



Integrity, Inclusion, Education, Excellence

Freeze or Fry LC ABC Meet

Hosted By: Dearborn Dolphins

June 16th-18th, 2017

Sanction - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a **timed final** meet on behalf of USA Swimming (USA-S), Sanction Number **MI1617119**. 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 -**Jack Dunworth Memorial Pool, 801 North Denwood, Dearborn MI,48124**

Times - ****Report time is 15 minutes to the start of warm up**

Session	Warm-Up	Start Time
Friday PM	3:00pm	4:00pm
Saturday AM	7:30am	8:30am
Saturday PM	12:30pm	1:30pm
Saturday Evening	Not before 4:45	45 minutes after warm-up
Sunday AM	7:30am	8:30am
Sunday PM	12:30pm	1:30pm

Motels – Use your favorite online booking site

Facilities -Jack Dunworth Memorial Pool, is a(n) **9** lane pool **with a supervised warm-up and warm down area available**. Depth at start is 5 feet and 4 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado Timing system with a(n) 9 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)

Eligibility – **Freeze or Fry LC ABC** is for those swimmers with ABC times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on **June 16th, 2017** will determine his/her eligibility for a particular age group.

Deck Registration - Unregistered swimmers must register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of registering on deck is double the normal fee (\$148.00 per swimmer for 2016-17 registration).

Meet Format - A/B/C (LCM) Timed Finals

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 Administrative Official for hard copy entries until the Michigan Swimming Four (4) hour per session maximum time limit is met. As set forth in entry procedures below, (A) a hard copy of your club's entry summary sheet, (B) a hard copy of your club's signed release/waiver agreement (C) your club's certification of entered athletes and (D) 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.

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.

Individual Entry Limits - Swimmers may enter a maximum of three (3) individual events on Friday and one (1) relay. Four (4) individual events for Saturday and one (1) Relay (3 individual events for Saturday AM and Saturday PM and 1 individual event for the Saturday Evening) and three (3) individual events and one (1) relay on Sunday. **A minimum of 30 entries are needed to run Saturday Evening session.**

Electronic Entries - \$5.00 per individual event. Please include a \$6.00 dROP surcharge for each swimmer entered. Payment must be made online.

Entry Procedures - All entries may be submitted online by **midnight on May 12th, 2017.**

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).

Check In - Check in will be required. It will be available **30 minutes before warm-up.** If mandatory check in is used, it will be required by the time set forth in this meet announcement. 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 **Marshalling table located at the North end of the pool.**

Scratch Rules -Prior to check in close a swimmer may scratch events at the Clerk of Course **or at the announcer table.** After check in closes, you must see the Meet Referee to scratch an event.

Marshaling - This is a self-marshalled meet. All swimmers will be expected to find their heat and lane independently. Heat sheets will be posted on the pool deck.

Seeding - All events are timed finals and will be seeded slowest to fastest other than distance events, 400IM, 800M, and 1500M Freestyle which will be seeded fastest to slowest (alternating genders-women/men).

Deck Entries/Time Trials -Deck entries will be offered at the discretion of the Meet Director and Meet Referee if time allows. Time Trials will not be offered. All Deck Entries are \$7.00 per individual event and \$15.00 per relay. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in 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 they request to do so.

Meet Programs/Admissions- Admissions: 5:00 per day for persons over age 12. Children 12 and under with paying adult are free. Heat Sheets will be available to purchase for \$2.00 after scratch down.

Scoring – No individual or team scoring will be kept.

Awards –Individual Awards: A/B/C Times Ribbons for 1st thru 8th place 12 & Under Session Only Relays:

Ribbons 1st thru 6th Place 12 & Under Session Only

The awards for the 12 & Under sessions will be broken in to the age groups 8 & Under, 9-10 and 11-12.

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 at the entrance to the pool deck. 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 **announcer table**. 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.

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 General Chair of MS, Program Operations Vice-Chair of MS, 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 **entrance** 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 **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.

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 head office and life guards on duty.

Facility Items -

- (A) No smoking is allowed in the building or on the grounds of **Jack Dunworth Memorial Pool**.
- (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 **Jack Dunworth Memorial Pool**.
- (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.

Friday PM
Warm-Up: 3pm
Start: 4pm
Sanction Number: MI1617119

Girls	Events	Boys
1	10 & Under 100 Free	2
3	11-12 100 Free	4
5	Open 100 Free	6
7	10&U 200IM	8
9	11-12 200IM	10
11	Open 400IM	12
13	Open 800 Free Relay	14

Saturday AM
Warm-Up: 7:30am
Start: 8:30am
Sanction Number: MI1617119

Girls	Events	Boys
15	10&U 50 Back	16
17	11-12 50 Back	18
19	10&U 100 Breast	20
21	11-12 100 Breast	22
23	10&U 100 Fly	24
25	11-12 100 Fly	26
27	10&U 50 Free	28
29	11-12 50 Free	30
31	12&U 400 Med. Relay	32

Saturday PM
Warm-Up: 12:30pm
Start: 1:30pm
Sanction Number: MI1617119

Girls	Events	Boys
33	Open 200 IM	34
35	Open 200 Free	36
37	Open 100 Breast	38
39	Open 200 Back	40
41	Open 100 Fly	42
43	Open 400 Medley Relay	44

Saturday Evening
Warm-Up: Not before 4:45
Start: 45 minutes after warm-up
Sanction Number: MI1617119

Girls	Events	Boys
45	Open 800 Free	46
47	Open 1500 Free	48

Sunday AM
Warm-Up: 7:30 am
Start: 8:30am
Sanction Number: MI1617119

Girls	Events	Boys
49	10&U 50 Breast	50
51	11 -12 50 Breast	52
53	10&U 100 Back	54
55	11 -12 100 Back	56
57	10&U 50 Fly	58
59	11 -12 50 Fly	60
61	10&U 200 Free	62
63	11 -12 200 Free	64
65	12&U 400 Free Relay	66

Sunday PM
Warm-Up: 12:30pm
Start: 1:30pm
Sanction Number: MI1617119

Girls	Events	Boys
67	Open 400 Free	68
69	Open 200 Breast	70
71	Open 200 Fly	72
73	Open 100 Back	74
75	Open 50 Free	76
77	Open 400 Free Relay	78