



Integrity, Inclusion, Education, Excellence

Open Invitational Polar Plunge

Hosted By: LCSC

February 3rd - 5th, 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 **MI2223069**. 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 Livonia Recreation Center 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.

LCSC 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

Livonia Recreation Center 15100 Hubbard Livonia, MI 48154

Please park in the parking lot just East of the Rec Center, South of 5 mile.

Times

Session	Day	Warm-up Time	Check In Closes	Meet Start Time
1	Friday 1650 Free Session	3:30pm	3:45pm	4:15pm
2	Friday Evening Session	No earlier than 5:30pm	5:45pm	6:15pm
3	Saturday AM	7:30am	7:45am	8:30am

4	Saturday PM	No earlier than 11:30am	15 minutes after start of warm-up	One hour after the start of warm-ups but no earlier than 12:30pm
5	Sunday AM	7:30am	7:45am	8:30am
6	Sunday PM	No earlier than 11:30am	15 minutes after start of warm-up	One hour after the start of warm-ups but no earlier than 12:30pm

Please note that on the Friday sessions we will be taking these many heats of events:

1650 Free – 4 heats max

400 IM – 8 heats max

500 Free – 8 heats max

Facilities

Livonia Community Recreation Center (LCRC) Pool, is a(n) **8** lane pool **with a supervised warm-up and warm down area available**. Depth at start is 12 ft and 7ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. **Colorado timing system with a(n) 8 lane display will be used.**

Course Certification

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

Meet Format

Meet will be timed finals

Eligibility

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

Swimmers must meet minimum time standards as specified in the Event list to swim the 1650 Free, 400 IM, and 500 Free, 200 IM, 200 Back, 200 Breast, 200 Fly and 200 Free.

Entry Procedures

Entries may be submitted to the Administrative Official as of **January 9th at 10am**. The Administrative Official must receive all entries no later than **January 30th 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 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

A swimmer may enter a maximum of 2 individual events Friday evening and 4 individual events Saturday and 4 individual events Sunday. Two relays per day can be swam on Saturday and Sunday.

Relays can be composed as either one gender (all male or all female) or mixed (2 boys and 2 girls).

Entry Fees

\$5.00 per individual event and **\$15.00** for the 1650 Free and **\$12.00** for relays. Make checks payable to **Livonia Community Swim Club**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

There will be a \$10 facility charge per swimmer

Paper Entries

MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$16.00** for the 1650 and **\$13.00** per relay. 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:

LCSC

PO Box 510566

Livonia, MI 48151

Administrative Official: lcscentries@gmail.com

Phone: 313-399-8289 (no calls after 9pm)

Check In

Check-in will be required and will be located **desk between the female and male locker rooms down the hall from the rock-climbing wall.**

Marshaling

This meet will be a self-marshalled meet.

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 other than distance events, 400 IM, 500 Free and 1650 Free, which will be seeded fastest to slowest.

Deck Entries

Deck entries (**\$7.00 for individual and \$14.00 for relays**) 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.

Meet Programs/Admissions

Friday admission: \$5 per person. (12 & under free)

Sat & Sun admissions: \$5 per person. (12 & under free)

Heat sheets and QR codes for digital copies of the heat sheet will be posted near admissions

Scoring

No individual or team scoring will be kept.

Awards

Individual Awards: Ribbons for 1st thru 8th place for 12 & U age group swimmers for ABC time standards.

Will be broken out as 8 & under, 9-10 and 11-12 for awards,

Any 12 & Under swimmers that swim in the open events will not be awarded

Relay Awards: Ribbons for 1st thru 8th place will be given to the 12 & Under relay 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.

Results of the meet will be available via a QR code. They will not be physically posted.

Concessions

Food and beverages will be available **in the party rooms across from the Rock Wall**. 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 **the hallway near the entrance to the girl's locker room (by the Rec Center's equipment desk)**. 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 **hallway** 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.

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 pool office (coaches/officials hospitality room on deck).

Medical Supervision

Lifeguards will be available to athletes participating in this competition

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 **Livonia Recreation Center**.

