



Integrity, Inclusion, Education, Excellence

Holiday Hangover Winter Cup

Hosted By: Liquid Lightning

January 7-8, 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 1617051**. 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 Rd., Lake Orion, MI 48360

Times – **Saturday, January 7, 2017 Warm up at 8:30 a.m., Meet starts at 9:45 a.m.**

Sunday, January 8, 2017 Warm up at 8:30, Meet starts at 9:30 a.m.

Sunday, January 8, 2017 Warm up at 1:30, Meet starts at 2:30 p.m.

Motels – Use your favorite hotel booking website.

Facilities – Lake Orion High School Natatorium is a(n) 11 lane pool with a 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. (1) The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility – Holiday Hangover Winter Cup is for those swimmers ABC times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 7, 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 – This is a timed final meet.

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

¹Depth at Start must meet State of Michigan requirements.

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 – A swimmer may enter 1 event on Saturday and 5 events on Sunday.

Electronic Entries - \$ 5.00 per individual event on Saturday. **\$20.00 for all events in your age group on Sunday.** 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 on Saturday. **\$24.00** for the 5 events on Sunday. There is a \$1.00 additional charge per individual 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 **December 17, 2017 at 9:00 a.m.** The Administrative Official must receive all entries no later than **December 31, 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 Holiday Hangover Winter Cup 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
P.O. Box 307
Lake Orion, MI 48360
meetentries@liquidlightning.org

Check In - Check in will be required. Check in will be available as of 8:15 a.m. on Saturday and Sunday morning and 1:15 p.m. on Sunday afternoon. If mandatory check in is used, it will be required by the time set forth in this meet announcement. Failure to check in, if required, 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 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 – This is a self-marshaled meet.

Seeding – Seeding will be done after check in closed. 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 the 500 Freestyle, 1000 Freestyle and the 400 IM which will be seeded fastest to slowest. The 500 Freestyle and the 1000 Freestyle will alternate genders women/men. Events 50 and 51, the 400 IM will alternate genders men/women.

Deck Entries - Deck entries will be accepted depending on the timeline of the meet and the decision of the Meet Referee and the Meet Director. The deck entry fee will be \$7.50 for each event on Saturday and \$30.00 for 5 events on Sunday. 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 day for Saturday and Sunday. 10 and under is free.

Scoring – High point awards will be given to the top 3 swimmers as follows 8 & Under boys, 8 & Under girls, 9-10 boys, 9-10 girls, 11-12 boys, 11-12 girls, 13-14 girls, open boys and open girls.

Awards – No individual awards will be given.

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 in 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 (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, 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 in the lower lobby outside 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 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 – Kristin Rhodes, krhodes@liquidlightning.org

Meet Referee – Dawn Gurley dawngurley@att.net

Safety Marshal – Wayne Waller

Admin Official-Mary Perczak meetentries@liquidlightning.org

**Holiday Hangover Winter Cup
Sanction # MI 1617051**

Saturday, January 7, 2017

Warmup Starts @ 8:30am Check in closes @ 8:45am Meet Starts @ 9:45 am

Girls Events	Age	EVENT	Age	Boys Events
1	9-10	500 Freestyle	9-10	2
3	11-12	500 Freestyle	11-12	4
5	OPEN	1000 Freestyle	OPEN	6

Sunday, January 8, 2017

Warmup Starts @ 8:30 am Check in closes @8:45 am Meet Starts @ 9:30am

Girls Events	Age	EVENT	Age	Boys Events
7	8 & Under	25 Butterfly	8 & Under	8
9	9-10	50 Butterfly	9-10	10
11	11-12	50 Butterfly		
12	8 & Under	25 Backstroke	8 & Under	13
14	9-10	50 Backstroke	9-10	15
16	11-12	100 Backstroke		
17	8 & Under	25 Breaststroke	8 & Under	18
19	9-10	50 Breaststroke	9-10	20
21	11-12	100 Breaststroke		
22	8 & Under	50 Freestyle	8 & Under	23
24	9-10	100 Freestyle	9-10	25
26	11-12	200 Freestyle		
27	8 & Under	100 Individual Medley	8 & Under	28
29	9-10	200 Individual Medley	9-10	30
31	11-12	100 Individual Medley		

Sunday January 8, 2017

Warm up Starts @ 1:30pm Check in closes @ 1:45pm Meet Starts @2:30 pm

Girls Events	Age	EVENT	Age	Boys Events
		50 Butterfly	11-12	32
33	13-14	100 Butterfly		
35	OPEN	100 Butterfly	OPEN	34
		100 Backstroke	11-12	36
37	13-14	200 Backstroke		
39	OPEN	200 Backstroke	OPEN	38
		100 Breaststroke	11-12	40
41	13-14	100 Breaststroke		
43	OPEN	100 Breaststroke	OPEN	42
		200 Freestyle	11-12	44
45	13-14	100 Freestyle		
47	OPEN	200 Freestyle	OPEN	46
		100 Individual Medley	11-12	48
49	13-14	400 Individual Medley		
51	OPEN	400 Individual Medley	OPEN	50

Sanction Number: MI 1617051

[illegible]

Club Code: _____

Sanction Number:MI1617051

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.

(Signature)

(Printed Name of person signing above)

Capacity: _____

Club Name: _____

Date: _____

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

Meet Evaluation Form

Sanction Number: MI 1617051

Name of Meet: Holiday Hangover Winter Cup

Date of Meet: January 7-8, 2017

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