



**Michigan Swimming Red Junior Olympic Meet**  
**Hosted By: East Grand Rapids Aquatics**  
**February 28 through March 2, 2014**

**Sanction:** This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI1314067**. 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. The Time Trial sanction number is **MITT1314067**.

**Location:** East Grand Rapids Community Pool  
2211 Lake Drive SE  
East Grand Rapids, MI 49506

The entrance to the pool is on Wealthy Street which is one block north of Lake Drive.

**Times:**

Friday, February 28	Warm Up 5:00 pm	Start 6:00 pm
Saturday, March 1	Warm Up 8:00 a.m.	Start 9:00 a.m.
Saturday, March 1	Warm Up 1:00 p.m.	Start 2:00 p.m.
Sunday, March 2	Warm Up 8:00 a.m.	Start 9:00 a.m.
Sunday, March 2	Warm Up 1:00 p.m.	Start 2:00 p.m.

**Motels:** **Holiday Inn Grand Rapids – Airport**  
3063 Lake Eastbrook Blvd SE  
Kentwood, MI 49512  
(616)285-7600

\$89/night under East Grand Rapids Aquatics Block

**Facilities:** East Grand Rapids Community Pool is a 10 lane pool with a diving well which will be available for supervised warm-up and warm down.

Depth at start is 7ft<sup>1</sup> and 7ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with a 10 lane display will be used. There is ample balcony seating for spectators. No public phones. Lockers are available (provide your own lock). The competition course has not been certified in accordance with 104.2.2C (4)

---

<sup>1</sup>Depth at Start must meet State of Michigan requirements.

- Eligibility:** The Michigan Swimming Junior Olympics Meet is the middle level meet (above Districts Meets and below State Meets) of the Michigan Swimming, Inc Championship Meets. Thus, it is a "Faster than/Slower than" time standard swim meet. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on February 28, 2014 will determine his/her eligibility for a particular age group.
- Meet Format:** The format at each of the Three Junior Olympics Championship Meets are identical. All events are timed finals. 10&U's and 11-12 girls will swim in the AM sessions. 13&18's and 11-12 boys will swim in the PM sessions. Relays are offered. The 13-18 age group will be swum together but split into 13-14 and 15-18 age groups for awards. All events will be swum slowest to fastest except for the 400 IM, 500 Freestyle and 1650 Freestyle which will be swum fastest to slowest. The 13-18 500 Freestyle and 1650 Freestyle will also be swum alternating genders female/male.
- Team Venue:** For the 2014 Junior Olympics Championships meets all teams registered with MS will initially be assigned by the MS Programs Operations vice chair to one of the three JO "venues". These venues are geographically located throughout the State of Michigan in an effort to equalize the size (total entries) of the meets as well as equalize the travel distance to The Junior Olympic meets are referred to as the "Red, White, and Blue" meets. Each MS team will send their entries to the initial venue assigned by the Programs Operations vice chair and compete at that venue (i.e. a MS team cannot choose which venue they will compete at). After the entries are received at each venue the Program Operations vice chair in his/her discretion has the right to and may reassign clubs among the meet venues to balance the entries in an equitable manner between each venue. Teams will be notified as soon as possible if their swimming venue has been changed. Please contact Damon Robertson [coachdtr1@gmail.com](mailto:coachdtr1@gmail.com) if you have any questions.
- Time Standards:** To enter a particular event the swimmer's fastest time achieved between January 1, 2013 and February 28, 2014, must fall between "Q2" (JO minimum qualifying) and the "Q1" (State qualifying) time standards (a "Faster than/Slower than" situation). A swimmer may only compete in events in which they do not have a Q1 State Championship qualifying time prior to the JO Meet. Any swimmer who has achieved a SCM or LCM Q1 time cut which will allow the swimmer to enter an event in the 2014 short course State Meet is ineligible to enter or

compete in the same event in the JO meet. This includes any 8 & under swimmer who has achieved the 10 & under Q1 standard. If a swimmer achieves a Q1 time in a particular event after his/her entry has been sent to the JO Entry Chair but before February 28, 2014, the swimmer must withdraw from the event unless the "Age Up" exception below applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

