

**Integrity, Inclusion, Education, Excellence**

**2019 Courageous Games Junior Olympics**

**Hosted by: Courageous, Inc.**

**July 13-14, 2019**

**Approval:** This meet is approved by Michigan Swimming, Inc. (MS), as a prelim-final with timed final session meet on behalf of USA Swimming (USA-S), Approval Number **MIAP1819141 and Time Trial Sanction number MITT181914.** In granting this approval it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. MS rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

**Location: Wayne State University**

 **5101 John C Lodge**

 **Detroit, MI 48202**

**Times:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Date** | **Session** | **Warm-up time** | **Start time**  |
| Saturday | July 13 | AM session | 7:30 am | 8:30 am  |
| Saturday | July 13 | PM Session | 12:30 pm | 1:30 pm |
| Saturday | July 13 | Finals session | 4:30 pm | 5:30 pm  |
| Sunday | July 14 | AM session | 7:30 am | 8:30 am  |
| Sunday  | July 14 | PM Session | 12:30 pm | 1:30 pm |
| Sunday  | July 14 | Finals Session | 4:30 pm | 5:30 pm |

**Facilities:** Wayne State University Poolis an 8lane, 25 yard pool with a supervised warm up and warm down area available. Depth at start is 8’[[1]](#footnote-1) and 4’ at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available, please provide your own lock. The competition course has not been certified in accordance with 104.2.2C (4).

**Deck Registration:** Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee ($156.00 per swimmer for 2018-19 registration).

**Meet Format:** This meet will be a morning prelims/evening finals for all athletes 11 & over. All 11 & over events will swim together in prelims, but will swim separately in finals as 11/12 and 13-18. All 11 & Over relays will swim in finals.

The 11/12 age group will have 2 heats of each event in finals (Consolation B-final and championship A-final in that order) except for the 200 Backstroke, 200 Breaststroke and the 200 Butterfly which will be a timed finals event with the fastest heat to compete in the evening finals session. The A and B finals will comprise of the top 16 athletes from prelims in each event and gender.

The 13-18 age group will have 3 heats of each event in finals (Consolation C, B-Final and Championship A final in that order). The A, B and C final will comprise of the top 24 athletes from the prelim in each event and gender. The C final will consist of 13-14 athletes that have not qualified for the A or B final.

All 10 & under events will swim in the afternoon as timed finals events both Saturday and Sunday.

**Entry Limits:** Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming Four (4) Hour time limit is met for those sessions with 12 and Under events. As set forth in entry procedures below, (A) a hard copy of your club’s entry summary sheet, (B) your club’s certification of entered athletes (for USA Swimming registered athletes only) and (C) your club’s entry and entry fees must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.

**Swimmers Without A Coach:** Any swimmer entered in the meet, unaccompanied by a coach, must be approved by their coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**Individual Entry Limits:** All prelim/finals athletes are limited to three (3) individual events and one (1) relay on each of Saturday and Sunday. All Timed Finals athletes (10 & Under) are limited to five (5) individual events and one (1) relay on each of Saturday and Sunday. Please note: Each team is limited to two entries per relay event, each day, Saturday and Sunday.

**Electronic Entries: $7.50** per individual each Prelim / Final event, **$5** for the timed final events and **$12** for relays.

**Entry Procedures:** Entries may be submitted to the entry chairperson as of Wednesday, June 26, 2019 at noon.The Administrative Official must receive all entries no later than Sunday, July 9, 2019 at 11:59 p.m. Entries must include correct swimmer name and age. *Only athletes registered with USA Swimming are allowed to have an ID built in the entries.* All individual entries should be submitted via electronic mail to the Administrative Official at swimentriesjw@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) 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.

**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.

**Entries:** 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:

**Courageous Inc.
12925 Auburn St.
Detroit, MI 48223**

**Attn: Gearlad Williams-Taylor**

**Check In:** Check in will be required for the prelim and timed final session. Check in will close 15 minutes after the start of warm up for each session. If an athlete fails to check in, they will be scratched from their events. Check in sheets will be posted in the hallway outside the locker room.

**Scratch Rules:** Prior to check in close a swimmer may scratch events on the check in sheets. After check in closes, you must see the Meet Referee to scratch an event.

**Scratch from Finals:** There is no check in for finals. Athletes that make the top 16 (13/14 & 15-18) in prelims will be posted, including 1st and 2nd alternates. Upon being posted, the athletes will have 30 minutes to scratch or declare their intent to scratch from finals at the announcers table located just outside of the swim office.

