



## Save the Date Meet Announcement

### 2017 Frost Fest Invitational

Hosted By: Pointe Aquatics

January 13 – 15 2017

**Sanction** - This meet will be a Sanctioned meet by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S). 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 it will be fully set forth in the meet rules.

**Location** - Grosse Pointe North High School Pool. 707 Vernier Road, Grosse Pointe Woods, MI. 48236

#### Times –

- S1 Friday p.m.: Warm-up 4:30 p.m. Events Begin 5:30 p.m.
- S2 Saturday a.m.: Warm-up 7:30 a.m. Events Begin 8:30 a.m.
- S3 Saturday p.m.: Warm-up 12:30 p.m. Events Begin 1:30 p.m.
- S4 Saturday Evening (1650): warm-up 4:00 p.m. (Diving Well) and will move to the competition pool at the conclusion of the S3 afternoon session. Events Begin 20 minutes after the conclusion of the afternoon session.
- S5 Sunday a.m.: Warm-up 7:30 a.m. Events Begin 8:30 a.m.
- S6 Sunday p.m.: Warm-up 12:30 p.m. Events Begin 1:30 p.m.

**Facilities** - The Grosse Pointe North High School Pool is an 8 lane 25 yard pool with diving well area which will be available for supervised warm-up and warm down. Depth at start is 8 feet 7 inches and 4 feet at the turns. Permanent starting blocks and non-turbulent lane markers are in place. Daktronics timing with an 8 lane display will be used. Pool seating capacity is 450. Lockers are available (provide your own lock). The 25 yard events will be swum from the starting blocks. Public phones will be available. The competition course has not been certified in accordance with 104.2.2c (4).

**Eligibility** - 2017 Frost Fest Swim Meet is for those swimmers who meet all USA/Michigan Swimming eligibility requirements. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 8 2016 will determine his/her eligibility for a particular age group.

**Meet Format** - All events are timed finals. This is an age group swim meet. The swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, 13 & 14, 15-17, 18 & Under, and Open. The time standards used in this meet are A, B, and C. The 1650 events will be limited to two heats of girls (fastest 16) and two heats of boys (fastest 16). In the event that fewer than 16 entries for either girls or boys are received, at the discretion of the Meet Referee a combined heat of the 1650 events will be run as long as the total number of entries does not exceed 32 athletes. Warm up for the 1650 will be as described in the Times section of this packet. The 500 and 1650 Freestyle will swim fastest to slowest alternating gender.

**Individual 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.

Contact for more information - Tim DeCoste, 313 338 9761 [frostfest@pointeaquatics.com](mailto:frostfest@pointeaquatics.com)

