



## **Integrity, Inclusion, Education, Excellence**

### **2023 USSC Winter Invite**

**Hosted By: Utica Shelby Swim Club**

**February 3-5, 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 **MI2223065 and Time Trial Sanction MITT2223065**. 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 Waterford Kettering 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.

Utica Shelby Swim Club 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**

Waterford Kettering High School

2800 Kettering Dr.

Waterford Township, MI 48329

### **Times**

Friday (d1/s1), 5pm Warm-up, 6pm Start

Saturday (d2/s2), 8am Warm-up, 9:10am Start

Saturday (d2/s3), 12noon Warm-up, 1:10pm Start\*

Sunday (d3/s4) 8am Warm-up, 9:10am Start

Sunday (d3/s5) The Distance session will begin 15 minutes following the AM session, but not before 11am. A designated lane will be available in the 3 lane warm-up pool 60 minutes prior to the start of the session.

\*Afternoon session time will be determined after entries are accepted.

## **Facilities**

Waterford Kettering, is a(n) 8 lane pool with a 3 lane supervised warm-up and warm down area available. Depth at start is 8' and 4' at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with a(n) 8 lane display will be used.

## **Course Certification**

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

## **Meet Format**

Timed Finals. All events seeded slowest to fastest, with the exception of the 500 Free and 1650, which will be seeded fastest to slowest.

## **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 Wednesday, January 11, 9am. The Administrative Official must receive all entries no later than Friday, January 27, 5pm. 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**

Each athlete may swim a maximum of 4 individual events in each of the following sessions: Friday PM, Saturday AM, Saturday PM, and Sunday AM. Athletes may swim a maximum of 2 events on Sunday PM (500/1650 session).

## **Entry Fees**

\$5 per individual event, except the 1650 which is \$15. Make checks payable to USSC.

## **Surcharges**

A \$10 facility surcharge + \$1.00 per athlete Michigan Swimming athlete surcharge applies.

## **Paper Entries**

MS rules regarding non-electronic entries apply. \$6 (\$11 for the 1650) per individual 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:

**USSC**  
**PO Box 182032**  
**Shelby Township, MI 48318**

## **Check In**

Check-in will be required and will be located in the hallway leading into the pool area 30 minutes prior to each session. Athletes who fail to check-in will be scratched from that day's events.

## **Marshaling**

Self-Marshalled.

## **Seeding**

The meet will be seed after check-in closes each session. Athletes who fail to check-in will be scratched.

## **Deck Entries/Time Trials**

Deck entries will be allowed at the discretion of the Meet Referee and Meet Director 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 fees of \$7.50 per event (\$17.50 for the 1650) and all applicable surcharges apply.

If Time Trials are offered (discretion of the Meet Referee and Meet Director), a fee of \$7.50 per time trial plus applicable surcharges applies.

### **Meet Programs/Admissions**

\$5 admission, \$3 Heat Sheets

### **Scoring**

No Individual or Team Scoring

### **Awards**

Awards 1-8 for 10 & Under and 11-12 events only on Friday PM, Saturday AM/PM and Sunday AM sessions.

### **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**

Water bottles will be available for purchase at admissions. A hospitality area will be available for coaches and officials.

### **Lost and Found**

Articles may be turned in/picked up at the Lifeguard 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 USSC 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**

No Medical Supervision will be provided.

### **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 Clerk of Course.
- (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: Ahern Naylis [ahern.naylis@gmail.com](mailto:ahern.naylis@gmail.com)** (Must be a USA Swimming member)

**Meet Referee: Holly Russell [hrussell.ussc@gmail.com](mailto:hrussell.ussc@gmail.com)**

**Safety Marshal: Rob Threlkeld**

**Administrative Official: Erica Thomas [usscentries@gmail.com](mailto:usscentries@gmail.com)**

FRIDAY PM MI2223065

- 1 Girls 13 & Over 200 IM
- 2 Boys 11 & Over 200 IM
- 3 Girls 13 & Over 50 Butterfly
- 4 Boys 11 & Over 50 Butterfly
- 5 Girls 13 & Over 100 Freestyle
- 6 Boys 11 & Over 100 Freestyle
- 7 Girls 13 & Over 200 Butterfly
- 8 Boys 11 & Over 200 Butterfly
- 9 Girls 13 & Over 100 Backstroke
- 10 Boys 11 & Over 100 Backstroke
- 11 Girls 13 & Over 200 Breaststroke
- 12 Boys 11 & Over 200 Breaststroke
- 13 Girls 13 & Over 50 Backstroke
- 14 Boys 11 & Over 50 Backstroke

SATURDAY AM

- 15 Girls 12 & Under 200 IM
- 16 Boys 10 & Under 200 IM
- 17 Girls 8 & Under 25 Breaststroke
- 18 Boys 8 & Under 25 Breaststroke
- 19 Girls 12 & Under 50 Breaststroke
- 20 Boys 10 & Under 50 Breaststroke
- 21 Girls 12 & Under 100 Freestyle
- 22 Boys 10 & Under 100 Freestyle
- 23 Girls 8 & Under 25 Freestyle
- 24 Boys 8 & Under 25 Freestyle
- 25 Girls 11-12 200 Butterfly
- 26 Boys 10 & Under 100 Backstroke
- 27 Girls 12 & Under 100 Backstroke
- 28 Girls 8 & Under 25 Backstroke
- 29 Boys 8 & Under 25 Backstroke
- 30 Girls 11-12 200 Breaststroke
- 31 Girls 8 & Under 25 Butterfly
- 32 Boys 8 & Under 25 Butterfly
- 33 Girls 12 & Under 50 Butterfly
- 34 Boys 10 & Under 50 Butterfly
- 35 Girls 11-12 400 IM

SATURDAY PM

- 36 Girls 13 & Over 200 Freestyle
- 37 Boys 11 & Over 200 Freestyle
- 38 Girls 13 & Over 100 Breaststroke
- 39 Boys 11 & Over 100 Breaststroke
- 40 Girls 13 & Over 200 Backstroke
- 41 Boys 11 & Over 200 Backstroke
- 42 Girls 13 & Over 100 IM



- 43 Boys 11 & Over 100 IM
- 44 Girls 13 & Over 50 Breaststroke
- 45 Boys 11 & Over 50 Breaststroke
- 46 Girls 13 & Over 100 Butterfly
- 47 Boys 11 & Over 100 Butterfly
- 48 Girls 13 & Over 50 Freestyle
- 49 Boys 11 & Over 50 Freestyle
- 50 Boys 11 & Over 400 IM
- 51 Girls 13 & Over 400 IM
- SUNDAY AM
- 52 Girls 12 & Under 200 Freestyle
- 53 Boys 10 & Under 200 Freestyle
- 54 Girls 12 & Under 100 Breaststroke
- 55 Boys 10 & Under 100 Breaststroke
- 56 Girls 11-12 200 Backstroke
- 57 Girls 12 & Under 100 Butterfly
- 58 Boys 10 & Under 100 Butterfly
- 59 Girls 12 & Under 50 Freestyle
- 60 Boys 10 & Under 50 Freestyle
- 61 Girls 12 & Under 100 IM
- 62 Boys 10 & Under 100 IM
- 63 Girls 12 & Under 50 Backstroke
- 64 Boys 10 & Under 50 Backstroke
- SUNDAY PM
- 65 Mixed 500 Freestyle
- 66 Mixed 1650 Freestyle

