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**Integrity, Inclusion, Education, Excellence**

**Rock the Block Meet**

**Hosted By: Lakers Aquatic Club**

**November 11-13, 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 **MI1617017.** The Sanction Number for the Time Trial, if needed, is **MITT1617017**. 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 –** L’Anse Creuse High School  
 38495 L’Anse Creuse Road  
 Harrison Township, MI 48045

**Times -** Friday P.M. Warm up Starts: 5:00 p.m. Events Begin: 6:00 p.m.

Saturday A.M. Warm up Starts: 7:30 a.m. Events Begin: 8:30 a.m.

Saturday P.M. Warm up Starts: 12:30 p.m. Events Begin: 1:30 p.m.

Saturday P.M. (1000 Free) Events begin no earlier than 4:30 p.m.

Sunday A.M. Warm up Starts: 7:30 a.m. Events Begin 8:30 a.m.

Sunday P.M. Warm up Starts: 12:30 p.m. Events Begin 1:30 p.m.

**Motels –** Please use your favorite search engine to find hotels.

**Facilities –** L’Anse Creuse High School**,** is an 8 lane pool with a diving well which will be available forsupervised warm-up and warm down. Depth at start is 8 feet[[1]](#footnote-1) and 4 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado 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). **Parking is only permitted in paved legal parking spaces around the school. Persons parking in illegal areas or on the grass sections may be ticketed and/or towed.**

**Eligibility –** The Lakers “Rock the Block” Meet is open to all swimmers 18 years of age and younger. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on November 11, 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 ($148.00 per swimmer for 2016-17 registration).

**Meet Format –** “Rock the Block” meet is a timed final format. Session 1 is a session with offerings for all ages. Sessions 2 and 5 are open to 10 and Under swimmers and 11 & 12 Girls and will be swum in the AM. Sessions 3 and 6 are open to 11 & 12 Boys and all 13 & Over swimmers and will be swum in the PM. Session 4 will be the Open 1000 Free and will begin no earlier than 4:30 p.m. The time standards used in this meet are A, B, & C. Events may be combined (per USA Rule 102.8.2) to conserve lane space and for the timeliness of the meet. Fly over starts will be used during this meet. For the purpose of providing proper warm up for the 1000 freestyle in session 4, after event 58 (100 IM) Lane 8 will be reserved for pace work only and the dive well for general warm up.Events 59 to 63 will run in heats of seven lanes. All events for the 500 Free, 400 IM and 1000 Free will be combined and swum fastest to slowest in alternating heats of girls and boys.

**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 are limited to two individual events on Friday and four (4) individual events and one (1) relay event per day on Saturday and Sunday. For those athletes wishing to swim the 1000 Freestyle a fifth (5th) entry for Saturday will be allowed.

**Electronic Entries - $5.00** per individual event and **$12.00** for relays. Please include a $1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **Lakers Aquatic Club**.

**Paper Entries -** MS rules regarding non-electronic entries apply. **$6.00** per individual event and **$13.00** for relays. 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 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 **October 14, 2016 at 12:00 p.m. (noon).** The Administrative Official must receive all entries no later than November 5, 2016 at 11:59 p.m. 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 **lakersrocktheblock@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 Rock the Block Meetentry 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 Administrative Official 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:

**Dawn Gurley  
2245 Knollcrest  
Rochester Hills, MI 48309**

[**lakersrocktheblock@gmail.com**](mailto:lakersrocktheblock@gmail.com)

**Check In -** Check in will be available as of 30 minutes before each warm-up start time. Check in is mandatory for **ALL** events and is required. 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 between the girls and boys locker rooms in the hallway.

**Scratch Rules -** Prior to check in close a swimmer may scratch events with the Administrative Official**.** After check in closes, you must see the Meet Referee to scratch an event.

**Marshaling –** This meet will be self-marshaled. Heat sheets will be posted on the pool deck and at least one will be posted in the spectator area. Swimmers and their coaches will be responsible for reporting to the starting blocks when their event is called.

**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 except for the 500 Free, 400 IM and 1000 Free which will be seeded fastest to slowest and alternating genders women/men.

**Deck Entries/Time Trials -** Deck entries and time trails may be offered at the discretion of the Meet Referee and Meet Director if the meet does not reach capacity. Deck entries and time trials are $7.50 per individual event and $15.00 per relay. Deck entry and time trial 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 $5.00 each day. 10 and under is free with paid adult. Meet programs will be $6.00.

