

ROCK THE BLOCK MEET

Hosted by: Lakers Aquatic Club

November 13-15, 2015

Sanction:	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI1516016 and Time Trial Sanction Number MITT1516016 . 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:	L'Anse Creuse High School 38495 L'Anse Creuse Road Harrison Township, MI 48045																				
Times:	<table border="1" data-bbox="435 779 1073 1192"> <tr> <td data-bbox="435 779 688 863">Friday PM</td> <td data-bbox="688 779 1073 821">Warm up starts: 5 PM</td> </tr> <tr> <td></td> <td data-bbox="688 821 1073 863">Events begin: 6 PM</td> </tr> <tr> <td data-bbox="435 863 688 947">Saturday AM</td> <td data-bbox="688 863 1073 905">Warm up starts: 7:30 AM</td> </tr> <tr> <td></td> <td data-bbox="688 905 1073 947">Events begin: 8:30 AM</td> </tr> <tr> <td data-bbox="435 947 688 1031">Saturday PM</td> <td data-bbox="688 947 1073 989">Warm up starts: 12:30 PM</td> </tr> <tr> <td></td> <td data-bbox="688 989 1073 1031">Events begin: 1:30 PM</td> </tr> <tr> <td data-bbox="435 1031 688 1115">Sunday AM</td> <td data-bbox="688 1031 1073 1073">Warm up starts: 7:30 AM</td> </tr> <tr> <td></td> <td data-bbox="688 1073 1073 1115">Events begin: 8:30 AM</td> </tr> <tr> <td data-bbox="435 1115 688 1199">Sunday PM</td> <td data-bbox="688 1115 1073 1157">Warm up starts: 12:30 PM</td> </tr> <tr> <td></td> <td data-bbox="688 1157 1073 1199">Events begin: 1:30 PM</td> </tr> </table>	Friday PM	Warm up starts: 5 PM		Events begin: 6 PM	Saturday AM	Warm up starts: 7:30 AM		Events begin: 8:30 AM	Saturday PM	Warm up starts: 12:30 PM		Events begin: 1:30 PM	Sunday AM	Warm up starts: 7:30 AM		Events begin: 8:30 AM	Sunday PM	Warm up starts: 12:30 PM		Events begin: 1:30 PM
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Motels:	Please use your favorite web search engine to find nearby hotels.																				
Facilities:	L'Anse Creuse High School is an 8 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at start end is 8 feet and 4 feet at the turn end. 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. 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 (4). <u>Parking is only permitted in paved legal parking spaces around the school. Persons parking in illegal areas or on the grass sections may be ticketed and / or towed.</u>																				
Eligibility:	The Lakers "Rock the Block" Meet is open to all swimmers 18 years of age and younger. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on November 13, 2015 will determine his/her eligibility for a particular age group.																				
Deck Registration:	Unregistered swimmers must register on deck at this meet by turning in the athlete registration form and payment to the Meet Referee. The cost of																				

	registering on deck is double the normal fee (\$140.00 per swimmer for 2015-16 registration).
Meet Format:	"Rock the Block" meet is a timed final format. Session 1 is a session with offerings for all ages. Sessions 2 and 4 are open to all 10 & Under swimmers and 11 & 12 Girls and will be swum in the AM. Sessions 3 and 5 are open to 11 & 12 Boys and all 13 & over swimmers and will be swum in the PM. The time standards used in this meet are A, B, & C. Events may be combined (per USA Rule 102.8.2) to conserve lane space and for the timeliness of the meet. Fly over starts will be used during this meet. For the purpose of providing proper warm up for the 1000 freestyle in session 3, after event 58 (100 IM) Lane 8 will be reserved for pace work only and the dive well for general warm up. The 1000 freestyle is limited to the top 28 (four heats of seven), unless the 4 hour rule time line allows more swimmers. Events 59 to 63 will run in heats of seven lanes. All events for the 500 free, 400 IM, and 1000 free will be combined and swam fastest to slowest in alternating heats of girls and boys.
Entry Limits:	Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming Four (4) hour per session maximum time limit is met. As set forth in entry procedures below, (A) a hard copy of your club's entry summary sheet, (B) a hard copy of your club's signed release/waiver agreement (C) your club's certification of entered athletes and (D) your club's entry and entry fees must be received by the Entry Chair in a timely fashion prior to the start of the meet, or your swimmers will not be allowed to swim in the meet. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.
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.
Individual Entry Limits:	Swimmers are limited to two individual events on Friday and to five individual events and one relay per day Saturday and Sunday.
Electronic Entries:	\$5.00 per individual event and \$12.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Lakers Aquatic Club . Please send only one team check for your entire team's entry.
Paper Entries:	MS rules regarding non-electronic entries apply. \$6.00 per individual event and \$13.00 for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay event paid if the entry is not submitted in Hy-Tek format. 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 entry chair to easily enter the swimmer(s) in the correct events with correct seed times.