Sanction #:		
S(1) Friday P.M. FRIDAY, 1/8/16 WARM UP 4:30 PM EVENTS 5:30 PM	S(2) Saturday A.M. Saturday, 1/9/16 WARM UP 7:30 AM EVENTS 8:30 AM	S(3) Saturday P.M. Saturday, 1/9/16 WARM UP 12:30 PM EVENTS 1:30 PM
1 Girls 14 & Under 500 Free	13 Girls 10 & Under 200 Free	37 Girls 11-12 50 Free
2 Boys 14 & Under 500 Free	14 Boys 10 & Under 200 Free	38 Girls 11-12 200 Fly
3 Girls 14 & Under 200 IM	15 Boys 11-12 200 Free	39 Girls 13-14 200 Fly
4 Boys 14 & Under 200 IM	16 Girls 10 & Under 50 Fly	40 Boys 13-14 200 Fly
5 Girls 200 IM	17 Boys 10 & Under 50 Fly	41 Girls 200 Fly
6 Boys 200 IM	18 Boys 11-12 50 Fly	42 Boys 200 Fly
7 Girls 11-14 400 IM	19 Boys 11-12 200 Fly	43 Girls 11-12 100 Breast
8 Boys 11-14 400 IM	20 Girls 8 & Under 25 Back	44 Girls 13-14 100 Breast
9 Girls 400 IM	21 Boys 8 & Under 25 Back	45 Boys 13-14 100 Breast
10 Boys 400 IM	22 Girls 10 & Under 100 Back	46 Girls 100 Breast
11 Girls 500 Free	23 Boys 10 & Under 100 Back	47 Boys 100 Breast
12 Boys 500 Free	24 Boys 11-12 100 Back	48 Girls 13-14 50 Free
	25 Girls 10 & Under 50 Free	49 Boys 13-14 50 Free
	26 Boys 10 & Under 50 Free	50 Girls 50 Free
	27 Boys 11-12 50 Free	51 Boys 50 Free
	28 Girls 8 & Under 25 Breast	52 Girls 11-12 100 Back
	29 Boys 8 & Under 25 Breast	53 Girls 13-14 100 Back
	30 Girls 10 & Under 100 Breast	54 Boys 13-14 100 Back
	31 Boys 10 & Under 100 Breast	55 Girls 100 Back
	32 Boys 11-12 100 Breast	56 Boys 100 Back
	33 Girls 8 & Under 100 IM	57 Girls 11-12 50 Fly
	34 Boys 8 & Under 100 IM	58 Girls 11-12 200 Free
	35 Mixed 10 & Under 200 Free	59 Girls 13-14 200 Free
	Relay	60 Boys 13-14 200 Free
	36 Mixed 8 & Under 200 Free Relay	61 Girls 200 Free
		62 Boys 200 Free

<b>S(4) Saturday Evening</b> <b>Saturday, 1/9/16</b> <b>4:00PM (Diving Well)</b> <b>Move to competition pool</b> <b>following the conclusion</b> <b>of the S3 afternoon</b> <b>session.</b> <b>EVENTS 20 minutes</b> <b>after the conclusion of</b> <b>the afternoon session</b>	<b>S(5) Saturday A.M.</b> <b>Sunday, 1/10/16</b> <b>WARM UP 7:30 PM</b> <b>EVENTS 8:30 PM</b>	<b>S(6) Saturday P.M.</b> <b>Sunday 1/10/16</b> <b>WARM UP 12:30 PM</b> <b>EVENTS 1:30 PM</b>
63 Girls 1650 Free  64 Boys 1650 Free	65 Girls 10 & Under 100 Free  66 Boys 10 & Under 100 Free  67 Boys 11-12 100 Free  68 Girls 10 & Under 50 Breast  69 Boys 10 & Under 50 Breast  70 Boys 11-12 50 Breast  71 Boys 11-12 200 Breast  72 Girls 8 & Under 25 Fly  73 Boys 8 & Under 25 Fly  74 Girls 10 & Under 100 Fly  75 Boys 10 & Under 100 Fly  76 Boys 11-12 100 Fly  77 Girls 10 & Under 50 Back  78 Boys 10 & Under 50 Back  79 Boys 11-12 50 Back  80 Boys 11-12 200 Back  81 Girls 8 & Under 25 Free  82 Boys 8 & Under 25 Free  83 Girls 10 & Under 100 IM  84 Boys 10 & Under 100 IM  85 Boys 11-12 100 IM  86 Mixed 8 & Under 200 Medley Relay  87 Mixed 10 & Under 200 Medley Relay	88 Girls 11-12 50 Breast  89 Girls 11-12 100 Free  90 Girls 13-14 100 Free  91 Boys 13-14 100 Free  92 Girls 100 Free  93 Boys 100 Free  94 Girls 11-12 200 Back  95 Girls 13-14 200 Back  96 Boys 13-14 200 Back  97 Girls 200 Back  98 Boys 200 Back  99 Girls 11-12 50 Back  100 Girls 11-12 100 Fly  101 Girls 13-14 100 Fly  102 Boys 13-14 100 Fly  103 Girls 100 Fly  104 Boys 100 Fly  105 Girls 11-12 100 IM  106 Girls 11-12 200 Breast  107 Girls 13-14 200 Breast  108 Boys 13-14 200 Breast  109 Girls 200 Breast  110 Boys 200 Breast