



Integrity, Inclusion, Education, Excellence

13/14 and Open Long Course Meter

State Championship Meet

Hosted by Michigan Lakeshore Aquatics

July 27-30, 2017

This meet is sanctioned by Michigan Swimming, Inc. (MS), as a Prelim/Finals and timed finals meet on behalf of USA Swimming (USA-S). Sanction Number **MI 1617137**. The time trial Sanction Number, if needed, is **MITT1617137**. In granting this sanction it is understood and agreed that USA Swimming, Inc. and Michigan Swimming, Inc. 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 if fully set forth in these meet rules.

LOCATION/FACILITIES: Holland Aquatic Center
550 Maple Ave.
Holland, Michigan 49423

Holland Aquatic Center is an 8 lane 50-meter pool with an attached 6 lane 25 yard pool available for supervised Warm Up and Warm Down. All Warm Ups will be supervised. Depth at the start end is 6'9" and 13' at the turn end. Public phones are available. There is ample balcony seating capacity for spectators. A Colorado timing system with an 8 lane display will be used. The competition course has not been certified in accordance with 104.2.2C (4)

ADMISSIONS: Admissions: \$5.00 per person/per day (one-time fee for the days prelims and finals). Children age eight and younger are free.

PROGRAMS: Meet programs will be \$10.00, with heat sheet coupons included. These will be available at admissions. Heat sheets for preliminary sessions will be \$4.00. Heat sheets for finals sessions will be \$3.00.

DECK REGISTRATION: Deck registrations will not be accepted at this meet.

MEET FORMAT: All Michigan Swimming LSC individual events in the specified age groups are offered in this meet. Individual events are swum in the prelim/final format. Preliminaries are swum in the morning with the top 8 swimmers after prelims swimming in the "A Final" and the 9th - 16th swimming in the "B Final" in the evening. The following individual events are swum as timed finals (one-swim only):

13/14 800 and 1500 Freestyle

Open 800 and 1500 Freestyle

All relays are timed finals and will be swam ONLY during the AM Sessions. Please see the sections on SEEDING events for additional prelim/final and timed final information.

CONTROLLED WARM UP:

Teams will be assigned to a Warm Up group for Friday, Saturday, and Sunday Prelims.

Lanes	Time	Starts	Type
All	7:30 to 8:00am	NO DIVES	Assigned Group 1
All	8:00 to 8:30 am	NO DIVES	Assigned Group 2
2 through 7	8:30 to 8:50 am	Allowed	Open
1 and 8	8:30 to 8:50 am	NO DIVES	Open

ELIGIBILITY: All 13/14 and Open athletes registered with Michigan Swimming who have achieved current long course meters, short course meters or short course yard times equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

Athletes with a disability should refer to Section H (9) (a) & (b) of [Michigan Swimming Rules and Procedure](#).

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.

ENTRY LIMITS: A swimmer may **enter** any number of individual events however, a swimmer may swim no more than (3) individual events per day. A swimmer may **swim** no more than (6) individual events and (3) relay events for the entire three-day meet. If a swimmer is entered in more than (3) individual events and (1) relay event per day, he/she must scratch out of the desired excess events.

AGE UP DATE: A swimmer's age on July 27, 2017, will determine his/her eligibility for a particular age group for the entire meet. Swimmer must swim his/her own age group.

QUALIFYING PERIOD: The qualifying time must have been achieved on or after January 1, 2016.

TIME STANDARDS: See attached Q1 Time standards

CONVERSION/ENTRY TIMES: No time conversions are permitted. Times must be submitted in Long Course Meters, Short Course Meters, or Short Course Yards.

PROOF OF TIMES: Michigan Swimming will accept all qualifying times contained in USA Swimming's SWIMS database, as well as times from meets sanctioned by other national governing bodies including college, high school, Masters, YMCA, and foreign meets approved by FINA that have been run on approved meet management software within the qualifying period (on or after January 1, 2016). The SWIMS database contains results of all sanctioned, observed and approved meets held in the USA for athletes who are registered USA swim member at the time of the swim. Times from the SWIMS database are proven times and do not require any further proof. If a time does not appear in OME it is **NOT** a proven time. Use the custom time entry function to enter the meet with this time and send in a proof of time.

