actual swimmers (when they check the relays in) that will swim on the relay by writing the names and the order they will swim on the relay card and returning the card to the designated Meet official. Coaches may, at their discretion, delay the declaration of relay swimmers (Relays Declared) until a stated time.

Declaration of Relay Swimmers: In addition to the relay check in requirement, the names and order of relay swimmers and alternates must initially be declared (**Relays Declared**) by accurately writing all the swimmers names and order on a relay card provided for that purpose. The names and order of four relay swimmers must be declared for seeding purposes by: **(1)** 10 a.m. Friday for the 400 Medley Relays **(2)** 10 a.m. Saturday for the 800 Free Relays and **(3)** 10 a.m. Sunday for the 400 Free Relays. The order of relay swimmers may be changed (by coaches only) up to the start of the heat. If a coach wishes to change the order of the four swimmers that will actually swim, the coach must indicate the change to the Deck Referee or his/her designee sufficiently in advance to the start of the heat so as not to delay the heat. The Deck Referee or his/her designee in the coach’s presence will alter the order of swimmers on the relay card. If the relay fails to actually swim in the final order as declared on the relay card - the relay will be disqualified.

Seeding:

Individual Events: **(1)** Individual events will be swum in preliminary/final format except for the 13/14 and Open 1000 Free and the 13/14 and Open 1650 Free. Those events will be swum in a Timed Finals format. **(2) *The 1000 and 1650 Free will be swum as a combined event.*** **(3)** The 1000 and 1650 events will be seeded after check in closes. The fastest seeded heat (Top 8) after scratches (if any) of the 1000 and 1650 Free will swim during the Finals session. The remaining heats of the 1000 and 1650 events will swim in the morning preliminary sessions. All swimmers MUST check heat sheets for exact heat and lane assignments. Awards and scoring/place for this event are determined by all the athletes’ performances in all the heats (i.e. times achieved in the preliminary heats are also used to determine the Top 16 finishers even though the time was not achieved in the Finals). **(4) *The computer will separate the 1000 free and the 1650 free into 13/14 and open age groups after the completion of the event for scoring and awards.*** **(5)** The final three heats of all prelim/final events will be circle seeded fastest to slowest. All swimmers MUST check heat sheets for heat and lane assignments.

Relay Events: **(1)** All relay events will be timed finals. **(2)** The fastest seeded heats (Top 8) of the relay events will be swum during the finals sessions in the evening as stated in the Schedule of Events. **(3)** Relays will be seeded slowest to fastest.

~~**Down seeding:** Down seeding will only be allowed for the 400 Free Relay and the 1650 Freestyle both swum on Sunday. Down seeding must be declared by the check-in deadline for these events. When down seeded, the swimmer or relay team will be placed in the same relative order in prelims as their seeding would be in finals. Requests for Down seeding will be accommodated until it jeopardizes the evening’s Final’s heats.~~

Protests: USA Swimming Rule 102.11 shall be used.

Marshaling: This is a self-marshaled meet. All swimmers will be expected to find their heat and lane independently. Heats will not be delayed. Heat cards will not be used. Heat sheets will be posted.

Time Trials: At the discretion of the Meet Referee and Meet Director, and if time permits, time trials may be offered for all events immediately following the conclusion of the day's preliminary heats. However, time trials for the 1000/1650 will be offered **ONLY** on the days those events are swum in prelims. Athletes swimming time trials for the 1000/1650 will be placed in the slowest heats with open lanes in the preliminary events, regardless of gender. Heats will be added as needed.

Each day's time trial events will follow the order of that day's competition events, followed by the subsequent day's competition events, and finally the previous day's events as applicable.

Time trials are \$7.50 for an individual event and \$15 for a relay. Time trials are subject to the Michigan Swimming Championship Time Trial Rules which are reviewable in full on the Michigan Swimming website. Notable portions of the rule include: (1) To participate in time trials the swimmer must be already participating in this Short Course State Meet, either in an individual event or a relay event (including relay only athletes) (2) Swimmers are limited to two time trials for the entire meet (3) Time trials count against the total number of individual events per day (no more than 3 individual per day) but not toward the total number of individual events for the entire meet (6). If an athlete has entered the maximum number of individual events allowed per day and wants to swim a time trial, the athlete must scratch an event using the scratch box by the stated deadline or not swim the time trial in order to assure the limit of swims per day is not exceeded.

Awards: Michigan Swimming provides medals for 1st – 8th place finishers in both individual and relay events, and ribbons for 9th – 16th in all individual events. JBL Engraving will be on site to engrave individual and relay medals. There are individual high point awards for 1st – 3rd place finishers in each age group. There is an overall Team State Champion and runner-up trophy.

Award Presentation: There will be a formal awards presentation which will take place immediately following the event.. It is expected that athletes will appear on time for awards so as not to delay the meet.

