



Integrity, Inclusion, Education, Excellence

2023 Summer Solstice Open Invitational Meet

Hosted By: Greater Kalamazoo Cross

June 23-25, 2023

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI2223114. 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 KIK 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.

Greater Kalamazoo Crocs 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. There will be at least two safety marshals at this competition, with at least one of each gender.

Location

KIK Pool
1018 Walter Street
Kalamazoo, MI 49007

Parking is available in lot adjacent to the pool and across the street in the parking lot. There is no parking on City streets.

Times

Session 1: Friday Afternoon (Distance)

Warm-up Starts 1:00pm Meet Start 2:00pm

Session 2: Friday Evening (Mid-Distance)

Warm-up Starts 4:00pm Meet Start 5:00pm

Session 3: Saturday Morning (12 & Under)

Warm-up Starts 8:00am Meet Start 9:00am

Session 4: Saturday Afternoon (13 & Over)

Warm-up will start 15 minutes after the conclusion of the morning session but not before 12:00pm. Session will begin one (1) hour after warm-up begins but not before 1:00pm.

Session 5: Saturday Evening (Distance)

Warm-up will start after conclusion of the afternoon session but not before 3:00pm. Session will begin 45 minutes after warm-up but not before 3:45pm.

Session 6: Saturday Morning (12 & Under)

Warm-up Starts 8:00am Meet Start 9:00am

Session 7: Sunday Afternoon (13 & Over)

Warm-up will start 15 minutes after the conclusion of the morning session but not before 12:00pm. Session will begin one (1) hour after warm-up begins but not before 1:00pm.

Facilities

The KIK Pool is a 6 lane 50-meter pool with a diving well which will be available for supervised warm up and warm down. Depth at start is 6 ft.¹ and 3.6 ft. at turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics timing system will be used. There is no scoreboard, results will be posted. There is ample pool deck seating for spectators.

Course Certification

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

Meet Format

The Summer Solstice meet has a timed final format. Friday (session 1) and Saturday (session 5) is for swimmers 13 & over. Friday Evening (session 2) is a mid-distance session. Saturday and Sunday morning event are for 12 & Under swimmers. Saturday and Sunday afternoon event are for 13 & over swimmers.

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

Entry Procedures

Entries may be submitted to the Administrative Official as of May 30, 2023 at 7am. The Administrative Official must receive all entries no later than Saturday June 17, 2023 7pm. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and

¹Depth at Start must meet State of Michigan requirements.

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.

Individual Entry Limits

Swimmers may enter a maximum of one (1) individual event on Friday afternoon (session 1) and one event on Friday evening (session 2) and four (4) individual events each day Saturday and Sunday. Swimmers entering the 800 Free (session 5) may swim a total of five (5) individual events on Saturday.

Entry Fees

\$5 per individual event. Make checks payable to: Portage Swimming.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies and a \$5 swimmer facility charge per athlete.

Paper Entries

MS rules regarding non-electronic entries apply. \$6. per individual event. 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:

Paperwork and Payments:

Portage Swimming
Attn. Brett Elias
PO Box 533
Portage, Mi 49081

Administrative Official:

Betty Peristeridis bperisao@gmail.com
269-760-3996 (coaches only)

Check In

Check-in will be required and will be located outside the pool doors.

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 distance events (400 IM, 400 Free, 800 Free, 1500 Free) which will be seeded fastest to slowest (alternating genders-women/men). Swimmers swimming the 800 Free and 1500 Free must provide one lane timer and one lap counter.

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. The cost for deck entries will be \$7.50 per event.

Meet Programs/Admissions

Admission is \$5.00 per person. Children 10 & under are free, with a paying adult. Heat Sheets will be available for \$2.00. Please provide your own deck chair. All spectators must remain behind the red line that outlines the pool. There are no refunds for weather delays or cancelation. Spectators will NOT be allowed in the locker rooms. Portable rest room facilities will be available at the entrance just outside the pool area.

Scoring

No team or individual scoring will be kept.

Awards

The top 8 finishers in the 10 & Under and 11- 12 age groups will be given awards.

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 the pool concession area. 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.

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 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.

First Aid

Supplies will be kept in the pool office.

Medical Supervision

Medical supervision that will be available to athletes participating in this competition (e.g., Lifeguards, EMT, AED device, etc.).

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: Ty Parker parkertyk@gmail.com 269-808-4794

Meet Referee: Steve Weeks steve.weeks@evoqua.com 616-566-0986

Safety Marshal: Jill Williams

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

2022 Summer Solstice

Sanction Number: MI2223114

Session 1 Friday Afternoon

Warm-up starts 1:00pm Meet starts 2:00pm

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
1	13 & Over	1500 Free*	13 & Over	2

*Seeded fastest to slowest with alternating genders-women/men

Session 2 Friday Evening

Warm-up starts 4:00pm Meet starts 5:00pm

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
3	12 & Under	400 Free*	12 & Under	4
5	11 & Over	400 IM*	11 & Over	6

*Seeded fastest to slowest with alternating genders-women/men

Session 3 Saturday Morning

Warm-up starts 8:00am Meet starts 9:00am

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
7	12 & Under	200 Free	12 & Under	8
9	12 & Under	50 Breast	12 & Under	10
11	11-12	200 Breast	11-12	12
13	12 & Under	100 Butterfly	12 & Under	14
15	12 & Under	50 Free	12 & Under	16
17	11-12	200 Back	11-12	18

Session 4 Saturday Afternoon

Warm-up will start 15 minutes after the conclusion of the morning session but not before 12:00pm. Session will begin one (1) hour after warm-up begins but not before 1:00pm.

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
19	13 & Over	200 Free	13 & Over	20
21	13 & Over	100 Breast	13 & Over	22
23	13 & Over	200 IM	13 & Over	24
25	13 & Over	50 Butterfly	13 & Over	26
27	13 & Over	100 Back	13 & Over	28
29	13 & Over	50 Free	13 & Over	30
31	13 & Over	200 Butterfly	13 & Over	32

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Session 5 Saturday Evening

Warm-up starts after the completion of Session 4 but not before 3:00pm.

Meet starts 45 minutes after start of Warm-up but not before 3:45pm.

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
33	13 & Over	800 Free*	13 & Over	34

*Seeded fastest to slowest with alternating genders-women/men

Session 6 Sunday Morning

Warm-up starts 8:00am Meet starts 9:00am

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
35	12 & Under	200 IM	12 & Under	36
37	12 & Under	50 Butterfly	12 & Under	38
39	12 & Under	100 Free	12 & Under	40
41	12 & Under	100 Back	12 & Under	42
43	12 & Under	100 Breast	12 & Under	44
45	12 & Under	50 Back	12 & Under	46
47	11-12	200 Butterfly	11-12	48

Session 7 Sunday Afternoon

Warm-up will start 15 minutes after the conclusion of the morning session but not before 12:00pm. Session will begin one (1) hour after warm-up begins but not before 1:00pm.

<i>Girls</i>	<i>Age</i>	<i>Description</i>	<i>Age</i>	<i>Boys</i>
49	13 & Over	400 Free*	13 & Over	50
51	13 & Over	50 Breast	13 & Over	52
53	13 & Over	100 Butterfly	13 & Over	54
55	13 & Over	50 Back	13 & Over	56
57	13 & Over	200 Breast	13 & Over	58
59	13 & Over	100 Free	13 & Over	60
61	13 & Over	200 Back	13 & Over	62

*Seeded fastest to slowest with alternating genders-women/men