Custom times are NOT proven and require a proof of time submission to the Michigan Swimming Office. If you do not supply an acceptable proof of time before the first day of competition, the swimmer will be scratched from any and all events requiring the proof of time. Refunds will not be issued for failure to supply a proof of time.

Acceptable proofs, include printed meet results which clearly identify the meet host, meet location and meet date as well as the name of the event and the names, clubs and times of other swimmers in the event. The **preferred** proof is a locked Meet Manager backup of the meet results. Team Manager export files are also acceptable but are not preferred. Computer printed award labels and/or time cards signed by a meet referee are **NOT** acceptable for proof purposes.

PROOF OF TIME DEADLINE: All proofs for times must be submitted to the Michigan Swimming Office by **July 25, 2017** at 6:00 pm. However, all clubs are encouraged to send them as soon as possible. Swimmers whose times cannot be proven will be rejected and will not be entered in that event. Any rejected entries will be notified using the email address provided in OME. Email all proof of times to the Michigan Swimming Office at: Proofoftimes@miswim.org.

RELAY PROOF OF TIME: With the OME system, THE TEAM OWNS THE TIME and the only proofs needed are if a team overrides the entry time (i.e. Uses a "custom time") and does not swim equal to or faster than the cut.

If an override (custom) time is used for the relay entry and the team is DQ'd or swims slower than the cut, then they will have to prove the time after the meet.

This is done by proving the aggregate time for the four individuals who actually swam on the particular relay within 30 days following the conclusion of the meet to the Michigan Swimming office. The aggregate time to be proved need not be equivalent to the submitted entry time for the relay, however, the time must be at or faster than the qualifying standard for the relay event.

Aggregate proof times must all be equivalent (i.e. all SCY, all LCM, all SCM), all times must have been achieved during the qualifying period (on or after January 1, 2016), and may not use conversions in determining the submitted proof of time. Failure to prove a qualifying aggregate time within the 30 days

will result in a fine of \$100 payable immediately to Michigan Swimming. Failure to pay the \$100 fine will result in that team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

ENTRY FEES: The fees are **\$7.50** per individual event and **\$12.00** per relay. Please include a **\$3.00** Michigan Swimming Athlete Surcharge for each swimmer entered. Please make checks payable to **MLA:**

Holland Community Aquatic Center

550 Maple Ave.

Holland, MI 49423

DECK ENTRY: There are no deck entries for this meet.

ENTRY OPEN/ DEADLINE: The website for entries is as follows, www.usaswimming.org/OME and going to: MICHIGAN SWIMMING 2017 13/14 & OPEN LCM STATE MEET. OME entries will **open** on July 12, 2017 and **close** at 9:00 am July 25, 2017. Entries submitted will not be considered as officially received until the host team has received the following:

Signed Release and Waiver Form and the Certification of Registration Status Form with your check.

All paperwork and full payment may be mailed or hand delivered but **must be received by** Wednesday, July 26, 2017 in order for your team to participate in the meet.

MISSED ENTRY: A Coach or an Entry Chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or swimmers in an event by the entry deadline may then do so by: entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet and by paying a fee of \$100.00 per team and double the entry fee for the event. Providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee's decision is final and non-appealable.

RELAY ENTRY: Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B". "A and/or B" relays must be entered with a seed time, and the seed time must be at or faster than the qualifying standard for the relay event. "A and/or B" relays may be entered without proof of a qualifying time. Teams may enter relays by entering a relay time for the team which is already in SWIMS, by entering an aggregate time from SWIMS, or they may enter a custom time for the relay(s). Swimmers participating in an individual event(s) and "Relay Only Swimmers" are eligible to compete on an A or B relay.

All relay swimmers must be entered using OME. Athletes not on the OME entry report are not eligible to swim at this meet.

DECLARATION OF RELAY SWIMMERS: There is no positive check in of relays required however the names and order of relay swimmers and alternates should be initially declared by:

4:30 pm Thursday afternoon for the 800 Free Relays

10:00 am Friday Morning for the 400 Free Relays

10:00 am Sunday Morning for the 400 Medley Relays

The order of relay swimmers may be changed **before** the start of the relay heat. If the relay fails to swim in the final order as declared on the lanes timer sheet - the relay will be disqualified.