Entry Procedures:	<p>Entries may be submitted to the Administrative Official as of Friday October 16, 2015 at 10:00 AM. The Administrative Official must receive all entries (including any time updates) no later than 11:59 PM, Friday, November 6th. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (http://www.miswim.org/). All individual entries should be submitted via electronic mail to the Administrative Official at mlanegreen@aol.com . All entries will be processed in order by email date code or mail date code. Any entries submitted will be considered provisional until such time as the Administrative Official has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement (c) your clubs signed certification of entered athletes and (d) your club's entry fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim in the meet. The complete "Rock the Block" Meet entry packet with entry forms is available on the Michigan Swimming Website at http://www.miswim.org/</p>
Refunds:	<p>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).</p>
Entries:	<p>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:</p> <p style="text-align: center;"> Margaret Green 735 Elmwood St. Dearborn, MI 48124 Ph: 313-418-0301 mlanegreen@aol.com NO CALLS AFTER 9PM & Coaches ONLY </p>
Check In:	<p>Check In will be available as of 30 minutes before each warm-up start time. 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 between the girls and boys locker rooms in the hallway.</p>
Scratch Rules:	<p><u>Prior</u> to check in close a swimmer may scratch events with the Administrative Official. <u>After</u> check in closes, you must see the Meet Referee to scratch an event.</p>
Marshaling:	<p>This meet will be self-marshaled. Heat sheets will be posted on the pool deck. Swimmers and their coaches will be responsible for reporting to the starting blocks when their event is called.</p>
Seeding:	<p>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 except for the 500 Free, 400 IM, and 1000 Free which will be seeded fastest to slowest and alternating genders female/male.</p>

Deck Entries/ Time Trials:	Deck entries and time trials may be offered at the discretion of the Meet Referee and Meet Director if the meet does not reach capacity. Deck entries and Time Trials are \$7.50 per event and \$15.00 for relays. Forms will be available with both the Clerk of Course and the Administrative Official. Deck entry and time trial swimmers are subject to the Michigan Swimming \$1.00 general surcharge. For deck entries and time trials, registration status must be proven by providing a current USA Swimming membership card or a current print out of an athlete roster from the Club Portal, the Club Portal is located on the USA Swimming website. The athlete may also enter by showing their membership from USA Swimming's DECK PASS on a smart phone. Name, athlete ID and club affiliation should then be added to your database just as it appears on the card or list or the swimmer may compete unattached (UN) if they request to do so.
Meet Programs/ Admissions:	Admission \$5.00 each day. 10 and under free with paid adult. Meet programs will be \$6.00.
Scoring:	This meet will not be scored.
Awards:	Medals and ribbons will be awarded 1st through 8th place for A, B, and C levels for 12&U age groups. Meet ribbons will be given for 4th – 8th place and 1st – 3rd place will receive medals. There will be no awards for 13 & above age groups and OPEN events. Awards will be available at the conclusion of each session and can be picked up by the coaches or designee. Awards will not be mailed.
Results:	Complete 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 lobby 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 admissions table. 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 General Chair of MS and the Program Operations Vice-Chair of MS 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

	<p>athlete with a disability.</p> <p>Lists of registered coaches, certified officials and meet personnel will be placed outside the door 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 logo 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.</p> <p>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.</p>
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 Administrative Official 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 with the Administrative Official for Coaches review. Information will also be covered at the Coaches' Meeting.
First Aid:	Supplies will be kept in coaches office/computer room on deck.
Facility Items:	<p>(A) No smoking is allowed in the building or on the grounds of L'Anse Creuse High School</p> <p>(B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.</p> <p>(C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.</p> <p>(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.</p> <p>(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.</p> <p>(F) Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and it is prohibited.</p>
Meet Director:	Marina Ivanov: meetdirector@lakersaquaticclub.org 586-873-5518
Meet Referee:	John Loria: jlora1@aol.com 248-763-4909 Cell 734-425-6778 Home / 734-744-5150 Office
Safety Marshal:	David Hollis: membership@lakersaquaticclub.org 586-601-4814
Administrative Official:	Margaret Green: mlanegreen@aol.com 313-418-0301

Friday Evening Warm Up: 5:00PM Meet Start: 6:00PM

Sanction Number: MI1516016

SESSION 1 - FRIDAY EVENING - 11/13/2015				
Girls Event #	Age	Event	Age	Boys Event #
1	OPEN	500 Free	OPEN	2
3	OPEN	200 IM	OPEN	4
5	OPEN	400 IM	OPEN	6

