



## **Integrity, Inclusion, Education, Excellence**

**2023 GR Rock the Blocks Invite**

**Hosted By: Grand Rapids Aquatics**

**Saturday, July 15, 2023**

**Approval** – This meet is Approved by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Approval Number **MIAP2223110**. MS or USA-S may revoke this Approval 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 Approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming Approved 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, GRAND RAPIDS AQUATICS, KENTWOOD PUBLIC SCHOOLS 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.

Grand Rapids Aquatics 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 Approval 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** - Kentwood Aquatics Center  
6230 Kalamazoo Ave. SE  
Kentwood, MI 49508

**Times** - Saturday, July 15, 2023  
Check-in: 8:45am  
Warm-up: 9:00am  
Deck entries close: 9:15am  
Meet starts: 10:00am

**Facilities** - The Kentwood Aquatics Center is a 8 lane pool with 5 lanes of supervised warm-up and warm down area available. Depth at start is 6'8"<sup>1</sup> and 6'8" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with an 8-lane display will be used. Ample balcony seating available for spectators.

**Course Certification** - The competition course has not been certified in accordance with 104.2.2C(4)

**Meet Format** – This is a timed finals meet (SCY) consisting of the following age groups: 8 & Under, 9/10, 10 & Under (200 Free, 100 IM, 200 Free Relay), 11/12, 12 & Under (500 Free) and 13 & Over.

**Eligibility** – All athletes are eligible to participate in this meet.

**Entry Procedures** - Entries may be submitted to the Administrative Official as of June 17, 2023 @ 6:00pm. The Administrative Official must receive all entries no later than July 7, 2023 @ 6:00pm. Entries for USA registered athletes must include correct swimmer name (as

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<sup>1</sup>Depth at Start must meet State of Michigan requirements.

registered with USA/MS Swimming) and date of birth. 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. The host club reserves the right to fill up to 50% of each session with its own entries before processing those of other clubs.

**Individual Entry Limits** - All swimmers may enter up to four (4) individual events and one (1) relay.

**Entry Fees** - **\$5.00** per individual event. **\$12.00** per relay event. Make checks payable to Grand Rapids Aquatics.

**Surcharges** - A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

**Paper Entries** - MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** per relay 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:

Kentwood Aquatics Center  
Branden Graf  
6230 Kalamazoo Ave. SE  
Kentwood, MI 49508

**Check In** - Check in will be required. It will be available as of 8:45am. 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. Check in sheets will be posted outside the pool classroom.

**Marshaling** - Self-Marshaling will be used for all swimmers. Heat sheets will be posted around the pool after check-in closes and seeding is complete.

**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.

**Deck Entries** - The Meet Referee and Meet Director will determine if 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. Deck entries will be allowed 45 minutes prior to the start of the session.

Deck entries count toward daily total entries for swimmers. The deck entry fee is **\$7.50** for individual event and **\$15.00** for relay event. Athletes must be registered with USA swimming prior to the first day of the meet to be eligible for deck entries to be loaded into the SWIMS database. USA registered swimmers must have their correct name as registered with USA Swimming and their date of birth included in the Meet Manager file for their results to be loaded into the SWIMS database

**Meet Programs/Admissions** - Admission is \$5.00 per adult and \$3.00 for children 5 & over. Heat sheets will be available for \$2.00 at the admissions and/or concessions table after they are announced as available.

**Scoring:** No scoring will be kept.

**Awards - Individual events:** Ribbons for 1st – 16th.

**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 balcony for swimmers and spectators. 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. 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 hallway 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** - Lifeguards and an AED device will be available to all athletes participating in this competition.

### **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 Approval 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** – Branden Graf – branden.graf@kentwoodps.org

**Meet Referee** – Jon Smitely – smitleyswim@gmail.com

**Safety Marshal** – Emin Agic - emin.agic@kentwoodps.org

**Administrative Official** – Jen Huyser – jhuyserao@gmail.com

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**Approval # MIAP2223110**

**Saturday, July 15, 2023**

**Warm Up Starts: 9:00am**

**Check In Closes: 9:15am**

**Events Begin: 10:00 am**

**Event List**

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT (SCY)</b>	<b>BOYS</b>
1	10 & Under	200 Freestyle	2
3	11-12	200 Freestyle	4
5	13 & Over	200 Freestyle	6
7	10 & Under	100 I.M.	8
9	11-12	100 I.M.	10
11	13 & Over	100 I.M.	12
13	8 & Under	25 Freestyle	14
15	9-10	50 Freestyle	16
17	11-12	50 Freestyle	18
19	13 & Over	50 Freestyle	20
21	8 & Under	25 Butterfly	22
23	9-10	50 Butterfly	24
25	11-12	50 Butterfly	26
27	13 & Over	50 Butterfly	28
29	8 & Under	50 Freestyle	30
31	9-10	100 Freestyle	32
33	11-12	100 Freestyle	34
35	13 & Over	100 Freestyle	36
37	8 & Under	25 Backstroke	38
39	9-10	50 Backstroke	40
41	11-12	50 Backstroke	42
43	13 & Over	100 Backstroke	44
45	8 & Under	25 Breaststroke	46
47	9-10	50 Breaststroke	48
49	11-12	50 Breaststroke	50
51	13 & Over	100 Breaststroke	52
53	10 & Under	200 Free Relay	54
55	11 & 12	200 Free Relay	56
57	13 & Over	200 Free Relay	58
59	12 & Under	500 Free	60
61	13 & Over	500 Free	62

