



Integrity, Inclusion, Education, Excellence

2023 Grand Rapids Open Invitational

Hosted By: Grand Rapids Aquatics

February 4 & 5, 2023

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2223073**. 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 KENTWOOD AQUATICS CENTER 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.

Grand Rapids Aquatics 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. There will be at least two safety marshals at this competition, with at least one of each gender.

Location - Kentwood Aquatics Center
6230 Kalamazoo Ave. SE
Kentwood, MI 49548

Times - **Saturday & Sunday Morning – 13 & Over**

Warm up: 8:00 am
Meet Start: 9:00 am

Saturday & Sunday Afternoon – 12 & Under

Warm up: Immediately following the morning session; not before 11:30 am
Meet Start: 1 hour after warm up starts; not before 12:30 pm

Saturday Evening – Distance Session

Warm Up: Immediately following the afternoon session; not before 3:30 pm
Meet Start: 30 minutes after warm up starts; not before 4:00 pm

Motels – Baymont Inn, 8282 Pfeiffer Farms Dr. SW, Byron Center, MI, (866) 573-4235

Facilities - The Kentwood Aquatics Center is an 8 lane pool with a supervised warm-up and warm down area available. Depth at start is 9' ¹ and 7.5' at turn. Permanent starting blocks and non-turbulent lane markers will be used. A Colorado system with an 8-lane display will be used.

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

¹ Depth at Start must meet State of Michigan requirements.

Meet Format - This is a timed final meet consisting of the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15-16, and 17 & Over. 13 & Over events will be offered in the morning; 12 & Under events in the afternoons. The distance events (400 I.M., 1000 Free, & 500 Free) will be seeded, fastest to slowest, alternating between girls and boys heats, and will be scored separately by age group. The 12 & Under 500 Freestyle and the Open 1000 will be offered Saturday evening.

Eligibility - All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

Entry Procedures - Entries may be submitted to the Administrative Official as of Saturday, January 14, 2023 at 6:00pm. The Administrative Official must receive all entries no later than Friday, January 28, 2023 at 6:00pm. 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 - Swimmers will be limited to a maximum of 5 individual events plus 1 relay per day.

Entry Fees - **\$5.00** per individual event and **\$12.00** for relays. Make checks payable to Grand Rapids Aquatics.

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

Paper Entries - MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** per relay. 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:

**Grand Rapids Aquatics
Attn. Amber Hornecker
2805 Coit Ave. NE
Grand Rapids, MI 49505**

Check In - Check-in will not be required for each session, but a positive check in will be required for all distance – 500 yards and over events.

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

Seeding - The meet will be **pre-seeded** after entries are closed.

Deck Entries - Deck entries will be accepted only for events with open lanes. The fees are **\$7.50** an individual event and **\$15.00** for relay events. Deck entries will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies.

Meet Programs/Admissions - Meet programs and admissions for both days are **\$12.00**. This includes a two-day wristband and heat sheets for all sessions. Cut bands are NOT allowed for re-entry. Otherwise, admission cost is **\$5.00** per day, full meet programs can be purchased for **\$5.00**, and individual session heat sheets can be purchased for **\$2.00**. Children 10 & younger are free with a paying adult. NO BAG CHAIRS/FOLDING CHAIRS/CAMP CHAIRS ARE ALLOWED. The Aquatics Center will open at 7:30 a.m. each day.

Scoring - Team Scores will be kept based on USA Swimming 8-lane scoring. All 15 & Over events **EXCEPT** for the relay events (#s 23, 24, 77, and 78) will score separately as: 15-16 and 17 & Over. All 13 & Over events (#s 25, 26, 79, and 80) will score separately as: 13-14, 15-16, and 17 & Over. Events 27, 28, 35, 36, 85, 86, 93, and 94 (10 & Under 50s) will score separately as: 8 & Under and 9-10. Events 51 and 52 will score separately as: 10 & Under and 11-12. Events 53 and 54 will score separately as: 12 & Under, 13-14, 15-16, and 17 & Over. "A" Relays **ONLY** will Score.

