



**Integrity, Inclusion, Education, Excellence**

# **SLA Arctic Blast Open Invite**

**Hosted By: South Lyon Aquatics**

**January 27-29, 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 **MI2223068**. 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 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 SLA 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:**

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

### **Times**

**Friday** Warmups: 5:00 pm Meet Start: 6:00 pm

**Sat/Sun AM** Warmups: 8:00 am Meet Start: 9:00 am

**Sat/Sun PM** Warmups: Immediately after AM session Not Before 11:30 am Meet Start: Not before 12:30 pm

### **Facilities**

**South Lyon East High School**, is a **8** lane pool **with a supervised warm-up and warm down area available**. Depth at start 12' and 4' at turn. Permanent starting blocks and non-

turbulent lane markers will be used. **Colorado Timing System with 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 format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, and Open. 11-12 Girls will swim in the PM Sessions. All events will be swum slowest to fastest.

### **Eligibility**

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

**Entry Procedures Entry Procedures** - Entries may be submitted to the Administrative Official as of **January 6th, at 10 am**. The Administrative Official must receive all entries no later than **January 18<sup>th</sup> at 10am**. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the Administrative Official at [ahernnaylis@gmail.com](mailto:ahernnaylis@gmail.com). 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 club's 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 **SLA Arctic Blast** entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

**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.

## **Entry Fees**

**\$5.00** per individual event and **\$12.00** for relays. Please include a **\$1.00** Michigan Swimming surcharge and a **\$10.00** facility surcharge for each swimmer entered. Make checks payable to: **South Lyon Aquatics**.

## **Surcharges**

A \$1.00 per athlete Michigan Swimming athlete surcharge applies in addition to the \$10.00 Facility Surcharge.

## **Paper Entries**

- MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay event paid if the entry is not submitted in Hy-Tek format. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies 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:

**South Lyon Aquatics**  
**58363 Holland Dr.**  
**South Lyon, MI 48178**  
[slameetentries@gmail.com](mailto:slameetentries@gmail.com)

## **Check In**

Check-in will be required and will be located **in the Hallway outside the Locker room**

## **Marshaling**

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.

## **Deck Entries**

Deck entries 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. Individual events will be \$7.50 and Relays \$15.00.

## **Meet Programs/Admissions**

– Admissions will be **\$5.00 per persons 10 and older**. Individual Heat Sheets will be for \$3.00.

## **Scoring**

**No Team or Individual Scores will be kept.**

## **Awards**

Awards will be given for each age group **12 and Under ONLY**. ***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. The Top 8 finishers will receive Ribbons.

## **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 at outside 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 **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 Available to assist any Medical events.

## **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 **Admin Table**
- (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](mailto:president@southlyonaquatics.com)

**Meet Referee** – Cynda Avery – [cja2474@gmail.com](mailto:cja2474@gmail.com) – (248) 632-2623

**Safety Marshal** – Andy Cebull – [andycebull@southlyonaquatics.com](mailto:andycebull@southlyonaquatics.com)

**Administrative Official** – Ahern Naylis – [ahern.naylis@gmail.com](mailto:ahern.naylis@gmail.com)





## Friday P.M

Warm-up: 5:00pm

Check in closed at 5:15 pm

Events begin: 6:00pm

Girls Event #	Age	Events	Boys Event #
1	12 & Under	200 Free	2
3	Open	500 Free	4
5	12 & Under	200 IM	6
7	Open	400 IM	8

## Saturday A.M

Warm-up: 8:00am

Check in closed at 8:15am

Events begin: 9:00am

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

## Saturday P.M

Warm-up: Not before 11:30am

Events begin: Not before 12:30pm

Girls Event #	Age	Events	Boys Event #
30	11-12	100 Free	-
31	Open	200 Free	32
33	11-12	50 Breast	-
34	Open	100 Breast	35
36	11-12	100 Fly	-
37	Open	200 Fly	38
39	11-12	100 Back	-
40	Open	200 Back	41
42	11-12	100 IM	-
43	Open	200 IM	44
45	11-12	200 Medley Relay	-
46	Open	200 Mixed Medley Relay	-

### Sunday A.M.

Warm-up: 8:00am

Check in closed at 8:15am

Events begin: 9:00am

Girls Event #	Age	Events	Boys Event #
-	11-12	100 IM	47
48	10 & Under	100 IM	49
50	8 & Under	25 Back	51
-	11-12	50 Back	52
53	10 & Under	50 Back	54
55	8 & Under	25 Fly	56
-	11-12	50 Fly	57
58	9-10	50 Fly	59
-	11-12	100 Breast	60
61	9-10	100 Breast	62
63	8 & Under	25 Free	64
-	11-12	50 Free	65
66	9-10	50 Free	67
-	11-12	200 Freestyle Relay	68
69	10 & Under	200 Freestyle Relay	70

### Sunday P.M.

Warm-up: Not before 11:30pm

Events begin: Not before 12:30pm

Girls Event #	Age	Events	Boys Event #
71	Open	100 Free	72
73	11-12	50 Free	-
74	Open	200 Breast	75
76	11-12	100 Breast	-
77	Open	100 Back	78
79	11-12	50 Back	-
80	Open	100 Fly	81
82	11-12	50 Fly	-
83	Open	100 Back	84
85	11-12	50 Back	-
86	Open	50 Free	87
88	11-12	200 Freestyle Relay	-
89	Open	200 Mixed Freestyle Relay	-

