



Integrity, Inclusion, Education, Excellence

Michigan Swimming Red Junior Olympic Championships

Hosted By: East Grand Rapids Aquatics

March 2-4, 2018

SANCTION - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI 1718086**. The Time Trial Sanction Number, if needed, is **MITT1718086**. 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 if fully set forth in these meet rules.

LOCATION / FACILITIES – East Grand Rapids Community Pool 2211 Lake Drive SE, East Grand Rapids, MI 49506

The East Grand Rapids Community Pool is an 8-lane pool with a supervised warm-up and warm down area available. 8-lanes will be used for competition. Depth at start is 7' and 7' at the turn. Permanent starting blocks, non-turbulent lane markers, and a 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.

ADMISSIONS - Admission is **\$5.00** per person per day with 10 and under free with a paying adult. Heat Sheets are available for **\$2.00** 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 outside the locker room entrances in the main hallway.

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

DAY	GROUP A	GROUP B	1 WAY	EVENTS START	AGE GROUP
Friday PM	5:00PM	5:20PM	5:40PM	6:00PM	All
Saturday AM	8:00AM	8:20AM	8:40AM	9:00AM	12 & Under
Saturday PM	1:30PM	1:50PM	2:10PM	2:30PM, not before	13-18
Sunday AM	8:00AM	8:20AM	8:40AM	9:00AM	12 & Under
Sunday PM	1:30PM	1:50PM	2:10PM	2:30PM, not before	13-18

ELIGIBILITY – The Michigan Swimming **RED** Junior Olympic Meet is a “Faster than / Slower than” time standard swim meet. All swimmers must be currently registered with Michigan Swimming, Inc. and USA Swimming, Inc. A swimmer’s age on March 2, 2017 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](#). The qualifying time must have been achieved between 01/01/17 and 02/27/18

ENTRY LIMITS – Swimmers may swim a maximum of 1 individual event Friday and 3 individual events and 1 relay each day Saturday and Sunday. No relay only swimmers allowed. Additionally, teams are limited to an A and B relay for each relay event.

DECK REGISTRATION – Deck registrations are NOT accepted

DECK ENTRIES – Deck entries are NOT accepted

AGE UP DATE / EXCEPTION - All swimmers who “age up” after JOs and before their respective State Meet, either 12 and Under or 13/14 & Open, and who don’t have a Q1 (State qualifying) time in their new State Meet age group may enter that event in their current age group at JO at a seed time at or faster than their current age groups Q1 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the State Meets in their actual age group at the State Meets. Swimmers who enter an event at JO under the “age up” exception are not, however, eligible for awards at JO in that event. Please alert the OME Administrator Dawn Gurley to all “Age Up” entries by enclosing a statement to that effect and also send it in an email to the Administrative Official using the email address listed below. These swimmers must be marked as exhibition in your entry.

MEET FORMAT – The format at each of the three Junior Olympics Championship Meets is identical. All events are timed finals. All 10 & Under and 11-12 age groups will swim in the AM sessions. All 13-18’s will swim in the PM sessions. 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. All events will be swum slowest to fastest except for the 400 IM, 500 Freestyle, 1000 Freestyle, and the 1650 Freestyle which will be swum fastest to slowest and alternating genders female/male. Seeding will be done after check in closes.

- **13-18 swimmer with 1000 Yd. Free Q2 time, can enter the 1650 Yd. Freestyle at the Q2 cutoff time, if they have not already achieved a Q1 time in the 1650 Yd. Freestyle.
- ***11-12 swimmer with the 500 Yd. Free Q2 Time, can enter the 1000 Yd. Freestyle at the Q2 cutoff time, if they have not already achieved a Q1 time in the 1000 Yd. Freestyle

Since this is a MS Championship Meet, the 4-hour rule does not apply. [Link to time standards](#)

