



Integrity, Inclusion, Education, Excellence

Holland Ultra Meet (prelim/final)

(COVID Off the Published Schedule Meets)

Hosted By: MLA and USSC

March 20-21, 2021

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number _____. 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 Holland Community 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.

MLA and USSC 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.

Location – Holland Community Aquatic Center
550 Maple Avenue
Holland, Michigan 49423

Times – Saturday March 20, 2021

Prelim 11 & Over	Warm-Up 9am	Meet Start 10am
Timed Finals Open	Warm-Up 1pm	Meet Start 2pm
Finals 11 & Over	Warm-Up 4pm	Meet Start 5pm

Sunday March 21, 2021

Prelim 11 & Over	Warm-Up 9am	Meet Start 10am
Timed Finals Open	Warm-Up 1pm	Meet Start 2pm
Finals 11 & Over	Warm-Up 4pm	Meet Start 5pm

Facilities – Holland Community Aquatic Center is an 8 lane 25-yard pool with 12 additional 25-yard lanes which will be available for supervised warm-up and warm down. Depth at start is 6’9”1 and 4’0” at turn. Permanent starting blocks and non-turbulent lane markers will be used. .Colorado Timing with an 8-lane display will be used. There is ample balcony seating for spectators. The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility – Only athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. For prelim/final sessions an MI JO qualifying time (Q2) or higher must be achieved, for the timed final session (10 & Under and open) there are no qualifying time requirements.

Meet Format – 11 & Over Prelim/Finals format and 10 & Under and Open Timed Finals format. 11 & Over Events: The 400 IM and 500 Free will be a timed final event seeded fast to slow alternating genders and swum during the prelim session with the top 16 swimming in the finals session. Relays will swim in the prelim session with the top 8 relays swimming in the finals session. 11 & Over prelims will be swum during the morning sessions with finals in the evening session. The middle session is a timed final will be swum during the afternoon sessions.

Individual Entry Limits - On Saturday and Sunday, 11 & Over swimmers may enter no more than four (4) events per day; three (3) individual events per day and one (1) relay. On Saturday and Sunday, Middle Session swimmers may enter no more than five (5) events per day; four (4) individual events per day and one (1) relay.

Electronic Entries - \$5 per individual event for time final events, \$7.50 per individual event for prelim/final events and \$12 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered and a \$10 per swimmer facility charge. Make checks payable to: Holland Community Aquatic Center.

Paper Entries – MS rules regarding non-electronic entries apply. \$6 per individual event timed final event, \$8.50 per individual prelim/final event and \$13 for relays. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies to paper entries. Paper entries may be submitted to the Administrative Official on a spreadsheet of your choice however, the paper entry must be logically formatted and must contain all pertinent information to allow the Administrative Official to easily enter the swimmer(s) in the correct events with correct seed times.

Entry Procedures - Entries may be submitted to the Administrative Official for the relevant facility as of March 1, 2021 8am. The Administrative Official for the relevant facility must receive all entries no later than March 14, 2021 8am. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. All individual entries should be submitted via electronic mail to the relevant Administrative Official at the e-mail address listed in the last section of this meet information packet.

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).

Entries – Your club's Entry, Entry Summary Sheet, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Paperwork and Payments: Michigan Lakeshore Aquatics

550 Maple Ave.

Holland, MI 49423

616-393-7595 x119

Administrative Official: Betty Peristeridis bperisao@gmail.com
(269)760-3996 (COACHES ONLY)

Check In – Check-in will not be required.

Marshaling – The Holland Ultra Meet is a self marshalled meet. Heat sheets will be posted on the pool deck.

Seeding – The meet will be pre-seeded after entries are closed. No changes may be made to entries after the meet is pre-seeded unless explicitly authorized by the Michigan Swimming Office or explicitly permitted in the current Michigan Swimming, Inc. COVID sanctioning and approval policy.