REFUNDS: There are no refunds in full or in part once a team or individual entry has been entered into OME and you have checked out

MARSHALING: This is a self-marshaled meet.

SEEDING:

Individual Events: The fastest three heats will be circle seeded the remainder will be seeded slowest to fastest, with the following exceptions:

13/14 800 Freestyle and 1500 Freestyle are timed final events.

Open 800 and 1500 Freestyle are timed final events.

Exception for down seeding the individual Timed Finals Events: A swimmer, if entered in two or more events on the day of the 1500m Freestyle, may down seed to the minimum Q1 standard.

The 13/14 and Open 800 Freestyle will be seeded fastest to slowest alternating genders (female/male).

The fastest seeded heat (top 8) after scratches of the 1500 Freestyle will swim during the finals sessions. The remaining heats will swim in the morning sessions and be swum fastest to slowest and alternating gender (female/male). 13/14 and Open swimmers will be combined for racing and separated for scoring and awards. Swimmers should consult the heat sheets carefully for their heat and lane. Awards and scoring/place for these timed finals events are determined by all the athletes' performances in all the heats (i.e. times achieved in the preliminary heats are used to determine the top 16 finishers even though the time was not achieved in the Finals).

Relay Events: All relay events will be seeded slowest to fastest

FINALS INFO

Individual Events: For Prelim/Finals events only, there will be two heats of individual events at finals (A Final, B Final) each heat is comprised of a maximum of eight (8) swimmers. These two heats will swim in a B-Consolation, A-Championship Finals order. With the exception of the timed-finals events.

Relay Events: All relays will be swim during the morning prelims sessions. Awards will be immediately following final relay.

SCRATCH RULES: All individual events will conform to the USA National Scratch Procedures Article 102.4.

Early Team or individual scratches for all Thursday events will be accepted at Escratch@miswim.org on Thursday, July 27, 2017 from 8:00am to 1:00pm. Friday events will be accepted at Escratch@miswim.org on Thursday July 27, 2017 from 8:00am to 6:00pm.

Scratch deadline for all Final events: Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.11.6 D and E).

PENALTIES FOR FAILURE TO COMPETE:

Preliminary Events: If a swimmer fails to drop his/her scratch card by the time stated for the event and fails to compete in that event, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

Finals: If a swimmer qualifies for a finals event as a result of his/her preliminary swim and fails to properly scratch, or fails to properly declare an intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced, and fails to compete in that event final, the swimmer will be barred from further competition for the remainder of the meet.

NOTE: If a swimmer declares that he/she may want to scratch an event but does not return to confirm that scratch within 30 minutes following the conclusion of the swimmer's last event, the swimmer will be seeded into the Finals event, and will be similarly penalized if the swimmer does not compete in Finals. (See Meet Referee or his/her designee).

Additional \$50 Penalty: In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without being properly scratched for that event, he/she shall be fined \$50 payable immediately to MS.

The swimmer is not allowed to compete in any subsequent MS sanctioned or approved events until the fine is paid.

RESULTS: Official results will be posted following the conclusion of the meet on the Michigan Swimming Website at www.miswim.org. Unofficial results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive). Please use Meet Mobile for Unofficial live results.

SCORING:

Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st-16th respectively.

Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1st –16th respectively.

Relay points affect team scoring only and are not counted toward individual high point.

AWARDS: Michigan Swimming provides medals for 1st – 8th place finishers for all individual and relay events and ribbons for 9th – 16th place finishers in each individual event.

There are individual high point awards for 1st – 3rd place finishers in each age group.

There is an overall Team State Champion and runner-up trophy.

AWARD PRESENTATIONS: There will be a formal awards presentation. (See event schedule)

AWARD DISTRIBUTION: Individual event awards for 9th – 16th place 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.

PROTESTS: USA Swimming Rule 102.23 shall be used.

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 Michigan Swimming Officials Chairs, 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 at check in near the pool access area from the main foyer. 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 as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). 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.