Individual: 9-7-6-5-4-3-2-1 **Relays:** 18-14-12-10-8-6-4-2

Awards - Individual Events: Medals for 1st – 3rd, Ribbons for 4th - 8th

Relay Events: Medals for 1st place, Ribbons for 2nd & 3rd

Individual High Point Awards for each Age Group (8 & Under, 9-10, 11-12, 13-14 15-16, 17 & Over): Trophies for 1st-3rd

Team Awards: Trophies for 1st-3rd; host team will be ineligible for team trophies.

All medals and ribbons will be given to the coaches at the end of the meet. They will not be distributed during the meet or mailed. The High Point Award's will be announced at the end of the Sunday's sessions of the meet

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 balcony concessions 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 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.

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 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.

Medical Supervision - Lifeguards and an AED device will be available to all athletes participating in this competition.

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: Alexander Brinks/(616)634-2044/CoachAlex@grnsa.org

Meet Referee: Jon Smitley/smitleyswim@gmail.com

Safety Marshal: Emin Agic/(616)325-8867/emin.agic@kentwoodps.org

Administrative Official: Jen Huyser/jhuyserao@gmail.com

2023 Grand Rapids Open

Sanction Number: MI2223073

Saturday, February 4, 2023

13 & Over

Warm up: 8:00 a.m.

Meet Start: 9:00 a.m.

| GIRLS | AGE GROUP | EVENT | AGE GROUP | BOYS |
|--------------|------------------|------------------|------------------|-------------|
| 1 | 13-14 | 200 Freestyle | 13-14 | 2 |
| 3 | 15 & Over | 200 Freestyle | 15 & Over | 4 |
| 5 | 13-14 | 100 Butterfly | 13-14 | 6 |
| 7 | 15 & Over | 100 Butterfly | 15 & Over | 8 |
| 9 | 13-14 | 200 Backstroke | 13-14 | 10 |
| 11 | 15 & Over | 200 Backstroke | 15 & Over | 12 |
| 13 | 13-14 | 50 Freestyle | 13-14 | 14 |
| 15 | 15 & Over | 50 Freestyle | 15 & Over | 16 |
| 17 | 13-14 | 100 Breaststroke | 13-14 | 18 |
| 19 | 15 & Over | 100 Breaststroke | 15 & Over | 20 |

*****5 Minute Break*****

| | | | | |
|----|-----------|---------------------|-----------|----|
| 21 | 13-14 | 400 Freestyle Relay | 13-14 | 22 |
| 23 | 15 & Over | 400 Freestyle Relay | 15 & Over | 24 |

*****5 Minute Break*****

| | | | | |
|----|-----------|----------|-----------|----|
| 25 | 13 & Over | 400 I.M. | 13 & Over | 26 |
|----|-----------|----------|-----------|----|

All 15 & Over events **EXCEPT** for 23 and 24 will score separately as: 15-16 and 17 & Over.
Events 25 and 26 will score separately as: 13-14, 15-16, and 17 & Over

Saturday, February 4, 2023

12 & Under

Warm up: Immediately following the morning session; not before 11:30 a.m.

Meet Start: 1 hour after warm up starts; not before 12:30 p.m.

| GIRLS | AGE GROUP | EVENT | AGE GROUP | BOYS |
|--------------|------------------|------------------|------------------|-------------|
| 27 | 10 & Under | 50 Freestyle | 10 & Under | 28 |
| 29 | 11-12 | 50 Freestyle | 11-12 | 30 |
| 31 | 10 & Under | 100 Breaststroke | 10 & Under | 32 |
| 33 | 11-12 | 100 Breaststroke | 11-12 | 34 |
| 35 | 10 & Under | 50 Backstroke | 10 & Under | 36 |
| 37 | 11-12 | 50 Backstroke | 11-12 | 38 |
| 39 | 10 & Under | 100 Butterfly | 10 & Under | 40 |
| 41 | 11-12 | 100 Butterfly | 11-12 | 42 |
| 43 | 10 & Under | 200 Freestyle | 10 & Under | 44 |
| 45 | 11-12 | 200 Freestyle | 11-12 | 46 |

*****5 Minute Break*****

| | | | | |
|----|------------|---------------------|------------|----|
| 47 | 10 & Under | 200 Freestyle Relay | 10 & Under | 48 |
| 49 | 11-12 | 200 Freestyle Relay | 11-12 | 50 |

Events 27, 28, 35, and 36 will score separately as: 8 & Under and 9-10.