All events will be seeded slowest to fastest with the exception of the 400IM, 500 Free and all relays which are timed finals events seeded fastest to slowest alternating genders. The 11 & Over 400IM, 500 free and relays will be swam fast to slowest alternating genders during the prelim session with the top 16 swimming during the finals sessions. Top 16 swimmers will swim in the following finals B (Consolation Final) and A (Championship Final). There will also be one championship D final for 11-12 swimmers and one championship C final 13-14 swimmers who did not qualify for the A or B final. All middle session events are timed finals.

Scratch Rules For Prelim/Finals Session:

Swimmers who qualify for finals are expected to compete in the finals session or scratch. Per USA National Scratch Rules---an athlete has 30 minutes after announcing and posting of prelims results to scratch or declare their intent to scratch. Scratches from finals will be taken only by the Clerk of Course at the announcer's table. Swimmers who do not scratch from a finals event and do not compete may be subject to consequences set forth in USA Swimming Rule 207.11.6(D) and (E).

Deck Entries – Deck entries will **not** be allowed.

Meet Programs/Admissions – Due to COVID 19 there will be a 1 spectator per family limit and we will not be providing hard-copy meet programs. A maximum of 100 spectators will be allowed in the stands. There will be a \$5 admission charge per spectator.

Scoring – Team scoring will be kept and the team winner will be announced. Individual scores will be kept and individual high point awards will be given to the top swimmer in each age group (10 & under, 11-12, 13-14, and open).

Awards – Medals will be given for the top 3 finishers and ribbons for 4th thru 8th place for 12 & under events. Medals will be given for top 3 finishers for 13 & over events.

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 – No concessions will be available. 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 the pool office. 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 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 hallway 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 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 pool office.

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of any facility listed above.
- (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 pool office.

- (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.

Meet Director – Sara Kadzban (a USA Swimming member)

Meet Referee – Jon Smitley (269)548-6624 smitleyswim@gmail.com

Safety Marshal – Thomas Miller

Administrative Official - Betty Peristeridis (269)760-3996 bperisao@gmail.com

Holland Ultra Meet

Sanction Number

Saturday March 20, 2021

Prelims Session

Warm-up 9am Meet Start 10am

11 & Over

Women	Event	Men
1	200 Backstroke	2
3	100 Breaststroke	4
5	11-12 50 Back	6
7	200 Fly	8
9	100 Free	10
11	200 IM	12
13	11-12 50 Fly	14
15	500 Free	16
17	200 Medley Relay	18

Saturday March 20, 2021

Open

Warm-up 1pm

Meet Start 2pm

Women	Event	Men
19	200 IM	20
21	50 Free	22
23	100 Breaststroke	24
25	100 Fly	26
27	50 Backstroke	28
29	200 Medley Relay	30
31	500 Free	32

Saturday March 20, 2021

Finals Session

Warm-Up 4pm

Meet Start 5pm

Events 1-10 will have a top 16 final consisting of a B final (consolation final) and A (championship final). There will also be a consolation (D) final for 11-12 and a consolation (C) final 13-14 age groups. Event 15-16 will have two championship final consisting of the top 16 swimmers and/or relay swimmers. Event 17-18 will swim in the morning session only.

Sunday March 21, 2021

Prelims Session

Warm-up 9am Meet Start 10am

11 & Over

Women	Event	Men
33	100 Fly	34
35	11-12 50 Breast	36
37	200 Free	38
39	11-12 100 IM	40
41	200 Breast	42
43	50 Free	44
45	400 IM	46
47	200 Free Relay	48

Sunday March 21, 2021

Open

Warm-up 1pm Meet Start 2pm

Women	Event	Men
49	50 Fly	50
51	200 Free	52
53	50 Breast	54
55	100 Back	56
57	100 Free	58
59	200 Free Relay	60

Sunday March 21, 2021

Finals Session

Warm-Up 4pm Meet Start 5pm

Events 33-44 will have a top 16 final consisting of a B final (consolation final) and A (championship final). There will also be a consolation (D) final for 11-12 and a consolation (C) final 13-14 age groups. Event 45-48 will have two championship final consisting of the top 16 swimmers and/or relay swimmers. Event 47-48 will swim in the morning session only.