TIME TRIALS - Time trials may be offered if timelines allow for them, at all three JO meets. This will be determined after the entries have closed and all three meets are seeded. This decision will be made by Program Operations, the Sanctioning Chair, and the Meet Referees for each meet. The notification of this decision will be posted to the Michigan Swimming web site and emailed out to the membership no later than Thursday, March 1, 2018. Time Trials, if allowed, will be **\$7.00** per Individual Time Trial and **\$15.00** per Relay Time Trial. Entry into these Time Trial events does not count as an individual entry. However, time trials are limited to no more than one (1) individual time trial entry per swimmer and one (1) relay time trial entry per swimmer each day, per Michigan Swimming Rules and Procedures. Time trial swimmers who are not entered in the meet must prove their USA-S membership by presenting their USA-S membership card, have a print out from their Club portal on the USA-S website, or the athlete may also enter by showing their membership from USA Swimming’s DECKPASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on DECKPASS, the Club portal list from USA Swimming, or the swimmer may compete unattached (UN). All time trials will be Open events.

10 and Under swimmers who are “age up athletes” may time trial Open 200 stroke (200 Backstroke, 200 Breaststroke, and 200 Butterfly) events but 10 and Under swimmers who are not “age up athletes” may not time trial the Open 200 stroke events.

TIME STANDARDS - Slower than Short Course Q1 and equal to or faster than Q2 [Time standards Michigan Swimming Web Site](#). If a swimmer achieves a Q1 time (SCY, SCM, or LCM) in an event after his/her entry has been sent to the OME Administrator Dawn Gurley but on or before February 27, 2018, the swimmer must withdraw from the event unless the “Age Up” exception below applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

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

ORDER OF EVENTS

Friday					
AM Session			PM Session		
		Girls		Boys	
		Event #	Event		Event #
		1	11-12 400 IM		2
		3	10 & Under 500 Free		4
		5	11-12 1000 Free***		6
		7	13-18 1650 Free **		8
			Award breaks after shaded Events		

Saturday							
AM Session			PM Session				
Girls			Boys	Girls	Boys		
Event #	Event		Event #	Event #	Event		
9	11-12 200 Back		10	41	13-18 400 IM		
11	10 & Under 50 Free		12	43	13-18 200 Back		
13	11-12 50 Free		14	45	13-18 200 Free		
15	10 & Under 100 IM		16	47	13-18 200 Fly		
17	11-12 100 IM		18	49	13-18 50 Free		
19	10 & Under 50 Fly		20	51	13-18 100 Breast		
21	11-12 50 Fly		22	53	13-18 400 Med relay		
23	10 & Under 200 Free		24				
25	11-12 200 Free		26				
27	10 & Under 100 Breast		28				
29	11-12 100 Breast		30				
31	10 & Under 50 Back		32				
33	11-12 50 Back		34				
35	11-12 200 Fly		36				
37	10 and Under 200 Medley Relay		38				
39	11-12 200 Med Relay		40			Award breaks after shaded Events	

Sunday							
AM Session			PM Session				
Girls			Boys	Girls	Boys		
Event #	Event		Event #	Event #	Event		
55	11-12 200 Breast		56	83	13-18 200 Breast		
57	10 & Under 200 IM		58	85	13-18 200 IM		
59	11-12 200 IM		60	87	13-18 100 Back		
61	10 & Under 100 Back		62	89	13-18 100 Free		
63	11-12 100 Back		64	91	13-18 100 Fly		
65	10 & Under 100 Free		66	93	13-18 400 Free Relay		
67	11-12 100 Free		68	95	13-18 500 Free		
69	10 & Under 50 Breast		70				
71	11-12 50 Breast		72				
73	10 & Under 100 Fly		74				
75	11-12 100 Fly		76				
77	10 & Under 200 Free Relay		78				
79	11-12 200 Free Relay		80				
81	11-12 500 Free		82			Award breaks after shaded Events	

PROOF OF TIME DEADLINE - All proofs for times must be submitted to the Michigan Swimming Office by **February 28, 2018 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 - 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, and may 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 - **\$5.00** per individual event and **\$12.00** per relay 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: EGRA

EGRA Red JO Meet
Attn: Brandon Converse
1910 Sherwood Drive SE
Grand Rapids, MI 49506

Admin Official: Ruth Andegeko entries@egrawaves.com

ENTRY OPEN/ DEADLINE - The website for entries is as follows, www.USASwimming.org/OME and going to: MICHIGAN SWIMMING 2018 RED Junior Olympic Meet. OME entries will **open** on February 5, 2018 and **close** at 9:00 am February 28, 2018. 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** Thursday, March 1, 2018 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). Only swimmers participating in an individual event(s) are eligible to compete on an A or B relay.

