



Integrity, Inclusion, Education, Excellence

6th Annual Arctic Blast

Hosted By: South Lyon Aquatics

January 20-22, 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 **MI1617038**. 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 - - South Lyon EAST High School
52200 West Ten Mile Road
South Lyon, MI 48178

Times - - Friday Warm Ups: 5:30 pm Meet Start: 6:30 pm

Sat/Sun AM Warm ups: 7:30 am Meet Start: 8:30 am

Sat/Sun PM Warm Ups: 12:30 pm Meet Start: 1:30 pm

Sat EVE (500) Meet Start: 10 Minutes following the PM Session

Motels - Holiday Inn Express, Wixom 1-800-315-2605

Comfort Suites, Wixom, 1-248-504-5080

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. There is ample balcony seating for spectators. Lockers are available (provide your own lock). The competition course has not been certified in accordance with 104.2.2C

Eligibility - The 6th Annual Arctic Blast is for those swimmers A, B or 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.

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 - 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.** A Sat EVE 500 ONLY session had been added and will include events **54 and 55.** This session would start 10 minutes after the completion of the afternoon session. If a swimmer is entered in event 54 or 55, the Open 500 Freestyle, this will be a (5th) event for the day and is allowed under USA Rules.

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 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 - 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. (1) for the Sat PM Session if needed.

Electronic Entries - **\$5.00** per individual event and **\$12.00** for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **South Lyon Aquatics.**

Paper Entries - MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** for relays. 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 21, 2016 at 10:00 am.** The Administrative Official must receive all entries no later than **January 15, 2017 at 9:00 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 Entries@Southlyonaquatics.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 **6th Annual Arctic Blast** 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:

**Entries – AB 17
P.O. Box 291
South Lyon, MI 48178**

Check In - Check in will be required. If required, it will be available **15 minutes prior to start of warm ups**. 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, it 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 **hallway outside deck entrance**. **Check in for the Sat PM (500 Only Session) Events 54 and 55 will close at 4:30 pm.**

Scratch Rules - Prior to check in close a swimmer may scratch events at the Clerk of Course and directly on check in sheet, After check in closes, you must see the Meet Referee to scratch an event.

Marshaling - This is a self marshalled meet. Swimmers are expected to report behind the blocks independently for the start of each event

Seeding - Seeding will be done after check in closes. 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 distance events, 500 FR, 1650FR, and 400IM, which will be seeded fastest to slowest (alternating genders-women/men).

Deck Entries/Time Trials - **Deck entries and Time Trials may be accepted at the discretion of the Meet Referee and Meet Director is time permits.** Cost will be \$7.00 for individual events and \$14.00 for relays. Deck entry and time trial 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 - Admissions will be **\$5.00 per persons 10 and older**.

Full Meet programs will be available for **\$5.00**, Heat Sheet vouchers included

Scoring – No individual or team scoring will be kept.

Awards – Awards will be given for each age group **12 and Under ONLY**. Custom 1st – 3rd place medals and custom ribbons for 4th – 8th place A, B, and C finishers will be provided. Relays will be awarded medals for 1st – 3rd. ***Heat winner awards will be given for all heats including PM Open sessions immediately following each finish.*** Awards will be available for pick up by coaches/designated team representative at the completion of the meet. Teams MUST pick up remaining awards by the end of the meet. No awards will be mailed

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 **lobby 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 outside 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, 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 or door** 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 **South Lyon Community Schools**.
- (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 admin table.
- (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 - Jason Gubeno - jgubeno@hotmail.com

Meet Referee – Mary Perczak - Flamegang@aol.com - 248-946-1362

Safety Marshal – Tina Kotch

Administrative Official – Lisa Lambert - Entries@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 Only Session)

54	Open	500 Free	55
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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

Sanction Number: MI1617038

[illegible]

Signature: _____

Position:

Street Address: _____

City, State, Zip: _____

E-mail:

Coach Name: _____

Coach Phone: _____

Coach E-Mail: _____

Club Name: _____

Club Code: _____

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

Meet Evaluation Form

Sanction Number: MI1617038

Name of Meet: 6th Annual Arctic Blast

Date of Meet: January 20-22, 2017

Host of Meet: South Lyon Aquatics

Place of Meet: South Lyon EAST 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.