



Integrity, Inclusion, Education, Excellence

EGRA 2022 Winter Washout - Open Invitational

Hosted By: EGRA Waves

December 2-4, 2022

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2223030**. 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 EGRA WAVES AND EAST GRAND RAPIDS HIGH SCHOOL POOL 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.

EGRA Waves 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.

Minor Athlete Abuse Prevention Policy Acknowledgement

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Location

Butch Briggs Natatorium: 2211 Lake Drive SE, East Grand Rapids, MI 49506

The entrance to the pool is on Wealthy Street which is one block north of Lake Drive.

Directions:

Traveling I-96: Take the E. Beltline exit and go south to Lake Drive. Turn right and you will come to a stop sign. Follow the road to the right and go to the 2nd stop light. Turn right (Lakeside Drive SE) and then turn left after the football field (Wealthy Street). The pool is on your left.

Traveling US-131: Take the Wealthy Street exit and go east. Go several miles and you will see the pool on your right.

Times

Session entry limits: No more than 375 athletes.

Friday, Dec 2	Warm-up starts: 5pm; Events begin: 6pm
Saturday, Dec. 3 AM	Warm-up starts: 8am; Events begin: 9am
Saturday, Dec. 3 PM	Warm-up starts: 1pm; Events begin: 2pm
Sunday, Dec. 4 AM	Warm-up starts: 8am; Events begin: 9am
Sunday, Dec. 4 PM	Warm-up starts: 1pm; Events begin: 2pm

Facilities

East Grand Rapids Community Pool is a 10-lane pool with a diving well for a supervised warm-up and warm down. Up to 10 lanes may be used for competition at the discretion of the Meet Referee and Meet Director. Depth at start is 7' and 7' at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing 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.

Course Certification

The competition course has not been certified in accordance with 104.2.2C(4)

Meet Format

This meet is an ABC format, using the Michigan Swimming ABC time standards for 12 & unders. Age groupings are 6&U (25 Back and 25 Free only), 8&U, 10&U, 11-12, and Open.

12 & under events will be separated into 10&U and 11-12 age groups for results.

Open events of 200 Back, 200 Breast, and 200 Fly will be separated by 11-12 and Open.

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. A swimmer's age on December 2nd, 2022 will determine his/her eligibility for a particular age group.

Entry Procedures

Entries may be submitted to the Administrative Official as of **November 7, 2022 at 9:00am**. The Administrative Official must receive all entries no later than **November 24, 2022 at 11:59pm**. 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 at the e-mail address listed in the last section of this meet information packet.

Entry Acceptance and Processing

Entries will be accepted and processed on a first come, first served basis in the order in which they are received after the entry open date listed above. Saturday's and Sunday's sessions will be limited to 375 athletes or 4 hours, whichever comes first. Friday's session will be limited to 375 athletes or 3 hours, whichever comes first.

Individual Entry Limits

Swimmers may enter a maximum of (4) individual events plus (1) relay per day on Saturday and Sunday. Swimmers may enter (2) individual events on Friday.

Entry Fees

\$5.00 per individual event and **\$12.00** for relays. Make checks payable to: East Grand Rapids Aquatics.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies, and an additional \$10.00 per athlete Facility Surcharge.

Paper Entries

MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** per relay. There is \$1.00 additional charge per event paid if the entry is not submitted in Hy-Tek format. Any surcharges detailed in the previous section also apply 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.

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).

Entry Paperwork

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:

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ATTN: Brandon Converse

1910 Sherwood Drive SE

Grand Rapids, MI 49506

Check In

Check-in will be required and available **30 minutes before warm-ups. There will be a separate check-in for the Open 500 Free which will close at 10am on Sunday, Dec. 4.** Check in is mandatory for all events and is required by the time set forth in this meet announcement. Failure to check in will cause the swimmer to be scratched from all events in that

session. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted in the hallway leading to the locker rooms.

Marshaling

Swimmers will be responsible for reporting to the marshaling area when their event is called.

Seeding

Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest other than the 1650 Free which will be seeded fastest to slowest (alternating genders-women/men).

Deck Entries

Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. Athletes must be registered with USA swimming prior to the first day of the meet to be eligible for deck entries.

Deck entries fees are **\$7.50** per individual event and **\$15.00** for relays.

Meet Programs/Admissions

Admissions: No cost. Heat sheets will be available for \$3.00.

Scoring

Team Scores will be kept. Trophies will be given to the top 3 teams.

Scoring will be 1st-16th places in A/B/C. Relays will only score 1st-16th.

Awards

- 12&U Events:
 - Individual events: Medals 1-3 in A/B/C; Ribbons 4-8 in A/B/C
 - Relays: Medals 1-3; Ribbons 4-8
 - *Special category for 6&Unders in the 25 Free and 25 Back*
- No awards for Open
 - Except: 11-12 Girls in Open 200 events at the PM sessions will be awarded

Results

Complete Official meet results will be posted on the Michigan Swimming Website at <http://www.miswim.org/>. Unofficial results will also be available on flash drive (HY-TEK Team Manager result file) upon request. Teams must provide their own flash drive.

Concessions

Food and beverages will be available in concession near entrance. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. 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 pool deck 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. There will be at least two marshals at this competition, with at least one of each gender.

Racing Start Certification

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 outside the hallway to the locker rooms. 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.

First Aid

Supplies will be kept in lifeguard 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.

General Information and Errors/Omissions

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 Personnel

Meet Director – Brandon Converse 616-460-5630 coachconverse@egrawaves.com

Meet Referee – Steve Weeks steve.weeks@evoqua.com

Safety Marshal – Josh Dolecki coachdolecki@egrawaves.com

Administrative Official – Ruth Andegeko ruthandeaogmail.com

EGRA 2022 Winter Washout – Event List

Sanction Number: MI2223030

Friday, December 2

<u>Girls</u>	<u>Warm-up 5:00pm, Start 6:00pm</u>	<u>Boys</u>
1	Open 400 IM	2
3	12&Under 200 IM	4
5	12&Under 500 Free	6
7	Open 1650 Free	8

Saturday, December 3

<u>Girls</u>	<u>Warm-up, 8am; Start, 9am</u>	<u>Boys</u>
	11-12 100 Free	9
10	10&U 100 Free	11
12	8&U 25 Free*	13
	11-12 50 Back	14
15	10&U 50 Back	16
	11-12 100 Fly	17
18	10&U 100 Fly	19
	11-12 50 Breast	20
21	10&U 50 Breast	22
	11-12 100 IM	23
24	10&U 100 IM	25
26	8&U 25 Back*	27
	11-12 200 Back	28
29	10&U 200 Free Relay	30
	11-12 200 Free Relay	31

Saturday, December 3

<u>Girls</u>	<u>Warm-up, 1pm; Start, 2pm</u>	<u>Boys</u>
32	Open 100 Breast	33
34	11-12 100 Free	
35	Open 50 Free	36
37	11-12 50 Back	
38	Open 200 Back	39
40	11-12 100 Fly	
41	Open 100 Fly	42
43	11-12 50 Breast	
44	Open 200 IM	45
46	11-12 100 IM	
47	Open 200 Free Relay	48
49	11-12 200 Free Relay	

Sunday, December 4

<u>Girls</u>	<u>Warm-up, 8am; Start 9am</u>	<u>Boys</u>
	11-12 100 Back	50
51	10&U 100 Back	52
53	8&U 25 Fly	54
	11-12 200 Breast	55
56	10&U 50 Free	57
	11-12 50 Free	58
59	10&U 100 Breast	60
	11-12 100 Breast	61
62	8&U 25 Breast	63
	11-12 50 Fly	64
65	10&U 50 Fly	66
	11-12 200 Fly	67
68	10&U 200 Free	69
	11-12 200 Free	70
71	10&U 200 Medley Relay	72
	11-12 200 Medley Relay	73
74	Open 500 Free	75

Sunday, December 4

<u>Girls</u>	<u>Warm-up, 1pm; Start 2pm</u>	<u>Boys</u>
76	11-12 200 Free	
77	Open 200 Free	78
79	11-12 50 Free	
80	Open 100 Back	81
82	11-12 100 Back	
83	Open 200 Fly	84
85	11-12 100 Breast	
86	Open 100 Free	87
88	11-12 50 Fly	
89	Open 200 Breast	90
91	11-12 200 Medley Relay	
92	Open 200 Medley Relay	93

