



Integrity, Inclusion, Education, Excellence

2022 Grizzly Summer Sizzler

Hosted By: OLY Swimming

July 8-10, 2022

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2122122**. 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 **Oakland University Aquatic 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.

OLY Swimming 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.

Location - Oakland University Aquatic Center. Oakland University is located in Rochester Hills, Michigan at 2200 N. Squirrel Road, Rochester Hills, MI 48309.

Times – Times are designated as **NOT BEFORE** for warm-up times. Events will start one hour after WU begins

| | | | |
|-------------------------|-----------|------------------------|----------------------|
| Friday, July 8 | PM | Warm-Up 4:00 PM | Start 5:00 PM |
| Saturday, July 9 | AM | Warm-Up 8:00 AM | Start 9:00 AM |
| | PM | Warm-Up 1:00 PM | Start 2:00 PM |
| Sunday, July 10 | AM | Warm-Up 8:00 AM | Start 9:00 AM |
| | PM | Warm-Up 1:00 PM | Start 2:00 PM |

Facilities - The Oakland Aquatic Center, is an 8-lane, 50 meter pool with a supervised warm-up and cool down lane available for the Open and Friday sessions. Depth at start is 14 feet¹ and 4 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing and scoreboard will be used with 8-lane display. There is ample balcony seating for 1000 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 - Timed Finals. Friday Events and Open events will swim in 7 lanes and the 12 & Under Events will swim in 8 lanes.

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

Individual Entry Limits - On Friday, swimmers may enter no more than two (2) events this day. On Saturday and Sunday, swimmers who are 12&U may enter a maximum of four (4) individual events per day and no more than three (3) per day if swimming in the Open events in a morning session. Swimmers who enter Open events may enter no more than three (3) events per day.

Check In - Check in will be required. It will be available **30 minutes** before session. It will be required by the time set forth in this meet announcement. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted in the hallway leading to the pool deck.

Marshaling – Self marshalled meet

Seeding - All events are timed finals. All sessions are seeded after check-in closes. Swimmers who fail to check in for an event will be scratched from that event. Saturday and Sunday morning and afternoon events are seeded slowest to fastest. Friday evening events and the 400 Freestyle event on Sunday morning are seeded fast to slow with alternating genders (girls then boys).

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 \$168.00 fee before being entered into the meet.

Meet Programs/Admissions - Heat sheets for each session will be available after session is seeded and printing is complete. Heat sheets will be sold for \$3.00 for Friday, Saturday and Sunday morning and afternoon sessions. Admission fee is \$5.00 per day.

Scoring - There is no individual or team scoring for this meet.

Awards - There are no awards for this meet.

¹Depth at Start must meet State of Michigan requirements.

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 - Food and beverages will be available on the top floor of the Orena 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 Clerk of Course. 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 door to the 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 OLY, 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 Clerk of Course.

Facility Items

- (A) No smoking is allowed in the building or on the grounds of Oakland University.
- (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 clerk of course.
- (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.

**2022 Grizzly Summer Sizzler
Sanction Number MI2122122**

July 8-10, 2022

Friday Evening

Warm-Up (not before) at 4:00 PM

Meet Starts at 5:00 PM

the meet events will start one hour after warm-up begins

| Girls Event # | Age | Event | Boys Event # |
|--------------------------|-------------|-----------------|-------------------------|
| 101 | OPEN | 400 IM | 102 |
| 103 | OPEN | 800 Free | 104 |

Saturday Morning

Warm-Up (not before) at 8:00 AM

Meet Starts at 9:00 AM

the meet events will start one hour after warm-up begins

| Girls Event # | Age | Event | Boys Event # |
|--------------------------|-------------|-------------------|-------------------------|
| 105 | OPEN | 200 IM | 106 |
| 107 | OPEN | 100 Back | 108 |
| 109 | OPEN | 200 Fly | 110 |
| 111 | OPEN | 100 Breast | 112 |
| 113 | OPEN | 200 Free | 114 |

Saturday Afternoon

Warm-Up (not before) at 1:00 PM

Meet Starts at 2:00 PM

the meet events will start one hour after warm-up begins

| Girls Event # | Age | Event | Boys Event # |
|--------------------------|-----------------|-------------------|-------------------------|
| 115 | 12&U | 100 Free | 116 |
| 117 | 12&U | 50 Back | 118 |
| 119 | 12&U | 100 Breast | 120 |
| 121 | 12&U | 50 Fly | 122 |
| 123 | 12&U | 200 IM | 124 |

Sunday Morning

Warm-Up (not before) at 8:00 AM

Meet Starts at 9:00 AM

the meet events will start one hour after warm-up begins

| Girls Event # | Age | Event | Boys Event # |
|--------------------------|-------------|-------------------|-------------------------|
| 125 | OPEN | 100 Free | 126 |
| 127 | OPEN | 200 Breast | 128 |
| 129 | OPEN | 100 Fly | 130 |
| 131 | OPEN | 200 Back | 132 |
| 133 | OPEN | 50 Free | 134 |
| 135 | OPEN | 400 Free | 136 |

Sunday Afternoon

Warm-Up (not before) at 1:00 PM

Meet Starts at 2:00 PM

the meet events will start one hour after warm-up begins

| Girls Event # | Age | Event | Boys Event # |
|--------------------------|-----------------|------------------|-------------------------|
| 137 | 12&U | 50 Free | 138 |
| 139 | 12&U | 100 Back | 140 |
| 141 | 12&U | 50 Breast | 142 |
| 143 | 12&U | 100 Fly | 144 |
| 145 | 12&U | 200 Free | 146 |