



Integrity, Inclusion, Education, Excellence

2023 10 & Under Guppy Bowl

Hosted By: Liquid Lightning (LL)

February 11, 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 **MI2223053**. 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 LAKE ORION 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.

Liquid Lightning 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 – Lake Orion High School Natatorium, 495 E. Scripps, Lake Orion, MI 48360

Times – Saturday, February 11, 2023 8 & Under session Warmups start at 9:00 a.m. and Events begin at 10:00 a.m. 9-10 Session Warmups will begin immediately following the 8 & Under session but not before 1:00 p.m. and Events will begin 1 hour after warmups.

Facilities - Lake Orion High School Natatorium is a(n) 11 lane, 25 yard pool with 8 lanes used for competition. There is a separate 4 lane supervised warm up warm down area available. Depth at start is 7'¹ and 9'11" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing 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)

Meet Format - The 2023 Guppy Bowl is a timed final meet. Swimmers are grouped by age and gender as specified by each individual event.

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

¹ Depth at Start must meet State of Michigan requirements.

Entry Procedures - Entries may be submitted to the Administrative Official as of **January 21, 2023 at 9:00 a.m.** The Administrative Official must receive all entries no later than **February 3, 2023 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 to the Administrative Official at meetentries@liquidlightning.org

Entry Acceptance and Processing - 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 **2023 Guppy Bowl** entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

Individual Entry Limits - Swimmers are limited to 5 individual events and 2 relays.

Entry Fees - **\$ 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: **Liquid Lightning.**

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:

Liquid Lightning
P.O. Box 307
Lake Orion, Michigan 48362
meetentries@liquidlightning.org

Check In - Check in will be required. It will be available 15 minutes prior to each session and will close 15 minutes after the start of warmups. Failure to check in will cause the swimmer to be scratched from all events in that session. Check-in sheets will be posted in the lower lobby outside of the locker rooms.

Marshaling - Guppy Bowl is a self-marshaled meet.

Seeding - All events are timed finals and will be seeded slowest to fastest.

Deck Entries - Deck entries may be allowed at the discretion of the Meet Referee and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. Deck Entry fee will be \$7.00 for individual events and \$15.00 for relay events. Deck entry 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 in SWIMS 3.0. The athlete may also enter by showing their membership from the USA Swimming App 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, 10 and Under is free. Heat sheets will be available for purchase.

Scoring - No individual or team scoring will be kept.

Awards - Custom Guppy Bowl medals will be awarded 1st -8th place and ribbons for 9th – 20th place for all individual and relay events. Awards may be picked up by the coach/designated team representative at the conclusion of the meet. No awards will be mailed.

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 beverage will be available in the upper lobby concession 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 check-in area on the lower level. 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 pool office.

Medical Supervision – Lifeguards will be on site during the entire meet to provide first aid.

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: Kristin Rhodes krhodes@liquidlightning.org

Meet Referee: Jeff Wilkins jeffrey.wilkins@comcast.net

Safety Marshal: Janell Vinci

Administrative Official: Dawn Gurley meetentries@liquidlightning.org

Sanction Number: MI2223053

Saturday, February 11, 2023

8 & Under Session, Warm-ups at 9:00 a.m., Events start at 10:00 a.m.

Girls Event #	Age	Event	Age	Boys Event #
1	8 & Under	Mixed 100 Free Relay	8 & Under	1
2	8 & Under	100 Individual Medley	8 & Under	3
4	7-8	25 Freestyle	7-8	5
6	6 & Under	25 Freestyle	6 & Under	7
8	7-8	25 Backstroke	7-8	9
10	6 & Under	25 Backstroke	6 & Under	11
12	8 & Under	100 Mixed Medley Relay	8 & Under	12
13	7-8	25 Breaststroke	7-8	14
15	6 & Under	25 Breaststroke	6 & Under	16
17	7-8	25 Butterfly	7-8	18
19	6 & Under	25 Butterfly	6 & Under	20
21	8 & Under	100 Freestyle	8 & Under	22

9-10 Session Warm-ups not before 1:00 p.m., Events 1 hour after

Girls Event #	Age	Event	Age	Boys Event #
23	9-10	Mixed 100 Free Relay	9-10	23
24	9-10	100 Individual Medley	9-10	25
26	9-10	50 Freestyle	9-10	27
28	9-10	50 Backstroke	9-10	29
30	9-10	Mixed 100 Medley Relay	9-10	30
31	9-10	50 Breaststroke	9-10	32
33	9-10	50 Butterfly	9-10	34
35	9-10	100 Freestyle	9-10	36

