



**Integrity, Inclusion, Education, Excellence**

**Michigan Swimming White Junior Olympic Championships**

**Hosted By: Motor City Aquatics**

**March 3-5, 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 **MI1617086**. The Time Trial Sanction Number, if needed, is **MITT1617086**. 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 if fully set forth in these meet rules.

**Location** – Kettering H.S. Pool & Fitness Center  
2800 Kettering Drive  
Waterford, MI 48329

**Times** - Friday March 3 Warm Up 5:00 PM Start 6:00 PM  
Saturday March 4 Warm Up 8:00 AM Start 9:00 AM  
Saturday March 4 Warm Up immediately following time trials for the morning session but not before 1:30 PM. Start one hour after warm ups but not before 2:30 PM  
Sunday March 5 Warm Up 8:00 AM Start 9:00 AM  
Sunday March 5 Warm Up immediately following time trials for the morning session but not before 1:30 PM. Start one hour after warm ups but not before 2:30 PM

**Motels** – Please use your favorite Hotel booking website.

**Facilities** - **Kettering H.S. Pool & Fitness Center**, is an **8** lane pool with a supervised warm-up and warm down area available. Depth at start is 8-14ft and 3.5-14ft 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. The competition course has not been certified in accordance with 104.2.2C (4)

**Eligibility** – The Michigan Swimming White Junior Olympic Meet is the middle level meet (Above Districts and below State Championship meets) Thus, it is a "Faster than / Slower than" time standard swim meet. All swimmers must be currently registered with Michigan Swimming and United States of America Swimming (USA-S). A swimmer's age on March 3, 2017 will determine his/her eligibility for a particular age group.

**Meet Format** – The format at each of the three Junior Olympics Championship Meets is identical. All events are timed finals. All 10 & Under and 11-12 age groups will swim in the AM sessions. All 13-18's will swim in the PM sessions. 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. All events will be swum

slowest to fastest except for the 400 IM, 500 Freestyle, 1000 Freestyle, and the 1650 Freestyle which will be swum fastest to slowest. The 400 IM, 500 Freestyle and the 13-18 1650 Freestyle will also be swum alternating genders female/male.

**Team Venue:** For the 2017 Junior Olympics Championships meets all teams registered with MS will initially be assigned by the MS Programs Operations Vice Chair to one of the three JO "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 Junior Olympic meets are referred to as the "Red, White, and Blue" meets. Each MS team will send their entries to the initial venue assigned by the Programs 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 Co Vice Chairs at their discretion have 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:** To enter an event the swimmer's fastest time achieved between January 1, 2016 and March 2, 2017, must fall between "Q2" (JO minimum qualifying) and the "Q1" (State qualifying) time standards (a "Faster than/Slower than" situation). A swimmer may only compete in events in which they do not have a Q1 State Championship qualifying time prior to the JO Meet. Any swimmer who has achieved a SCM or LCM Q1 time cut which will allow the swimmer to enter an event in the 2017 Short Course State Meet is ineligible to enter or compete in the same event in the JO meet. This includes any 8 & under swimmer who has achieved the 10 & under Q1 standard. If a swimmer achieves a Q1 time in an event after his/her entry has been sent to the JO Administrative Official but on or before March 2, 2017, the swimmer must withdraw from the event unless the "Age Up" exception below applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

**Age up Exception:** All swimmers who "age up" after JOs and before their respective State Meet, either 12 and Under or 13/14 & Open, and who don't have a Q1 (State qualifying) time in their new State Meet age group may enter that event in their current age group at JO at a seed time at or faster than their current age groups Q1 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the State Meets in their actual age group at the State Meets. Swimmers who enter an event at JO under the "age up" exception are not, however, eligible for awards at JO in that event. Please alert the Administrative Official to all "Age Up" entries by enclosing a statement to that effect and send it in an email to the Administrative Official using the email address listed below. These swimmers must be marked as exhibition in your 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** - There will be relays offered this year at the Junior Olympic Meets. Swimmers may enter 1 relay per day. Swimmers must be entered into the meet in at least 1 individual event in order to swim a relay (NO RELAY ONLY SWIMMERS). Additionally, teams are limited to an A and B relay for each relay event. Swimmers may swim a maximum of 1 individual event Friday and 3 individual events and 1 relay each day Saturday and Sunday.

**Entry fees** - \$5.00 per individual event and **\$12.00** per relay event. Please include a **\$5.00** Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **Motor City Aquatics**.

**Entry Procedure:** Michigan Swimming has adopted USA Swimming's OME (Online Meet Entry) as the sole process for entering teams and individual swimmers into the Junior Olympic Meet. Times achieved at any USA Swimming sanctioned, observed or approved meet will appear in OME. Entry **opening** date is Tuesday February 21, 2017. Entry **closing** date is Tuesday February 28, 2017 at 8:00 AM. Follow the step by step instructions to complete your entries:

- Step 1** Go to [www.usaswimming.org/OME](http://www.usaswimming.org/OME)
- Step 2** Click on "Available Meets", select Michigan Swimming LSC, and then click on "Search". Scroll down to locate the **White Junior Olympic Meet** from the list of meets.
- Step 3** Click on "Enter team" and login using your team login (HEAD COACH ID); or you may need to create an account for your team, then login. A pick list of your athletes who have qualifying times in SWIMS will appear. From here, select the events you want to enter. Athletes whose times are not in SWIMS must enter using the custom time option. If a custom time is entered and the athlete does not swim the time standard established for that event, a proof of time will be required to be sent to the MS Office. If after thirty (30) days a proof of time is not received for any athlete, a report will be furnished to the MS Board of Directors.
- Step 4** Double click on the athletes who you want to enter into the meet and complete your entry. You may add to your entry. It does not have to be completed at one time.
- Steps 5** When you are finished make sure to check out. You may pay by sending a check to the Payment Contact (see PAYMENT CONTACT section). **Make sure your entry is done before you checkout. You will not be able to change it after checking out.**
- Step 6** You will receive an email confirming your entries.
- Step 7** Mail your completed Release and Waiver, Certification of Registration Status, and check to the Meet Host payment contact. Mail or email any necessary proof of time documents to the Administrative Official.

**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 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:

**JO Meet Entries**  
ATTN: Melanie Boswell  
2543 N. Main St.  
Royal Oak, MI 48073

**Administrative Official: Lisa Lambert** [SwimEntriesLL@yahoo.com](mailto:SwimEntriesLL@yahoo.com)

**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 the hallway leading to the locker rooms near the Clerk of the Course table.

**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 for the 400 IM, 500 yard Freestyle, 1000 Freestyle and the 1650 yard Freestyle which will

be swum fastest to slowest. The 400 IM, 500 yard Freestyle and 13-18 1650 yard Freestyle will also be swum alternating genders female/male.

**Deck Entries/Time Trials** - Deck Entries will not be allowed. Time trials for eligible athletes, other than the already allowed Age Up athletes, may be offered if timelines allow at all three JO meets. This will be determined after the entries have closed and all three meets are seeded. Opportunities will be based on equally providing this opportunity at all meets. This decision will be made by Program Operations, the Sanctioning Chair, and the Meet Referees for each meet. The notification of this decision will be posted to the Michigan Swimming web site and emailed out to the membership no later than Thursday, March 2, 2017. Time Trials, if allowed, will be \$7.50 per Time Trial. Entry into these Time Trial events does not count as an individual entry and is not subject to the 4 per day entry limit. Only one (1) time trial will be allowed per swimmer per day. "Age Up" time trial swimmers who are not entered in the meet must prove their USA-S membership by presenting their USA-S membership card, have a print out from their Club portal on the USA-S website, or 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). All time trials will be Open events.

