



Integrity, Inclusion, Education, Excellence

2016 Snow Bowl ABC Meet

Hosted By: Liquid Lightning

December 2-4, 2016

Sanction - This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI 1617032**. 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 is fully set forth in these meet rules.

Location – Lake Orion High School Natatorium, 495 E. Scripps Road, Lake Orion, MI 48360

Times – Friday PM Warm up Starts: 5:15 PM	Events Begin: 6:15 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

Motels – Use your favorite hotel booking website.

Facilities – Lake Orion High School Natatorium is an 11 lane, 25 yard pool with 8 lanes used for competition. There is a separate 4 lane supervised warm up and warm down area available. Depth at start is 7' ¹ and 9' 13" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system 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).

Eligibility – 2016 Snow Bowl Meet is for those swimmers with A, B and C times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on December 2, 2016 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 (\$148.00 per swimmer for 2016-17 registration).

Meet Format – The 2016 Snow Bowl is an age group timed finals meet.

¹Depth at Start must meet State of Michigan requirements.

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 Administrative Official 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 2 individual events on Friday evening and 4 individual events on Saturday and Sunday. In addition, swimmers are also limited to one relay event per day.

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: **Liquid Lightning**.

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 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 as of November 6, 2016 @ 9:00 a.m. The Administrative Official must receive all entries no later than November 25, 2016 at 11:59 p.m. 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 meetentries@liquidlightning.org. 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 club's 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 **2016 Snow Bowl** entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

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:

Liquid Lightning Swim Team
P.O. Box 307
Lake Orion, MI 48362
meetentries@liquidlightning.org

Check In - Check in will be available as of 15 minutes prior to the beginning of warm-ups for each session. Check in is mandatory for all events and will close 15 minutes after the start of warm-ups for each session. Failure to check in will cause the swimmer to be scratched from all events in that session. There will be a separate check in for the 1,000 freestyle on Sunday morning from 10:00-10:30 a.m. This event will be swum immediately following the 200 Free Relay. Check in sheets will be posted in the lower lobby outside the locker rooms.

Scratch Rules - Prior to check in close a swimmer may scratch events at the Clerk of Course. After check in closes, you must see the Meet Referee to scratch an event.

Marshaling – 2016 Snow Bowl is a self marshalled meet.

Seeding - Seeding will be done after check in closes. Swimmers who fail to check in will be scratched from that event. All events are timed finals and will be seeded slowest to fastest other than the 400 IM, 500 Freestyle & 1,000 freestyle which will be seeded fastest to slowest and alternating genders-women/men.

Deck Entries - Deck entries will be allowed depending on the timeline of the meet and at the discretion of the Meet Director and Meet Referee. The deck entry fee will be \$7.50 for individual events and \$15.00 for relay events. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in the meet. For deck entries, 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 is \$5.00 per person per day on Saturday and Sunday and \$2.00 per person on Friday evening. 10 and under are free. A 3 day meet program will be available for \$5.00.

Scoring – No individual or team scoring will be kept.

Awards – Individual events will be awarded medals will be awarded 1st – 3rd place and ribbons for 4th – 16th place A, B and C finishers. Relays will be awarded medals for 1st -3rd place and ribbons for 4th – 6th place finishers. Awards will be made available to be picked up by the coach/designated team representative at the end of the meet. NO awards will be mailed.

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 upper pool lobby 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 check in area of the lower lobby. 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.

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, Program Operations Vice-Chair of MS, Officials Chair 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 lower lobby doors to the pool. 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.

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 Lake Orion High School.
- (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**.

Meet Director – Nancy Robertson nrobertson@liquidlightning.org

Meet Referee – Dawn Gurley dawngurley@att.net

Safety Marshal – Wayne Waller

Administrative Official – Kevin Brown meetentries@liquidlightning.org

Sanction Number: MI1617032

Friday December 2nd – evening

Warm up starts @ 5:15pm Check in closes @ 5:00pm Meet starts 6:15

Girls Event #	Age	Event	Age	Boys Event #
1	11-12	200 Butterfly	11-12	2
3	Open	400IM	Open	4
5	11-12	400 IM	11-12	6
7	Open	500 Freestyle	Open	8
9	11-12	200 Breaststroke	11-12	10