- (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: Daniel Coon/(734)891-5055/dan_becky@sbcglobal.net (Must be a USA Swimming member)

Laura Melancon /734-751-5452/ lmelancon13@gmail.com

Meet Referee: Jeff Wilkins/Email: Jeffrey.Wilkins@comcast.net/Phone: (313) 574-3638

Safety Marshal: Elberta Dziobak

Administrative Official: Alyssa De Leon/Email: lcscentries@gmail.com/Phone: (313)399-8289

Schedule of Events

Sanction Number: MI2223069

Friday PM Session

Event Number	
1	Open Mixed 1650 free

1650 Free event limited to 4 heats with a qualifying time of 21 minutes or faster

Friday Evening Session

400 IM limited to 8 heats with a qualifying time of 6:15.00 or faster

500 Free limited to 8 heats with a qualifying time of 6:45.00 minutes or faster

Event Number	
2	Open Mixed 400 IM
3	Open Mixed 500 Free

Saturday AM Session

200 IM with a qualifying time of 3:30.00 minutes or faster

200 Back with a qualifying time of 3:15.00 minutes or faster

200 Breast with a qualifying time of 3:40.00 minutes or faster

Event Number	
4	Open Mixed 200 IM
5	Girls 11-12 200 IM
6	Open Mixed 50 breast
7	Girls 11-12 50 Breast
	5 Minute break
8	Open Mixed 200 Medley Relay

9	Open Mixed 100 fly
10	Girls 11-12 100 fly
11	Open Mixed 200 back
12	Girls 11-12 200 back
13	Open Mixed 50 back
14	Girls 11-12 50 back
15	Open Mixed 100 free
16	Girls 11-12 100 free
17	Open Mixed 200 breast
18	Girls 11-12 200 breast
19	Open Mixed 400 Free Relay

Saturday PM

200 IM with a qualifying time of 3:30.00 minutes or faster for 11-12 Boys and 3:50.00 minutes or faster for 10 & Under

200 Back with a qualifying time of 3:15.00 minutes or faster for 11-12 Boys

200 Breast with a qualifying time of 3:40.00 minutes or faster for 11-12 Boys

Event Number	
20	Boys 11-12 200 IM
21	Mixed 10 & U 200 IM
22	10 & U Mixed 25 fly
23	Boys 11-12 50 breast
24	Mixed 10 & U 50 breast
25	Boys 11-12 100 fly
26	Mixed 10 & U 100 fly
27	Mixed 10 & U 25 back
28	Boys 11-12 200 back
	5 minute break
29	Mixed 10 & U 100 Medley Relay
30	Mixed 12 & Under 200 Medley Relay
31	Boys 11-12 50 back
32	Mixed 10 & U 50 back
33	Boys 11-12 100 free
34	Mixed 10 & U 100 free
35	Boys 11-12 200 Breast
	5 minute break

36	Boys 11-12 400 Free Relay
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Sunday AM

200 Fly with a qualifying time of 3:20.00 minutes or faster

200 Free with a qualifying time of 3:00.00 minutes or faster

Event Number	
37	Open Mixed 100 IM
38	Girls 11-12 100 IM
39	Open Mixed 200 fly
40	Girls 11-12 200 fly
41	Open Mixed 50 fly
42	Girls 11-12 50 fly
43	Open Mixed 200 free relay
44	Open Mixed 200 free
45	Girls 11-12 200 free
46	Open Mixed 100 back
47	Girls 11-12 100 back
48	Open Mixed 50 free
49	Girls 11-12 50 free
50	Open Mixed 100 breast
51	Girls 11-12 100 breast
	5 minute break
52	Open Mixed 400 Medley Relay

Sunday PM

**200 Free with a qualifying time of 3:00.00 minutes or faster for 11-12 Boys and
3:15.00 minutes or faster for 10 & Under**

200 Fly with a qualifying time of 3:20.00 minutes or faster for 11-12 Boys

Event Number	
53	Boys 11-12 100 IM
54	Mixed 10 & U 100 IM
55	Boys 11-12 200 fly
56	10 & U Mixed 25 breast
57	Boys 11-12 50 fly
58	Mixed 10 & U 50 fly
	5 minute break
59	Mixed 10 & U 100 free relay
60	Mixed 12 & Under 200 free relay
61	Boys 11-12 200 free
62	Mixed 10 & U 200 free
63	Boys 11-12 100 back
64	Mixed 10 & U 100 back
65	Mixed 10 & U 25 free
66	Boys 11-12 50 free
67	Mixed 10 & U 50 free
68	Boys 11-12 100 breast
69	Mixed 10 & U 100 breast
70	Boys 11-12 400 Medley Relay

Coach Name:	Club Name:
Coach Email:	Club Code: