



**Integrity, Inclusion, Education, Excellence**

## **Michigan Swimming 2020 Red District Championships**

**Hosted by: Michigan Lakeshore Aquatics (MLA)**

**February 22-23, 2020**

**SANCTION** - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI1920074**. The Time Trial Sanction Number, if needed, is **MITT1920074**. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. MS rules, safety, and warm up procedures will govern the meet as is fully set forth in these meet rules.

**LOCATION / FACILITIES – Holland Community Aquatic Center 550 Maple Avenue, Holland, MI 49423** The Holland Community Aquatic Center is an 8 lane 25-yard pool with 12 additional 25 yard lanes which will be available for supervised warm-up and warm down. Depth at start is 6'9"<sup>[1]</sup> and 4'0" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system 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 **not** be available. The competition course has not been certified in accordance with 104.2.2C (4).

**ADMISSIONS** - Admission is **\$5.00** per person per day with 10 and under free with a paying adult. Heat Sheets maybe available for **\$3.00** per session.

**CHECK IN** - Check In will be available as of 30 minutes before warm-up starts for each session. Check in is mandatory for all events. Failure to check in will cause the swimmer to be scratched from all events in that session. **Check in will close 15 minutes after the start of warm up for each session.** Check in sheets will be posted in the hallway outside of the locker rooms.

**CONTROLLED WARMUP** - Teams will be assigned to a warm-up group for Saturday and Sunday sessions.

DAY	GROUP A	GROUP B	1 WAY	EVENTS START
Saturday AM	7:30AM	7:50AM	8:10AM	8:30AM
Saturday PM	12:30PM	12:50PM	1:10PM	1:30PM, not before
Sunday AM	7:30AM	7:50AM	8:10AM	8:30AM
Sunday PM	12:30PM	12:50PM	1:10PM	1:30PM, not before

**ELIGIBILITY** – Michigan Swimming District Championship Meet is for those swimmers who have not yet achieved a Q2 qualifying time in the events they are entering. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on February 22, 2020 will determine his/her eligibility for a particular age group. Athletes with a disability should refer to Section H (9) (a) & (b) of [Michigan Swimming Rules and Procedure](#). **NT entries are NOT allowed.**

**ENTRY LIMITS** – Swimmers may swim a maximum of 4 individual events per day.

**DECK REGISTRATION** - Deck registrations will NOT be allowed.

**DECK ENTRIES** - will be allowed. Swimmers who are attached to a club may deck enter only at the venue their club is assigned to. Unattached swimmers may deck enter at any venue. Cost of a deck entry is **\$7.50** for an individual event. There is also a **\$5.00** per swimmer Michigan Swimming Surcharge, if not already entered into the meet. For deck entries, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal. The Club Portal is located on the USA Swimming website. The athlete may also enter by showing their membership from USA Swimming's DECK PASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the card or list or the swimmer may compete unattached (UN), if so registered, if they request to do so.

**AGE UP EXCEPTION** - All swimmers who "age up" after Districts, before JOs, or their respective State Meet (either 12 and Under or 13/14 & Open) and who don't have a Q2 (JO) or Q1 (State qualifying) time in their new JO or State Meet age group may enter a particular event in their current age group at Districts at a seed time at or faster than their current age groups Q3 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the JO Meets or State Meets in their actual age group at JO's or the State Meets. Swimmers who enter an event at Districts under the "age up" exception are not, however, eligible for awards at Districts in that event. Please alert the Administrative Official to all "Age Up" entries by enclosing a statement to that effect in your email or US mail entry.

**MEET FORMAT** – The format at each of the Four District Championships is identical. All events are timed finals. All 10 & Under's and 11-12 boys will swim in the AM sessions. All 13-18's and 11-12 girls will swim in the PM sessions. No Relays are offered. The 13-18 Age group events will be swum together but split into 13&14 and 15-18 age groups for awards.

**Since this is a MS Championship Meet, the 4-hour rule does not apply.**

**SEEDING** - All events will be seeded slowest to fastest, except the 400 IM and 500 free which will be seeded fastest to slowest.

**TIME TRIALS** - There are no time trials except for the following at the MS District Championships: 10-year-old swimmers who are "Age-Up Athletes" are eligible to Time Trial the 200-yard stroke events (Fly, Back, Breast) however, 10-year-old swimmers who are not "Age-Up Athletes may not Time Trial the Open 200 Stroke events. Entry into these Time Trial events does not count as an individual entry and is not subject to the 4 per day entry limit. Per MS Rules no more than two (2) time trials may be entered per day and no more than six total individual events, including Time Trials, may be swam per day per USA-S Rules.