**Age Up Exception:**

All swimmers who "age up" after JOs and before their respective State Meet, either 12 and Under or 13/14 & Open, and who don't have a Q1 (State qualifying) time in their new State Meet age group may enter a particular event in their current age group at JO at a seed time at or faster than their current age groups Q1 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the State Meets in their actual age group at the State Meets. Swimmers who enter an event at JO under the "age up" exception are not, however, eligible for awards at JO in that event. Please alert the Entry Chair to all "Age Up" entries by enclosing a statement to that effect in your email or US mail entry.

These swimmers should be marked as exhibition in your entry.

**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.

**Relays:**

There will be relays offered this year at the Junior Olympic Meets. Swimmers may enter 1 relay per day. Swimmers must be entered into the meet in at least 1 individual event in order to swim a relay (NO RELAY ONLY SWIMMERS). Additionally, teams are limited to an A and B relay for each relay event.

**Individual Entry Limits:**

Swimmers may swim a maximum of 1 individual event Friday and 3 individual events and 1 relay each day Saturday and Sunday.

**Electronic Entries:**

\$5.00 per individual event and \$12.00 per relay event. Please include a \$5.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: East Grand Rapids Aquatics.

**Paper Entries:**

MS rules regarding non-electronic entries apply. \$6 per individual event and \$13.00 per relay 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 \$5.00 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.

**Entry Procedures:**

Entries may be submitted to the entry chairperson as of February 14, 2014 at 12pm (noon). The entry chairperson must receive all entries no later than Tuesday February 25, 2014 at 8:00 am. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the entry chairperson at [coachconverse@egrawaves.com](mailto:coachconverse@egrawaves.com) . 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 Michigan Swimming Red Junior Olympic meet entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

**Refunds:**

Once a team or individual entry has been received and processed by the entry chair there are no refunds in full or in part unless the "over qualification exception" applies (see MS Rules).

**Entry Chair:**

Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Brandon Converse  
1327 Plymouth Avenue SE  
Grand Rapids, MI 49506  
616-460-5630 [coachconverse@egrawaves.com](mailto:coachconverse@egrawaves.com)

**Check In:**

Check In will be available as of 30 minutes before warm-up starts. 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. **Check in will close 15 minutes after the start of warm up for each session.** Check in sheets will be posted in the hallway leading to the locker rooms.

**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.

**Marshaling:**

This meet is self marshalled.

<b>Seeding:</b>	Seeding will be done after check in closes. All events will be seeded slowest to fastest except for the 400 IM, 500 yard freestyle and the 1650 yard freestyle which will be swum fastest to slowest. The 13-18 year old 500 yard freestyle and 1650 yard freestyle will also be swum alternating genders female/male.
<b>Deck Entries/ Time Trials:</b>	Deck Entries will not be allowed. Time trials will be offered at the discretion of the Meet Host and Meet Referee, only if time permits. The cost is \$7 per individual event \$15 for a relay. Only 1 time trial will be allowed per swimmer per day. Time trials do not count towards the per day entry limits nor does a swimmer need to be entered into the meet to swim a time trial. Swimmers who are not entered in the meet must prove their USA-S membership by presenting their USA-S membership card, have a print out from their Club portal on the USA-S website, or the athlete may also enter by showing their membership from USA Swimming's DECK PASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the card, or list or the swimmer may compete unattached (UN). All time trials, if offered, will be Open events. Friday evening time trials, if offered, include the 1,000 and 1,650 freestyle events. However, Saturday and Sunday time trial distances, if offered, are limited to distances of 500 yards or shorter. 10 year old swimmers who are "Age Up Athletes" are eligible to time trial the 200 stroke events (fly, back, and breast), however, 10 year old swimmers who are not "Age Up Athletes" may not time trial the Open 200 stroke events.
<b>Meet Programs / Admissions:</b>	Admission is \$5 per person with 10 and under free with a paying adult. Heat Sheets are available for \$2 per session.
<b>Scoring:</b>	No individual or team scores will be kept.
<b>Awards:</b>	Custom Michigan Swimming Medals for all individual events and relays for 1 <sup>st</sup> -8 <sup>th</sup> place and ribbons, for 9 <sup>th</sup> -16 <sup>th</sup> place, will also be given for individual events only. Award ceremonies will take place according to the published schedule.
<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.
<b>Concessions:</b>	Food and beverages will be available in concessions located near the entrance. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. A hospitality area will be available for coaches and officials.