Relay awards from Friday finals will be presented at Saturday finals. Relay awards from Saturday finals will be presented at Sunday finals.

Award Distribution: Awards for 9th – 16th place will be bagged for each team and available for immediate pickup at the end of the meet on Sunday evening. No awards will be mailed. No exceptions.

Programs: Meet Programs are \$8.00. Coupons for free preliminary heat sheets will be located on the back page of the program. Once an announcement is made that the session's heat sheets are available, return the appropriate heat sheet coupon to the admissions table to receive that session's heat sheet. Preliminary heat sheets are \$2.00 (without a coupon). Final session heat sheets are \$1.00 and can be purchased at admissions.

Admissions: \$5.00 per person/per day (one-time fee for the day's prelims and/or finals). Children age 10 and under are free. All Session Passes (wristband) are available for \$15.00 during the practice swim on Thursday night and all day on Friday. Although there is no discount associated with the All Session Pass it will eliminate the need to stand in the admission line. The wristband must be worn on one of your wrists. No exceptions. Please do not abuse this family friendly policy.

Gift: Swimmers' Gift will be available for pick up Thursday PM, Friday AM, Saturday AM and Sunday AM in the pool lobby.

Scoring: Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st-16th respectively.
Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1st –16th respectively. Relay points affect team scoring only and are not counted toward individual high point.

Results: Live meet results will be available at www.zeelandswimming.org during the meet (A psych sheet will also be posted on the website prior to the meet). Meet results will also be posted following the conclusion of the meet on the Michigan Swimming Website at www.miswim.org . Results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive).

Concessions/Hospitality: Concessions will be located in the Lobby and Balcony Food and beverages in plastic containers will be allowed on the deck. NO glass containers will be allowed on the pool deck and will be confiscated if found. Violators of the No Glass Rule face ejection from the meet (either spectator or athlete) at the discretion of the Meet Referee. Violators may also face further sanctions from Michigan Swimming. A hospitality area will be available for coaches & officials.

Lost and Found: Articles may be turned in to a designated lost and found area outside the locker rooms. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

Safety: Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach have the athlete's insurance cards and signed releases allowing them to direct medical care.

Deck Personnel: Only swimmers, registered and certified coaches and meet officials/workers are allowed on the pool deck. Coaches must be current in all certifications through the final date of the meet. *NO PARENTS ARE ALLOWED ON DECK or in the Locker Rooms*

Gen Info: Any errors or omissions in this meet announcement will be documented by the Meet Referee and available for review at the Clerk of Course. Information will also be covered at the Coaches' Meeting.

- Facility Items:**
- (A) First Aid supplies will be kept with the lifeguard on duty.
 - (B) No smoking is allowed in the building or on the grounds.
 - (C) No glass or coolers are allowed anywhere in the aquatics center.
 - (D) No folding chairs/bag chairs/camping chairs will be allowed in the balcony.
 - (E) No bare feet allowed outside of the pool area.
 - (F) An Emergency Action Plan is available for review near the Clerk of the Course.
 - (G) 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.
 - (H) Reserved seating in the balcony is prohibited

Meet Referee: Adam Hopkins
Meet Directors: Mike Torrey
616-748-4751
mtorrey@zps.org

Clerk of Course: Bobby Mills
bmills@zps.org
616-748-3280

Safety Marshall: Lynn DeMarse
ldemarse@zps.org

Swim Vendor: Earth Bound
Different Strokes

Photographer: None

Engraving: JBL Engraving

Vendors: Maui Wau
Bear Claw Coffee

Qualifying Period: January 1, 2011 to entry deadline

Posted October
2011

13-14 WOMEN					13-14 MEN	
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
30.29	29.79	26.39	50 Freestyle	25.29	28.49	29.29
1:05.29	1:05.09	57.09	100 Freestyle	54.89	1:03.49	1:05.19
2:21.79	2:21.29	2:03.89	200 Freestyle	1:59.99	2:16.89	2:18.79
4:59.89	4:54.89	5:32.99	400/500 Freestyle	5:25.09	4:49.79	4:59.59
10:20.99	10:06.49	11:35.99	800/1000 Freestyle	11:19.99	9:59.79	10:20.19
			1500/1650			
19:54.09	19:20.49	19:35.99	Freestyle	19:17.99	19:11.69	19:50.99
1:16.19	1:15.39	1:05.09	100 Backstroke	1:04.09	1:13.89	1:16.09
2:43.29*	2:40.89	2:20.99*	200 Backstroke	2:18.09	2:38.79	2:42.79
1:27.79	1:24.79	1:13.99	100 Breaststroke	1:12.49	1:23.99	1:26.99
3:09.89	3:03.29	2:41.99	200 Breaststroke	2:38.09	3:04.79	3:11.49
1:15.89*	1:16.19	1:04.79*	100 Butterfly	1:02.39	1:16.09	1:14.99
2:57.99	3:02.69	2:27.99	200 Butterfly	2:26.69	3:01.19	2:59.99
2:44.09	2:39.59	2:22.09	200 IM	2:16.89	2:38.29	2:42.19
5:55.39	5:46.09	5:03.89	400 IM	4:59.99	5:43.59	5:53.79
4:31.99	4:22.79	4:05.89	400 Free Relay	3:59.99	4:22.19	4:31.59
9:43.49	9:24.29	8:55.99	800 Free Relay	8:45.99	9:24.49	9:48.69
5:17.59	5:11.39	4:29.99	400 Medley Relay	4:30.99	5:18.49	5:29.89