**Scoring –** This meet will not be scored.

**Awards –** Medals and ribbons will be awarded 1st through 8th place for A, B, & C levels for 12 and Under age groups. Meet ribbons will be given for 4th -8th place and 1st-3rd place will receive medals. There will be no awards for 13 & Over age groups and OPEN events.

**Results -** Complete Official 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 the pool lobby area.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 admissions desk.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 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 coach’s office/computer room on deck.

**Facility Items –**

(A) No smoking is allowed in the building or on the grounds of L’Anse Cruese 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**.

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| **Meet Director -Michael Del Papa,** [**meetdirector@lakersaquaticclub.org**](mailto:meetdirector@lakersaquaticclub.org)  **Meet Referee – John Loria, 1-248-957-8799, jloria1@aol.com**  **Safety Marshal – Dave Hollis**  **Administrative Official -Dawn Gurley lakersrocktheblock@gmail.com**  **Laker’s Rock the Block**  **Event List**  **Sanction Number – MI1617017**  **Friday Evening Warm up: 5:00 p.m. Meet Start: 6:00 p.m.**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Girls Event #** | **Age** | **Event** | **Age** | **Boys Event #** | | **1** | **OPEN** | **500 Freestyle** | **OPEN** | **2** | | **3** | **OPEN** | **200 Individual Medley** | **OPEN** | **4** | | **5** | **OPEN** | **400 Individual Medley** | **OPEN** | **6** |   **Saturday Morning Warm up: 7:30 a.m. Meet Start: 8:30 a.m.**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Girls Event #** | **Age** | **Event** | **Age** | **Boys Event #** | | **7** | **11-12** | **200 Freestyle** |  |  | | **8** | **10 & U** | **200 Freestyle** | **10 & U** | **9** | | **10** | **8 & U** | **25 Breaststroke** | **8 & U** | **11** | | **12** | **11-12** | **50 Breaststroke** |  |  | | **13** | **10 & U** | **50 Breaststroke** | **10 & U** | **14** | | **15** | **11-12** | **100 Individual Medley** |  |  | | **16** | **10 & U** | **100 Individual Medley** | **10 & U** | **17** | | **18** | **8 & U** | **25 Backstroke** | **8 & U** | **19** | | **20** | **11-12** | **100 Backstroke** |  |  | | **21** | **10 & U** | **100 Backstroke** | **10 & U** | **22** | | **23** | **11-12** | **100 Butterfly** |  |  | | **24** | **10 & U** | **50 Butterfly** | **10 & U** | **25** | | **26** | **11-12** | **50 Freestyle** |  |  | | **27** | **10 & U** | **100 Freestyle** | **10 & U** | **28** | | **29** | **11-12** | **200 Breaststroke** |  |  | | **30** | **10 & U** | **200 Medley Relay** | **10 & U** | **31** | | **32** | **11-12** | **200 Medley Relay** |  |  |   **Saturday Afternoon Warm up: 12:30 p.m. Meet Start: 1:30 p.m.**   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Girls Event #** | **Age** | **Event** | **Age** | **Boys Event #** | |  |  | **200 Freestyle** | **11-12** | **33** | | **34** | **13-14** | **200 Freestyle** | **13-14** | **35** | | **36** | **OPEN** | **200 Freestyle** | **OPEN** | **37** | |  |  | **100 Backstroke** | **11-12** | **38** | | **39** | **13-14** | **100 Backstroke** | **13-14** | **40** | | **41** | **OPEN** | **100 Backstroke** | **OPEN** | **42** | |  |  | **50 Breaststroke** | **11-12** | **43** | | **44** | **13-14** | **200 Breaststroke** | **13-14** | **45** | | **46** | **OPEN** | **200 Breaststroke** | **OPEN** | **47** | |  |  | **100 Butterfly** | **11-12** | **48** | | **49** | **13-14** | **100 Butterfly** | **13-14** | **50** | | **51** | **OPEN** | **100 Butterfly** | **OPEN** | **52** | |  |  | **50 Freestyle** | **11-12** | **53** | | **54** | **13-14** | **50 Freestyle** | **13-14** | **55** | | **56** | **OPEN** | **50 Freestyle** | **OPEN** | **57** | |  |  | **100 Individual Medley** | **11-12** | **58** | | **59** | **13-14** | **400 Medley Relay** | **13-14** | **60** | | **61** | **OPEN** | **400 Medley Relay** | **OPEN** | **62** | |  |  | **200 Medley Relay** | **11-12** | **63** | |