**Lost and Found:** Articles may be turned in/picked up at the pool deck office. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).

**Swimming Safety:** Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm-down lanes and/or diving well. 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:** 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.

Lists of registered coaches, certified officials and meet personnel will be placed outside the doors 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 logo, name 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.

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.

**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 lifeguard office.

- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of East Grand Rapids Community Pool.
  - (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 lifeguard office.
  - (E) 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.
  - (F) Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**Meet Director:** Brandon Converse/616-4605630/  
[coachconverse@egrawaves.com](mailto:coachconverse@egrawaves.com)

**Meet Referee:** Scott Appleyard/[scott.appleyard@asmnet.com](mailto:scott.appleyard@asmnet.com)

**Safety Marshal:** Andy Milnes

**Administrative Official:** TBD by Dawn Gurley

**Entry Chair:** Brandon Converse  
 1327 Plymouth Avenue SE  
 Grand Rapids, MI 49506  
[coachconverse@egrawaves.com](mailto:coachconverse@egrawaves.com) (616)460-5630

**FRIDAY EVENING**

Check in Opens 4:30 PM, Warm-up 5:00 PM  
 Check in Closes 5:15 PM, Start 6:00 PM

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
Event #		Event #
1	11 -12 400 IM	2
3	10&U 500 FREE	4
5	13-18 1650 FREE**	6

**Award breaks after Event 4 and 6**

\*\* If a swimmer has the 1000 yd freestyle Q2 time they can enter the 1650 yd freestyle at the Q2 cutoff time, if they have not already achieved a Q1 time in the 1650 yd freestyle.

## Michigan Swimming Red Junior Olympic Meet

### SATURDAY MORNING

Check in opens 7:30 AM, Warm-up 8:00 AM

Check in Closes 8:15 AM, Start 9:00 AM

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
Event #		Event #
7	11-12 Girls 200 Back	
8	10 & Under 50 Free	9
10	11-12 Girls 50 Free	
11	10 & Under 100 IM	12
13	11-12 Girls 100 IM	
14	10 & Under 50 Fly	15
16	11-12 Girls 50 Fly	
17	10 & Under 200 Free	18
19	11-12 Girls 200 Free	
20	10 & Under 100 Breast	21
22	11-12 Girls 100 Breast	
23	10 & Under 50 Back	24
25	11-12 Girls 50 Back	
26	11-12 Girls 200 Fly	
27	10 & Under 200 Med Relay	28
29	11-12 Girls 200 Med Relay	

**Award breaks after Event 13, Event 22, and Event 29**

### SATURDAY AFTERNOON

Check in opens 12:30 PM Warm-up 1:00 PM,

Check in Closes 1:15 PM, Start 2:00 PM

<b>Girls</b>	<b>EVENTS</b>	<b>Boys</b>
EVENT #		EVENT #
	11-12 Boys 100 I.M.	30
31	13-18 400 IM*	32
	11-12 Boys 50 Back	33
34	13-18 200 Back*	35
	11-12 Boys 200 Free	36
37	13-18 200 Free*	38
	11-12 Boys 50 Fly	39
40	13-18 200 Fly*	41
	11-12 Boys 200 Back	42
43	13-18 50 Free*	44
	11-12 Boys 50 Free	45
46	13-18 100 Breast*	47
	11-12 Boys 100 Breast	48
	11-12 Boys 200 Fly	49
50	13-18 400 Med Relay	51
	11-12 Boys 200 Med Relay	52

