



Integrity, Inclusion, Education, Excellence

Michigan Swimming 2020 Red Junior Olympic Championships

Hosted By: East Grand Rapids Aquatics (EGRA)

February 28-March 1, 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 **MI1920077**. The Time Trial Sanction Number, if needed, is **MITT1920077**. 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 a 10-lane, 25-yard 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 a 10-lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will 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 in the lower lobby outside the locker rooms.

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	7:30AM	7:50AM	8:10AM	8:30AM	12 & Under
Saturday PM	1:00PM	1:20PM	1:40PM	2:00PM, not before	13-18
Sunday AM	7:30AM	7:50AM	8:10AM	8:30AM	12 & Under
Sunday PM	1:00PM	1:20PM	1:40PM	2:00PM, 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 February 28, 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](#). The qualifying time must have been achieved between 01/01/19 and 02/20/20.

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 Administrative Official to all “Age Up” entries by emailing 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 1650 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.

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 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 Wednesday, February 26, 2020. 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 year old 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 Administrative Official, on or before February 27, 2020, the swimmer must withdraw from the event unless the “Age Up” exception 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 first 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	Event #
9	11-12 200 Back	10	41	13-18 400 IM	42
11	10 & Under 50 Free	12	43	13-18 200 Back	44
13	11-12 50 Free	14	45	13-18 200 Free	46
15	10 & Under 100 IM	16	47	13-18 200 Fly	48
17	11-12 100 IM	18	49	13-18 50 Free	50
19	10 & Under 50 Fly	20	51	13-18 100 Breast	52
21	11-12 50 Fly	22	53	13-18 400 Med relay	54
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	Event	Boys	Girls	Event	Boys
Event #		Event #	Event #		Event #
55	11-12 200 Breast	56	83	13-18 200 Breast	84
57	10 & Under 200 IM	58	85	13-18 200 IM	86
59	11-12 200 IM	60	87	13-18 100 Back	88
61	10 & Under 100 Back	62	89	13-18 100 Free	90
63	11-12 100 Back	64	91	13-18 100 Fly	92
65	10 & Under 100 Free	66	93	13-18 400 Free Relay	94
67	11-12 100 Free	68	95	13-18 500 Free	96
69	10 & Under 50 Breast	70	Award breaks after shaded Events		
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			

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** and mail to

EGRA
P.O. Box 6147
Grand Rapids, Michigan 49516

Email entries to the Administrative Official: bperisao@gmail.com

ENTRY OPEN/ DEADLINE - Entries will **open** on February 1, 2020 and **close** at 9:00 am February 24, 2020.

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, February 27, 2020 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. A paper proof of time (meet results) must be provided 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. Relay seed times must be slower than the Q1 time. Only swimmers participating in an individual event(s) are eligible to compete on an A or B relay.

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).

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 scores will be kept. Team scores will be kept. A first place and second place trophy will be awarded.

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

Relay event points: 40,34,32,30,28,26,24,22 for 1st-8th respectively.

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 Official's 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 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.
- K. Concessions will be available for purchase in the upstairs lobby area.
- L. Hospitality will be available for Coaches and Officials

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 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: Paul Jones – pwj6@outlook.com

ADMIN OFFICIAL: Betty Peristeridis - bperisao@gmail.com

MEET DIRECTOR: Josh Dolecki – coachdolecki@egrawaves.com 248-342-1583

SAFETY MARSHALL: Alex Kandt – coachalex@egrawaves.com

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 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 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, 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.

2020 Red Junior Olympic Team Assignment

ATAC	BC
DEL	EGRA
GR	GTBY
HAS	HEAT
HSC	JAWS
LAC	LS
MLA	MMA
MYST	NOMI
PAC	RAYS
ROCK	SCS
SJA	SWYM
UN	WMS
WOSC	WPSC



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

USA Swimming	Michigan Swimming
www.usaswimming.org/protect	To find out about ongoing Safe Sport initiatives with Michigan Swimming. www.miswim.org and click on the Administration tab.
	

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

Meet Evaluation Form

Sanction Number: MI1920077

Name of Meet: 2020 Red Junior Olympic Championship Meet

Date of Meet: February 28 - March 1, 2020

Host of Meet: East Grand Rapids Aquatics (EGRA)

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 Michigan Swimming Office at office@miswim.org