



**2016 LAC Spring Tune-Up**  
**Hosted By: Lakeview Aquatic Club**  
**May 14, 2016**

**Sanction** - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI1516113**. 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 is fully set forth in these meet rules.

**Location** - Battle Creek Lakeview High School  
15060 Helmer Road  
Battle Creek, MI 49015

**Times** - Saturday Morning (12 & Under Session) Warm Up 8:00am Meet Start 9:00am  
Saturday Afternoon (Open Session) Warm Up Noon Meet Start 1:00pm

**Motels** – Please visit your favorite travel website for hotel accommodations.

**Facilities** - The Lakeview High School Pool is a 8 lane pool with a 3 lane supervised warm-up and cool-down area separated by a bulkhead. Depth at start is 7 ft and 8 ft to 12.5 ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics timing with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available. The competition course has not been certified in accordance with 104.2.2C (4)

**Eligibility** – The LAC Spring Tune Up an ABC meet for all swimmers. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on May 14, 2016 will determine his/her eligibility for a particular age group.

**Deck Registration** - Unregistered swimmers must register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$140.00 per swimmer for 2015-16 registration).

**Meet Format** - All events are timed finals. The morning session is for all 12 and under swimmers. The afternoon session is for open age swimmers.

**Entry Limits** - Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the Administrative Official 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** - Swimmers may swim a maximum of 4 individual events per day

**Electronic Entries** - \$5.00 per individual event. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Lakeview Aquatic Club.

**Paper Entries** - MS rules regarding non-electronic entries apply. \$6.00 per individual event. There is a \$1.00 additional charge per individual 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 Administrative Official on a spreadsheet of your choice however the paper entry must be logically formatted and must contain all pertinent information to allow the Administrative Official to easily enter the swimmer(s) in the correct events with correct seed times.

**Entry Procedures** - Entries may be submitted to the Administrative Official as of 7:00am April 16, 2016. The Administrative Official must receive all entries no later than 5:00pm May 7, 2016. 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 Administrative Official at bperisao@gmail.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 Administrative Official 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 2016 LAC Spring Tune Up 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).

**Entries** - 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:

Julie Youngquist  
163 Lakeshire Road  
Battle Creek, MI. 49015

Electronic Entries only: Betty Peristeridis [bperisao@gmail.com](mailto:bperisao@gmail.com) (269)760-3996

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

**Seeding** - Seeding will be done after check in closes. All events will be seeded slowest to fastest, except the 500 free which will be seeded fastest to slowest alternating genders.

**Deck Entries/Time Trials** - Deck entries will be allowed. Cost of a deck entry is \$7.50 for an individual event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in the meet. For deck entries, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal, the Club Portal is located on the USA Swimming website. 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) if they request to do so.

**Meet Programs/Admissions** - Admission is \$5 per person with 10 year olds and under free with a paying adult. Heat Sheets are available for \$2 per session.

**Scoring** - No individual or team scores will be kept.

**Awards** – Ribbons will be awarded for 1st through 8<sup>th</sup> place for ABC age groups in individual events for 8 & under, 9-10 and 11-12. There are no awards for the open.

**Results** - Complete meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/>. Unofficial results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.

**Concessions** - Food and beverages will be available in pool balcony. 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 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 pool and 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 door to the locker rooms. 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 pool office.

**Facility Items –**

- (A) No smoking is allowed in the building or on the grounds of Lakeview 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 pool 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) Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

**Meet Director** – Julie Youngquist, [coachjyoungquist@yahoo.com](mailto:coachjyoungquist@yahoo.com) (269)873-2557

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

**Safety Marshal** – Andy Frendenburg [coachfredenburg@yahoo.com](mailto:coachfredenburg@yahoo.com)

**Administrative Official** - Betty Peristeridis [bperisao@gmail.com](mailto:bperisao@gmail.com) (269)760-3996

**2016 LAC Spring Tune Up**

**Sanction Number: MI1516113**

**Saturday, May 14, 2016 Morning Session**

*Warmup 8:00am; Meet Start 9:00am*

Girls		Boys
1	12 & Under 200 Free	2
3	8 & Under 25 Fly	4
5	12 & Under 50 Fly	6
7	12 & Under 100 Fly	8
9	8 & Under 25 Back	10
11	12 & Under 50 Back	12
13	12 & Under 100 Back	14
15	8 & Under 25 Breast	16
17	12 & Under 50 Breast	18
19	12 & Under 100 Breast	20
21	8 & Under 25 Free	22
23	12 & Under 50 Free	24
25	12 & Under 100 Free	26
27	12 & Under 200IM	28

**Saturday, May 14, 2016 Afternoon Session**

*Warmup Noon; Meet Start 1:00pm*

Girls		Boys
29	Open 200 Free	30
31	Open 200 Fly	32
33	Open 100 Back	34
35	Open 200 Breast	36
37	Open 100 Free	38
39	Open 100 Fly	40
41	Open 200 Back	42
43	Open 100 Breast	44
45	Open 50 Free	46

47

48

49

Open 500 Free

50

**Sanction Number:** MI1516113[illegible]

Signature: \_\_\_\_\_

Position: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Phone: \_\_\_\_\_

Coach E-Mail: \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Code:

**Name of Meet**

Club Name:



Date: \_\_\_\_\_

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

**Meet Evaluation Form**

**Sanction Number:** MI1516113

**Name of Meet:** 2016 LAC Spring Tune Up

**Date of Meet:** May 14, 016

**Host of Meet:** Lakeview Aquatic Club

**Place of Meet:** Lakeview 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:**

(Please write any comments 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 (Mike Cutler) and the Michigan Swimming Office (Jan Cartmill and John Loria) within 30 days.