



Integrity, Inclusion, Education, Excellence

Last Splash

Hosted By: Life Time Michigan

February 18th-19th, 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 **MI2223072**. 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, **LIFE TIME MICHIGAN SWIM TEAM, MILFORD 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 program participants and their families.

Life Time Michigan Swim Team 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

Milford High School, 2380 S Milford Rd, Milford, MI 48380

Times

Session	Day	Age Group	Warm-up	Check-in Closes	Start Time
1	Saturday	All Ages	12:00 PM	12:15 PM	1:10 PM
2	Saturday Distance 400 IM 500 FREE 1650 FREE	All Ages	10 minutes after conclusion Session 1, but not before 3:00 PM	2:00 PM	40 minutes after the start of warm-ups, but not before 3:40 PM
2	Sunday	All Ages	12:00 PM	12:15 PM	1:10 PM

Facilities

Milford High School Pool is an 8-lane pool *with a diving well which will be available for supervised warm-up and warm down*. Depth at start is 8 ft. 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

This meet is a timed finals meet.

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 21, 2023 @ 8:00 am**. The Administrative Official must receive all entries no later than Monday, **February 6th, 2023 @ 9:00 am**. 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 five (5) individual events per day for Saturday and Sunday.

Entry Fees

\$5.00 per individual event. Make checks payable to **Life Time Fitness**.

Surcharges

A **\$1.00** per athlete Michigan Swimming athlete surcharge applies. A **\$10.00** Facility Surcharge will also be applied.

Paper Entries

MS rules regarding non-electronic entries apply. **\$6.00** per individual event. 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:

Checks Payable To:

Life Time Fitness

Address:

**Life Time Michigan Swim Team
C/O Mike Kavanaugh
2640 Canoe Circle Dr
Lake Orion, MI 48360**

Check In

Check-in will be required and will be located at the table located outside of the pool entrance. Check-in will be available 20 minutes prior to warm-up. Failure to check-in will cause the swimmer to be scratched from all events in that session.

Marshaling

All sessions will be self-marshalled. Heat sheets will be posted on deck in well-trafficked areas.

Seeding

The meet will be appropriately seeded after check in closes and scratches are processed. All events are timed finals and will be seeded slowest to fastest other than the following distance events, 400IM, 500 Free, 1650 Free, which will be seeded fastest to slowest alternating gender - women/men. Athletes who fail to check-in for their events will be scratched.

Deck Entries

Deck entries will be allowed at the discretion of the Meet Director and the Meet Referee and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. Athletes must be registered with USA Swimming prior to the first day of the meet to be eligible for deck entries. Athletes will be required to show proof of valid membership if not already entered into the meet. This must be in the form of a valid USA Swimming membership card or a current team roster from the coach, via the USA Swimming site. Team Unify rosters are NOT proof of valid membership. The cost of deck entries is **\$7.00** per event. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge and the \$10.00 facility fee, if they are not already entered in the meet.

Meet Programs/Admissions - Admission is \$5.00 per person per day over the age of 10. Children 10 and under are free. Heat Sheets will be available each session for **\$3.00 CASH ONLY**.

Scoring - No individual or team scores will be kept.

Awards – No awards will be provided for this event.

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. Meet results will also be available on Meet Mobile.

Concessions

No concessions will be available. No food or beverage will be allowed on the deck of the pool, or in the locker rooms. A hospitality area will be available for coaches and officials.

Lost and Found

Articles may be turned in/picked up at **the 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.

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 **main downstairs hallway**. 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

No medical supervision other than Life Guards available for First Aid.

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. **All swimmers entered in the 1650 must have a designated counter AND 1 timer available on deck for their event.**

Meet Personnel

Meet Director – Sam Snyder SSnyder@lt.life

Meet Referee – Dean Schroeder – eschroeder7647@aol.com

Safety Marshal – Alex Devries – Adevries@lt.life

Administrative Official – Margaret Schroeder – SSnyder@lt.life

SCHEDULE OF EVENTS
SESSION 1 - Saturday Afternoon

Events maybe combined at the discretion of the Meet Director and Meet Referee

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	Open	200 Free	2
3	12 & U	200 Free	4
5	Open	200 IM	6
7	12 & U	200 IM	8
9	Open	50 Free	10
11	11-12	50 Free	12
13	9-10	50 Free	14
15	8 & U	50 Free	16
17	8 & U	25 Free	18
19	Open	100 Breast	20
21	11-12	100 Breast	22
23	9-10	100 Breast	24
25	8 & U	50 Breast	26
27	Open	100 Back	28
29	11-12	100 Back	30
31	9-10	100 Back	32
33	8 & U	50 Back	34
35	Open	200 Fly	36
37	12 & U	200 Fly	38
39	11-12	50 Fly	40
41	9-10	50 Fly	42
43	8 & U	50 Fly	44

Session 2 – Saturday Evening

Warm-ups start 10 Minutes after the conclusion of Session 1. Check-In closes at 2:00 p.m.

Meet Starts 40 minutes after the start of warm-ups, but not before 3:40 p.m.

Events maybe combined at the discretion of the Meet Director and Meet Referee

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
45	OPEN	400 IM	46
47	OPEN	500 Free	48
49	OPEN	1650 Free	50

****All swimmers entered in the 1650 must have a designated counter AND 1 timer available on deck for their event****

Session 3 - Sunday Afternoon

Events maybe combined at the discretion of the Meet Director and Meet Referee

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
51	Open	200 Back	52
53	12 & U	200 Back	54
55	11-12	50 Back	56
57	9-10	50 Back	58
59	8 & U	25 Back	60
61	Open	100 Free	62
63	11-12	100 Free	64
65	9-10	100 Free	66
67	8 & U	100 Free	68
69	Open	200 Breast	70
71	12 & U	200 Breast	72
73	11-12	50 Breast	74
75	9-10	50 Breast	76
77	8 & U	25 Breast	78
79	Open	100 Fly	80
81	11-12	100 Fly	82
83	9-10	100 Fly	84

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
85	8 & U	25 Fly	86
87	Open	100 IM	88
89	11-12	100 IM	90
91	9-10	100 IM	92
93	8 & U	100 IM	94