**No-Shows: (Prelims and Timed Finals)** There is NO PENALTY for No Shows in prelims or timed finals. The Meet Referee will make every effort possible to allow the athlete(s) to swim but no heats will be added to accommodate No Show athletes.

**No-Shows: (Finals)** Athletes not scratching from finals within the 30 minute time period and then no showing for finals, will not be seeded for the next day’s events and must see the Meet Referee for consideration. Any open lane when the B heat is called to the blocks created by a no-show will be given to the alternate(s). Once a lane has been given to an alternate, the original athlete in that lane may not reclaim the lane.

**Marshaling:** All events will be self marshalled. All swimmers will be expected to find their heat and lane independently.

**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 timed final events will be seeded slowest to fastest. The top 8 athlete in the 11-12 200 Backstroke, 200 Breaststroke and the 20 Butterfly will swim in Finals. All Prelim/Final events will be circle seeded.

**Deck Entries/Time Trials:** Deck entries will be available at the discretion of the Meet Director and Meet Referee if time permits. Time Trials will be available at the end of the preliminary session if time permits. Deck entries and time trials are $7.50 for individual events and $15.00 for relays. Athletes may compete in one Time Trial per day. It will not count against the number of events for that day.

**Cash Payment is the only acceptable payment for all deck entries and Time Trials**.

**Meet Programs /Admissions:** Admission is $5.00 per day, children 10 & Under are free. Heat Sheets will be available for $2.00

**Scoring:** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team scores and individual high point scores will be posted throughout the meet. Team points will be scored from 1st through 16th place. Any challenges to results must be made by the swimmers’ coach to the Meet Referee within 30 minutes of the conclusion of the last session on Sunday. No challenges by swimmers or parents will be considered.

**Awards:** Individual awards will be given for 1st through 8th places and relay awards will be given for 1st through 3rd places for boys and girls for the following age groups: 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over. 1st through 3rd place team awards will be given for the teams with the most overall individual and relay points. Awards will only be given to the coaches at the end of the meet. High Point Awards will be given to the top individual female and male swimmers with the highest point totals in each age group.

**Results:** Complete Official meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/> and the Courageous Inc. website. 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 for purchase.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.

**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.

**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 General Chair of MS, Program Operations Vice-Chair of MS, Officials Chair 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 entrance 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 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.

**General Info:** 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.

**First Aid:** Supplies will be kept in the control on the pool deck.

**Facility Items:**

(A) No smoking is allowed in the building or on the grounds of Wayne State University.

(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.

(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.

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| --- |
| **Meet Director Ja’Von Waters-watersj1020@hotmail.com****Meet Referee – Dawn Gurley - dawngurley@att.net****Safety Marshal –Jay Young****Admin Official–Jeff Wilkins swimentriesjw@gmail.com** |

**Saturday July 13, 2019**

**Warm up begins at: 7:30 a.m. Events begins at 8:30 a.m.**

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Morning Session****Prelims** | **Boys****Event #** |
| **1** | 11 & Over 200 yd Freestyle | **2** |
| **3** | 11 & Over 100 yd Breaststroke  | **4** |
| **5** | 11 & 12 200 yd Butterfly\* | **6** |
| **7** | 13 & Over 200 yd Butterfly | **8** |
| **9** | 11 & 12 50 yd Backstroke | **10** |
| **11** | 13 & Over 200 yd Backstroke | **12** |
| **13** | 11 &12 200 yd Backstroke\* | **14** |
| **15** | 11 & Over 50 yd Freestyle | **16** |

\*Timed Final top 8 athletes swim in finals

**Saturday July 13, 2019**

**Warm up begins at: 12:30 p.m. Events begins at 1:30 p.m.**

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Afternoon Session****Timed Final** | **Boys****Event #** |
| **21** | 10 & Under 200 yd Freestyle | **22** |
| **23** | 8 & Under 100 yd Freestyle | **24** |
| **25** | 10 & Under 50 yd Breaststroke | **26** |
| **27** | 8 & Under 25 yd Breaststroke | **28** |
| **29** | 10 & Under 100 yd Butterfly | **30** |
| **31** | 8 & Under 50 yd Butterfly | **32** |
| **33** | 10 & Under 50 yd Backstroke | **34** |
| **35** | 8 & Under 25 yd Backstroke | **36** |
| **37** | 10 & Under 100 yd I.M. | **38** |
| **39** | 10 & Under 200 yd Medley Relay | **40** |

