Integrity, Inclusion, Education, Excellence

10th Annual Arctic Blast

Hosted By: South Lyon Aquatics

January 21-23, 2022

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2122054 and MITT2122054 .** 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 South Lyon East HS 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.

South Lyon 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.

Location

South Lyon EAST High School
52200 West Ten Mile Road
South Lyon, MI 48178

Times

Friday	Warm Ups: 5:30 pm	Meet Start: 6:30 pm
Sat/Sun AM	Warm ups: 7:30 am	Meet Start: 8:30 am
Sat/Sun PM	Warm Ups: 12:30 pm	Meet Start: 1:30 pm

Sat EVE (500) Meet Start: 10 Minutes following the PM Session **Not before 4:30 pm.**

Facilities

– South Lyon EAST High School is an 11 lane pool, up to 10 lanes will be used for competition with lane 11 used for supervised warm-up and warm down. Depth at start is 12' and 4' at turn. Permanent starting blocks and non-turbulent lane markers will be used. A Colorado timing system with a 10 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will not be available.

Course Certification

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

Meet Format

Timed finals format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & Under, 10 & Under, 9-10, 11-12, and Open. *11-12 Girls will swim in the PM Sessions.* All events will be swam slowest to fastest except for distance events **(500 FR and 400 IM) which will swim fastest to slowest alternating gender. And the 1650 will be swam mixed gender.** A Sat EVE 500 ONLY session had been added and will include events **54 and 55**. This session would start 10 minutes after the completion of the afternoon session. A separate check in be required for the Sat EVE session.

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 **January 10, 2022 at 9 am.** The Administrative Official must receive all entries no later than **January 14. 2022 at 9 am.**. 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 are limited to two **(2)** individual events on Friday and four **(4)** individual events per day Sat and Sun and **(1)** relay per day. **(1)** individual event for the Sat EVE Session not included in the previous 4 per day limit but this does count against the USA Swimming daily limit. Swimmer are limited to **(2)** TT events per day which are not included in the daily limit but do count against the daily limit of (6) per day per USA Swimming rules.

Entry Fees

$5.00 per individual event and **$ 12.00** for relays. Make checks payable to **South Lyon 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:

Entries – AB 20
P.O. Box 291
South Lyon, MI 48178

Check In

Check-in will be required and will be located **Check in sheets will be posted in hallway outside of locker rooms at pool level and clearly marked. There will be a separate check in for the Sat pm 500 events.** Check in will close 15 minutes after the start of warm-ups.

Marshaling [Select one; delete the provision not selected.]

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

Seeding

Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest other than distance events, 500 FR, 1650FR, and 400IM, which will be seeded fastest to slowest (alternating gender/ 1650 mixed gender).

Deck Entries

Deck entries and Time Trials will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. If an athlete is not currently registered with Michigan Swimming or another USA Swimming LSC, the athlete must deck register for a $168.00 fee before being entered into the meet. **Deck entries and Time Trials may be accepted at the discretion of the Meet Referee and Meet Director if time permits.** Cost will be $7.00 for individual events and $14.00 for relays.

Meet Programs/Admissions

Admissions will be $**5.00 per persons 10 and older**.

Individual Heat Sheets will be for $3.00.

Scoring

No individual or team scoring will be kept.

Awards

Awards will be given for each age group **12 and Under ONLY**. Custom 1st – 3rd place medals and custom ribbons for 4th – 8th place A, B, and C finishers will be provided. Relays will be awarded medals for 1st – 3rd. ***Heat winner awards will be given for all heats including PM Open sessions immediately following each finish***. Awards will be available for pick up by coaches/designated team representative at the completion of the meet. Teams MUST pick up remaining awards by the end 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 beverages will be available in **lobby 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 outside 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 **hallway** to the **locker rooms/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 **pool 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: Adam Stage - President@southlyonaquatics.com

Meet Referee: Mary Perczak - Flamegang@aol.com - 248-946-1362

Safety Marshal: Lisa Stage

Administrative Official: Dave Dunnuck - Entries@southlyonaquatics.com

Friday P.M

Warm-up:5:30pm **Check in closed at 5:45 pm** **Events begin: 6:30pm**

Girls Event #	Age	Events	Boys Event #
1	10 & Under	200 IM	2
3	12 & Under	500 Free	4
5	Open Mixed Gender	1650 Free	