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

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

**Awards** - Custom Michigan Swimming Medals for: Individual Events, for 1st - 8th place and ribbons for 9th - 16th place. Relay Events, will be awarded Medals for 1st - 3rd place and ribbons for 4th - 8th place. Please see the Event List for the schedule of Award breaks.

**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 concessions area on the main floor located just outside the pool spectator and locker room entrance doors. 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 deck 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, the MS Officials Chairs, and the MS 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's 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 and administered by the pool lifeguard staff.

**Facility Items –**

- (A) No smoking is allowed in the building or on the grounds of **Kettering H.S. Pool & Fitness Center**.
- (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** – Rick Dylewski

E-Mail: [rdchief161@gmail.com](mailto:rdchief161@gmail.com)

Phone: (248) 915-8238

**Meet Referee** – Dawn Gurley

E-Mail: [dawn.gurley@att.net](mailto:dawn.gurley@att.net)

Phone: (248) 375-0471

**Safety Marshal** – Melanie Boswell

**Administrative Official** – Lisa Lambert

E-Mail: [SwimEntriesLL@yahoo.com](mailto:SwimEntriesLL@yahoo.com)

**Assigned Teams: AQUA, BAY, BBA, BWSC, DROP, FAST, FLA, GLT, HHSC, HVP, KAW, L, LL, MCA, MOST, NAC, NOMI, NOW, OLY, RDSC, SSSC, SYS, USSC, UN**

**Sanction Number: MI1617086**

### **Event List**

**Friday Evening, Session 1**

**Check in Opens at 4:30 PM, Warm up 5:00 PM**

**Check In Closes 5:15 PM, Start 6:00 PM**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
Event #		Event #
1	11-12 400 IM	2
3	10 & Under 500 Free	4
5	11-12 1000 Free***	
	11-12 1650 Free***	6
7	13-18 1650 Free **	8

\*\* If a 13-18 swimmer has the 1000 Yd. Free Q2 time, they can enter the 1650 Yd. Freestyle at the Q2 cutoff time, if they have not already achieved a Q1 time in the 1650 Yd. Freestyle.

\*\*\* If an 11-12 swimmer has the 500 Yd. Free Q2 Time, they can enter the 1000/1650 Yd. Freestyle at the Q2 cutoff time, if they have not already achieved a Q1 time in the 1000/1650 Yd. Freestyle.

**Award breaks after Events 4 and 8**

**Saturday Morning, Session 2**

**Check in Opens at 7:30 AM, Warm up 8:00 AM**

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

9	11-12 200 Back	10
11	10 & Under 50 Free	12
13	11-12 50 Free	14
15	10 & Under 100 IM	16
17	11-12 100 IM	18
19	10 & Under 50 Fly	20
21	11-12 50 Fly	22
23	10 & Under 200 Free	24
25	11-12 200 Free	26
27	10 & Under 100 Breast	28
29	11-12 100 Breast	30
31	10 & Under 50 Back	32
33	11-12 50 Back	34
35	11-12 200 Fly	36
37	10 & Under 200 Med Relay	38
39	11-12 200 Med Relay	40

**Award breaks after Events 14, 22, 30, 36, and 40**

**Saturday Afternoon, Session 3**

**Check in Opens at 12:30 pm, Warm up not earlier then 1:30 PM**

**Check In Closes 1:45 PM, Start not earlier then 2:30 PM**

41	13-18 400 IM *	42
43	13-18 200 Back*	44
45	13-18 200 Free*	46
47	13-18 200 Fly*	48
49	13-18 50 Free*	50
51	13-18 100 Breast*	52
53	13-18 400 Med relay	54
* must be slower than Q1 (state qualifying) for their age group		
<b>Award breaks after Events 44, 48, 52, and 54</b>		

