



Integrity, Inclusion, Education, Excellence

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), Sanction Number **MI1617039**. 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.

Motels – Please see attached list of area hotels.

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 13 2017 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 - 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.

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 - Athletes will be limited to two (2) events on Friday, and will be limited to four (4) individual events per day and one (1) relay per day on 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: **Pointe Aquatics**.

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 7:00 p.m., **December 16, 2016**. The Administrative Official must receive all entries no later than 11:59 p.m., **January 8, 2017**. 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 swimentriesrennpa@yahoo.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 AO 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 **2017 Frost Fest Invitational** 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 AO 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:

Mike O'Connor Jr.
20660 Vernier Circle
Grosse Pointe Woods MI, 48236
313 338 9761

swimentriesrennpa@yahoo.com

Check In - Check In will be available 15 minutes prior to warm-up. 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 in the hall adjacent to the Grosse Pointe North High School Gym. No deck Check In will be permitted. A separate check-in for the 1650 will close at 2:00 pm on Saturday.

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 - All events will be self-marshaled. Heat sheets will be posted in conspicuous places on deck and distributed to coaches as soon as possible. All swimmers will be expected to find their heat and lane independently.

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, 500 and 1650 yard freestyle, which will be seeded fastest to slowest. The 1650-yard freestyle event will alternate genders – women/men and 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. Any combined heats will have an empty lane separating

genders unless all coaches with swimmers in that heat agree not to have a lane of separation. 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. The Meet Referee and Meet Director reserve the right to combine heats/genders in order to reduce the number of heats.

Deck Entries/Time Trials - Deck entries may be accepted at the Clerk of Course, if time and space permit, at the discretion of the Meet Referee and Meet Director. Deck entries are **\$7.50** per individual event and **\$15.00** for relays. Time trials will be **\$10.00** per individual event. Time trials will not be offered for relay events. Deck entry and time trial swimmers are subject to the Michigan Swimming \$1.00 general surcharge. 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.

Time Trials will be held, time permitting, and at the discretion of the Meet Referee.

Meet Programs/Admissions – Admission for all sessions will be \$5.00 per person per day.

Scoring – No individual or team scoring will be recorded.

Awards – Custom Meet ribbons will be given to 1st-8th place in individual events and 1st-3rd in relays for A, B, and C levels. No awards for open events. **COACHES MUST** pick-up awards at the end of the meet. Awards will not be mailed or delivered.

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 high school cafeteria. 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 concessions area. 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 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 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 control room on deck.

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of Grosse Pointe North 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 Clerk of Course.
- (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 – Tim DeCoste, 313 338 9761 frostfest@pointequatics.com

Meet Referee – Cynda Avery, 248-298-6207, cja2474@gmail.com

Safety Marshal – Christine Hafner, 248-496-3643, chafnerswim@aol.com

Administrative Official – Tony Rennpage, 313-399-7008, swimentriesrennpaage@yahoo.com

Sanction #: MI1617039		
S(1) Friday P.M. FRIDAY, 1/13/17 WARM UP 4:30 PM EVENTS 5:30 PM	S(2) Saturday A.M. Saturday, 1/14/17 WARM UP 7:30 AM EVENTS 8:30 AM	S(3) Saturday P.M. Saturday, 1/14/17 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

S(4) Saturday Evening Saturday, 1/14/17 4:00PM (Diving Well) Move to competition pool following the conclusion of the S3 afternoon session. EVENTS 20 minutes after the conclusion of the afternoon session	S(5) Sunday A.M. Sunday, 1/15/17 WARM UP 7:30 PM EVENTS 8:30 PM	S(6) Sunday P.M. Sunday 1/15/17 WARM UP 12:30 PM EVENTS 1:30 PM
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

HOTEL Information

Parkcrest Inn

2.1 Miles 313.884.8800
20000 Harper Ave.
Harper Woods, Michigan 48225

Shore Pointe Motor Lodge

2.7 Miles 586.773.3700
20000 E. Nine Mile
St. Clair Shores, Mich. 48080

Baymont Inn and Suites

6.2 Miles 586.296.6910
20675 E. 13 Mile road
Roseville, Mich. 48046

Holiday Inn Express Hotel and Suites

888.487.4172
31900 Little Mack
Roseville, Mich 48066

6.6 Miles

RELEASE AND WAIVER
2017 Frost Fest Invitational
Hosted By: Pointe Aquatics
January 13 – 15 2017
Sanction Number: MI 161703

Enclosed is a total of \$_____ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Pointe Aquatics, Grosse Pointe Public Schools, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to this swim meet.

[illegible]

In granting the sanction it is understood and agreed that USA Swimming and Michigan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature: _____

Position: _____

Street Address: _____

City, State, Zip: _____

E-mail: _____

Coach Name: _____

Coach Phone: _____

Coach E-Mail: _____

Club Name: _____

Club Code: _____

Sanction Number: MI 1617039

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

Meet Evaluation Form
2017 Frost Fest Invitational
Hosted By: Pointe Aquatics
January 13 – 15 2017
Sanction Number: MI 1617039

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 Vice-Chair (Joe McBratnie) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.