



Save the Date Meet Announcement

# 6<sup>th</sup> Annual Arctic Blast

Hosted By: South Lyon Aquatics

January 20-22, 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** – South Lyon East High School, 52200 W. 10 Mile Rd, South Lyon, MI 48178

<b>Times</b>	<b>Friday</b>	<b>Warm Ups: 5:30 pm</b>	<b>Meet Start: 6:30 pm</b>
	<b>Sat/Sun AM</b>	<b>Warm ups: 7:30 am</b>	<b>Meet Start: 8:30 am</b>
	<b>Sat/Sun PM</b>	<b>Warm Ups: 12:30 pm</b>	<b>Meet Start: 1:30 pm</b>
	<b>Sat 500 EVE</b>	<b>Warm up Immediately Following the PM session</b>	

**Facilities** - South Lyon East is a 11 lane pool. Depth at start is 12' and 4' at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado Timing System with a 10 lane display will be used.

**Eligibility** – 6<sup>th</sup> Annual Arctic Blast is for those swimmers A/B.C times. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 20, 2017 will determine his/her eligibility for a particular age group.

**Meet Format** - Timed finals format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & Under, 10 & Under, 11-12, and Open. 11-12 Girls will swim in the PM Sessions. The time standards used in this meet are A, B & C. All events will be swam slowest to fastest except for distance events **(500 FR, 1650 and 400 IM) which will swim fastest to slowest, alternating genders.**

**Individual Entry Limits** – Swimmers are limited to two (2) individual events on Friday and four (4) individual events per session Sat and Sun and (1) relay per day

Contact for more information – [Admin@southlyonaquatics.com](mailto:Admin@southlyonaquatics.com)

## Friday P.M

**Warm-up:5:30pm**

**Check in closed at 5:45 pm**

**Events begin: 6:30pm**

Girls Event #	Age	Events	Boys Event #
1	10 & Under	200 IM	2
3	12 & Under	500 Free	4
5	Open	1650 Free	6

## Saturday A.M

**Warm-up:7:30am**

**Check in closed at 7:45am**

**Events begin: 8:30am**

Girls Event #	Age	Events	Boys Event #
-	11-12	200 Free	7
8	9-10	200 Free	9
10	8 & Under	100 Free	11
-	11-12	50 Back	12
13	9-10	50 Back	14
15	8 & Under	25 Back	16
-	11-12	100 Fly	17
18	9-10	100 Fly	19
20	8 & Under	50 Fly	21
-	11-12	100 Breast	22
23	9-10	100 Breast	24
25	8 & Under	25 Breast	26
-	11-12	50 Free	27
28	9-10	50 Free	29
30	8 & Under	50 Free	31
-	11-12	200 Back	32
33	10 & Under	200 Medley Relay	34
-	11-12	200 Medley Relay	35

## **Saturday P.M**

Warm-up: **12:30pm**

Check in closed at **12:45pm**

Events begin: **1:30pm**

Girls Event #	Age	Events	Boys Event #
36	11-12	200 Fly	-
37	Open	200 Fly	38
39	11-12	50 Breast	-+
40	Open	100 Free	41
42	11-12	100 Free	-
43	Open	100 Back	44
45	11-12	100 Back	-
46	Open	200 Breast	47
48	11-12	200 Breast	-
49	Open	200 IM	50
51	11-12	50 Fly	-
52	Open	200 Mixed Medley Relay	52
53	11-12	200 Medley Relay	-

## **Saturday Eve**

### **500 Free Open Session**

Events begin: **10 minutes after PM session**

Girls Event #	Age	Events	Boys Event #
54	Open	500 Free	55

## **Sunday A.M.**

Warm-up: **7:30am**

Check in Closed at **7:45am**

Events begin: **8:30am**

Girls Event #	Age	Events	Boys Event #
-	11-12	200 Fly	56
57	9-10	100 IM	58
59	8 & Under	100 IM	60
-	11-12	100 Free	61
62	9-10	100 Free	63
64	8 & Under	25 Free	65
-	11-12	100 Back	66
67	9-10	100 Back	68
69	8 & Under	50 Back	70
-	11-12	50 Breast	71
72	9-10	50 Breast	73
74	8 & Under	50 Breast	75
-	11-12	50 Fly	76
77	9-10	50 Fly	78
79	8 & Under	25 Fly	80
-	11-12	200 Breast	81
82	10 & Under	200 Freestyle Relay	83
-	11-12	200 Freestyle Relay	84

## **Sunday P.M.**

Warm-up: **12:30pm**

Check in closed at **12:45pm**

Events begin: **1:30pm**

Girls Event #	Age	Events	Boys Event #
85	11-12	200 Free	-
86	Open	200 Free	87
88	11-12	100 Breast	-
89	Open	100 Breast	90
91	11-12	50 Back	-
92	Open	100 Fly	93
94	11-12	100 Fly	-
95	Open	200 Back	96
97	11-12	200 Back	-
98	Open	50 Free	99
100	11-12	50 Free	-
101	Open	200 Mixed Freestyle Relay	101
102	11-12	200 Freestyle Relay	-
103	Open	400 IM	104