



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

### **Best Valen-Times Open Invitational**

**Hosted By: Huron Valley Penguins 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 **MI2223051**. 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 **Huron Valley Schools/Huron Valley Penguins Swim Club** 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.

**Huron Valley Penguins 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.

### **Location: Milford High School Pool**

**2380 S. Milford Rd**

**Milford, MI 48357**

### **Times**

**Friday, February 3rd** Warm-ups Begin **5:00pm** Events Start **6:00pm**

**Saturday, February 4<sup>th</sup>** AM Session Warm-ups begin at **8:00am** Events Start **9:00am**

**Saturday, February 4<sup>th</sup>** PM Session Warm-ups will begin after the conclusion of the AM Session, not before 11:30 Events will Start at 1 hour after warm-ups begin

**Sunday, February 5<sup>th</sup>** Am Session Warm-ups begin at **8:00am** Events Start **9:00am**

**Sunday, February 5<sup>th</sup>** PM Session Warm-ups will begin after the conclusion of the AM Session, not before 11:30 Events will Start at 1 hour after warm-ups begin

## **Facilities**

**Milford High School Pool** is a 8 lane pool **with a diving well which will be available for supervised warm-up and warm down**. Depth at start is 8ft. and 4ft. at turn. Permanent starting blocks and non-turbulent lane markers will be used. **Colorado timing with an 8-lane display will be used**. There is ample balcony seating for spectators. Lockers are available **provide your own lock**. Public phones will be available.

**Course Certification: The competition course has not been certified in accordance with 104.2.2C(4)**

## **Meet Format**

Timed Finals.

**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 **Monday, January 16<sup>th</sup> at 8:00am**. The Administrative Official must receive all entries no later than **Friday, January 27<sup>th</sup> at 10:00pm**. 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. All individual entries should be submitted via electronic mail at **Keweenaw@gmail.com** to Administrative Official Jeff Heaton.

## **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 may enter a maximum of five (5) individual events per day for on Saturday and Sunday. Entry Limits for Friday session are a maximum of two individual (2) events. The meet maximum for all sessions is twelve (12) individual events total for the whole meet.

## **Entry Fees**

**\$5.00** per individual event and **\$12.00** for relays. Make checks payable to **Huron Valley Penguins Swim Club**

## **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:

**Huron Valley Penguins**

**10325 Glynn Rd.**

**White Lake, MI 48386**

**Check In** : Check-in will be required and will be located in the lower hallway outside of the locker room entrances. Check In will close 15 minutes after warm-up begins.

## **Marshaling**

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

## **Seeding**

The meet will be **seeded after check-in closes and scratches are processed**. 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 except for the following distance events (400 IM, 500 Free and 1000 Free) which will be seeded fastest to slowest.

## **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. The deck entry fee will be **\$7.50 for individual events and relays are \$15.00**. Registration status must be proven.

## **Meet Programs/Admissions**

Admission will be \$5.00 per person per session, 8 & Under are free with the paid admission of an adult. Heat sheets will be made available for purchase after each session is seeded. Heat sheets will cost \$1.00 on Friday and \$3.00 for Saturday and Sunday Sessions.

**Scoring:** No Scoring will be kept.

## **Awards**

Huron Valley Penguin medals will be awarded for 1-3 place and ribbons awarded 4-16<sup>th</sup> for individual events regardless of age. Relays will be awarded medals for 1-3 place and ribbons 4-8<sup>th</sup> place.

Relays will not be split into age groups for awards.

## **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**

Prepackaged food items and beverages will be sold at concessions stand located in the upper hallway near balcony entrance. 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 **front desk area in the lobby**. 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. There will be at least two marshalls at this competition, with at least one of each gender.

## **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 **logo, 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 **Lap pool office**.

### **Medical Supervision**

Lifeguards with First Aid and CPR Training will be available to athletes participating in this competition. AED devices are on-site and located at the front desk and in the stairwell.

