

The Original Swim Your Own Age Meet (SYOA)

Hosted By: Lakers Aquatic Club

November 14-16, 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 MI1415011 and Time Trial Sanction Number MITT1415011 . 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.
Location:	L'Anse Creuse High School 38495 L'Anse Creuse Road Harrison Township, MI 48045
Times:	Friday PM Warm Up Starts: 5:00 p.m. Events Begin: 6:00 p.m. Saturday AM Warm Up Starts: 7:30 a.m. Events Begin: 8:30 a.m. Saturday PM Warm Up Starts: 12:30 p.m. Events Begin: 1:30 p.m. Sunday AM Warm Up Starts: 7:30 a.m. Events Begin: 8:30 a.m. Sunday PM Warm Up Starts: 12:30 p.m. Events Begin: 1:30 p.m.
Motels:	Please see attached list of area motels on page 14
Facilities:	L'Anse Creuse High School is an 8 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at start end is 8 feet and 4 feet at the turn end. 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). <u>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.</u>

Eligibility:	The Lakers Original Swim Your Own Age 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 14, 2014 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 (\$132.00 per swimmer for 2014-15 registration).
Meet Format:	Swimmers will swim only against swimmers their own age, with the exception of 15-18 years old, 7 and under, relays and Friday distance events. Events may be combined (per USA Rule 102.8.2) to conserve lane space and for the timeliness of the meet. If this occurs awards will still be provided by SYOA guidelines. Fly over starts will be used during this meet.
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 entry chair for hard copy entries until the Michigan Swimming Four (4) hour per session maximum time limit is met. As set forth in entry procedures below, (A) a hard copy of your club's entry summary sheet, (B) a hard copy of your club's signed release/waiver agreement (C) your club's certification of entered athletes and (D) your club's entry and entry fees must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
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 to five individual events and one relay per day Saturday and Sunday.
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. Please send only one team check for your entire team's entry.

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 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 Friday October 24, 2014 at 10:00 AM. The entry chairperson must receive all entries (including any time updates) no later than 11:59pm, Friday, November 7 th . 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 mlanegreen@aol.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 Original Swim Your Own Age 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).
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: NOTE: Address change Margaret Green 735 Elmwood St. Dearborn, MI 48124 Ph: 313-418-0301 mlanegreen@aol.com NO CALLS AFTER 9PM & Coaches ONLY

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 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 between the girls and boys locker rooms in the hallway.
Scratch Rules:	<u>Prior</u> to check in close a swimmer may scratch events at the Administrative Official. <u>After</u> 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. 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.
Deck Entries/ Time Trials:	Deck entries will be accepted if the meet does not reach capacity. Time Trials will be conducted at the discretion of the meet referee. Deck entries and Time Trials are \$7.50 per event and \$15.00 for relays. Forms will be available with both the Clerk of Course and the Administrative Official. Deck entry and time trial swimmers are subject to the Michigan Swimming \$1.00 general surcharge. 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 \$5.00 each day. 10 and under free with paid adult. Meet programs will be \$6.00.
Scoring:	This meet will not be scored.

<p>Awards:</p>	<p>For individual events, medals will be awarded 1st through 3rd place and ribbons will be awarded 4th through 8th place by age with the exception of 15-18 year olds who will only be awarded 1st through 3rd place medals for that age group (15-18yo). For relays, medals will be awarded for 1st through 3rd place and ribbons will be awarded 4th through 8th place by age group (8 & under and 9-11). Awards will be available at the conclusion of each session and can be picked up by the coaches or designee. Seven and under will swim together but will be scored by age. All Friday events will swim together but will be scored by age (medals and ribbons, 1st through 8th place) with the exception of the 15-18 year old age group, which will be scored as one age group (and only receive 1st through 3rd place medals).</p>
<p>Results:</p>	<p>Complete meet results will be posted on the Michigan Swimming Website at http://www.miswim.org/. Results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.</p>
<p>Concessions:</p>	<p>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.</p>
<p>Lost and Found:</p>	<p>Articles may be turned in/picked up at the admissions table. 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).</p>
<p>Swimming Safety:</p>	<p>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.</p>