**Sunday Morning, Session 4**

**Check in Opens at 7:30 AM, Warm up 8:00 AM**

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

55	11-12 200 Breast	56
57	10 & Under 200 IM	58
59	11-12 200 IM	60
61	10 & Under 100 Back	62
63	11-12 100 Back	64
65	10 & Under 100 Free	66
67	11-12 100 Free	68
69	10 & Under 50 Breast	70
71	11-12 50 Breast	72
73	10 & Under 100 Fly	74
75	11-12 100 Fly	76
77	10 & Under 200 Free Relay	78
79	11-12 200 Free Relay	80
81	11-12 500 Free	82
<b>Award breaks after Events 60, 68, 76, 80, and 82</b>		

**Sunday Afternoon, Session 5**

**Check in Opens at 12:30 pm, Warm up not earlier than 1:30 PM**

**Check In Closes 1:45 PM, Start not earlier than 2:30 PM**

83	13-18 200 Breast*	84
85	13-18 200 IM*	86
87	13-18 100 Back*	88
89	13-18 100 Free*	90
91	13-18 100 Fly*	92
93	13-18 400 Free Relay	94
95	13-18 500 Free*	96
* must be slower than Q1 (state qualifying) for their age group		
<b>Award breaks after Events 86, 90, 94, and 96</b>		

## 2017 Q2 Junior Olympic Time Standards

Qualifying Period: January 1, 2016 to entry deadline

Posted December 2016

GIRLS SCY		EVENT <b>10 &amp; UNDER</b>	BOYS SCY	
(Q1) Slower than	(Q2) Faster than or equal to		(Q2) Faster than or equal to	(Q1) Slower than
30.99	33.59	50 Freestyle	34.59	31.29
1:08.89	1:15.99	100 Freestyle	1:19.09	1:09.49
2:29.39	2:50.09	200 Freestyle	2:55.69	2:32.89
6:40.09	7:42.89	500 Freestyle	8:05.99	6:52.79
36.39	40.39	50 Backstroke	41.69	37.49
1:18.49	1:27.79	100 Backstroke	1:32.29	1:20.89
41.69	45.59	50 Breaststroke	48.09	43.29
1:31.09	1:42.79	100 Breaststroke	1:44.29	1:33.99
35.09	39.79	50 Butterfly	42.69	36.09
1:22.89	1:40.99	100 Butterfly	1:40.59	1:27.09
1:19.39	1:26.59	100 IM	1:30.99	1:20.39
2:51.19	3:16.09	200 IM	3:24.69	2:56.49
2:10.99	2:24.39	200 Freestyle Relay	2:29.39	2:13.99
2:30.99	2:46.39	200 Medley Relay	2:52.09	2:41.99

GIRLS		EVENT <b>11-12</b>	BOYS	
(Q1) Slower than	(Q2) Faster than or equal to		(Q2) Faster than or equal to	(Q1) Slower than
27.49	29.09	50 Freestyle	30.59	27.69
1:00.29	1:05.09	100 Freestyle	1:09.19	1:00.19
2:11.69	2:24.39	200 Freestyle	2:32.19	2:12.49
5:51.49	6:27.99	500 Freestyle	6:42.19	5:55.89
12:19.99*	13:19.99*	1000 Freestyle	13:59.99*	12:59.99*
20:55.99*	21:55.99*	1650 Freestyle	22:35.99*	21:35.99*
31.89	35.09	50 Backstroke	37.09	32.39
1:08.49	1:16.39	100 Backstroke	1:20.19	1:10.09
2:28.39	2:48.09	200 Backstroke	3:09.59	2:31.29
36.19	39.99	50 Breaststroke	41.99	36.19
1:18.59	1:27.69	100 Breaststroke	1:32.09	1:19.99
2:50.69	3:11.09	200 Breaststroke	3:25.79	2:53.29
30.49	34.19	50 Butterfly	36.29	30.89
1:08.89	1:22.99	100 Butterfly	1:26.69	1:10.49
2:42.49	3:12.59	200 Butterfly	3:23.99	2:47.19
1:09.59	1:16.29	100 IM	1:20.29	1:10.39
2:29.39	2:47.59	200 IM	2:55.69	2:31.09
5:22.49	6:19.89	400 IM	6:30.89	5:25.19
1:52.99	2:10.19	200 Freestyle Relay	2:17.39	1:56.99
2:08.99	2:28.99	200 Medley Relay	2:30.99	2:14.99

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO Standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the "slower than" column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 & Open)



**Qualifying Period: January 1, 2016 to entry deadline**

<b>WOMEN SCY</b>		<b>EVENT 13-18</b>	<b>MEN SCY</b>	
<b>(Q1) Slower than</b>	<b>(Q2) Faster than or equal to</b>		<b>(Q2) Faster than or equal to</b>	<b>(Q1) Slower than</b>
26.09	27.29	50 Free, 13-14	27.09	24.79
25.19	27.29	50 Free, 15-18	27.09	22.99
56.59	58.59	100 Free, 13-14	58.09	53.79
54.49	58.59	100 Free, 15-18	58.09	49.79
2:02.59	2:10.79	200 Free, 13-14	2:09.79	1:57.49
1:58.59	2:10.79	200 Free, 15-18	2:09.79	1:50.39
5:32.49	5:47.39	500 Free, 13-14	5:47.79	5:19.09
5:20.29	5:47.39	500 Free, 15-18	5:47.79	5:01.39
11:26.59	12:20.99	1000 Free, 13-14	12:24.09	11:19.19
11:17.89	12:20.99	1000 Free, 15-18	12:24.09	10:39.79
19:23.49	20:22.69	1650 Free, 13-14	20:27.59	19:02.79
19:07.69	20:22.69	1650 Free, 15-18	20:27.59	18:10.49
1:03.99	1:08.99	100 Back, 13-14	1:11.09	1:01.79
1:01.79	1:08.99	100 Back, 15-18	1:11.09	57.69
2:18.09	2:27.89	200 Back, 13-14	2:35.69	2:13.69
2:13.09	2:27.89	200 Back, 15-18	2:35.69	2:06.09
1:13.49	1:18.89	100 Breast, 13-14	1:18.49	1:08.49
1:11.49	1:18.89	100 Breast, 15-18	1:18.49	1:05.39
2:41.39	2:52.39	200 Breast, 13-14	2:49.79	2:31.59
2:36.59	2:52.39	200 Breast, 15-18	2:49.79	2:25.89
1:03.89	1:08.89	100 Fly, 13-14	1:08.29	1:00.29
1:01.49	1:08.89	100 Fly, 15-18	1:08.29	55.89
2:26.79	2:46.19	200 Fly, 13-14	2:41.99	2:20.69
2:20.19	2:46.19	200 Fly, 15-18	2:41.99	2:10.79
2:20.59	2:27.79	200 IM, 13-14	2:25.69	2:13.09
2:15.89	2:27.79	200 IM, 15-18	2:25.69	2:04.69
5:02.19	5:26.89	400 IM, 13-14	5:24.09	4:49.99
4:52.19	5:26.89	400 IM, 15-18	5:24.09	4:34.69
	4:08.59	400 Free Relay, 13-18	4:01.99	
	4:42.49	400 Medley Relay, 13-18	4:30.99	

The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **slower than the Q1** time but **faster than or equal to** the Q2 (JO Standards) as listed above are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard (the "slower than" column) are **not** eligible to swim that event in the JOs. Once a swimmer has **met or surpassed** the Q1 time standard in an event the swimmer is eligible for the State Championship Meet. The JO Meet has a 13-18 age group which differs from the State Championship Meet (which is 13-14 & Open).



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: MI1617086**[illegible]

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

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

## Meet Evaluation Form

Sanction Number: MI1617086

**Name of Meet:** Michigan Swimming White Junior Olympic Championships

**Date of Meet:** March 3-5, 2017

**Host of Meet:** Motor City Aquatics

**Place of Meet:** Kettering High School, Waterford Michigan

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