### **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 **lap 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:** Lyndsey Kiebel, Kiebelfamily@gmail.com

**Meet Referee:** Chuck Krochmal, krochmal6@outlook.com

**Safety Marshal: Christina Zarfl**

**Administrative Official:** Jeff Heaton, 248-930-5607, kweenaw@gmail.com

## **Schedule of Events**

### **Friday, February 3<sup>rd</sup>, 2022**

Events:

#1-Girls 12 & Under 400 IM

#2-Boys 12 & Under 400 IM

#3-Girls 13 & Over 400 IM

#4-Boys 13 & Over 400 IM

#5-Girls 12 & Under 500 Freestyle

#6-Boys 12 & Under 500 Freestyle

#7-Girls 13 & Over 1000 Freestyle

#8-Boys 13 & Over 1000 Freestyle

## **Saturday AM Session**

### **February 4<sup>th</sup>, 2022**

- #9-Girls 13 & Over 200 Free Relay
- #10-Boys 13 & Over 200 Free Relay
- #11-Girls 13 & Over 100 Breaststroke
- #12-Boys 13 & Over 100 Breaststroke
- #13-Girls 13 & Over 200 Backstroke
- #14-Boys 13 & Over 200 Backstroke
- #15-Girls 13 & Over 200 IM
- #16-Boys 13 & Over 200 IM
- #17-Girls 13 & Over 100 Free
- #18-Boys 13 & Over 100 Free
- #19-Girls 13 & Over 100 Fly
- #20-Boys 13 & Over 100 Fly

## **Saturday PM Session**

### **February 4<sup>th</sup>, 2022**

- #21-Girls 11-12 200 Free Relay
- #22-Boys 11-12 200 Free Relay
- #23-Girls 10 & Under 200 Free Relay
- #24-Boys 10 & Under 200 Free Relay
- #25-Girls 12 & U 200 Free
- #26-Boys 12 & U 200 Free
- #27-Girls 8 & Under 100 Free
- #28-Boys 8 & Under 100 Free
- #29-Girls 12 & U 50 Breaststroke
- #30-Boys 12 & U 50 Breaststroke
- #31-Girls 8 & Under 25 Breaststroke
- #32-Boys 8 & Under 25 Breaststroke
- #33-Girls 12 & U 100 Backstroke
- #34-Boys 12 & U 100 Backstroke
- #35-Girls 8 & U 50 Backstroke
- #36-Boys 8 & U 50 Backstroke



#37-Girls 12 & U 100 IM

#38-Boys 12 & U 100 IM

#39-Girls 8 & U 25 Free

#40-Boys 8 & U 25 Free

#41-Girls 12 & U 100 Fly

#42-Boys 12 & U 100 Fly

#43-Girls 8 & U 50 Fly

#44-Boys 8 & U 50 Fly

#45-Girls 12 & U 50 Free

#46-Boys 12 & U 50 Free

### **Sunday AM Session**

#### **February 5<sup>th</sup>, 2022**

#47-Girls 13 & Over 200 Medley Relay

#48-Boys 13 & Over 200 Medley Relay

#49-Girls 13 & Over 200 Free

#50-Boys 13 & Over 200 Free

#51-Girls 13 & Over 200 Breaststroke

#52-Boys 13 & Over 200 Breaststroke

#53-Girls 13 & Over 100 Back

#54-Boys 13 & Over 100 Back

#55-Girls 13 & Over 50 Free

#56-Boys 13 & Over 50 Free

#57-Girls 13 & Over 200 Fly

#58-Boys 13 & Over 200 Fly

### **Sunday PM Session**

#### **February 5<sup>th</sup>, 2022**

#59-Girls 11-12 200 Medley Relay

#60-Boys 11-12 200 Medley Relay

#61-Girls 10 & U 200 Medley Relay

#62-Boys 10 & U 200 Medley Relay

#63-Girls 12 & U 200 IM

#64-Boys 12 & U 200 IM

#65-Girls 8 & U 100 IM

#66-Boys 8 & U 100 IM

#67-Girls 12 & U 100 Breast

#68-Boys 12 & U 100 Breast

#69-Girls 8 & U 25 Back

#70-Boys 8 & U 25 Back

#71-Girls 12 & U 50 Back

#72-Boys 12 & U 50 Back

#73-Girls 8 & U 50 Free

#74-Boys 8 & U 50 Free

#75-Girls 12 & U 100 Free

#76-Boys 12 & U 100 Free

#77-Girls 8 & U 25 Fly

#78-Boys 8 & U 25 Fly

#79-Girls 12 & U 50 Fly

#80-Boys 12 & U 50 Fly