<p>Deck Personnel/ Locker Rooms/ Credentialing:</p>	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Swimmers with Disabilities:</p>	<p>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 Administrative Official and/or the Meet Referee during warm ups.</p>
<p>General Info:</p>	<p>Any errors or omissions in the program will be documented and signed by the meet Referee and available for review with the Administrative Official for Coaches review. Information will also be covered at the Coaches' Meeting.</p>
<p>First Aid:</p>	<p>Supplies will be kept in coaches office/computer room on deck.</p>

Facility Items:	<p>(A) No smoking is allowed in the building or on the grounds of L'Anse Creuse High School</p> <p>(B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.</p> <p>(C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.</p> <p>(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.</p> <p>(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.</p> <p>(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 it is prohibited.</p>
Meet Director:	Marina Ivanov: meetdirector@lakersaquaticclub.org 586-873-5518
Meet Referee:	John Loria: jlora1@aol.com 248-763-4909 Cell 734-425-6778 Home / 734-744-5150 Office
Safety Marshal:	Laurie Davenport: davenport.laurie@yahoo.com 586-703-4339
Administrative Official:	Margaret Green: mlanegreen@aol.com 313-418-0301

Friday Evening Warm Up: 5:00PM Meet Start: 6:00PM
Sanction #MI1415011

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
1	8U	200 YARD INDIVIDUAL MEDLEY	2
3	18U	400 YARD INDIVIDUAL MEDLEY	4
5	18U	500 YARD FREESTYLE	6

Saturday AM Warm Up: 7:30AM Meet Start: 8:30AM
Sanction #MI1415011

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
7	11	200 YARD INDIVIDUAL MEDLEY	8
9	10	200 YARD INDIVIDUAL MEDLEY	10
11	9	200 YARD INDIVIDUAL MEDLEY	12
13	8	25 YARD FREESTYLE	14
15	7 & U	25 YARD FREESTYLE	16
17	11	50 YARD BACKSTROKE	18
19	10	50 YARD BACKSTROKE	20
21	9	50 YARD BACKSTROKE	22
23	8	50 YARD BACKSTROKE	24
25	7 & U	50 YARD BACKSTROKE	26
27	11	100 YARD BREASTSTROKE	28
29	10	100 YARD BREASTSTROKE	30
31	9	100 YARD BREASTSTROKE	32
33	8	25 YARD BREASTSTROKE	34
35	7 & U	25 YARD BREASTSTROKE	36
37	11	50 YARD BUTTERFLY	38
39	10	50 YARD BUTTERFLY	40
41	9	50 YARD BUTTERFLY	42
43	8	50 YARD BUTTERFLY	44
45	7 & U	50 YARD BUTTERFLY	46
47	11	100 YARD FREESTYLE	48
49	10	100 YARD FREESTYLE	50
51	9	100 YARD FREESTYLE	52
53	8	100 YARD FREESTYLE	54
55	7 & U	100 YARD FREESTYLE	56
57	9-11	MIXED 200 YARD MEDLEY RELAY	
58	8 & U	MIXED 200 YARD MEDLEY RELAY	

ALL MIXED RELAYS CAN BE ANY COMBINATIONS OF BOYS AND GIRLS WHICH INCLUDES COMBINATIONS OF ALL BOYS OR ALL GIRLS.

Saturday PM Warm Up: 12:30PM Meet Start: 1:30PM

Sanction #MI1415011

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
59	15-18	200 YARD INDIVIDUAL MEDLEY	60
61	14	200 YARD INDIVIDUAL MEDLEY	62
63	13	200 YARD INDIVIDUAL MEDLEY	64
65	12	200 YARD INDIVIDUAL MEDLEY	66
67	15-18	100 YARD FREESTYLE	68
69	14	100 YARD FREESTYLE	70
71	13	100 YARD FREESTYLE	72
73	12	100 YARD FREESTYLE	74
75	15-18	200 YARD BREASTSTROKE	76
77	14	200 YARD BREASTSTROKE	78
79	13	200 YARD BREASTSTROKE	80
81	12	50 YARD BREASTSTROKE	82
83	15-18	100 YARD BUTTERFLY	84
85	14	100 YARD BUTTERFLY	86
87	13	100 YARD BUTTERFLY	88
89	12	100 YARD BUTTERFLY	90
91	15-18	200 YARD BACKSTROKE	92
93	14	200 YARD BACKSTROKE	94
95	13	200 YARD BACKSTROKE	96
97	12	50 YARD BACKSTROKE	98

