



**Integrity, Inclusion, Education, Excellence**

## **Michigan Swimming Green District Championships**

**Hosted by: Lakeview Aquatic Club and SWYM**

**February 18-19, 2017**

**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 1617075**. The Time Trial Sanction Number, if needed, is **MITT1617075**. 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** – Battle Creek Lakeview High School  
15060 Helmer Road  
Battle Creek, MI 49015

**Times** - Saturday February 18 Warm Up 8:00 AM Start 9:00 AM  
Saturday February 18 Warm Up 1:00 PM Start 2:00 PM  
Sunday February 19 Warm Up 8:00 AM Start 9:00 AM  
Sunday February 19 Warm Up 1:00 PM Start 2:00 PM

**Motels** – Please visit your favorite travel website for hotel accommodations

**Facilities** – The Lakeview High School Pool is an 8 lane pool with a 3 lane supervised warm-up and warm down area available. Depth at start is 8ft<sup>1</sup> and 12.5ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics 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).

**Eligibility** – The 2017 Green District Championship Meet is for those swimmers who have not yet achieved a Q2 qualifying time. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on February 18, 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).

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

**Meet Format** – The format at each of the Four District Championships is identical. All events are timed finals. All 10 & Under's and 11-12 boys will swim in the AM sessions. All 13-18's and 11-12 girls will swim in the PM sessions. No Relays are offered. The 13-18 Age group events will be swum together but split into 13&14 and 15-18 age groups for awards.

**Team Venue:** For the 2017 Green District Meet, all teams registered with MS will initially be assigned by the MS Program Operations Vice Chair to four District "venues". These venues are geographically located throughout the State of Michigan in an effort to equalize the size (total entries) of the meets as well as equalize the travel distance to the meets. The districts are referred to as the "Red, White, Blue and Green" Divisions. Each MS team will send their entries to the initial venue assigned by the Program Operations Vice Chair and compete at that venue (i.e. a MS team cannot choose which venue they will compete at). After the entries are received at each venue, the Program Operations Vice Chair, at his discretion, has the right to, and may, reassign clubs to a different meet venue to balance entries in an equitable manner between each venue. Teams will be notified as soon as possible if their swimming venue has been changed. Please contact Joe McBratnie at [joe.mcbratnie@miswim.org](mailto:joe.mcbratnie@miswim.org), if you have any questions.

**Time Standards:** The District Championships are the beginning level (no minimum entry times) of the MS Championship meets. Thus, the District Championships are a "slower than a stated time standard" swim meet. All Swimmers must not have achieved the time standard in a particular event to be eligible to enter the event. The "slower than" time standards are listed as "Q3" times. A swimmer may not compete in any event in which they have a Junior Olympic Q2 time or a State Meet Q1 time. This includes any 8 & under swimmer who has achieved a 10 & under Q2 or Q1 time. A swimmer who achieves a Q2 time or a Q1 time after his/her entry has been sent to the Administrative Official and before the meet, must withdraw from the event unless the following age up exception applies. The swimmer may then substitute another event if qualified. Contact the Administrative Official directly should this occur. The entry fee for the mandatory withdraw event will be refunded if the athlete chooses not to enter a substitute event.

**Age up Exception:** All swimmers who "age up" after Districts, before JOs, or their respective State Meet (either 12 and Under or 13/14 & Open) and who don't have a Q2 (JO) or Q1 (State qualifying) time in their new JO or State Meet age group may enter a particular event in their current age group at Districts at a seed time at or faster than their current age groups Q3 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the JO Meets or State Meets in their actual age group at JO's or the State Meets. Swimmers who enter an event at Districts under the "age up" exception are not, however, eligible for awards at Districts in that event. Please alert the Administrative Official to all "Age Up" entries by enclosing a statement to that effect in your email or US mail entry.

**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 may swim a maximum of 4 individual events per day

**Electronic Entries - \$5.00** per individual event. Please include a **\$5.00** Michigan Swimming surcharge for each swimmer entered. Make checks payable to: Lakeview Aquatic Club.

