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**Integrity, Inclusion, Education, Excellence**

2021 Fall Frenzy Invitational

**Hosted By:** NKAT

November 12 and 13, 2021

**Approval:** This meet is approved by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Approval Number **MIAP2122013.** In granting this approval 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.

MS or USA-S may revoke this approval at any time in response to the COVID-19 pandemic.

It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agrees that Michigan Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, MICHIGAN SWIMMING, NKAT, AND NORTHVIEW HIGH SCHOOL, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including but not limited to employees, volunteers and program participants and their families.

North Kent Aquatic Team will include the above information in meet announcements, heat sheets and posted around the pool facility.

**COVID-19 Procedures/Requirements:**

All athletes, coaches, officials, clubs, spectators, and other individuals participating in this meet or seeking ingress into the facility in which this meet is conducted will abide by (1) all federal, state, and local laws, orders, administrative rules, and guidelines; (2) all protocols outlined in the COVID-19 LSC Supplemental Sanction Requirements documents for this meet; and (3) all COVID-19 preparedness plans for the relevant facility. Failure to maintain strict compliance with all COVID-19 procedures and protocols will result in disciplinary action by the Michigan Swimming, Inc. Board of Directors, including, but not limited to, fines, suspension of certain membership privileges, or referral to the USA Swimming National Board of Review with a recommendation to terminate a member’s membership in Michigan Swimming and USA Swimming.

**Minor Athlete Abuse Prevention Policy Acknowledgement:**

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Location:** Northview High School

 4451 Hunsberger Ave NE, Grand Rapids, MI 49525

**Times:**

**November 12, 2021**

Session #1: WU start 5:00 PM, Event starts 6:00 PM

**November 13, 2021**

Session #2: WU start 9:00 AM, Event starts 10:00 AM

Session #3: WU after the completion of the morning session, but not before 1:00 PM, events starts one hour after warm up begins, but not before 2:00 PM.

**Facilities:**

Northview High School, is an 8 lane pool with a supervised warm-up and warm down area available. Depth at start is 7’6” and 7’6” at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system 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 not be available.

**Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4)

**Meet Format:** This meet will be a Timed Final.

**Eligibility**

All athletes are eligible to participate in this meet.

**Entry Procedures**

Entries may be submitted to the Administrative Official as of October 15th, 2021 @ 12:00PM. The Administrative Official must receive all entries no later than November 5th, 2021 @ 11:59PM. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. All individual entries should be submitted via electronic mail at the e-mail address listed in the last section of this meet information packet. Make checks payable to: North Kent Aquatic Team.

**Entry Acceptance and Processing**

Entries will be accepted and processed on a first come, first served basis in the order in which they are received after the entry open date listed above.

**Individual Entry Limits:** Swimmers may enter a maximum of 2 individual events Friday. Swimmers may enter a maximum of 5 individual events and 2 relay events Saturday.

**Entry Fees:** $5.00 per individual event and $12.00 for relays. Make checks payable to: North Kent Aquatic Team.

**Surcharges:** No Michigan Swimming athlete surcharge applies.

**Paper Entries**

MS rules regarding non-electronic entries apply. 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.

**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).

**Entry Paperwork**

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:

Attn: NKAT

8009 Courtland Dr NE

Rockford, MI 49341

**Check In:**  Check in will be required. It will be available 30 minutes before warmups. 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. Check in sheets will be posted outside the pool.

**Marshaling:** Self-Marshaling will be used for all swimmers. Heat sheets will be posted around the pool after check-in closes and seeding is complete.

**Seeding:** This meet will be seeded 15 minutes after the start of warmups each session.

**Deck Entries:**  The Meet Referee and Meet Director will determine if deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. All deck entries must be received by the office 15 minutes after warmups begin for the session the athlete is deck entering. Deck Entries count toward daily total entries for athletes. The deck entry fee is $7.00 for individual and $13.00 for relays. If an athlete is not currently registered with Michigan Swimming or another USA Swimming LSC, the athlete may deck register for a $168.00 fee before being entered into the meet for their times to be entered into SWIMS. For deck entries, if they are registered athletes then their name, athlete ID and club affiliation should then be added to your database just as it appears on the card or list or the swimmers may compete unattached (UN) if they request to do so. If they are not USA Swimming athletes, do not build their ID.

**Meet Programs/Admissions:** Admissions: $5.00 per person per day. Children 10 and under may enter free. Heat sheets will be available each session at the admissions table for $2.00 after the meet is seeded.

**Scoring:**

Team Scoring will be kept as follows:

Individual Events Points: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 for top 10 places in each age group and gender.

