



Integrity, Inclusion, Education, Excellence

Summer Heat Wave (Closed Invite - Timed Finals)

Hosted By: EGRA Waves

June 11th and 12th, 2021

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2021080**. 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 EGRA WAVES AND EAST GRAND RAPIDS HIGH SCHOOL POOL 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.

EGRA Waves 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.

Swimmers, coaches, officials, and deck volunteers will be required to wear masks at all times. Swimmers may remove masks just prior to entering the water for competition or warm-up/down.

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 – Butch Briggs Natatorium

2211 Lake Drive SE, East Grand Rapids, MI 49506

The entrance to the pool is on Wealthy Street which is one block north of Lake Drive.

Times - Session entry limits: No more than 100 Athletes. 25 Athletes each team per session

Friday, June 11th	Session I (15&Over & Open 400IM/500 Free)	Warm-up: 2:00pm Events begin: 3:00pm
Friday, June 11th	Session II (11-14)	Warm-up: <i>To begin 30min following the conclusion of the previous session, but not before 4:30pm.</i> Events begin: <i>To begin one hour after the start of warm-up, but not before 5:30pm.</i>
Saturday, June 12th	Session III (10&Unders)	Warm-up: 8:00am Events begin: 9:00am
Saturday, June 12th	Session IV (11-14)	Warm-up: <i>To begin 30min following the conclusion of the previous session, but not before 11:00am.</i>

		Events begin: <i>To begin one hour after the start of warm-up, but not before 12:00pm.</i>
Saturday, June 12th	Session V (15&Over & Open 1000 Free)	Warm-up: <i>To begin 30min following the conclusion of the previous session, but not before 2:30pm.</i> Events begin: <i>To begin one hour after the start of warm-up, but not before 3:30pm.</i>

Facilities – East Grand Rapids Community Pool is a **10-lane** pool with a diving well for a supervised warm-up and warm down. Up to 10 lanes may be used for competition at the discretion of the Meet Referee and Meet Director. Depth at start is 7' and 7' at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing 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 be available. The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility – Only athletes and clubs registered with Michigan Swimming are eligible to participate in this meet. This meet will be open to athletes from EGRA, NKAT, WMS, and JAWS. Additional teams may be added while maintaining the maximum athletes per session as described in this document.

Meet Format - The Summer Heat Wave will be a Timed Finals meet.

Individual Entry Limits - Swimmers may enter not more than three (3) events per session and not more than eight (8) events total in the meet.

Electronic Entries - \$5.00 per individual event

Surcharges - A \$1.00 per athlete Michigan Swimming athlete surcharge applies. There will be a \$5.00 per athlete facility surcharge.

Paper Entries – Paper entries will not be accepted.

Entry Procedures – Entries will be accepted from Monday, May 17, 2021 at 8:00am and no later than Thursday, May 27, 2021 at 8:00am. 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 to the relevant Administrative Official at the e-mail address listed in the last section of this meet information packet.

Entry Acceptance and Processing – There will be a team athlete limit of 25 swimmers per session for each team. Only the first 24 entrants to the 1000 Free (both genders) will be accepted.

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).

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:

EGRA Summer Heat Wave Meet

ATTN: Brandon Converse

1910 Sherwood Drive SE

Grand Rapids, MI 49506

Administrative Official: Ruth Andegeko ruthandea@gmail.com

Check In – Check-in will not be required. EGRA will have a volunteer confirming athletes are entered in each session prior to athletes entering locker rooms. No athletes will be allowed on deck that are not entered in a particular session.

Marshaling – This will be a self-marshalled meet. Only one swimmer will be allowed behind the blocks at a time, with the “on-deck” swimmer standing at the wall behind the blocks.

Seeding – The meet will be **pre-seeded** after entries are closed. No changes may be made to entries after the meet is pre-seeded under any circumstances unless explicitly authorized by the Michigan Swimming Office.

Deck Entries – Deck entries will **not** be allowed.