**Paper Entries** - MS rules regarding non-electronic entries apply. **\$6.00** per individual event. There is a **\$1.00** additional charge per individual event paid if the entry is not submitted in Hy-Tek format. The Michigan Swimming **\$5.00** 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 February 3, 2017, at 12 pm (noon). The Administrative Official must receive all entries no later than Monday February 13, 2017 at 11:59 PM. 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 [bperisao@gmail.com](mailto:bperisao@gmail.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 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 Green District Meet entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>.

**Since this is a MS Championship Meet, the 4 hour rule does not apply.**

**Refunds** - Once a team or individual entry has been received and processed by the entry chair 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:

Entries only: Betty Peristeridis [bperisao@gmail.com](mailto:bperisao@gmail.com) (269)760-3996

Paperwork and Payment: Julie Youngquist

163 Lakeshire Road

Battle Creek, MI. 49015

**Check In** - Check In will be available as of 30 minutes before warm-up starts for each session. 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 front of 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** – This meet is self marshalled.

**Seeding** - Seeding will be done after check in closes. All events will be seeded slowest to fastest, except the 500 free which will be seeded fastest to slowest.

**Deck Entries/Time Trials** - Deck Entries will be allowed. Swimmers who are attached to a club may deck enter only at the venue their club is assigned to. Unattached swimmers may deck enter at any venue. Cost of a deck entry is **\$7.50** for an individual event. There is also a **\$5.00** per swimmer Michigan Swimming Surcharge, if not already entered into 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 so registered, if they request to do so.

There are no time trials except for the following at the MS District Championships: 10-year-old swimmers who are "Age-Up Athletes" are eligible to Time Trial the 200-yard stroke events (Fly, Back, Breast) however, 10-year-old swimmers who are not "Age-Up Athletes" may not Time Trial the Open 200 Stroke events. Entry into these Time Trial events does not count as an individual entry and is not subject to the 4 per day entry limit. Per MS Rules no more than two (2) time trials may be entered per day and no more than five total individual events, including Time Trials, may be swam per day per USA-S Rules.

**Meet Programs/Admissions** - Admission is **\$5.00** per person with 10 year olds and under free with a paying adult. Heat Sheets, if available, are **\$2.00** per session.

**Scoring** - No individual or team scores will be kept.

**Awards** – Custom Michigan Swimming Medals for all individual events for 1st-8th place and ribbons for 9th-16th place.

**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. 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.

**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, the Program Operations Vice-Chair of MS, 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.

**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 Lakeview 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**.
- (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.

**Meet Director** – Julie Youngquist, [coachjyoungquist@yahoo.com](mailto:coachjyoungquist@yahoo.com) (269)873-2557

**Meet Referee** – Dave Goble, [daveg2200@aol.com](mailto:daveg2200@aol.com)

**Safety Marshal** – Nate Belson

**Administrative Official** - Betty Peristeridis [bperisao@gmail.com](mailto:bperisao@gmail.com) (269)760-3996

**Assigned Teams:** BEST, DEL, DROP, FLY, HEAT, HSC, JCAC, KRON, LAC, LTMI, MMA, MSC, MSU, NOMI, NS, OLY, PCC, RAYS, SCS, SWYM, UN, USSC, WMS, WOSC, WPSC, WRL, WWSC, YOSC