Sunday AM Warm Up: 7:30AM Meet Start: 8:30AM
Sanction #MI1415011

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
99	11	200 YARD FREESTYLE	100
101	10	200 YARD FREESTYLE	102
103	9	200 YARD FREESTYLE	104
105	8	200 YARD FREESTYLE	106
107	7 & U	200 YARD FREESTYLE	108
109	11	100 YARD BACKSTROKE	110
111	10	100 YARD BACKSTROKE	112
113	9	100 YARD BACKSTROKE	114
115	8	25 YARD BACKSTROKE	116
117	7 & U	25 YARD BACKSTROKE	118
119	11	50 YARD BREASTSTROKE	120
121	10	50 YARD BREASTSTROKE	122
123	9	50 YARD BREASTSTROKE	124
125	8	50 YARD BREASTSTROKE	126
127	7 & U	50 YARD BREASTSTROKE	128
129	11	100 YARD INDIVIDUAL MEDLEY	130
131	10	100 YARD INDIVIDUAL MEDLEY	132
133	9	100 YARD INDIVIDUAL MEDLEY	134
135	8	100 YARD INDIVIDUAL MEDLEY	136
137	7 & U	100 YARD INDIVIDUAL MEDLEY	138
139	11	50 YARD FREESTYLE	140
141	10	50 YARD FREESTYLE	142
143	9	50 YARD FREESTYLE	144
145	8	50 YARD FREESTYLE	146
147	7 & U	50 YARD FREESTYLE	148
149	11	100 YARD BUTTERFLY	150
151	10	100 YARD BUTTERFLY	152
153	9	100 YARD BUTTERFLY	154
155	8	25 YARD BUTTERFLY	156
157	7 & U	25 YARD BUTTERFLY	158
159	9-11	MIXED 200 YARD FREESTYLE RELAY	
160	8 & U	MIXED 200 YARD FREESTYLE RELAY	

ALL MIXED RELAYS CAN BE ANY COMBINATIONS OF BOYS AND GIRLS WHICH INCLUDES COMBINATIONS OF ALL BOYS OR ALL GIRLS.

Sunday PM Warm Up: 12:30PM Meet Start: 1:30PM
Sanction #MI1415011

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
161	15-18	200 YARD FREESTYLE	162
163	14	200 YARD FREESTYLE	164
165	13	200 YARD FREESTYLE	166
167	12	200 YARD FREESTYLE	168
169	15-18	100 YARD BACKSTROKE	170
171	14	100 YARD BACKSTROKE	172
173	13	100 YARD BACKSTROKE	174
175	12	100 YARD BACKSTROKE	176
177	15-18	100 YARD BREASTSTROKE	178
179	14	100 YARD BREASTSTROKE	180
181	13	100 YARD BREASTSTROKE	182
183	12	100 YARD BREASTSTROKE	184
185	15-18	200 YARD BUTTERFLY	186
187	14	200 YARD BUTTERFLY	188
189	13	200 YARD BUTTERFLY	190
191	12	50 YARD BUTTERFLY	192
193	15-18	100 YARD INDIVIDUAL MEDLEY	194
195	14	100 YARD INDIVIDUAL MEDLEY	196
197	13	100 YARD INDIVIDUAL MEDLEY	198
199	12	100 YARD INDIVIDUAL MEDLEY	200
201	15-18	50 YARD FREESTYLE	202
203	14	50 YARD FREESTYLE	204
205	13	50 YARD FREESTYLE	206
207	12	50 YARD FREESTYLE	208

