



Save the Date Meet Announcement

AQUA Deep Freeze

Hosted By: AQUA Club

January 13th – January 15th, 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 - Location: Oxford High School 745 N. Oxford Rd Oxford, MI 48371

Times –

| Session | Day | Age Group | Warm-up Time | Check In Closes | Meet Start Time |
|---------|----------|------------------|--|---|----------------------------|
| 1 | Friday | All | 5:00 – 5:45 PM | 5:30 PM | 6:00 PM |
| 2 | Saturday | 9/10 & 11/12 | 7:00 – 8:00 AM | 7:30 AM | 8:10 AM |
| 3 | Saturday | Open / 8 & Under | 12:00 – 1:00 PM | 12:30 PM | 1:10 PM |
| 4 | Saturday | Open | 15 Minutes after the conclusion of Session 3 | Check in will be completed during Session 3 | Immediately after warm ups |
| 5 | Sunday | 9/10 & 11/12 | 7:00 – 8:00 AM | 7:30 AM | 8:10 AM |
| 6 | Sunday | Open / 8 & Under | 12:00 – 1:00 PM | 12:30 PM | 1:10 PM |

Facilities - Describe: Oxford High School Pool, is a(n) 8 lane pool with a supervised warm-up and warm down area available. Depth at start is 5'5"¹ and 3'5" at turn. Permanent starting blocks and non-turbulent lane markers will be used.

Eligibility – Deep Freeze is for those swimmers for all swimmers. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 13th, 2017 will determine his/her eligibility for a particular age group.

¹Depth at Start must meet State of Michigan requirements.

Meet Format –

This is a Timed Finals meet with positive check-in for all events. Coaches will be issued a positive check-in sheet for each session of the meet. The deadline to turn in scratches will be 30 minutes after the start of warm ups of each session. Scratch sheets will be in the coaches' packet. Coaches need to highlight the name and events of each scratched swimmer. Swimmers will need to check in with their coaches. Those swimmers who have not checked in by the deadline will not be seeded to swim (and will not be permitted to swim). Swimmers without representation of a coach must check in with the Meet Director.

Individual Entry Limits - Individuals are limited to four (4) individual entries per day and one (1) Relay events per day. Relay swimmers must be entered in at least one (1) individual event.

Contact for more information – Mike Kavanaugh, 224-338-9460, Mike@AquaSwimClub.com

Hotel Information – Use your favorite Hotel Booking Site or App for an overnight stay.

Insert Schedule of Events Next

Include event names, numbers and qualifying times (if any)

| Friday PM - Session 1 | | |
|-------------------------|-----------------------|------|
| Girls | Event | Boys |
| 1 | Senior 400 IM | 2 |
| 3 | 10 & Under 200 IM | 4 |
| 5 | 11/12 200 IM | 6 |
| 7 | Senior 200 Fly | 8 |
| 9 | 10 & Under 200 Free | 10 |
| 11 | 11/12 500 Free | 12 |
| 13 | Senior 500 Free | 14 |
| 15 | Senior 800 Free Relay | 16 |
| Saturday AM - Session 2 | | |
| Girls | Event | Boys |
| 17 | 10 & Under 100 Back | 18 |
| 19 | 11/12 100 Back | 20 |
| 21 | 10 & Under 50 Free | 22 |
| 23 | 11/12 50 Free | 24 |

| | | |
|---------------------------|---------------------------|------|
| 25 | 10 & Under 100 Breast | 26 |
| 27 | 11/12 100 Breast | 28 |
| 29 | 10 & Under 50 Fly | 30 |
| 31 | 11/12 50 Fly | 32 |
| 33 | 10 & Under 100 IM | 34 |
| 35 | 11/12 100 IM | 36 |
| 37 | 10 & Under 200 Free Relay | 38 |
| 39 | 11/12 400 Free Relay | 40 |
| Saturday PM - Session 3 | | |
| Girls | Event | Boys |
| 41 | Senior 200 Free | 42 |
| 43 | 8 & Under 50 Free | 44 |
| 45 | Senior 200 Back | 46 |
| 47 | 8 & Under 25 Back | 48 |
| 49 | Senior 100 Breast | 50 |
| 51 | 8 & Under 100 IM | 52 |
| 53 | Senior 100 Free | 54 |
| 55 | 8 & Under 100 Free Relay | 56 |
| 57 | Senior 400 Free Relay | 58 |
| Saturday Mile - Session 4 | | |
| Girls | Event | Boys |
| 59 | Senior 1650 Free | 60 |
| Sunday AM -Session 5 | | |
| Girls | Event | Boys |
| 61 | 11/12 100 Free | 62 |
| 63 | 10 & Under 100 Free | 64 |
| 65 | 11/12 50 Breast | 66 |
| 67 | 10 & Under 50 Breast | 68 |
| 69 | 11/12 200 Free | 70 |
| 71 | 10 & Under 100 Fly | 72 |

| | | |
|-------------------------|-----------------------------|------|
| 73 | 11/12 100 Fly | 74 |
| 75 | 10 & Under 50 Back | 76 |
| 77 | 11/12 50 Back | 78 |
| 79 | 10 & Under 200 Medley Relay | 80 |
| 81 | 11/12 400 Medley Relay | 82 |
| Sunday AM Session 6 | | |
| Girls | Event | Boys |
| 83 | 8 & Under 100 Medley Relay | 84 |
| 85 | Senior 400 Medley Relay | 86 |
| * Up to 10 Minute Break | | |
| 87 | Senior 200 IM | 88 |
| 89 | 8 & Under 25 Fly | 90 |
| 91 | Senior 50 Free | 92 |
| 93 | 8 & Under 25 Free | 94 |
| 95 | Senior 100 Fly | 96 |
| 97 | 8 & Under 25 Breast | 98 |
| 99 | Senior 200 Breast | 100 |
| 101 | 8 & Under 100 Free | 102 |
| 103 | Senior 100 Back | 104 |