**Posted January 22, 2016**

<b>GIRLS (Q3) Slower than</b>	<b>EVENT 10 &amp; UNDER</b>	<b>BOYS (Q3) Slower than</b>
33.59	50 Freestyle	34.59
1:15.99	100 Freestyle	1:19.09
2:50.09	200 Freestyle	2:55.69
7:42.89	500 Freestyle	8:05.99
40.39	50 Backstroke	41.69
1:27.79	100 Backstroke	1:32.29
45.59	50 Breaststroke	48.09
1:42.79	100 Breaststroke	1:44.29
39.79	50 Butterfly	42.69
1:40.99	100 Butterfly	1:40.59
1:26.59	100 IM	1:30.99
3:16.09	200 IM	3:24.69
2:24.39	200 Freestyle Relay	2:29.39
2:46.39	200 Medley Relay	2:52.09
<b>(Q3) Slower than</b>	<b>EVENT 11-12</b>	<b>(Q3) Slower than</b>
29.09	50 Freestyle	30.59
1:05.09	100 Freestyle	1:09.19
2:24.39	200 Freestyle	2:32.19
6:27.99	500 Freestyle	6:42.19
35.09	50 Backstroke	37.09
1:16.39	100 Backstroke	1:20.19
2:48.09	200 Backstroke	3:09.59
39.99	50 Breaststroke	41.99
1:27.69	100 Breaststroke	1:32.09
3:11.09	200 Breaststroke	3:25.79
34.19	50 Butterfly	36.29
1:22.99	100 Butterfly	1:26.69
3:12.59	200 Butterfly	3:23.99
1:16.29	100 IM	1:20.29
2:47.59	200 IM	2:55.69
6:19.89	400 IM	6:30.89
2:10.19	200 Freestyle Relay	2:17.39
2:28.99	200 Medley Relay	2:30.99

<b>GIRLS (Q3) Slower than</b>	<b>EVENT 13-18</b>	<b>BOYS (Q3) Slower than</b>
27.29	50 Free, 13-14	27.09
27.29	50 Free, 15-18	27.09
58.59	100 Free, 13-14	58.09
58.59	100 Free, 15-18	58.09
2:10.79	200 Free, 13-14	2:09.79
2:10.79	200 Free, 15-18	2:09.79
5:47.39	500 Free, 13-14	5:47.79
5:47.39	500 Free, 15-18	5:47.79
12:20.99	1000 Free, 13-14	12:24.09
12:20.99	1000 Free, 15-18	12:24.09
20:22.69	1650 Free, 13-14	20:27.59
20:22.69	1650 Free, 15-18	20:27.59
1:08.99	100 Back, 13-14	1:11.09
1:08.99	100 Back, 15-18	1:11.09
2:27.89	200 Back, 13-14	2:35.69
2:27.89	200 Back, 15-18	2:35.69
1:18.89	100 Breast, 13-14	1:18.49
1:18.89	100 Breast, 15-18	1:18.49
2:52.39	200 Breast, 13-14	2:49.79
2:52.39	200 Breast, 15-18	2:49.79
1:08.89	100 Fly, 13-14	1:08.29
1:08.89	100 Fly, 15-18	1:08.29
2:46.19	200 Fly, 13-14	2:41.99
2:46.19	200 Fly, 15-18	2:41.99
2:27.79	200 IM, 13-14	2:25.69
2:27.79	200 IM, 15-18	2:25.69
5:26.89	400 IM, 13-14	5:24.09
5:26.89	400 IM, 15-18	5:24.09
4:08.59	400 Free Relay, 13-18	4:01.99
4:42.49	400 Medley Relay, 13-18	4:30.99

## Event List

### Saturday Morning, Session 1

**Warm-Up 8:00 AM, Check In Closes 8:15 AM, Start 9:00 AM**

<u>Girls</u>		<u>Event</u>	<u>Boys</u>	
Event #	Age		Age	Event #
		400 IM	11-12	1
		200 Back	11-12	2
3	10 & U	50 Free	10 & U	4
		50 Free	11-12	5
6	10 & U	100 IM	10 & U	7
		100 IM	11-12	8
9	10 & U	50 Fly	10 & U	10
		50 Fly	11-12	11
12	10 & U	200 Free	10 & U	13
		200 Free	11-12	14
15	10 & U	100 Breast	10 & U	16
		100 Breast	11-12	17
18	10 & U	50 Back	10 & U	19
		50 Back	11-12	20
		200 Fly	11-12	21