**Saturday Evening session to start no earlier than 4:30 p.m.**

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| --- | --- | --- | --- | --- |
| **Girls Event #** | **Age** | **Event** | **Age** | **Boys Event #** |
| **64** | **OPEN** | **1000 Freestyle** | **OPEN** | **65** |

**Sunday Morning Warm up: 7:30 a.m. Meet Start 8:30 a.m.**

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| --- | --- | --- | --- | --- |
| **Girls Event #** | **Age** | **Event** | **Age** | **Boys Event #** |
| **66** | **8 & U** | **25 Butterfly** | **8 & U** | **67** |
| **68** | **10 & U** | **100 Butterfly** | **10 &U** | **69** |
| **70** | **11-12** | **50 Butterfly** |  |  |
| **71** | **10 & U** | **100 Breaststroke** | **10 & U** | **72** |
| **73** | **11-12** | **100 Breaststroke** |  |  |
| **74** | **10 & U** | **50 Backstroke** | **10 & U** | **75** |
| **76** | **11-12** | **50 Backstroke** |  |  |
| **77** | **11-12** | **200 Backstroke** |  |  |
| **78** | **8 & U** | **25 Freestyle** | **8 & U** | **79** |
| **80** | **10 & U** | **50 Freestyle** | **10 & u** | **81** |
| **82** | **11-12** | **100 Freestyle** |  |  |
| **83** | **10 & U** | **200 Freestyle Relay** |  | **84** |
| **85** | **11-12** | **200 Freestyle Relay** |  |  |

**Sunday Afternoon Warm up: 12:30 p.m. Meet Start 1:30 p.m.**

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| --- | --- | --- | --- | --- |
| **Girls Event #** | **Age** | **Event** | **Age** | **Boys Event #** |
|  |  | **50 Butterfly** | **11-12** | **86** |
| **87** | **13-14** | **200 Butterfly** | **13-14** | **88** |
| **89** | **OPEN** | **200 Butterfly** | **OPEN** | **90** |
|  |  | **100 Freestyle** | **11-12** | **91** |
| **92** | **13-14** | **100 Freestyle** | **13-14** | **93** |
| **94** | **OPEN** | **100 Freestyle** | **OPEN** | **95** |
|  |  | **50 Backstroke** | **11-12** | **96** |
| **97** | **13-14** | **200 Backstroke** | **13-14** | **98** |
| **99** | **OPEN** | **200 Backstroke** | **OPEN** | **100** |
|  |  | **100 Breaststroke** | **11-12** | **101** |
| **102** | **13-14** | **100 Breaststroke** | **13-14** | **103** |
| **104** | **OPEN** | **100 Breaststroke** | **OPEN** | **105** |
|  |  | **200 Freestyle Relay** | **11-12** | **106** |
| **107** | **13-14** | **400 Freestyle Relay** | **13-14** | **108** |
| **109** | **OPEN** | **400 Freestyle Relay** | **OPEN** | **110** |

**RELEASE AND WAIVER**

**Sanction Number: MI1617017**

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 The Lakers Aquatic Club, L’Anse Creuse High School***,*** Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to and from this swim meet.

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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.

Signature:

Position:

Street Address:

City, State, Zip:

E-mail:

Coach Name:

Coach Phone:

Coach E-Mail:

Club Name:

Club Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Certification of Registration Status**

**Of All Entered Athletes**

**Lakers Rock the Block Meet**

**Sanction Number: MI1617017**

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.

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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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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: MI1617017**

**Name of Meet: Rock the Block Meet**

**Date of Meet: November 11-13, 2016**

**Host of Meet: Lakers Aquatic Club (L)**

**Place of Meet: L’Anse Creuse 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

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3. Swimmer facilities (e.g., locker rooms, rest areas): 1 2 3 4 5

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4. Spectator facilities (e.g., seating, rest rooms): 1 2 3 4 5

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5. Meet services (e.g., concessions, admissions, programs): 1 2 3 4 5

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6. Officiating 1 2 3 4 5

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7. Awards and award presentations: 1 2 3 4 5

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8. Safety provisions: 1 2 3 4 5

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9. Overall success of the meet: 1 2 3 4 5

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10. Other (please specify): 1 2 3 4 5

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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 Co Vice-Chair (Mike Cutler and Steve Shipps) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.

1. Depth at Start must meet State of Michigan requirements. [↑](#footnote-ref-1)