**2023 Grand Rapids Open
Sanction Number: MI2223073
Saturday, February 4, 2023
Distance Session**

**Warm up: Immediately following the afternoon session; not before 3:30 p.m.
Meet Start: 30 minutes after warm up starts; not before 4:00 p.m.**

| GIRLS | AGE GROUP | EVENT | AGE GROUP | BOYS |
|--------------|------------------|-----------------|------------------|-------------|
| 51 | 12 & Under | 500 Freestyle | 12 & Under | 52 |
| 53 | Open | 1,000 Freestyle | Open | 54 |

*Events 51 and 52 will score separately as: 10 & Under and 11-12.
Events 53 and 54 will score separately as: 12 & Under, 13-14, 15-16, and 17 & Over.*

**Sunday, February 5, 2023
13 & Over
Warm up: 8:00 a.m.
Meet Start: 9:00 a.m.**

| GIRLS | AGE GROUP | EVENT | AGE GROUP | BOYS |
|--------------|------------------|------------------|------------------|-------------|
| 55 | 13-14 | 200 I.M. | 13-14 | 56 |
| 57 | 15 & Over | 200 I.M. | 15 & Over | 58 |
| 59 | 13-14 | 100 Freestyle | 13-14 | 60 |
| 61 | 15 & Over | 100 Freestyle | 15 & Over | 62 |
| 63 | 13-14 | 200 Breaststroke | 13-14 | 64 |
| 65 | 15 & Over | 200 Breaststroke | 15 & Over | 66 |
| 67 | 13-14 | 100 Backstroke | 13-14 | 68 |
| 69 | 15 & Over | 100 Backstroke | 15 & Over | 70 |
| 71 | 13-14 | 200 Butterfly | 13-14 | 72 |
| 73 | 15 & Over | 200 Butterfly | 15 & Over | 74 |

5 Minute Break

| | | | | |
|----|-----------|------------------|-----------|----|
| 75 | 13-14 | 400 Medley Relay | 13-14 | 76 |
| 77 | 15 & Over | 400 Medley Relay | 15 & Over | 78 |

5 Minute Break

| | | | | |
|----|-----------|---------------|-----------|----|
| 79 | 13 & Over | 500 Freestyle | 13 & Over | 80 |
|----|-----------|---------------|-----------|----|

All 15 & Over events **EXCEPT** for 77 and 78 will score separately as: 15-16 and 17 & Over.
Events 79 & 80 will score separately as: 13-14, 15-16, and 17 & Over.

2023 Grand Rapids Open
Sanction Number: MI2223073
Sunday, February 5, 2023
12 & Under

Warm up: Immediately following the morning session; not before 11:30 a.m.
Meet Start: 1 hour after warm up starts; not before 12:30 p.m.

| GIRLS | AGE GROUP | EVENT | AGE GROUP | BOYS |
|--------------|------------------|-----------------|------------------|-------------|
| 81 | 10 & Under | 100 Freestyle | 10 & Under | 82 |
| 83 | 11-12 | 100 Freestyle | 11-12 | 84 |
| 85 | 10 & Under | 50 Butterfly | 10 & Under | 86 |
| 87 | 11-12 | 50 Butterfly | 11-12 | 88 |
| 89 | 10 & Under | 100 Backstroke | 10 & Under | 90 |
| 91 | 11-12 | 100 Backstroke | 11-12 | 92 |
| 93 | 10 & Under | 50 Breaststroke | 10 & Under | 94 |
| 95 | 11-12 | 50 Breaststroke | 11-12 | 96 |
| 97 | 10 & Under | 200 I.M. | 10 & Under | 98 |
| 99 | 11-12 | 200 I.M. | 11-12 | 100 |

****5 Minute Break****

| | | | | |
|-----|------------|------------------|------------|-----|
| 101 | 10 & Under | 200 Medley Relay | 10 & Under | 102 |
| 103 | 11-12 | 200 Medley Relay | 11-12 | 104 |

Events 85, 86, 93, and 94 will score separately as: 8 & Under and 9-10.

