



Integrity, Inclusion, Education, Excellence
2023 Michigan Great Lakes Regional Championship (Northeast)
Hosted By: Liquid Lightning (LL)
March 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 **MI2223059**. The Time Trial sanction, if needed, is **MITT2223059**. 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, LIQUID LIGHTNING (LL), 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.

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

Facilities – Lake Orion High School Natatorium is an 11-lane pool with 8 lanes used for competition. A separate 4 lane supervised warm-up and warm down area is available. Depth at the start is 7’ and 9’13” at the 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).

Admissions/Programs - Admission is **\$5.00** per person per day with 10 and under free with a paying adult. Heat Sheets are available for **\$2.00** per session.

Check In - Check In will be available as of 30 minutes before warm-up starts for each session. Check in is mandatory for all events. 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 in the lower lobby hall outside the locker rooms.

Controlled Warm Up - Teams will be assigned to a warm-up group for Saturday and Sunday sessions.

DAY	GROUP A	GROUP B	1 WAY	EVENTS START	AGE GROUP
Saturday Morning	7:30AM	7:50AM	8:10AM	8:30AM	12 & Under
Saturday Afternoon	12:30PM	12:50 PM	1:10PM	1:30PM	13-18
Sunday Morning	7:30AM	7:50AM	8:10AM	8:30AM	12 & Under
Sunday Afternoon	12:30PM	12:50 PM	1:10PM	1:30PM	13-18

ELIGIBILITY - The Michigan Swimming Regional Meet is a “Faster than / Slower than” time standard swim meet. All swimmers must be currently registered with Michigan Swimming, Inc. and USA Swimming, Inc. A swimmer's age on March 4, 2023 will determine his/her eligibility for a particular age group. Athletes with a disability should refer to Section H (9) (a) & (b) of [Michigan Swimming Rules and Procedure](#). The qualifying time must have been achieved between 01/01/2022 and 02/26/2023.

ENTRY LIMITS - 3 individual events and 1 relay each day Saturday and Sunday. **No relay only swimmers allowed.** Additionally, teams are limited to an A and B relay for each relay event.

Deck Entries - Deck entries are NOT permitted at this meet.

AGE UP DATE / EXCEPTION - All swimmers who “age up” after the Regional Meet and before their respective State Meet, either 14 and Under or Open, and who don’t have a Q1 (State qualifying) time in their new State Meet age group may enter that event in their current age group at the Regional Meet at a seed time at or faster than their current age groups Q1 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the State Meets in their actual age group at the State Meets. Swimmers who enter an event at the Regional Meet under the “age up” exception are not, however, eligible for awards in that event. Please alert the Administrative Official, to all “Age Up” entries by emailing the Administrative Official using the email address listed below. These swimmers must be marked as exhibition in your entry.

MEET FORMAT - The format at each of the five Regional Championship Meets are identical. All events are timed finals. This is a shelf marshaled meet. All 10 & Under and 11-12 age groups will swim in the AM sessions. All 13-18’s will swim in the PM sessions. Relays are offered. The 13-18 Age group individual events will be swum together but split into 13&14 and 15-18 age groups for awards. All events will be swum slowest to fastest except for the 400 IM and 500 Freestyle which will be swum fastest to slowest and alternating genders female/male. Seeding will be done after check in closes.

Since this is a MS Championship Meet, the 4-hour rule does not apply.

TIME TRIALS - Time trials may be offered if timelines allow for them, at all meet sites. This will be determined after the entries have closed and all five meets are seeded. This decision will be made by the Sanctioning Chair and the Meet Referees for each meet. Notification of this decision will be posted to the Michigan Swimming web site and emailed out to the membership no later than Wednesday, March 1, 2023. Time Trials, if allowed, will be **\$7.00** per Individual Time Trial and **\$15.00** per Relay Time Trial. Entry into these Time Trial events does not count as an individual entry. However, time trials are limited to no more than one (1) individual time trial entry per swimmer and one (1) relay time trial entry per swimmer each day, per Michigan Swimming Rules and Procedures. Time trial swimmers who are not entered in the meet must prove their USA-S membership by presenting their USA-S membership card, have a printout from their Club portal on the USA-S website, or the athlete may also enter by showing their membership from USA Swimming’s App on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the App, the Club portal list from USA Swimming, or the swimmer may compete unattached (UN). All time trials will be Open events.

10 year old swimmers who are “age up athletes” may time trial Open 200 stroke (200 Backstroke, 200 Breaststroke, and 200 Butterfly) events but 10 and Under swimmers who are not “age up athletes” may not time trial the Open 200 stroke events.

TIME STANDARDS - Slower than Short Course Q1 and equal to or faster than Q2 [Time standards Michigan Swimming Web Site](#). If a swimmer achieves a Q1 time (SCY, SCM, or LCM) in an event after his/her entry has been sent to the Administrative Official, on or before March 1, 2023, the swimmer must withdraw from the event unless the “Age Up” exception applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

CONVERSION/ENTRY TIMES - Time conversions are allowed from actual achieved LCM and SCM times, but they must first be converted to SCY times only.

**2023 REGIONAL CHAMPIONSHIP MEET
SANCTION NUMBER: MI2223059**

ORDER OF EVENTS

Saturday					
AM Session			PM Session		
Girls	Event	Boys	Girls	Event	Boys
Event #		Event #	Event #		Event #
1	11-12 200 Butterfly	2	35	13-14 400 Medley Relay	36
3	10 & U 50 Freestyle	4	37	15-18 400 Medley Relay	38
5	11-12 50 Free	6		AWARDS BREAK	
	AWARDS BREAK		39	13-18 100 IM	40
7	10 & U 100 IM	8	41	13-18 200 Backstroke	42
9	11-12 100 IM	10		AWARDS BREAK	
11	10 & U 50 Backstroke	12	43	13-18 200 Freestyle	44
13	11-12 50 Backstroke	14	45	13-18 200 Butterfly	46
	AWARDS BREAK			AWARDS BREAK	
15	10 & U 200 Freestyle	16	47	13-18 100 Breaststroke	48
17	11-12 200 Freestyle	18	49	13-18 50 Freestyle	50
19	10 & U 100 Breaststroke	20		AWARDS BREAK	
21	11-12 100 Breaststroke	22	51	13-18 400 IM	52
	AWARDS BREAK			AWARDS BREAK	
23	10 & U 50 Butterfly	24			
25	11-12 50 Butterfly	26			
27	11-12 200 Backstroke	28			
	AWARDS BREAK				
29	10 & U 200 Free Relay	30			
31	11-12 200 Free Relay	32			
	AWARDS BREAK				
33	11-12 400 IM	34			
	AWARDS BREAK				

Sunday					
AM Session			PM Session		
Girls	Event	Boys	Girls	Event	Boys
Event #		Event #	Event #		Event #
53	11-12 200 Breaststroke	54	83	13-14 200 Freestyle Relay	84
55	10 & U 100 Backstroke	56	85	15-18 200 Freestyle Relay	86
57	11-12 100 Backstroke	58		AWARDS BREAK	
	AWARDS BREAK		87	13-18 100 Butterfly	88
59	10 & U 100 Freestyle	60	89	13-18 100 Backstroke	90
61	11-12 100 Freestyle	62		AWARDS BREAK	
63	10 & U 50 Breaststroke	64	91	13-18 200 Breaststroke	92
65	11-12 50 Breaststroke	66	93	13-18 100 Freestyle	94
	AWARDS BREAK			AWARDS BREAK	
67	10 & U 200 IM	68	95	13-18 200 IM	96
69	11-12 200 IM	70		AWARDS BREAK	
71	10 & U 100 Butterfly	72	97	13-18 500 Freestyle	98
73	11-12 100 Butterfly	74		AWARDS BREAK	
	AWARDS BREAK				
75	10 & U 200 Medley Relay	76			
77	11-12 200 Medley Relay	78			
	AWARDS BREAK				
79	10 & U 500 Freestyle	80			
81	11-12 500 Freestyle	82			
	AWARDS BREAK				

ENTRY FEES - \$5.00 per individual event and \$12.00 per relay event. Please include a \$5.00 Michigan Swimming Athlete Surcharge for each swimmer entered. Entry fees may only be paid by check. Please make checks payable to: Liquid Lightning and mail to

Liquid Lightning
P.O. Box 307
Lake Orion, Michigan 48362

Email entries to the Administrative Official: randyhall4749@gmail.com

ENTRY OPEN/ DEADLINE - Entries will **open** on February 17, 2023 and **close** at 9:00 am February 27, 2023. Signed Release and Waiver Form and the Certification of Registration Status Form with your check may be mailed, or hand delivered but **must be received by** Saturday, March 4, 2023 in order for your team to participate in the meet.