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, unless the "over qualification exception" applies (see MS Rules).

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. Relay Events, will be awarded Medals for 1st – 8th place. Please see the Event List for the schedule of Award breaks.

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.

FACILITY ITEMS

- A. First Aid supplies will be kept in the pool office.
- B. No smoking is allowed in the building or on the grounds.
- C. No 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. 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 for purchase in the upstairs lobby area.
- K. Hospitality will be available for Coaches and Officials
- L. See Meet supplemental on www.MISwim.org

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(es) 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 placed outside the door 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 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: Casey Kern ckern1213@sbcglobal.net

ADMIN OFFICIAL: Ruth Andegeko entries@egrawaves.com

MEET DIRECTOR: Brandon Converse coachconverse@egrawaves.com

SAFETY MARSHALL: Andy Milnes

MOTELS – Please use your favorite motel/hotel booking web site.

TEAM VENUE - For the Junior Olympics Championships meets all teams registered with MS will initially be assigned by the MS Programs Operations Vice Chair to one of the three JO "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 Junior Olympic meets are referred to as the "Red, White, and Blue" meets. Each MS team will send their entries to the initial venue assigned by the Programs Operations Vice Chair 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 Program Operations Co Vice Chairs at their discretion have 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 Joe McBratnie at joe.mcbratnie@miswim.org if you have any questions.

Team Assignment

906	MMA
BC	MSU
CSST	MYST
EGRA	NOMI
GOTC	PAC
GR	RAYS
GTBY	ROCK
HEAT	SCS
HSC	SJA
JAWS	SWYM
JCAC	WMS
LAC	WOSC
LRST	WPSC
MLA	UN



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 www.usaswimming.org/protect</p>	<p>Michigan Swimming To find out about ongoing Safe Sport initiatives with Michigan Swimming, www.miswim.org and click on the Administration tab.</p>
 A large QR code with a Michigan Swimming logo in the center. The logo is circular with a blue border and contains the text 'MICHIGAN SWIMMING' and 'EDUCATION • EXCELLENCE'.	 A large QR code with a Michigan Swimming logo in the center. The logo is circular with a blue border and contains the text 'MICHIGAN SWIMMING' and 'EDUCATION • EXCELLENCE'.

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

Meet Evaluation Form

Sanction Number: MI 1718086

Name of Meet: 2018 Red Junior Olympic Championship Meet

Date of Meet: March 2-4, 2018

Host of Meet: East Grand Rapids Aquatics

Place of Meet: East Grand Rapids Community Pool

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 all the submitted Meet Evaluation Forms to the current Program Operations Vice-Chair (Joe McBratnie) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.

Michigan Swimming White Junior Olympic Meet

OME Entry Instructions

- Step 1** Go to www.usaswimming.org/OME
- Step 2** Click on "Available Meets", select Michigan Swimming LSC, and then click on "Search". Scroll down to locate the **Red Junior Olympic Meet** from the list of meets.
- Step 3** Click on "Enter team" and login using your team login (HEAD COACH ID); or you may need to create an account for your team, then login. A pick list of your athletes who have qualifying times in SWIMS will appear. From here, select the events you want to enter. Athletes whose times are not in SWIMS must enter using the custom time option. If a custom time is entered and the athlete does not swim the time standard established for that event, a proof of time will be required to be sent to the MS Office. If after thirty (30) days a proof of time is not received for any athlete, a report will be furnished to the MS Board of Directors.
- Step 4** Double click on the athletes who you want to enter into the meet and complete your entry. You may add to your entry. It does not have to be completed at one time.
- Steps 5** When you are finished make sure to check out. You must pay by sending a check made out to EGRA to the entity listed in the Entry Fee section. **Make sure your entry is done before you checkout. You will not be able to change it after checking out.**
- Step 6** You will receive an email confirming your entries.
- Step 7** Mail your completed Release and Waiver, Certification of Registration Status, and check to the Meet Host payment contact. Mail or email any necessary proof of time documents to the OME Administrator, Dawn Gurley.