Meet Programs/Admissions – To maintain our facility's current maximum capacity, we will only allow one spectator per family in the spectator area. A volunteer coordinator will be designated to check-in one spectator per family. \$5 per spectator. Meet programs will be available for \$3. Everyone within the facility is required to wear a mask and do their best to maintain appropriate social distancing.

Scoring – No scoring will be kept.

Awards – Ribbons will be awarded for places 1-8 for the following age groups and genders: 8&Under, 9-10, 11-12, and 13-14. No awards will be given for 15&Overs or for Open events.

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 – No concessions will be offered at this meet. 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 – There will be no lost and found. Items remaining on deck at the conclusion of the meet will be disposed of.

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 leading to the locker rooms. 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 and 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.

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 at the lifeguard stands and near the pool office.

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of East Grand Rapids Community Pool.
- (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.

Meet Director – Brandon Converse coachconverse@egrawaves.com

Meet Referee – Steve Weeks swmfst16@gmail.com

Safety Marshal/

COVID-19 Coordinator – Josh Dolecki coachdolecki@egrawaves.com

Administrative Official – Ruth Andegeko ruthandea@gmail.com

**EGRA Summer Heat Wave
Sanction Number: MI2021080**

**Friday, June 11th, 2021: Session I (15&Over)
Warm-up 2:00pm Meet Starts 3:00pm**

Girls	Events	Boys
#1	Open 400 IM	#2
10min Break		
#3	15&Over 50 Free	#4
#5	15&Over 100 Butterfly	#6
#7	15&Over 200 Breaststroke	#8
#9	15&Over 100 Backstroke	#10
10min Break		
#11	Open 500 Free	#12

Friday, June 11th, 2021: Session II (11-12 & 13-14)

Warm-up: To begin 30min following the conclusion of the previous session, but not before 4:30pm. **Meet Start:** To begin one hour after the start of warm-up, but not before 5:30pm.

Girls	Events	Boys
#13	11-14 200 IM	#14
#15	11-14 50 Breaststroke	#16
#17	11-14 100 Butterfly	#18
10min Break		
#19	11-14 200 Breaststroke	#20
#21	11-14 50 Freestyle	#22
#23	11-14 100 Backstroke	#24

Saturday, June 12th, 2021: Session III (10&U)
Warm-up 8:00am Meet Starts 9:00am

Girls	Events	Boys
#25	10&U 200 Freestyle	#26
5min Break		
#27	10&U 100 IM	#28
#29	10&U 50 Freestyle	#30
#31	10&U 50 Backstroke	#32
#33	10&U 25 Backstroke	#34
5min Break		
#35	10&U 25 Freestyle	#36
#37	10&U 50 Breaststroke	#38
#39	10&U 25 Breaststroke	#40
5min Break		
#41	10&U 100 Freestyle	#42
#43	10&U 25 Butterfly	#44
#45	10&U 50 Butterfly	#46

Saturday, June 12th, 2021: Session IV (11-12 & 13-14)

Warm-up: To begin 30min following the conclusion of the previous session, but not before 11:00am. **Meet Start:** To begin one hour after the start of warm-up, but not before 12:00pm.

Girls	Events	Boys
#47	11-14 200 Freestyle	#48
#49	11-14 100 IM	#50
#51	11-14 50 Backstroke	#52
#53	11-14 200 Butterfly	#54
10min Break		
#55	11-14 100 Freestyle	#56
#57	11-14 100 Breaststroke	#58
#59	11-14 50 Butterfly	#60
#61	11-14 200 Backstroke	#62

Saturday, June 12th, 2021: Session V (15&Over)

Warm-up: To begin 30min following the conclusion of the previous session, but not before 2:30pm. **Meet Start:** To begin one hour after the start of warm-up, but not before 3:30pm.

Girls	Events	Boys
#63	15&Over 200 IM	#64
#65	15&Over 100 Free	#66
#67	15&Over 200 Butterfly	#68
10min Break		
#69	15&Over 200 Free	#70
#71	15&Over 100 Breaststroke	#72
#73	15&Over 200 Backstroke	#74
10min Break		
#75	Open 1000 Free	#76

CERTIFICATION OF REGISTRATION STATUS OF ALL ENTERED ATHLETES