**Saturday July 13, 2019**

**Warm up begins at: 4:30 p.m. Events begins at 5:30 p.m.**

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Evening Session****Championship Finals** | **Boys****Event #** |
| **1** | 11 & 12 200 yd Freestyle | **2** |
| **1** | 13 & Over 200 yd Freestyle | **2** |
| **3** | 11 & 12 100 yd Breaststroke  | **4** |
| **3** | 13 & Over 100 yd Breaststroke  | **4** |
| **5** | 11 & 12 200 yd Butterfly | **6** |
| **7** | 13 & Over 200 yd Butterfly | **8** |
| **9** | 11 & 12 50 yd Backstroke | **10** |
| **11** | 13 & Over 200 yd Backstroke | **12** |
| **13** | 11 & 12 200 yd Backstroke | **14** |
| **15** | 11 & 12 50 yd Freestyle | **16** |
| **15** | 13 & Over 50 yd Freestyle | **16** |
| **17** | 11 & 12 200 yd Medley Relay (all heats swim in finals) | **18** |
| **19** | 13 & Over 200 yd Medley Relay (all heats swim in finals) | **20** |

**Sunday July 14, 2019**

**Warm up begins at: 7:30 a.m. Events begins at 8:30 a.m.**

|  |  |  |
| --- | --- | --- |
| **Girls Event #** | **Morning SessionPrelims** | **Boys Event #** |
| **41** | 11 & 12 200 yd Breaststroke\* | **42** |
| **43** | 13 & Over 200 yd Breaststroke | **44** |
| **45** | 11 & 12 50 yd Breaststroke | **46** |
| **47** | 11 & Over 100 yd Backstroke | **48** |
| **49** | 11 & 12 100 yd I.M. | **50** |
| **51** | 13 & Over 200 yd I.M. | **52** |
| **53** | 11 & Over 100 yd Butterfly | **54** |
| **55** | 11 & Over 100 Yd Freestyle | **56** |

\*Timed Final top 8 athletes will swim in finals

**Sunday July 14, 2019**

**Warm up begins at: 12:30 p.m. Events begins at 1:30 p.m.**

|  |  |  |
| --- | --- | --- |
| **Girls Event #** | **Afternoon SessionTimed Finals** | **Boys Event #** |
| **61** | 10 & Under 100 yd Freestyle | **62** |
| **63** | 8 & Under 50 yd Freestyle | **64** |
| **65** | 10 & Under 50 yd Butterfly  | **66** |
| **67** | 8 & Under 25 yd Butterfly | **68** |
| **69** | 10 & Under 100 yd Backstroke | **70** |
| **71** | 8 & Under 50 yd Backstroke | **72** |
| **73** | 10 & Under 100 yd Breaststroke | **74** |
| **75** | 8 & Under 50 yd Breaststroke | **76** |
| **77** | 10 & Under 50 yd Freestyle | **78** |
| **79** | 8 & Under 25 yd Freestyle | **80** |
| **81** | 10 & Under 200 yd Freestyle relay | **82** |

**Sunday July 14, 2019**

**Warm up begins at: 4:30 p.m. Events begins at 5:30 p.m.**

|  |  |  |
| --- | --- | --- |
| **Girls Event #** | **Evening SessionChampionship Finals** | **Boys Event #** |
| **41** | 11 & 12 200 yd Breaststroke | **42** |
| **43** | 13 & Over 200 yd Breaststroke | **44** |
| **45** | 11 & 12 50 yd Breaststroke | **46** |
| **47** | 11 & 12 100 yd Backstroke | **48** |
| **47** | 13 & Over 100 yd Backstroke | **48** |
| **49** | 11 & 12 100 yd I.M. | **50** |
| **51** | 13 & Over 200 yd I.M. | **52** |
| **53** | 11 & 12 100 yd Butterfly | **54** |
| **53** | 13 & Over 100 yd Butterfly | **54** |
| **55** | 11 & 12 100 Yd Freestyle | **56** |
| **55** | 13 & Over 100 yd Freestyle | **56** |
| **57** | 11 & 12 200 yd Freestyle Relay (all heat swim in finals) | **58** |
| **59** | 13 & Over 200 yd Freestyle Relay (all heats swim in finals) | **60** |

**RELEASE AND WAIVER**

**Approved Number**

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 Courageous Inc., Wayne State University,Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to said swim meet.

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In granting the approval 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.

Signature:

Position:

Street Address:

City, State, Zip

E-mail:

Coach Name:

Coach Phone:

Coach E-Mail:

Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Depth at Start must meet State of Michigan requirements. [↑](#footnote-ref-1)