MISSED ENTRY - A Coach or an Entry Chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or swimmers in an event by the entry deadline may then do so by: entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet and by paying a fee of \$100.00 per team and double the entry fee for the event. Providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee's decision is final and non-appealable.

RELAY ENTRY - Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B". "A and/or B" relays must be entered with a seed time. Relay seed times

must be slower than the Q1 time. Only swimmers participating in an individual event(s) are eligible to compete on an A or B relay.

REFUNDS - There are no refunds in full or in part once a team's entries have been accepted unless the "over qualification exception" applies (see MS Rules).

SCRATCH RULES - Prior to check in close a swimmer may scratch events on the check in sheets. After check in closes, you must see the Meet Referee to scratch an event.

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.

SCORING - No individual scores will be kept. Team scores will be kept.
Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st -16th respectively.
Relay event points: 40,34,32,30,28,26,24,22 for 1st-8th respectively.

AWARDS - Custom Michigan Swimming Medals for Individual and Relay Events 1st - 8th place. Individual event ribbons for 9th - 16th place. Please see the Event List for the schedule of award breaks.

The top 2 athletes in each individual event will automatically qualify for that event in their respective Q1 (MAGS or ULTRA) meet, even if the time is not a Q1 time.

Team Awards will be given to the top scoring team in the "Large Team" and "Small Team" category. Team size designation and distribution will be made by the Championship Meet Strategy Committee once entries close.

AWARD PRESENTATIONS - There will be a formal awards presentation (see event schedule) for 1st – 8th place in individual events and 1st -3rd place in relay events.

AWARD DISTRIBUTION - Individual event awards for 9th – 16th place and relay medals or 4th-8th place will be available for immediate pickup at the award table. Awards will not be bagged or mailed. There will be no exceptions.

FACILITY ITEMS

- A. First Aid supplies will be kept in the pool office.
- B. No smoking is allowed in the building or on the grounds of the facility.
- C. Pursuant to applicable Michigan Law, no glass containers will be allowed on the pool deck or in the locker rooms.
- D. No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway.
- E. 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**.
- F. 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
- G. 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**.

- H. 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.

Articles may be turned in to a designated lost and found area in the Lifeguard Office. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

Hospitality - Hospitality will be provided for the Coaches and Officials.

Safe Sport/Safe Facility - Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach(s) have the athlete's insurance cards and signed releases allowing them to direct medical care. There will be at least two safety marshals at this competition, with at least one of each gender.

Medical Statement – Lifeguards will be on site during the entirety of the meet to administer first aid.

Deck Personnel - 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, the Michigan Swimming Officials Chair, 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 in the lower lobby outside the entrance to the pool. 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 as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). 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 session and will be reissued a credential at the start of the next session.

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.

Racing Start Certification - 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.

General Information - Any errors or omissions in this meet announcement, with the authorization of the Meet and Sanctioning Chair, will be documented by the Meet Referee and available for review at the Administrative Referee table. Information will also be covered at the Coaches' Meeting.

PROTESTS - USA Swimming Rule 102.23 shall be used.

MEET REFEREE: Dawn Gurley dawngurley@att.net

ADMIN OFFICIAL: Randy Hall randyhall4749@gmail.com

MEET DIRECTOR: Kristin Rhodes krhodes@liquidlightning.org

SAFETY MARSHALL: Janell Vinci and Dane Vinci

TEAM VENUE - For the Regional Championship meets all teams registered with MS will initially be assigned to one of the five Regional "venues". These venues are geographically located throughout the State of Michigan in an effort to equalize the size (total entries) of the meets as well as equalize the travel distance to the meets. Each MS team will send their entries to the initial venue assigned and compete at that venue (i.e. a MS team cannot choose which venue they will compete at). After the entries are received at each venue, the Championship Meet Committee, at their discretion have the right to, and may, reassign clubs to a different meet venue to balance entries in an equitable manner between each venue. Teams will be notified as soon as possible if their swimming venue has been changed.

2023 Regional Team Assignment

BBA

BBD

BWSC

FLY

GATR

GLT

KA

LIFE

MCA

MD

NAC

OLY

RDSC

RS

SSSC

USSC

UN