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. 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**.
- H. 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.
- I. Articles may be turned in to a designated lost and found area in the pool office (on deck). 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.
- J. Concessions will be available in the spectator area.

TIME TRIALS: Time permitting, at the discretion of the Meet Referee and Meet Director, time trials for athletes may be offered each day 15 minutes after the completion of the preliminary session. Athletes must be already entered in the meet to swim a time trial. Time trials do count against the maximum per day entry limit of three (3) but not against the total meet entry limit of six (6) and are limited to no more than two (2) per day. The entry fee is \$7.50 per individual event and \$15.00 for relays. Time trials sign up will be from 10:00 am to 12:00 am each day of the meet.

At the discretion of the Meet Referee, athletes who are not already entered in the meet and are potential National, US Open, World Cup, or Olympic Trial qualifiers may be allowed to compete in time trial events.

HOSPITALITY: A hospitality area will be available for coaches & officials on the second floor along with a snack area on the pool deck.

GENERAL INFO: Any errors or omissions in this meet announcement, with the authorization of the Meet and Sanctioning Chair, will be documented by the Meet Referee and available for review at the Administrative Referee table. Information will also be covered at the Coaches' Meeting.

MEET REFEREE:	Dave Goble	daveg2200@aol.com	517-962-2190
ADMIN REFEREE:	Dan Meconis	daniel.meconis@sbcglobal.net	248-471-4945
MEET DIRECTOR:	Sara Kadzban	skadzban@mlaswim.org	
SAFETY MARSHALL:	Thomas Miller	tmiller@hollandaquaticcenter.org	

ORDER OF EVENTS

Note the order of events as stated in the schedule of events for Finals.

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

Thursday Afternoon Timed Finals

2:30-3:00 pm Coaches' meeting in hospitality

3:15 pm Scratch Box closes for Thursday events

3:00-3:50 pm General Warm Up; see procedure in coaches' packets

Girls	Event	Boys
Event #		Event #
1	13-14-& Open 800m Freestyle*	2
3	13-14 800 Freestyle Relay**	4
5	Open 800 Freestyle Relay**	6
*All 800M Timed Finals swim Fastest to Slowest, alternating genders. All 13-14 & Open swimmers will be combined for racing and separated for awards and scoring.		
** Timed Finals event, awards to immediately follow shortly after the final 800 Free Relay heat.		

Friday Morning Prelims

7:15-7:30 am Coaches' Meeting (scheduled)

Scratch Box closes 15 minutes after the end of the Coaches Meeting

7:30-8:50 am General Warm Up; see procedure in coaches' packet

9:00 am Preliminary Events start

10:00 am Friday Free Relays declared

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
Event #		Event #
7	13-14 200 Breaststroke	8
9	Open 200 Breaststroke	10
11	13-14 100 Butterfly	12
13	Open 100 Butterfly	14
15	13-14 200 Freestyle	16
17	Open 200 Freestyle	18
19	13-14 400 IM	20
21	Open 400 IM	22
23	13-14 400 Freestyle Relay**	24
25	Open 400 Freestyle Relay**	26
** Timed Finals event, all 400 Free Relays will swim in the AM session, awards to immediately follow shortly after the final 400 Free Relay heat.		

Friday Finals

4:30-5:20 PM Warm Up

5:30 PM Events Start

No Friday Finals Check in Required

Scratch Box closes for Saturday Prelims at 6:00 PM

Event order: 7 thru 22

A Final and B-Final for events 7-22

Awards Ceremonies following Events 10, 14, 18, & 22

Saturday Morning Prelims

7:30-8:50 am General Warm Up; see procedure in coaches' packet

9:00 am Preliminary Events start

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
Event #		Event #
27	13-14 200 Backstroke	28
29	Open 200 Backstroke	30
31	13-14 50 Freestyle	32
33	Open 50 Freestyle	34
35	13-14 200 Butterfly	36
37	Open 200 Butterfly	38
39	13-14 100 Breaststroke	40
41	Open 100 Breaststroke	42
43	13-14 400 Freestyle	44
45	Open 400 Freestyle	46

