



Integrity, Inclusion, Education, Excellence

Life Time Michigan & Royal Swimming Fall Frenzy

Hosted By: Life Swim Team Michigan & Royal Swimming

October 7th – 8th, 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 MI2324002**. 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, WATERFORD KETTERING, LIFE TIME FITNESS, ROYAL SWIMMING 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.

LT Swim Michigan 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

Waterford Kettering High School
2800 Kettering Dr
Waterford, MI 48329

Times - List the dates and times for each session.

Session	Day	Age Group	Warm-up	Check-in Closes	Start Time
1	Saturday	12 & Under & Open	8:30 am	8:45 am	9:30 am
2	Sunday	12 & Under & Open	8:30 am	8:45 am	9:30 am

Facilities – Waterford Kettering High School, is an 8 lane pool with a supervised 3 lane warm-up and warm down area available. Depth at start is 8’1 and 4’ at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado Timing with an 8 lane display will be used.

Eligibility – Only athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

Meet Format – Timed Finals.

Individual Entry Limits –

Individuals are limited to four (4) individual events per day. Deck entries will count toward entry limit.

Electronic Entries - \$5.00 per individual event. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. A \$10.00 per participant facility fee will also be applied. Make checks payable to Life Time Fitness.

Course Certification

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

Meet Format

Short Course Yards (SCY), timed final 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 for the relevant facility as of September 11, 2023 @ 9:00 am. The Administrative Official for the relevant facility must receive all entries no later than October 2nd, 2023 @ 9:00 pm. 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

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.

¹ Depth at Start must meet State of Michigan requirements.

Individual Entry Limits

No more than 4 individual events per day.

Entry Fees

\$5 per individual event. Make checks payable to **Life Time Fitness**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge, and a \$10.00 per athlete facility surcharge applies.

Paper Entries

MS rules regarding non-electronic entries apply. \$6 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:

Life Time Michigan Swim Team c/o Michael Kavanaugh
2640 Canoe Circle Dr
Lake Orion, MI 48360
A.O. Email: mkavanaugh@lt.life

Check In

Check-in will be required. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted near the doors to the entrance 30 minutes prior to warm up start.

Marshaling

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

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 are timed finals and will be seeded slowest to fastest.

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. Deck entries are \$7 per individual event, \$14.00 per relay. Make checks payable to **Life Time Fitness**.

Meet Programs/Admissions

Admission is \$5 for all individuals over the age of 11. Heat sheets will be available for \$3.

Scoring

No scoring will be kept.

Awards

Awards will be provided for 12 & Under events. Ribbons will be provided 1st – 8th place for the following age groups:

Girls/Boys - 8 & under

Girls/Boys 9/10

Girls/Boys 11/12

Awards will not be offered for age 13 & older.

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 available.

Lost and Found

Articles may be turned in/picked up at **the Pool Aquatic 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 at the swimmer check-in area. 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 or 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 with the facility lifeguards.

Medical Supervision

Waterford Kettering High School will have lifeguards available at both the competition and warm-up/down pools.

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 Waterford Kettering High School.
- (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 – Michael Kavanaugh Mkavanaugh@lt.life & Tim Hickey CoachTim@royalswimming.org

Meet Referee –Dean Schroeder/ eschroeder7647@aol.com

Safety Marshal – Mark Arrgoni / arrigonimark@gmail.com

Administrative Official – Margaret Schroeder / MKavanaugh@lt.life

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Sanction MI2324002

Saturday

Girls	Event	Boys
1	Open Mixed 400 I.M.	2
3	8 & Under 25 Breast	4
5	Open Mixed 200 Breast	5
6	12 & Under 200 Free	7
8	Open Mixed 200 Free	8
9	12 & Under 50 Fly	10
11	Open Mixed 200 Fly	11
12	8 & Under 25 Back	13
14	12 & Under 100 Back	15
16	Open 100 Back	17
18	12 & Under 100 I.M.	19
20	Open 100 I.M.	21
22	Open 50 Free	23

Sunday

Girls	Event	Boys
24	Open Mixed 500 Free	24
25	8 & Under 25 Fly	26
27	12 & Under 100 Fly	28
29	Open 100 Fly	30
31	12 & Under 50 Back	32
33	Open Mixed 200 Back	33
34	12 & Under 50 Breast	35
36	12 & Under 200 I.M.	37
38	Open Mixed 200 I.M.	38
39	8 & Under 25 Free	40
41	12 & Under 100 Free	42
43	Open 100 Free	44
45	12 & Under 100 Breast	46
47	Open 100 Breast	48

