



## **Integrity, Inclusion, Education, Excellence**

### **Life Time Michigan vs Liquid Lightning**

**Hosted By: Life Swim Team Michigan**

**03/20/2021**

**Sanction** – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Approval Number **MIAP2021051**. 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 Brandon 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 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.

**Location** - Brandon High School 1025 S Ortonville Rd, Ortonville MI 48462

**Times** –

<b>Session</b>	<b>Day</b>	<b>Age Group</b>	<b>Warm-up</b>	<b>Start Time</b>
1	Saturday	12 & Under	8:00 am	8:45 am
2	Saturday	Open	10:00 pm	10:45 am
3	Saturday	12 & Under	12:30 pm	1:15 pm
4	Saturday	Open	3:00 pm	3:45 pm

**Facilities – Brandon High School**, is a(n) **8** lane pool **with a supervised warm-up and warm down area available**. Depth at start is 14 ft and 4ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. **Superior Swim Timing system with a(n) 8 lane display will be used**. The competition course has not been certified in accordance with 104.2.2C (4)

**Eligibility** – Only registered swimmers with Life Time Michigan and Liquid Lightning are eligible to participate in this meet.

**Meet Format** – Time Finals

**Individual Entry Limits** - Individuals are limited to four (4) individual entries per session and six (6) events per day.

**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.

**Electronic Entries - \$5.00** per individual event. There is a \$10 athlete fee per swimmer entered for COVID related expenses. Make checks payable to Life Time Fitness

**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. 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.

**Entry Procedures** - Entries may be submitted to the Administrative Official for the relevant facility as of **March 5<sup>th</sup>, 2021 at noon**. The Administrative Official for the relevant facility must receive all entries no later than **March 16<sup>th</sup>, 2021 at midnight**. 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.

**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:

**Checks Payable To:**

Life Time Fitness  
4700 Investment Drive  
Troy, MI 48098

**Check In** – Check-in will not be required.

**Marshaling** – This is a self marshalled meet.

**Seeding** – The meet will be **pre-seeded** after entries are closed. No changes may be made to entries after the meet is pre-seeded unless explicitly authorized by the Michigan Swimming Office or explicitly permitted in the current Michigan Swimming, Inc. COVID sanctioning and approval policy.

**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. If an athlete is not currently registered with Michigan Swimming or another USA Swimming LSC, the athlete must deck register for a \$164.00 fee before being entered into the meet for their times to be entered into SWIMS. If they are not USA Swimming athletes, **DO NOT BUILD THEIR ID**. Deck entries will be \$7.00 per individual event.

**Meet Programs/Admissions** – No admission fee and meet programs will be available through meet mobile.

**Scoring** – No team scoring 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.

**Concessions – No concessions will be provided.** 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** - Articles may be turned in/picked up at **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.

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 and these lists will be in the hallway before entering the pool. 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, stairway, or door** to the **locker rooms/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 **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.

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.

**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 pool office**.

**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 **Brandon High School 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** - Michael Kavanaugh/(248)295-1396/Mkavanaugh@lt.life (Must be a USA Swimming member)

**Meet Referee** - Jeff Wilkins/(313)-574-3638/[Jeffrey.wilkins@comcast.net](mailto:Jeffrey.wilkins@comcast.net)

**Safety Marshal** - Jonathan Walker

**Administrative Official** - Alyssa De Leon/(313)399-8289/swimentriesAW@gmail.com

**Approval Number: MIAP2021051**

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Saturday AM

Session 1

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	8 & Under Mixed 25 Freestyle	1
2	12 & Under Mixed 200 Freestyle	2
3	12 & Under Mixed 200 Butterfly	3
4	12 & Under Mixed 100 Backstroke	4
5	12 & Under Mixed 50 Breaststroke	5
6	8 & Under Mixed 25 Breaststroke	6
7	12 & Under Mixed 200 IM	7
8	12 & Under Mixed 100 Freestyle	8
9	12 & Under Mixed 200 Breaststroke	9
10	12 & Under Mixed 50 Backstroke	10
11	12 & Under Mixed 100 Butterfly	11
12	8 & Under Mixed 25 Backstroke	12
13	12 & Under Mixed 50 Freestyle	13
14	12 & Under Mixed 100 Breaststroke	14
15	12 & Under Mixed 200 Backstroke	15
16	12 & Under Mixed 50 Butterfly	16
17	8 & Under Mixed 25 Butterfly	17
18	12 & Under Mixed 100 IM	18
19	12 & Under Mixed 500 Freestyle	19

Saturday AM

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Session 2

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
20	Open Mixed 200 Freestyle	20
21	Open Mixed 200 Butterfly	21
22	Open Mixed 100 Backstroke	22
23	Open Mixed 50 Breaststroke	23
24	Open Mixed 400 IM	24
25	Open Mixed 100 Freestyle	25
26	Open Mixed 200 Breaststroke	26
27	Open Mixed 50 Backstroke	27
28	Open Mixed 100 Butterfly	28
29	Open Mixed 100 Breaststroke	29
30	Open Mixed 200 Backstroke	30
31	Open Mixed 50 Butterfly	31
32	Open Mixed 500 Freestyle	32
33	Open Mixed 50 Freestyle	33
34	Open Mixed 200 IM	34
35	Open Mixed 1000 Freestyle	35



Saturday PM  
Session 3

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
36	8 & Under Mixed 25 Freestyle	36
37	12 & Under Mixed 200 Freestyle	37
38	12 & Under Mixed 200 Butterfly	38
39	12 & Under Mixed 100 Backstroke	39
40	12 & Under Mixed 50 Breaststroke	40
41	8 & Under Mixed 25 Breaststroke	41
42	12 & Under Mixed 200 IM	42
43	12 & Under Mixed 100 Freestyle	43
44	12 & Under Mixed 200 Breaststroke	44
45	12 & Under Mixed 50 Backstroke	45
46	12 & Under Mixed 100 Butterfly	46
47	8 & Under Mixed 25 Backstroke	47
48	12 & Under Mixed 50 Freestyle	48
49	12 & Under Mixed 100 Breaststroke	49
50	12 & Under Mixed 200 Backstroke	50
51	12 & Under Mixed 50 Butterfly	51
52	8 & Under Mixed 25 Butterfly	52
53	12 & Under Mixed 100 IM	53
54	12 & Under Mixed 500 Freestyle	54

Saturday PM  
Session 4

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
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55	Open Mixed 200 Freestyle	55
56	Open Mixed 200 Butterfly	56
57	Open Mixed 100 Backstroke	57
58	Open Mixed 50 Breaststroke	58
59	Open Mixed 400 IM	59
60	Open Mixed 100 Freestyle	60
61	Open Mixed 200 Breaststroke	61
62	Open Mixed 50 Backstroke	62
63	Open Mixed 100 Butterfly	63
64	Open Mixed 100 Breaststroke	64
65	Open Mixed 200 Backstroke	65
66	Open Mixed 50 Butterfly	66
67	Open Mixed 500 Freestyle	67
68	Open Mixed 50 Freestyle	68
69	Open Mixed 200 IM	69
70	Open Mixed 1000 Freestyle	70

**CERTIFICATION OF REGISTRATION STATUS OF ALL ENTERED ATHLETES**

**RELEASE AND WAIVER**

**Life Time Michigan vs Liquid Lightning**

**Approval Number: MIAP2021051**