Saturday Finals

4:30-5:20 PM Warm Up

5:30 PM Events Start

No Saturday Finals Check in Required

Scratch Box closes for Sunday Prelims and 800 and 1500 Free at 6:00 PM

Event order: 27 thru 46

A Final and B-Final for events 27-46

Awards Ceremonies following Events 30, 34, 38, 42, & 46

Sunday Morning Prelims

7:30-8:50 am General Warm Up; see procedure in coaches' packet

9:00 am Preliminary Events start

10:00 am Sunday Medley Relays declared

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
Event #		Event #
47	13-14 100 Backstroke	48
49	Open 100 Backstroke	50
51	13-14 200 IM	52
53	Open 200 IM	54
55	13-14 100 Freestyle	56
57	Open 100 Freestyle	58
59	13-14 400 Medley Relay**	60
61	Open 400 Medley Relay**	62
63	13-14 & Open 1500 Freestyle*	64
*All 1500M Timed Finals swim Fastest to Slowest, alternating genders. All 13-14 & Open swimmers will be combined for racing and separated for awards and scoring. Timed Finals event, top 8 seeded swimmers will swim in Finals		
** Timed Finals event, all 400 Medley relays will swim in the AM session, awards to immediately follow shortly after the final 400 Medley Relay heat.		

Sunday Finals

4:00-4:50 PM Warm Up

5:00 PM Events Start

No Sunday Finals Check in Required

No Scratch Box

Event order: Top 8 of 63-64, then 47 through 58

Award Ceremonies following Events 64, 50, 54, & 58

Team, and Individual High Point awards will be given out after the conclusion of the meet.

Michigan Swimming, Inc.
2017 Long Course State Championship Meet
Time Standards

WOMEN			EVENT	MEN		
SCY	SCM	LCM	13 - 14	LCM	SCM	SCY
26.09*	29.49	29.99	50 Freestyle	28.29	27.79	24.79*
56.59*	1:03.99	1:04.89	100 Freestyle	1:01.69	1:00.79	53.79*
2:02.59*	2:21.19	2:22.19	200 Freestyle	2:14.49	2:13.29	1:57.49*
5:32.49*	4:56.59	5:00.39	400/500 Freestyle	4:47.99	4:44.19	5:19.09*
11:26.59*	10:15.79	10:27.09	800/1000 Freestyle	10:20.19	10:08.89	11.19.19
19:23.49*	19:40.09	20:00.09	1500/1650 Freestyle	19:50.99	19:30.99	19:02.79*
1:03.99*	1:14.19	1:15.69	100 Backstroke	1:12.39	1:10.89	1:01.79*
2:18.09*	2:40.59	2:43.59	200 Backstroke	2:35.69	2:32.89	2:13.69*
1:13.49*	1:24.39	1:25.89	100 Breaststroke	1:21.49	1:19.99	1:08.49*
2:41.39*	3:03.69	3:07.19	200 Breaststroke	2:56.49	2:52.99	2:31.59*
1:03.89*	1:11.99	1:13.29	100 Butterfly	1:09.49	1:08.19	1:00.29*
2:26.79*	2:49.69	2:52.99	200 Butterfly	2:44.79	2:41.49	2:20.69*
2:20.59*	2:39.39	2:42.99	200 Individual Medley	2:33.59	2:29.99	2:13.09*
5:02.19*	5:42.89	5:50.99	400 Individual Medley	5:33.09	5:24.99	4:49.99*
4:03.99*	4:23.79	4:32.99	400 Free Relay	4:32.59	4:23.19	3:57.99*
8:51.99*	9:25.99	9:45.49	800 Free Relay	9:50.69	9:31.49	8:41.99*
4:25.99*	5:12.39	5:23.59	400 Medley Relay	5:30.89	5:19.49	4:24.99*