Saturday December 3rd - morning

Warm up starts @ 7:30am Check in closes @ 7:45am Meet starts @ 8:30am

Girls Event #	Age	Event	Age	Boys Event #
X		200 Backstroke	11-12	11
12	OPEN	200 IM	OPEN	13
14	13-14	200 IM		X
X		50 Breaststroke	11-12	15
16	OPEN	100 Breaststroke	OPEN	17
18	13-14	100 Breaststroke		X
X		200 Freestyle	11-12	19
20	OPEN	200 Freestyle	OPEN	21
22	13-14	200 Freestyle		X

X		50 Backstroke	11-12	23
24	OPEN	100 Backstroke	OPEN	25
26	13-14	100 Backstroke		X
X		50 Butterfly	11-12	27
28	OPEN	200 Butterfly	OPEN	29
30	13-14	200 Butterfly		X
X		200 Medley Relay	11-12	31
32	OPEN	400 Medley Relay	OPEN	33

December 3rd – afternoon

Warm up starts @12:30pm Check in closes @12:45pm Meet starts @1:30pm

Girls Event #	Age	Event	Age	Boys Event #
34	11-12	200 IM		X
35	9-10	100 IM	9-10	36
37	11-12	50 Butterfly		X
38	9-10	50 Butterfly	9-10	39
40	8 & Under	25 Butterfly	8 & Under	41
42	11-12	200 Backstroke		X
43	8 & Under	100 IM	8 & Under	44
45	11-12	100 Freestyle		X
46	9-10	100 Freestyle	9-10	47
48	8 & Under	50 Freestyle	8 & Under	49
50	11-12	50 Backstroke		X
51	9-10	50 Backstroke	9-10	52
53	8 & Under	25 Backstroke	8 & Under	54
55	11-12	100 Breaststroke		X

56	9-10	100 Breaststroke	9-10	57
58	11-12	200 Medley Relay		X
59	10 & Under	200 Medley Relay	10 & Under	60

December 4th – morning

Warm up starts @ 7:30am Check in closes @ 7:45am Meet Starts @ 8:30am

Girls Event #	Age	Event	Age	Boys Event #
X		100 Butterfly	11-12	61
62	OPEN	100 Butterfly	OPEN	63
64	13-14	100 Butterfly		X
X		100 Backstroke	11-12	65
66	OPEN	200 Backstroke	OPEN	67
68	13-14	200 Backstroke		X
X		50 Freestyle	11-12	69
70	OPEN	50 Freestyle	OPEN	71
72	13-14	50 Freestyle		X
X		100 Breaststroke	11-12	73
74	OPEN	200 Breaststroke	OPEN	75
76	13-14	200 Breaststroke		X
X		100 Freestyle	11-12	77
78	OPEN	100 Freestyle	OPEN	79
80	13-14	100 Freestyle		X
X		200 IM	11-12	81
82	OPEN	200 Freestyle Relay	OPEN	83
X		200 Freestyle Relay	11-12	84
85	OPEN	1000 Freestyle	OPEN	86

December 4th – afternoon

Warm up starts @12:30pm Check in closes@12:45pm Meet Starts @1:30pm

Girls Event #	Age	Event	Age	Boys Event #
87	11-12	100 Butterfly		X
88	9-10	100 Butterfly	9-10	89
90	11-12	50 Breaststroke		X
91	9-10	50 Breaststroke	9-10	92
93	8 & Under	25 Breaststroke	8 & Under	94
95	11-12	200 Freestyle		X
96	9-10	100 Freestyle	9-10	97
98	11-12	100 Backstroke		X
99	9-10	100 Backstroke	9-10	100
101	8 & Under	50 Backstroke	8 & Under	102
103	11-12	50 Freestyle		X
104	9-10	50 Freestyle	9-10	105
106	8 & Under	25 Freestyle	8 & Under	107
108	11-12	200 Freestyle Relay		X
109	10 & Under	200 Freestyle Relay	10 & Under	110

Sanction Number: MI 1617032

[illegible]

Club Code: _____

This form must be signed and returned with the entry or the entry will not be accepted.

Meet Evaluation Form

Sanction Number: MI 1617032

Name of Meet: 2016 Snow Bowl ABC Meet

Date of Meet: December 2-4, 2016

Host of Meet: Liquid Lightning

Place of Meet: Lake Orion High School Natatorium

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 comments 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. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. 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
Co Vice-Chair (Joe McBratnie) and the Michigan Swimming Office (Dawn Gurley and John
Loria) within 30 days.