**TIME STANDARDS** - Slower than Short Course Q2 time standard. [Time standards Michigan Swimming Web Site](#). A swimmer may not compete in any event in which they have a Junior Olympic Q2 time or a State Meet Q1 time. A swimmer who achieves a Q2 time or a Q1 time after his/her entry has been sent to the Administrative Official and before the meet, must withdraw from the event unless the following age up exception applies. The swimmer may then substitute another event if qualified. Contact the Administrative Official for this meet directly should this occur. Should a swimmer be required to withdraw, they will be refunded the event fee.

**CONVERSION/ENTRY TIMES** - Time conversions are allowed from actual times achieved but they must be converted to SCY times only.

**2020 RED DISTRICT CHAMPIONSHIP MEET  
SANCTION NUMBER: MI1920074**

**ORDER OF EVENTS**

Saturday					
AM Session			PM Session		
Girls	Event	Boys	Girls	Event	Boys
Event #		Event #	Event #		Event #
	11-12 400 IM	1	22	11-12 400 IM	
	11-12 200 Back	2	23	13-18 400 IM	24
3	10 & U 50 Free	4	25	11-12 50 Back	
	11-12 50 Free	5	26	13-18 200 Back	27
6	10 & U 100 IM	7	28	11-12 200 Free	
	11-12 100 IM	8	29	13-18 200 Free	30
9	10 & U 50 Fly	10	31	11-12 50 Fly	
	11-12 50 Fly	11	32	13-18 200 Fly	33
12	10 & U 200 Free	13	34	11-12 100 IM	
	11-12 200 Free	14	35	11-12 200 Back	
15	10 & U 100 Breast	16	36	13-18 50 Free	37
	11-12 100 Breast	17	38	11-12 50 Free	
18	10 & U 50 Back	19	39	13-18 100 Breast	40
	11-12 50 Back	20	41	11-12 100 Breast	
	11-12 200 Fly	21	42	11-12 200 Fly	

Sunday					
AM Session			PM Session		
Girls	Event	Boys	Girls	Event	Boys
Event #		Event #	Event #		Event #
	11-12 200 Breast	43	62	11-12 200 IM	
44	10 & U 200 IM	45	63	13-18 200 IM	64
	11-12 200 IM	46	65	11-12 100 Back	
47	10 & U 100 Back	48	66	13-18 100 Back	67
	11-12 100 Back	49	68	11-12 200 Breast	
50	10 & U 50 Breast	51	69	13-18 200 Breast	70
	11-12 50 Breast	52	71	11-12 100 Free	
53	10 & U 100 Free	54	72	13-18 100 Free	73
	11-12 100 Free	55	74	11-12 100 Fly	
56	10 & U 100 Fly	57	75	13-18 100 Fly	76
	11-12 100 Fly	58	77	11-12 50 Breast	
59	10 & U 500 Free	60	78	13-18 500 Free	79
	11-12 500 Free	61	80	11-12 500 Free	

**ENTRIES FEES - \$5.00** per individual event. Please include a **\$5.00** Michigan Swimming Athlete Surcharge for each swimmer entered. Entry fees may only be paid by check. Please make checks payable to:

**Holland Community Aquatic Center  
Sara Kadzban  
550 Maple Ave.  
Holland, MI 49423**

**E-Mail entries to the AO - [forbesajswim@gmail.com](mailto:forbesajswim@gmail.com)**

**PAPER ENTRIES** - MS rules regarding non-electronic entries apply. **\$6.00** per individual event. There is a **\$1.00** additional charge per individual event paid if the entry is not submitted in Hy-Tek format. The Michigan Swimming **\$5.00** general surcharge for each swimmer also applies 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.

**ENTRY OPEN/ DEADLINE** - Entries may be submitted to the Administrative Official as of January 25, 2020 at 12 pm (noon). The Administrative Official must receive all entries no later than February 16, 2020 at 11:59 PM. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the Administrative Official at **forbesajswim@gmail.com**. Any entries submitted will be considered provisional until such time as the Administrative Official has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement (c) your club's signed certification of entered athletes and (d) your club's entry fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim in the meet. The complete Michigan Swimming 2020 Red District Championships entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>.

**REFUNDS** - Once a team or individual entry has been received and processed by the entry chair there are no refunds in full or in part unless the "over qualification exception" applies (see MS Rules).

**MARSHALING** – This meet is self marshalled.

**SCRATCH RULES** - Prior to check in close a swimmer may scratch events at the Clerk of Course. After check in closes, you must see the Meet Referee to scratch an 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.

**SCORING** - No individual or team scores will be kept.

**AWARDS** – Custom Michigan Swimming Medals for: Individual Events, for 1st - 8th place and ribbons for 9th - 16th place.

**AWARD PRESENTATIONS** – There are no awards presentations at this meet.

**AWARD DISTRIBUTION** - Individual event awards will be bagged for each team and available for immediate pickup at the end of the meet on Sunday evening.

No awards will be mailed there will be no exceptions.