### Saturday Afternoon, Session 2

**Warm-Up 1:00 PM, Check In Closes 1:15 PM, Start 2:00 PM**

<u>Girls</u>		<u>Event</u>	<u>Boys</u>	
Event #	Age		Age	Event #
22	11-12	400 IM		
23	13-18	400 IM*	13-18	24
25	11-12	50 Back		
26	13-18	200 Back*	13-18	27
28	11-12	200 Free		
29	13-18	200 Free*	13-18	30
31	11-12	50 Fly		
32	13-18	200 Fly*	13-18	33
34	11-12	100 IM		
35	11-12	200 Back		
36	13-18	50 Free *	13-18	37
38	11-12	50 Free		
39	13-18	100 Breast *	13-18	40
41	11-12	100 Breast		
42	11-12	200 Fly		

\* will be swum together, but separated into 13-14 and 15-18 for awards



**Sunday Morning, Session 3**

**Warm-Up 8:00 AM, Check In Closes 8:15 AM, Start 9:00 AM**

<u>Girls</u>		<u>Event</u>	<u>Boys</u>	
Event #	Age		Age	Event #
		200 Breast	11-12	43
44	10 & U	200 IM	10 & U	45
		200 IM	11-12	46
47	10 & U	100 Back	10 & U	48
		100 Back	11-12	49
50	10 & U	50 Breast	10 & U	51
		50 Breast	11-12	52
53	10 & U	100 Free	10 & U	54
		100 Free	11-12	55
56	10 & U	100 Fly	10 & U	57
		100 Fly	11-12	58
59	10 & U	500 Free	10 & U	60
		500 Free	11-12	61

**Sunday Afternoon, Session 4**

**Warm-Up 1:00 PM, Check In Closes 1:15 PM, Start 2:00 PM**

<u>Girls</u>		<u>Event</u>	<u>Boys</u>	
Event #	Age		Age	Event #
62	11-12	200 IM		
63	13-18	200 IM*	13-18	64
65	11-12	100 Back		
66	13-18	100 Back*	13-18	67
68	11-12	200 Breast		
69	13-18	200 Breast*	13-18	70
71	11-12	100 Free		
72	13-18	100 Free*	13-18	73
74	11-12	100 Fly		
75	13-18	100 Fly*	13-18	76
77	11-12	50 Breast		
78	13-18	500 Free*	13-18	79
80	11-12	500 Free		
* will be swum together, but separated into 13-14 and 15-18 for awards				



**USA Swimming and Michigan Swimming are working to increase awareness and reduce the risk of athlete abuse through implementation of the USA Swimming Safe Sport program.**

**5 Tips to Keep Kids Safe in Youth Sports\*:**

1. **Get Educated** — Education is the most important tool for combatting misconduct
2. **Create Healthy Boundaries** — It's important to establish healthy boundaries between athletes and coaches and have clear expectations about the coach's role
3. **Identify and Address High Risk Areas** — For misconduct to take place, an offender needs privacy, access, and control
4. **Speak Up** — If you recognize questionable behaviors, say something!
5. **Talk to your Kids!** — Physical and sexual misconduct can be a hard topic for parents to talk about with their children. Having these conversations is extremely important in helping prevent your child from becoming a victim of abuse

USA Swimming	Michigan Swimming
<a href="http://www.usaswimming.org/protect">www.usaswimming.org/protect</a>	To find out about ongoing Safe Sport initiatives with Michigan Swimming. <a href="http://www.miswim.org">www.miswim.org</a> and click on the Administration tab.
	

\*adapted from USA Swimming's '5-tips for parents keeping kids safe in youth sports'

**Sanction Number: MI 1617075**

[illegible]

Club Code: \_\_\_\_\_

**Sanction Number: MI 1617075**

I certify that **all** athletes submitted **with this meet entry** are currently registered members of USA Swimming and that I am authorized by my Club to make this representation in my listed capacity.

Date: \_\_\_\_\_

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

## Meet Evaluation Form

Sanction Number: MI 1617075

Name of Meet: Green District Championship Meet

Date of Meet: February 18-19, 2017

Host of Meet: LAC/SWYM

Place of Meet: Lakeview 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 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 the submitted Meet Evaluation Forms and send to the current Program Operations Vice-Chair (Joe McBratnie) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.