WOMEN			EVENT	MEN		
SCY	SCM	LCM	OPEN	LCM	SCM	SCY
25.19*	28.49	28.99	50 Freestyle	26.29	25.79	22.99*
54.49*	1:01.79	1:02.69	100 Freestyle	57.29	56.39	49.79*
1:58.59*	2:14.89	2:15.89	200 Freestyle	2:05.59	2:04.59	1:50.39*
5:20.29*	4:45.99	4:49.79	400/500 Freestyle	4:29.69	4:25.89	5:01.39*
11:17.89*	9:56.79	10:08.09	800/1000 Freestyle	9:38.79	9:27.49	10:39.79*
19:07.69*	19:10.99	19:30.99	1500/1650 Freestyle	18:43.99	18:23.99	18:10.49*
1:01.79*	1:10.59	1:12.09	100 Backstroke	1:07.39	1:05.89	57.69*
2:13.09*	2:33.19	2:36.19	200 Backstroke	2:27.79	2:24.79	2:06.09*
1:11.49*	1:22.19	1:23.69	100 Breaststroke	1:15.69	1:14.19	1:05.39*
2:36.59*	3:00.29	3:03.79	200 Breaststroke	2:48.69	2:45.19	2:25.89*
1:01.49*	1:08.89	1:10.19	100 Butterfly	1:03.29	1:01.29	55.89*
2:20.19*	2:41.19	2:44.49	200 Butterfly	2:29.59	2:26.29	2:10.79*
2:15.89*	2:32.19	2:35.79	200 Individual Medley	2:24.19	2:20.59	2:04.69*
4:52.19*	5:33.29	5:41.39	400 Individual Medley	5:20.29	5:12.19	4:34.69*
3:47.99*	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99*
8:18.99*	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:43.99*
4:21.99*	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	4:04.99*

Qualifying Period is 1/1/2016 through the entry deadline.

Athletes who have swum a time equal to or faster than the time in any event listed here (in any Course) during the qualifying period are qualified to swim the event at this meet.

* Standard changed from last year

EVENT SCHEDULE

Thursday

- 8:00 AM – 1:00 PM Thursday Early Scratch Opportunity for Thursday events.
- 8:00 AM – 6:00 PM Thursday Early Scratch Opportunity for Friday events.
- 2:30 – 3:00 PM General Coach's meeting in the hospitality room on second floor.
- 3:15 PM Scratch box closes for Thursday events.**
- 3:00 – 3:50 PM General Warm Up; see procedure in coach's packet.
- 4:00 PM Events Start
- 4:30 PM 800 Free Relay Names Declared, by Coaches Only.

Friday Prelims

- 7:15 – 7:30 AM General Coach's meeting in the hospitality room on second floor.
- 15 minutes after the end of the General Coach's meeting the Scratch Box closes for Friday prelims.**
- 7:30 – 8:50 AM General Warm Up; see procedure in coach's packet
- 9:00 AM Preliminary Events Start
- 10:00 AM 400 Free Relay Names Declared, by Coaches Only.

Friday Finals

- No Finals Check-In required.
- 4:30 – 5:20 PM Warm Up
- 5:30 PM Final Events Start
- 6:00 PM Scratch Box closes for Saturday Prelims.

Saturday Prelims

- 7:30 – 8:50 AM General Warm Up; see procedure in Coach's packet
- 9:00 AM Preliminary Events Start

Saturday Finals

- No Finals Check-In required.
- 4:30 – 5:20 PM Warm Up
- 5:30 PM Final Events Start
- 6:00 PM Scratch Box Closes for Sunday Prelims

Sunday Prelims

- 7:30 – 8:50 AM General Warm Up; see procedure in Coach's packet
- 9:00 PM Preliminary Events Start
- 10:00 AM 400 Medley Relays Names Declared, by Coaches Only.

Sunday Finals

- No Finals Check-In required. Note that this Session starts ½ hour earlier than Fri and Sat Finals
- 4:00 - 4:50 PM Warm Up
- 5:00 PM Final Events Start



Integrity, Inclusion, Education, Excellence
Athlete Apparel & Host Information Website



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</p>		<p>Michigan Swimming</p>
<p>www.usaswimming.org/protect</p>		<p>To find out about ongoing Safe Sport initiatives with Michigan Swimming. www.miswim.org 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: MI 1617137

Name of Meet: 2017 Michigan Swimming 13/14 & Open LC State Championship Meet
Date of Meet: July 27-30, 2017
Host of Meet: Michigan Lakeshore Aquatics (MLA)
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.



<https://goo.gl/forms/WjICJdG19X97vQgt2>