



Integrity, Inclusion, Education, Excellence

Big Lake Open Invite 2023

Hosted By: Michigan Lakeshore Aquatics

January 21-22, 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 **MI2223062**. 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 HOLLAND COMMUNITY AQUATIC CENTER 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.

Michigan Lakeshore 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. There will be at least two safety marshals at this competition, with at least one of each gender.

Location

Holland Community Aquatic Center
550 Maple Avenue
Holland, Michigan 49423

Times

Saturday January 21, 2023: Warm-up 9:00am Start 10:00am
Sunday January 22, 2023: Warm-up 9:00am Start 10:00am

Facilities

Holland Community Aquatic Center is an 8 lane 25-yard pool with 12 additional 25-yard lanes which will be available for supervised warm-up and warm down. Depth at start is 6'9" and 4'0" 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.

Course Certification

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

Meet Format

The Big Lake Invite has a 12 & Under and Open Timed Finals format.

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. A swimmer's age on January 21st, 2023 will determine his/her eligibility for a particular age group.

Entry Procedures

Entries may be submitted to the Administrative Official as of **Tuesday January 3rd, 2023 at 9:00am**. The Administrative Official must receive all entries no later than **Sunday January 15th, 2023 at 11:59pm**. 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 may enter a maximum of four (4) individual events and one (1) relay on Saturday and four (4) individual events on Sunday. The maximum entry limit would be inclusive of deck entries.

Entry Fees

\$5.00 per individual event and **\$12.00** for relays. Please include a \$10.00 athlete/facility surcharge for each swimmer entered. Make checks payable to Holland Community Aquatic Center

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:

Sara Kadzban
Holland Community Aquatic Center
550 Maple Avenue
Holland, Michigan 49423
616-393-7595 ext. 104

Electronic Entries:
Administrative Official: Ruth Andegeko **ruthandeaogmail.com**

Check In

Check-in will be required. It will be available 30 minutes before warm-ups. Failure to check in will cause the swimmer to be scratched from all events in the session. Check in will close 15 minutes after the start of warm-up. Check-in sheets will be posted at the entrance to the pool area, prior to entering the locker rooms.

Marshaling

Self-Marshaling will be used for all swimmers. Heat sheets will be posted around the pool after check-in closes and seeding is complete.

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 for Saturday and Sunday will be seeded slowest to fastest except for the 500 Free and 1000 Free which will be seeded fastest to slowest, alternating genders.

Deck Entries

Deck entries will be allowed at \$7.50 per individual event and \$15.00 per relay, if the timeline allows and the Meet Referee and Meet Director approve it, and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies.

Meet Programs/Admissions

Admissions is \$5.00 per person per day. Children 10 and under, with an adult, are free. Heat sheets will be available for \$3.00 after each session is seeded. NO BAG CHAIRS, FOLDING CHAIRS, CAMP CHAIRS ARE ALLOWED IN THE BALCONY. The Aquatic Center will be open to swim meet participants and spectators at 8:30am each morning.

Scoring

Individual scoring will be for 1st-16th places.

Team Scoring will not be kept.

Awards

12 & Under: Medals for 1st-3rd places; ribbons for 4th-16th places. No awards for relays.

High point awards for top-2 point scorers in 10 & under, 11-12, and 13-14 age divisions.

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 concessions area in the spectator's 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. ***This can change anytime depending on CDC and HCAC COVID protocol.***

Lost and Found

Articles may be turned in/picked up at 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 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 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

The Holland Aquatics Center is fully staffed with rotating lifeguards on both the 50m competition pool and 5-lane warm-up pool. An Operating Supervisor (OS) will be available on-deck or by radio at all times during open hours to facilitate emergency needs. The facility has several AED devices located around the competition and warm-down areas for easy access.

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 Norm VerMeulen (a USA Swimming member)
norm@mlaswim.org

Meet Referee Steve Weeks (a USA Swimming member)
616.566.0986
Swmfst16@gmail.com

Safety Marshal Jason Epplert

Administrative Official
Ruth Andegeko (a USA Swimming member)
616.821.9795 (coaches only please)
ruthandea@gmail.com

Big Lake Invite 2023
Sanction Number: MI2223062
Saturday, January 21, 2023

Warm-up starts: 9:00am Check-in closes: 9:15am Meet starts: 10:00am

Girls	Age	Event	Boys
1	Open	200 Freestyle	2
3	Open	100 Backstroke	4
5	Open	200 Breaststroke	6
7	12 & under	50 Butterfly	8
9	Open	100 Butterfly	10
11	Open	50 Freestyle	12
13	Open	500 Freestyle	14
15	Open	200 Medley Relay	16

Sunday, January 22, 2023

Warm-up starts: 9:00am Check-in closes: 9:15am Meet starts: 10:00am

Girls	Age	Description	Boys
17	Open	200 IM	18
19	12 & under	50 Breaststroke	20
21	Open	100 Breaststroke	22
23	Open	200 Butterfly	24
25	12 & under	50 Backstroke	26
27	Open	200 Backstroke	28
29	Open	100 Freestyle	30
31	Open	100 IM	32
33	Open	1000 Freestyle	34