List of Hotels

Holiday Inn Express Hotel Chesterfield - Selfridge Area

45805 Marketplace Blvd
Chesterfield, MI 48051
(586) 598-4000

The ConCorde Inn of Clinton Township

44315 N Gratiot Ave
Charter Township of Clinton, MI 48036
(586) 493-7300

A Victory Inn

1 N River Rd
Mt Clemens, MI 48043
(586) 465-2185

TownePlace Suites Detroit Sterling Heights

14800 Lakeside Cir
Sterling Heights, MI 48313
(586) 566-0900

Hyatt Place Detroit - Utica

45400 Park Ave
Utica, MI 48315
(586) 803-0100

Comfort Inn

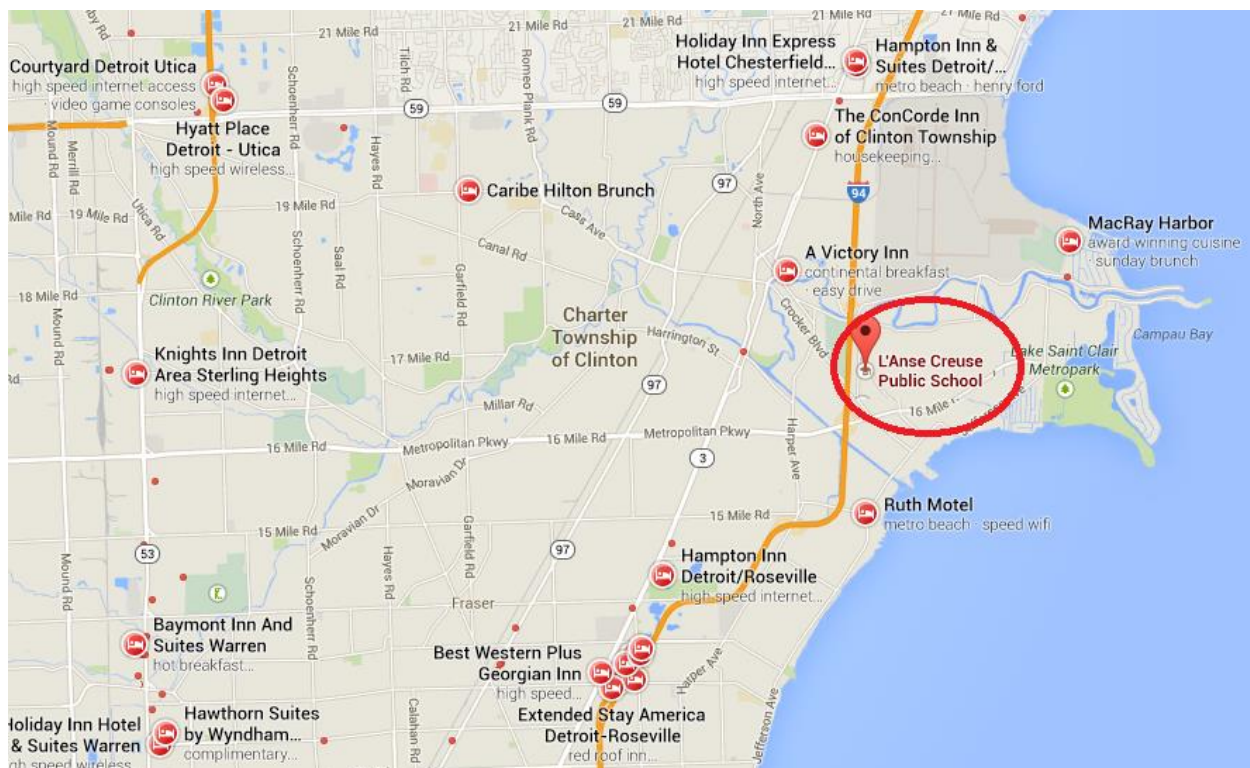
11401 Hall Rd
Utica, MI 48317
(586) 739-7111

Holiday Inn Express

11500 Eleven Mile Road
Warren (MI), 48089
(586) 754-9700

Holiday Inn Express & Suites Roseville

31900 Little Mack Ave
Roseville, MI 48066
(586) 285-5800



Meet Evaluation Form
Sanction Number: MI1415011

Name of Meet: The Original Swim Your Own Age Meet

Date of Meet: November 14 - 16, 2014

Host of Meet: Lakers Aquatic Club

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 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.