* Age group for 12 & Under individual events are 8 & Under, 9/10, and 11/12. Open events are not divided into age groups but will be scored as one event.

Relays Event Points: 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 for top 10 places in each age group and gender (A and B relay only).

* Age group for 12 & Under relay events are 12 & Under only. Open events are not divided into age groups but will be scored as one event.

Team awards for Spirit and Teamistry will be handed out at the conclusion of the meet and voted on by officials and coaches.

**Awards:** Heat winner awards will be given to swimmers in every session.

**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 concession stand. 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 atpool 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.

**Racing Start Certification**

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**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 Michigan Swimming Board of Directors, Officials Chairs of MS, and the Michigan Swimming Office staff 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 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.

**First Aid:** Supplies will be kept in the pool office.

**Facility Items**

(A) No smoking is allowed in the building or on the grounds ofany facility listed above***.***

(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**.

(G) Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**General Information and Errors/Omissions**

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.

**Meet Personnel**

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| --- |
| **Meet Director –** Annemarie Lebioda - annemarie.lebioda@pnc.com**Meet Referee –** Jon Smitley - smitleyswim@gmail.com**Safety Marshal –** Terri Eudy - teudy@nvps.net**Administrative Official -** Adam Forbes, forbesajswim@gmail.com |

2021 Fall Frenzy Meet

November 12 & 13, 2021

Events list

Approved Number: **MIAP2122013**

**Friday**

**Warm-up starts 5:00 PM Check-in closes 5:15 PM Meet starts 6:00 PM**

|  |  |  |
| --- | --- | --- |
| Girls | Event | Boys |
| 1 | 12 & Under 200 IM | 1 |
| 2 | Open 1000 Freestyle | 2 |
| 3 | 12 & Under 500 Freestyle | 3 |
| 4 | Open 400 IM | 4 |

**Saturday AM**

**Warm-up starts 9:00 AM Check-in closes 9:15 AM Meet starts 10:00 AM**

|  |  |  |
| --- | --- | --- |
| Girls | Event | Boys |
| 5 | 12 & Under 200 Free Relay | 6 |
| 7 | 11/12 400 IM | 7 |
| 8 | 12 & Under 200 Freestyle | 8 |
| 9 | 12 & Under 25 Freestyle | 9 |
| 10 | 12 & Under 100 Butterfly | 10 |
| 11 | 12 & Under 50 Breaststroke | 11 |
| 12 | 12 & Under 25 Backstroke | 12 |
| 13 | 12 & Under 100 Freestyle | 13 |
| 14 | 12 & Under 50 Butterfly | 14 |
| 15 | 11/12 200 Backstroke | 15 |
| 16 | 12 & Under 50 Freestyle | 16 |
| 17 | 12 & Under 100 Breaststroke | 17 |
| 18 | 12 & Under 50 Backstroke | 18 |
| 19 | 11/12 200 Butterfly | 19 |
| 20 | 12 & Under 100 IM | 20 |
| 21 | 11/12 200 Breaststroke | 21 |
| 22 | 12 & Under 100 Backstroke | 22 |
| 23 | 12 & Under 200 Medley Relay | 24 |

**Saturday Afternoon**

**WU: After the completion of the morning session, but not before 1:00 PM.**

**Check In Closes: 15 minutes after warmups start.**

**Events Begin: One hour after warm up begins, but not before 2:00 PM.**

|  |  |  |
| --- | --- | --- |
| Girls | Event | Boys |
| 25 | Open 200 Free Relay | 26 |
|  | --5 minute break -- |  |
| 27 | Open 200 Freestyle | 27 |
| 28 | Open 100 Butterfly | 28 |
| 29 | Open 50 Breaststroke | 29 |
| 30 | Open 200 IM | 30 |
| 31 | Open 100 Freestyle | 31 |
| 32 | Open 50 Butterfly | 32 |
| 33 | Open 200 Backstroke | 33 |
| 34 | Open 50 Freestyle | 34 |
| 35 | Open 100 Breaststroke | 35 |
| 36 | Open 50 Backstroke | 36 |
| 37 | Open 200 Butterfly | 37 |
| 38 | Open 200 Breaststroke | 38 |
| 39 | Open 100 Backstroke | 39 |
| 40 | Open 200 Medley Relay | 41 |
|  | --5 minute break -- |  |
| 42 | Open 500 Freestyle | 42 |

**RELEASE AND WAIVER**

**Approved Number: MIAP2122013**

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 NKAT,Northview High School,Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to said swim meet.

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In granting the approval 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_