**Award breaks after Event 35, Event 41, Event 45, and Event 52**



## Michigan Swimming Red Junior Olympic Meet

### SUNDAY MORNING

Check in opens 7:30 AM Warm-up 8:00 AM,  
Check in Closes 8:15 Start 9:00

<b>Girls</b> Event #	EVENTS	<b>Boys</b> Event #
53	11-12 Girls 200 Breast	
54	10 & Under 200 IM	55
56	11-12 Girls 200 IM	
57	10 & Under 100 Back	58
59	11-12 Girls 100 Back	
60	10 & Under 100 Free	61
62	11-12 Girls 100 Free	
63	10 & Under 50 Breast	64
65	11-12 Girls 50 Breast	
66	10 & Under 100 Fly	67
68	11-12 Girls 100 Fly	
69	10 & Under 200 Free Relay	70
71	11-12 Girls 200 Free Relay	
72	11-12 Girls 500 Free	

**Award break after Event 59, Event 65, and Event 72**

### SUNDAY AFTERNOON

Check in opens 12:30 PM, Warm-up 1:00 PM,  
Check in Closes 1:15 PM, Start 2:00 PM

<b>Girls</b> Event #	EVENTS	<b>Boys</b> Event #
	11-12 Boys 200 Breast	73
74	13-18 200 Breast*	75
	11-12 Boys 200 IM	76
77	13-18 200 IM*	78
	11-12 Boys 100 Back	79
80	13-18 100 Back*	81
	11-12 Boys 100 Free	82
83	13-18 100 Free*	84
	11-12 Boys 50 Breast	85
86	13-18 100 Fly*	87
	11-12 Boys 100 Fly	88
89	13-18 400 Free Relay	90
	11-12 Boys 200 Free Relay	91
92	13-18 500 Free*	93
	11-12 Boys 500 Free	94

**Award break after Event 78, Event 84, Event 88, and Event 94**

\* Must be slower than Q1 (state qualifying) time for their age group

## Michigan Swimming Red Junior Olympic Meet

Qualifying Period: January 1, 2013 to entry deadline				
10 & Under GIRLS SCY		Posted November 2013	10 & Under BOYS SCY	
(Q1)	(Q2)	EVENT	(Q2)	(Q1)
Slower than	Faster than		Faster than	Slower than
or equal to			or equal to	
31.79	33.59	50 Freestyle	34.59	32.19
1:10.09	1:15.99	100 Freestyle	1:19.09	1:11.79
2:36.79	2:50.09	200 Freestyle	2:55.69	2:39.99
6:55.89	7:42.89	500 Freestyle	8:05.99	7:01.49
37.09	40.39	50 Backstroke	41.69	38.99
1:20.69	1:27.79	100 Backstroke	1:32.29	1:22.59
42.59	45.59	50 Breaststroke	48.09	43.69
1:33.59	1:42.79	100 Breaststroke	1:44.29	1:39.79
35.69	39.79	50 Butterfly	42.69	37.29
1:26.59	1:40.99	100 Butterfly	1:40.59	1:31.59
1:20.59	1:26.59	100 IM	1:30.99	1:24.09
2:55.69	3:16.09	200 IM	3:24.69	2:59.69
2:15.09	2:24.39	200 Freestyle Relay	2:29.39	2:18.99
2:35.59	2:46.39	200 Medley Relay	2:52.09	2:46.99
11-12 GIRLS			11-12 BOYS	
(Q1)	(Q2)	EVENT	(Q2)	(Q1)
Slower than	Faster than		Faster than	Slower than
or equal to			or equal to	
27.79	29.09	50 Freestyle	30.59	28.09
1:01.89	1:05.09	100 Freestyle	1:09.19	1:00.89
2:13.19	2:24.39	200 Freestyle	2:32.99	2:15.89
5:55.89	6:27.99	500 Freestyle	6:42.19	6:06.89
32.29	35.09	50 Backstroke	37.09	32.69
1:12.29	1:16.39	100 Backstroke	1:20.19	1:12.09
2:29.39	2:48.09	200 Backstroke	3:09.59	2:38.19
37.69	39.99	50 Breaststroke	41.99	36.69
1:19.29	1:27.69	100 Breaststroke	1:32.09	1:21.19
2:55.09	3:11.09	200 Breaststroke	3:25.79	2:54.89
30.89	34.19	50 Butterfly	36.29	30.99
1:10.19	1:22.99	100 Butterfly	1:26.69	1:10.89
2:46.09	3:12.59	200 Butterfly	3:23.99	2:45.49
1:10.49	1:16.29	100 IM	1:20.29	1:11.39
2:31.49	2:47.59	200 IM	2:55.69	2:32.49
5:28.29	6:19.89	400 IM	6:30.89	5:44.29
1:57.09	2:10.19	200 Freestyle Relay	2:17.39	2:09.99
2:14.59	2:28.99	200 Medley Relay	2:30.99	2:19.99