#### **FACILITY ITEMS**

- A. First Aid supplies will be kept with the life guard on duty.
- B. No smoking is allowed in the building or on the grounds.
- C. No glass or coolers are allowed anywhere on the pool deck.
- D. No glass containers will be allowed on the pool deck and will be confiscated if found.
- E. No bare feet allowed outside of the pool area.
- F. An Emergency Action Plan is available for review at the Administrative Referee table.
- G. 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.
- H. 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**.

- I. 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.
- J. Articles may be turned in/picked up at the lost and found bin located on the pool deck in front of the pool office. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.
- K. Concessions - Food and beverages will be available in the pool balcony for swimmers and spectators. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas.

**SAFE SPORT/SAFE FACILITY** - Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach(s) have the athlete's insurance cards and signed releases allowing them to direct medical care.

**DECK PERSONNEL** - 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 General Chair of MS, the Program Operations Vice-Chair of MS, the MS Officials Chairs, and the MS 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 in the hallway outside of 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 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.

**SWIMMERS WITHOUT A COACH** - Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

**MEET REFEREE:** Joel Buckingham – [lane9swims@gmail.com](mailto:lane9swims@gmail.com)

**ADMIN OFFICIAL:** Adam Forbes – [forbesajswim@gmail.com](mailto:forbesajswim@gmail.com)

**MEET DIRECTOR:** Sara Kadzban – [skadzban@mlaswim.org](mailto:skadzban@mlaswim.org)

**SAFETY MARSHALL:** Thomas Miller – [thomas@hollandaquaticcenter.org](mailto:thomas@hollandaquaticcenter.org)

**MOTELS** – Use your favorite hotel/motel booking site.

**TEAM VENUE** - For the District Championships meets all teams registered with MS will initially be assigned by the MS Programs Operations Vice Chair to one of the four District "venues". These venues are geographically located throughout the State of Michigan in an effort to equalize the size (total entries) of the meets as well as equalize the travel distance to the meets. The District meets are referred to as the "Red, White, Blue and Green" meets. Each MS team will send their entries to the initial venue assigned and compete at that venue (i.e. a MS team cannot choose which venue they will compete at). After the entries are received at each venue, the Championship Meet Committee has the right to, and may, reassign clubs to a different meet venue to balance entries in an equitable manner between each venue. Teams will be notified as soon as possible if their swimming venue has been changed. Please contact Josh Wood if you have any questions.

### **Red District at Holland**

**ATAC**

**BC**

**EGRA**

**GR**

**GTBY**

**HEAT**

**HSC**

**JAWS**

**LS**

**MLA**

**MYST**

**NOMI**

**RAYS**

**ROCK**

**SCS**

**UN**

**WMS**

**WOSC**



USA Swimming and Michigan Swimming are working to increase awareness and reduce the risk of athlete abuse through implementation of the USA Swimming Safe Sport program.

**5 Tips to Keep Kids Safe in Youth Sports\*:**

1. **Get Educated** – Education is the most important tool for combatting misconduct
2. **Create Healthy Boundaries** – It’s important to establish healthy boundaries between athletes and coaches and have clear expectations about the coach’s role
3. **Identify and Address High Risk Areas** – For misconduct to take place, an offender needs privacy, access, and control
4. **Speak Up** – If you recognize questionable behaviors, say something!
5. **Talk to your Kids!** – Physical and sexual misconduct can be a hard topic for parents to talk about with their children. Having these conversations is extremely important in helping prevent your child from becoming a victim of abuse

<p>USA Swimming <a href="http://www.usaswimming.org/protect">www.usaswimming.org/protect</a></p>	<p>Michigan Swimming To find out about ongoing Safe Sport initiatives with Michigan Swimming. <a href="http://www.miswim.org">www.miswim.org</a> and click on the Administration tab.</p>
	

\*adapted from USA Swimming’s ‘5-tips for parents keeping kids safe in youth sports’





**Meet Evaluation Form**

**Sanction Number:MI1920074**

**Name of Meet: Michigan Swimming 2020 Red District Championships**

**Date of Meet: 2/22/20 – 2/23/20**

**Host of Meet: Michigan Lakeshore Aquatics**

**Place of Meet: Holland Community Aquatic Center**

Who do you represent (circle)?    Host Club                      Visiting Club                      Unattached  
Describe yourself (circle)    Athlete    Coach    Official    Meet Worker    Spectator

**Please rate the overall quality of this meet:**

(Please write any comments or suggestions below or on the reverse side)

	Low		High		
1. Swimming pool (e.g., water quality, ventilation)	1	2	3	4	5
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
6. Officiating	1	2	3	4	5
7. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. Other (please specify):	1	2	3	4	5

**Return this completed evaluation to a representative of the Meet Host. Thank you.**

Meet Host: Copy the submitted Meet Evaluation Forms and send to the Michigan Swimming Office at [office@miswim.org](mailto:office@miswim.org) within 30 days.