



Integrity, Inclusion, Education, Excellence

GLT Tsunami Prelim Finals

Hosted By: Great Lakes Tritons (GLT)

December 9-11, 2022

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final and prelims finals meet on behalf of USA Swimming (USA-S), Sanction Number **MS2223048**. MS or USA-S may revoke this sanction 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, AND L'Anse Creuse Public Schools 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.

Great Lakes Tritons (GLT) 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

L'Anse Creuse North High School, 23700 21 Mile Rd., Macomb, MI 48042

Times

Friday warm ups will begin at 4:00 p.m and the meet will start at 5:00 p.m.

Saturday & Sunday Morning Session warmups will begin at 7:00 a.m. and the meet will start at 8:15 a.m. The Afternoon session warmups will begin immediately following the morning session but not before 11:00. The meet will begin one hour after warmups. The final session warmups will begin immediately following the afternoon session but not before 4:00. The meet will begin one hour after warmups. Exact start times will be sent to all teams on December 7, 2022.

Facilities

L'Anse Creuse High School Pool is an 8 lane pool **with a supervised warm-up and warm down area available**. Depth at start is 8'¹ and 4' at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with an 8 lane display will be used.

¹ Depth at Start must meet State of Michigan requirements.

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

Meet Format

This meet will be a Prelims/Final meet for 13 & Over athletes and Timed Final for 12 & Under athletes with the exception of the 400 IM and the 500 Freestyle which will be a Timed Final event for the 13 & Over athletes. All events will be seeded slowest to fastest with the exception of the 400 IM and the 500 Freestyle which will be seeded fastest to slowest and alternating genders.

The Finals Heats (A & B) will comprise the fastest top 16 Athletes from prelims after scratches and will swim in B (Consolation Heat)/A (Final Heat) order. If an athlete does not scratch from a final event and fails to compete in that final event, they will be scratched from the remainder of their events.

Eligibility All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. A swimmer's age on **December 9, 2022** will determine his/her eligibility for a particular age group.

Entry Procedures

Entries may be submitted to the Administrative Official as of **November 26, 2022 at 10:00 a.m.** The Administrative Official must receive all entries no later than **December 4, 2022 at 11:59 p.m.** 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.

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

All athletes are limited to two events on Friday evening. All athletes 13 & Over are limited to 3 events per day on Saturday & Sunday. All 12 & Under athletes are limited to 5 events per day on Saturday and Sunday.

Entry Fees

\$5 per individual timed final event. The fee for prelim/final events is **\$7.50**. Make checks payable to **Great Lakes Tritons**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

Paper Entries

MS rules regarding non-electronic entries apply. **\$6.00** per individual timed final event **\$8.50** per prelim/final event. There is \$1.00 additional charge per event paid if the entry is not

submitted in Hy-Tek format. Any surcharges detailed in the previous section also apply 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.

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:

**Great Lakes Tritons
50161 Nesting Ridge Drive
Macomb, MI 48044**

Check In

Check-in will be required and will be located in the hallway outside of the pool entrance. Check-in will close 15 minutes after the start of warm-ups for each session.

Marshaling Swimmers will be responsible for reporting to the marshaling area when their event is called.

Seeding

The meet will be seeded after check-in closes. Swimmers who fail to check-in will be scratched from those events.

Deck Entries Deck entries will **not** be allowed.

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Meet Programs/Admissions

Admission will be \$5.00 for each of Friday, Saturday and Sunday. Children 12 & Under are free. Additionally, Heat Sheet is \$3.00 and will be available asap after check in closes.

Scoring – There will be no team scoring.

Awards

Awards will be given for 1st through 16th places. Medals for 1st – 8rd places and Ribbons for 9th – 16th places will be given for each event. Awards will only be given to the Coaches at the end of the meet. No awards will be mailed.

AWARDS WILL BE BAGGED UP FOR COACHES PICKUP FOLLOWING THE COMPLETION OF SUNDAYS FINALS.

COACHES: PLEASE STOP IN THE TIMING OFFICE BEFORE LEAVING AFTER YOUR FINAL EVENTS TO PICKUP YOUR MEDALS!!!!

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

Limited concessions will be available at the concessions stand outside of the pool area at the discretion of the facility. A hospitality area will be available for coaches and officials.

Lost and Found

Articles may be turned in/picked up at the Clerk of Course. 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. There will be at least two safety marshals at this competition, with at least one of each gender.

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 hallway 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 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 Lifeguard Office.

Facility Items

- (A) No smoking is allowed in the building or on the grounds of any 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

Meet Director: Walt Morrison – president@greatlakestritons.org

Meet Referee: Jeff Wilkins – Jeffrey.wilkins@comcast.net

Safety Marshal: Dan Beauregard

Administrative Official: Dawn Gurley – dawn.gurley@miswim.org

Order of Events – Sanction Number MI2223048

Friday December 9th– Session 1:

Timed Finals: 15 & Over, 13-14, and 11-12 Age Groups

Warm-Up: 4:00pm-4:55pm

Meet Starts: 5pm

Check-In Deadline: 4:15pm

Girls Event#	Timed Finals Evening Session 1	Boys Event#
1	11-14 400 IM	2
3	15 & Over 400 IM	4
5	12 & Under 200 IM	6
7	13-14 500 Free	8
9	15 & Over 500 Free	10
11	12 & Under 500 Free	12

Saturday December 10th – Session 2

Prelims: 15 & Over and 13-14 Age Groups

Warm-Up: 7:00am-8:10am

Meet Starts: 8:15am

Check-In Deadline: 7:15am

Girls Event#	Prelims Morning Session 2	Boys Event#
13	13-14 200 Free	14
15	15 & Over 200 Free	16
17	13-14 100 Back	18
19	15 & Over 100 Back	20
21	13-14 200 Fly	22
23	15 & Over 200 Fly	24
25	13-14 50 Free	26
27	15 & Over 50 Free	28
29	13-14 200 Breast	30
31	15 & Over 200 Breast	32

Saturday December 10th – Session 3:

Timed Finals: 11-12, 10 & Under Age Groups

Warm-Up: After the conclusion of the AM session, but not before 11:00am

Meet Starts: 1 hour after the beginning of Warm-Up

Check-In Deadline: 15 minutes after the start of Warm-Up

Girls Event#	Timed Finals Afternoon Session 3	Boys Event#
33	11-12 50 Free	34
35	9-10 50 Free	36
37	8 & Under 25 Free	38
39	11-12 100 Back	40
41	9-10 100 Back	42
43	8 & Under 50 Back	44
45	11-12 50 Fly	46
47	9-10 50 Fly	48
49	8 & Under 25 Fly	50
51	11-12 200 Free	52
53	9-10 200 Free	54
55	8 & Under 100 Free	56
57	11-12 50 Breast	58
59	9-10 50 Breast	60
61	8 & Under 25 Breast	62

Saturday December 10th – Session 4:

Finals: 13-14 (A & B) and 15 & Over (A & B) Age Groups

Warm-Up: After the conclusion of Session 3, but not before 4:00pm

Meet Starts: 1 hour after the beginning of Warm-Up

Girls Event#	Finals Evening Session 4	Boys Event#
13	13-14 200 Free	14
15	15 & Over 200 Free	16
17	13-14 100 Back	18
19	15 & Over 100 Back	20
21	13-14 200 Fly	22
23	15 & Over 200 Fly	24
25	13-14 50 Free	26
27	15 & Over 50 Free	28
29	13-14 200 Breast	30
31	15 & Over 200 Breast	32

Sunday December 11th – Session 5:

Prelims: 13-14 and 15 & Over Age Groups

Warm-Up: 7:00am-8:10am

Meet Starts: 8:15am

Check-In Deadline: 7:15am

Girls Event#	Prelims Morning Session 5	Boys Event#
63	13-14 Over 100 Free	64
65	15 & Over 100 Free	66
67	13-14 200 I.M.	68
69	15 & Over 200 I.M.	70
71	13-14 100 Fly	72
73	15 & Over 100 Fly	74
75	13-14 200 Back	76
77	15 & Over 200 Back	78
79	13-14 100 Breast	80
81	15 & Over 100 Breast	82

Sunday December 11th – Session 6:

Timed Finals: 11-12 and 10 & Under Age Groups

Warm-Up: After the conclusion of the AM session, but not before 11:00am

Meet Starts: 1 hour after the beginning of Warm-Up

Check-In Deadline: 15 minutes after the start of Warm-Up

Girls Event#	Timed Finals Afternoon Session 6	Boys Event#
83	11-12 100 Free	84
85	9-10 100 Free	86
87	8 & Under 50 Free	88
89	11-12 100 I.M.	90
91	9-10 100 I.M.	92
93	8 & Under 100 I.M.	94
95	11-12 100 Fly	96
97	9-10 100 Fly	98
99	8 & Under 50 Fly	100
101	11-12 50 Back	102
103	9-10 50 Back	104
105	8 & Under 25 Back	106
107	11-12 100 Breast	108
109	9-10 100 Breast	110
111	8 & Under 50 Breast	112

Sunday December 11th – Session 7:

Finals: 13-14 (A & B) and 15 & Over (A & B) Age Groups

Warm-Up: After the conclusion of Session 6, but not before 4:00pm

Meet Starts: 1 hour after the beginning of Warm-Up

Girls Event#	Finals Evening Session 7	Boys Event#
63	13-14 100 Free	64
65	15 & Over 100 Free	66
67	13-14 200 I.M.	68
69	15 & Over 200 I.M.	70
71	13-14 100 Fly	72
73	15 & Over 100 Fly	74
75	13-14 200 Back	76
77	15 & Over 200 Back	78
79	13-14 100 Breast	80
81	15 & Over 100 Breast	82