OPEN WOMEN					OPEN MEN	
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.19*	28.89	25.59*	50 Freestyle	23.29*	25.79	26.29*
1:03.29*	1:02.79	55.59*	100 Freestyle	50.59*	56.49	57.29*
2:17.19*	2:15.39	2:00.79*	200 Freestyle	1:51.89	2:05.19	2:08.09
4:51.19*	4:45.79	5:23.29*	400/500 Freestyle	5:03.99	4:26.49	4:35.49
10:08.09	9:48.09	11:20.99	800/1000 Freestyle	10:40.19	9:25.49	9:44.79
			1500/1650			
19:30.99	18:52.39	18:58.89	Freestyle	18:10.49	18:13.69	18:50.99
1:14.29*	1:13.29	1:03.09	100 Backstroke	58.99*	1:08.09	1:08.79*
2:39.99*	2:36.39	2:16.99	200 Backstroke	2:09.19	2:28.19	2:31.89
1:24.49	1:21.59	1:13.09	100 Breaststroke	1:06.69	1:16.99	1:19.69
3:02.89	2:56.49	2:39.69	200 Breaststroke	2:27.99	2:52.49	2:58.69
1:10.69	1:10.49	1:02.09*	100 Butterfly	57.09	1:05.39	1:05.29
2:48.89	2:45.89	2:23.39	200 Butterfly	2:15.99	2:35.89	2:41.49
2:37.89*	2:33.69	2:16.99*	200 IM	2:06.99	2:21.09	2:25.99
5:43.99	5:36.79	4:54.29	400 IM	4:40.99	5:19.39	5:25.99
4:15.69*	4:08.49	3:49.89*	400 Freestyle Relay	3:31.99	3:46.69	3:54.89
9:17.49	9:04.59	8:22.99	800 Freestyle Relay	7:47.99	8:32.69	8:49.89
5:08.69	4:57.99	4:25.99	400 Medley Relay	4:08.99	4:39.19	4:48.19

* = standard revised this year

**Michigan Swimming
13 & Over Short Course
State Championship
Hosted by: West Michigan Swimmers**

March 16th, 17th & 18th

SCHEDULE OF EVENTS

Friday Prelims

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 1-24

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
1	13-14 400 IM	2
3	Open 400 IM	4
5	13-14 100 Breast	6
7	Open 100 Breast	8
9	13-14 200 Free	10
11	Open 200 Free	12
13	13-14 100 Fly	14
15	Open 100 Fly	16
17	13-14 400 Med Relay	18
19	Open 400 Med Relay	20
21	Open 1000 Free	22
23	13-14 1000 Free	24

Friday Finals

Warm-up: 4:30 – 5:20 p.m.

Events: 5:30 p.m.

Event order: 21-22, 5-16, 1-4, 17-20

Saturday Prelims

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 25-48

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
25	13-14 200 IM	26
27	Open 200 IM	28
29	13-14 50 Free	30
31	Open 50 Free	32
33	13-14 200 Breast	34
35	Open 200 Breast	36
37	13-14 100 Back	38
39	Open 100 Back	40
41	13-14 500 Free	42
43	Open 500 Free	44
45	13-14 800 Free Relay	46
47	Open 800 Free Relay	48

Saturday Finals

Warm-up: 4:30 – 5:20 p.m.

Events: 5:30 p.m.

Event order: 25-48

Sunday Prelims

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 49-68

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
49	13-14 200 Back	50
51	Open 200 Back	52
53	13-14 100 Free	54
55	Open 100 Free	56
57	13-14 200 Fly	58
59	Open 200 Fly	60
61	13-14 400 Free Relay	62
63	Open 400 Free Relay	64
65	Open 1650 Free	66
67	13-14 1650 Free	68

Sunday Finals:

Note that this session starts ½ hour earlier than Fri and Sat

Warm-up: 4:00 – 4:50 p.m.

Events: 5:00 p.m.

Event Order: 65-66, 49-68