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO Standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the "slower than" column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 & Open).

## Michigan Swimming Red Junior Olympic Meet

Qualifying Period: January 1, 2013 to entry deadline

13-18 WOMEN SCY		EVENT	13-18 MEN SCY	
(Q1) Slower than	(Q2) Faster than or equal to		(Q2) Faster than or equal to	(Q1) Slower than
26.29	27.59	50 Free, 13-14	27.09	25.09
25.09	27.59	50 Free, 15-18	27.09	22.89
57.19	59.89	100 Free, 13-14	58.89	55.19
54.69	59.89	100 Free, 15-18	58.89	51.29
2:05.69	2:11.69	200 Free, 13-14	2:11.09	1:58.59
1:58.59	2:11.69	200 Free, 15-18	2:11.09	1:51.19
5:33.39	5:50.99	500 Free, 13-14	5:53.69	5:32.59
5:19.39	5:50.99	500 Free, 15-18	5:53.69	5:06.99
11:20.99	12:33.39	1000 Free, 13-14	12:35.59	11:00.19
11:13.89	12:33.39	1000 Free, 15-18	12:35.59	10:20.89
19:39.49	20:57.09	1650 Free, 13-14	21:19.99	19:45.39
18:49.19	20:57.09	1650 Free, 15-18	21:19.99	18:34.89
1:04.99	1:09.59	100 Back, 13-14	1:10.99	1:02.99
1:01.89	1:09.59	100 Back, 15-18	1:10.99	57.59
2:19.59	2:29.89	200 Back, 13-14	2:35.99	2:16.29
2:16.09	2:29.89	200 Back, 15-18	2:35.99	2:18.09
1:15.89	1:20.69	100 Breast, 13-14	1:19.49	1:12.19
1:11.49	1:20.69	100 Breast, 15-18	1:19.49	1:08.49
2:42.79	2:55.09	200 Breast, 13-14	2:54.49	2:38.99
2:39.19	2:55.09	200 Breast, 15-18	2:54.49	2:38.09
1:05.79	1:10.29	100 Fly, 13-14	1:09.99	1:02.89
1:01.59	1:10.29	100 Fly, 15-18	1:09.99	56.59
2:33.89	2:48.59	200 Fly, 13-14	2:41.99	2:30.79
2:26.09	2:48.59	200 Fly, 15-18	2:41.99	2:07.49
2:21.09	2:28.99	200 IM, 13-14	2:28.99	2:20.39
2:15.89	2:28.99	200 IM, 15-18	2:28.99	2:06.59
5:05.19	5:26.89	400 IM, 13-14	5:24.99	5:15.39
5:01.99	5:26.89	400 IM, 15-18	5:24.99	4:49.09
3:59.99	4:08.59	400 Free Relay, 13-18	3:50.59	3:36.99
4:30.99	4:42.49	400 Medley Relay, 13-18	4:24.39	4:13.99

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO Standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the “slower than” column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 & Open).

Posted November 2013





**Meet Evaluation Form  
Sanction Number: MI1314067**

**Name of Meet: 2014 Red Junior Olympics**

**Date of Meet: February 28 through March 2, 2014**

**Host of Meet: East Grand Rapids Aquatics**

**Place of Meet: East Grand Rapids Community Pool**

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:**

(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 and the Michigan Swimming Office within 30 days.**