Saturday AM Warm Up: 7:30AM Meet Start: 8:30AM

SESSION 2 - SATURDAY MORNING - 11/14/2015				
Girls Event #	Age	Event	Age	Boys Event #
7	11 & 12	200 Free		
8	10 & U	200 Free	10 & U	9
10	8 & U	25 Breast	8 & U	11
12	11 & 12	50 Breast		
13	10 & U	50 Breast	10 & U	14
15	11 & 12	100 IM		
16	10 & U	100 IM	10 & U	17
18	8 & U	25 Back	8 & U	19
20	11 & 12	100 Back		
21	10 & U	100 Back	10 & U	22
23	11 & 12	100 Fly		
24	10 & U	50 Fly	10 & U	25
26	11 & 12	50 Free		
27	10 & U	100 Free	10 & U	28
29	11 & 12	200 Breast		
30	10 & U	200 Medley Relay	10 & U	31
32	11 & 12	200 Medley Relay		

Saturday PM Warm Up: 12:30PM Meet Start: 1:30PM

SESSION 3 - SATURDAY AFTERNOON - 11/14/2015				
Girls Event #	Age	Event	Age	Boys Event #
		200 Free	11 & 12	33
34	13 & 14	200 Free	13 & 14	35
36	OPEN	200 Free	OPEN	37
		100 Back	11 & 12	38
39	13 & 14	100 Back	13 & 14	40
41	OPEN	100 Back	OPEN	42
		50 Breast	11 & 12	43
44	13 & 14	200 Breast	13 & 14	45
46	OPEN	200 Breast	OPEN	47
		100 Fly	11 & 12	48
49	13 & 14	100 Fly	13 & 14	50
51	OPEN	100 Fly	OPEN	52
		50 Free	11 & 12	53
54	13 & 14	50 Free	13 & 14	55
56	OPEN	50 Free	OPEN	57
		100 IM	11 & 12	58
59	OPEN	400 Medley Relay	OPEN	60
61	13 & 14	400 Medley Relay	13 & 14	62
		200 Medley Relay	11 & 12	63
WARM UP 4:00 PM (DIVING WELL AND Lane 8) AFTER				
CONCLUSION OF EVENT 58				
Girls Event #	Age	Event	Age	Boys Event #
64	OPEN	1000 Free	OPEN	65

Sunday AM Warm Up: 7:30AM Meet Start: 8:30AM

SESSION 4 - SUNDAY MORNING - 11/15/2015				
Girls Event #	Age	Event	Age	Boys Event #
66	8 & U	25 Fly	8 & U	67
68	10 & U	100 Fly	10 & U	69
70	11 & 12	50 Fly		
71	10 & U	100 Breast	10 & U	72
73	11 & 12	100 Breast		
74	10 & U	50 Back	10 & U	75
76	11 & 12	50 Back		
77	11 & 12	200 Back		
78	8 & U	25 Free	8 & U	79
80	10 & U	50 Free	10 & U	81
82	11 & 12	100 Free		
83	10 & U	200 Free Relay	10 & U	84
85	11 & 12	200 Free Relay		

Sunday PM Warm Up: 12:30PM Meet Start: 1:30PM

SESSION 5 - SUNDAY AFTERNOON - 11/15/2015				
Girls Event #	Age	Event	Age	Boys Event #
		50 Fly	11 & 12	86
87	13 & 14	200 Fly	13 & 14	88
89	OPEN	200 Fly	OPEN	90
		100 Free	11 & 12	91
92	13 & 14	100 Free	13 & 14	93
94	OPEN	100 Free	OPEN	95
		50 Back	11 & 12	96
97	13 & 14	200 Back	13 & 14	98
99	OPEN	200 Back	OPEN	100
		100 Breast	11 & 12	101
102	13 & 14	100 Breast	13 & 14	103
104	OPEN	100 Breast	OPEN	105
		200 Free Relay	11 & 12	106
107	13 & 14	400 Free Relay	13 & 14	108
109	OPEN	400 Free Relay	OPEN	110

**Meet Evaluation Form
Sanction Number: MI1516016**

Name of Meet: Rock the Block Meet

Date of Meet: November 13 - 15, 2015

Host of Meet: Lakers Aquatic Club

Place of Meet: L'Anse Creuse High School

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 compliments 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. Layout, order, and type of events:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success and hospitality of the meet:	1	2	3	4	5
10. Sessions started and ended on time	1	2	3	4	5
11. Would you recommend this meet to other teams	1	2	3	4	5
12. 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 of these submitted Meet Evaluations to the current Program Operations Vice-Chair and the Michigan Swimming Office (Jan Cartmill and John Loria) within 30 days.