Saturday A.M

Warm-up:**7:30am** **Check in closed at 7:45am** Events begin: **8:30am**

Girls Event #	Age	Events	Boys Event #
-	11-12	200 Free	7
8	9-10	200 Free	9
10	8 & Under	100 Free	11
-	11-12	50 Back	12
13	9-10	50 Back	14
15	8 & Under	25 Back	16
-	11-12	100 Fly	17
18	9-10	100 Fly	19
20	8 & Under	50 Fly	21
-	11-12	100 Breast	22
23	9-10	100 Breast	24
25	8 & Under	25 Breast	26
-	11-12	50 Free	27
28	9-10	50 Free	29
30	8 & Under	50 Free	31
-	11-12	200 Back	32
33	10 & Under	200 Medley Relay	34
-	11-12	200 Medley Relay	35

Saturday P.M

Warm-up:**12:30pm** **Check in closed at 12:45pm** Events begin: **1:30pm**

Girls Event #	Age	Events	Boys Event #
36	11-12	200 Fly	-
37	Open	200 Fly	38
39	11-12	50 Breast	-+
40	Open	100 Free	41
42	11-12	100 Free	-
43	Open	100 Back	44
45	11-12	100 Back	-
46	Open	200 Breast	47
48	11-12	200 Breast	-
49	Open	200 IM	50
51	11-12	50 Fly	-
52	Open	200 Mixed Medley Relay	52
53	11-12	200 Medley Relay	-

Saturday EVE (500 Only Session)

54	Open	500 Free	55

Sunday A.M.

Warm-up:**7:30am** **Check in Closed at 7:45am** Events begin: **8:30am**

Girls Event #	Age	Events	Boys Event #
-	11-12	200 Fly	56
57	9-10	100 IM	58
59	8 & Under	100 IM	60
-	11-12	100 Free	61
62	9-10	100 Free	63
64	8 & Under	25 Free	65
-	11-12	100 Back	66
67	9-10	100 Back	68
69	8 & Under	50 Back	70
-	11-12	50 Breast	71
72	9-10	50 Breast	73
74	8 & Under	50 Breast	75
-	11-12	50 Fly	76
77	9-10	50 Fly	78
79	8 & Under	25 Fly	80
-	11-12	200 Breast	81
82	10 & Under	200 Freestyle Relay	83
-	11-12	200 Freestyle Relay	84

Sunday P.M.

Warm-up:**12:30pm** **Check in closed at 12:45pm** Events begin: **1:30pm**

Girls Event #	Age	Events	Boys Event #
85	11-12	200 Free	-
86	Open	200 Free	87
88	11-12	100 Breast	-
89	Open	100 Breast	90
91	11-12	50 Back	-
92	Open	100 Fly	93
94	11-12	100 Fly	-
95	Open	200 Back	96
97	11-12	200 Back	-
98	Open	50 Free	99
100	11-12	50 Free	-
101	Open	200 Mixed Freestyle Relay	101
102	11-12	200 Freestyle Relay	-
103	Open	400 IM	104

CERTIFICATION OF REGISTRATION STATUS OF ALL ENTERED ATHLETES

RELEASE AND WAIVER
10th Annual Arctic Blast

Sanction Number: MI2122054 and MITT2122054

Enclosed is a total of $_____ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against **SLA**, **South Lyon East HS**, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to this swim meet.

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In granting the sanction it is understood and agreed that USA Swimming and Michigan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Michigan Swimming Clubs must register and pay for the registration of all athletes that are contained in the electronic Entry File or any paper entries that are submitted to the Meet Host with the Office of Michigan Swimming **prior to submitting the meet entry to the meet host**. Clubs from other LSCs must register and pay for the registration of their athletes with their respective LSC Membership Coordinator.

A penalty fee of $100.00 per unregistered athlete will be levied against any Club found to have **entered** an athlete in a meet without first registering the athlete and paying for that registration with the Office of Michigan Swimming or respective LSC Membership Coordinator.

Submitting a meet entry without the athlete being registered and that registration paid for beforehand may also subject the Club to appropriate Board of Review sanctions.

The authority for these actions is: UNITED STATES SWIMMING RULES AND REGULATIONS 302.4 FALSE REGISTRATION – A host LSC may impose a fine of up to $100.00 per event against a member Coach or a member Club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed Club is not properly registered. The host LSC will be entitled to any fines imposed.

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I certify that **all** athletes submitted **with this meet entry** are currently registered members of USA Swimming and that I am authorized by my Club to make this representation in my listed capacity.

Signature:	Position:
Street Address:	City, State Zip:
Club Email:	Phone:
Coach Name:	Club Name:
Coach Email:	Club Code: