



Integrity, Inclusion, Education, Excellence

Rock the Block Meet

Hosted By: Lakers Aquatic Club

November 11-13, 2016

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 1617017**. The Sanction Number for the Time Trial, if needed, is **MITT1617017**. 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 – L'Anse Creuse High School
38495 L'Anse Creuse Road
Harrison Township, MI 48045

Times - Friday P.M. Warm up Starts: 5:00 p.m. Events Begin: 6:00 p.m.
Saturday A.M. Warm up Starts: 7:30 a.m. Events Begin: 8:30 a.m.
Saturday P.M. Warm up Starts: 12:30 p.m. Events Begin: 1:30 p.m.
Saturday P.M. (1000 Free) Events begin no earlier than 4:30 p.m.
Sunday A.M. Warm up Starts: 7:30 a.m. Events Begin 8:30 a.m.
Sunday P.M. Warm up Starts: 12:30 p.m. Events Begin 1:30 p.m.

Motels – Please use your favorite search engine to find hotels.

Facilities – L'Anse Creuse High School, is an 8 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at start is 8 feet¹ and 4 feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing 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). **Parking is only permitted in paved legal parking spaces around the school. Persons parking in illegal areas or on the grass sections may be ticketed and/or towed.**

Eligibility – The Lakers "Rock the Block" Meet is open to all swimmers 18 years of age and younger. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on November 11, 2016 will determine his/her eligibility for a particular age group.

¹Depth at Start must meet State of Michigan requirements.

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 – “Rock the Block” meet is a timed final format. Session 1 is a session with offerings for all ages. Sessions 2 and 5 are open to 10 and Under swimmers and 11 & 12 Girls and will be swum in the AM. Sessions 3 and 6 are open to 11 & 12 Boys and all 13 & Over swimmers and will be swum in the PM. Session 4 will be the Open 1000 Free and will begin no earlier than 4:30 p.m. The time standards used in this meet are A, B, & C. Events may be combined (per USA Rule 102.8.2) to conserve lane space and for the timeliness of the meet. Fly over starts will be used during this meet. For the purpose of providing proper warm up for the 1000 freestyle in session 4, after event 58 (100 IM) Lane 8 will be reserved for pace work only and the dive well for general warm up. Events 59 to 63 will run in heats of seven lanes. All events for the 500 Free, 400 IM and 1000 Free will be combined and swum fastest to slowest in alternating heats of girls and boys.

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 individual events on Friday and four (4) individual events and one (1) relay event per day on Saturday and Sunday. For those athletes wishing to swim the 1000 Freestyle a fifth (5th) entry for Saturday will be allowed.

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: **Lakers Aquatic Club.**

Paper Entries - MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay 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 **October 14, 2016 at 12:00 p.m. (noon)**. The Administrative Official must receive all entries no later than November 5, 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 **lakersrocktheblock@gmail.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 Rock the Block Meet 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:

**Dawn Gurley
2245 Knollcrest
Rochester Hills, MI 48309**

lakersrocktheblock@gmail.com

Check In - Check in will be available as of 30 minutes before each warm-up start time. Check in is mandatory for **ALL** events and is required. 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 between the girls and boys locker rooms in the hallway.

Scratch Rules - Prior to check in close a swimmer may scratch events with the Administrative Official. After check in closes, you must see the Meet Referee to scratch an event.

Marshaling – This meet will be self-marshaled. Heat sheets will be posted on the pool deck and at least one will be posted in the spectator area. Swimmers and their coaches will be responsible for reporting to the starting blocks when their event is called.

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 except for the 500 Free, 400 IM and 1000 Free which will be seeded fastest to slowest and alternating genders women/men.

Deck Entries/Time Trials - Deck entries and time trials may be offered at the discretion of the Meet Referee and Meet Director if the meet does not reach capacity. Deck entries and time trials are \$7.50 per individual event and \$15.00 per relay. 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 – Admission is \$5.00 each day. 10 and under is free with paid adult. Meet programs will be \$6.00.

Scoring – This meet will not be scored.

Awards – Medals and ribbons will be awarded 1st through 8th place for A, B, & C levels for 12 and Under age groups. Meet ribbons will be given for 4th -8th place and 1st-3rd place will receive medals. There will be no awards for 13 & Over age groups and OPEN events.

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 pool 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 up at the admissions desk. 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 and the Program Operations Vice-Chair of MS 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 door to the locker rooms. 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 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 coach's office/computer room on deck.

Facility Items –

- (A) No smoking is allowed in the building or on the grounds of L'Anse Cruese 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 -Michael Del Papa, meetdirector@lakersaquaticclub.org

Meet Referee – John Loria, 1-248-957-8799, jlora1@aol.com

Safety Marshal – Dave Hollis

Administrative Official -Dawn Gurley lakersrocktheblock@gmail.com

Laker's Rock the Block

Event List

Sanction Number – MI 1617017

Friday Evening

Warm up: 5:00 p.m.

Meet Start: 6:00 p.m.

Girls Event #	Age	Event	Age	Boys Event #
1	OPEN	500 Freestyle	OPEN	2
3	OPEN	200 Individual Medley	OPEN	4
5	OPEN	400 Individual Medley	OPEN	6

Saturday Morning

Warm up: 7:30 a.m.

Meet Start: 8:30 a.m.

Girls Event #	Age	Event	Age	Boys Event #
7	11-12	200 Freestyle		
8	10 & U	200 Freestyle	10 & U	9
10	8 & U	25 Breaststroke	8 & U	11
12	11-12	50 Breaststroke		
13	10 & U	50 Breaststroke	10 & U	14
15	11-12	100 Individual Medley		
16	10 & U	100 Individual Medley	10 & U	17
18	8 & U	25 Backstroke	8 & U	19
20	11-12	100 Backstroke		
21	10 & U	100 Backstroke	10 & U	22
23	11-12	100 Butterfly		
24	10 & U	50 Butterfly	10 & U	25
26	11-12	50 Freestyle		
27	10 & U	100 Freestyle	10 & U	28
29	11-12	200 Breaststroke		
30	10 & U	200 Medley Relay	10 & U	31
32	11-12	200 Medley Relay		

Saturday Afternoon

Warm up: 12:30 p.m.

Meet Start: 1:30 p.m.

Girls Event #	Age	Event	Age	Boys Event #
		200 Freestyle	11-12	33
34	13-14	200 Freestyle	13-14	35
36	OPEN	200 Freestyle	OPEN	37
		100 Backstroke	11-12	38
39	13-14	100 Backstroke	13-14	40
41	OPEN	100 Backstroke	OPEN	42
		50 Breaststroke	11-12	43
44	13-14	200 Breaststroke	13-14	45
46	OPEN	200 Breaststroke	OPEN	47
		100 Butterfly	11-12	48
49	13-14	100 Butterfly	13-14	50
51	OPEN	100 Butterfly	OPEN	52
		50 Freestyle	11-12	53
54	13-14	50 Freestyle	13-14	55
56	OPEN	50 Freestyle	OPEN	57
		100 Individual Medley	11-12	58
59	13-14	400 Medley Relay	13-14	60
61	OPEN	400 Medley Relay	OPEN	62
		200 Medley Relay	11-12	63

Saturday Evening session to start no earlier than 4:30 p.m.

Girls Event #	Age	Event	Age	Boys Event #
64	OPEN	1000 Freestyle	OPEN	65

Sunday Morning**Warm up: 7:30 a.m.****Meet Start 8:30 a.m.**

Girls Event #	Age	Event	Age	Boys Event #
66	8 & U	25 Butterfly	8 & U	67
68	10 & U	100 Butterfly	10 & U	69
70	11-12	50 Butterfly		
71	10 & U	100 Breaststroke	10 & U	72
73	11-12	100 Breaststroke		
74	10 & U	50 Backstroke	10 & U	75
76	11-12	50 Backstroke		
77	11-12	200 Backstroke		
78	8 & U	25 Freestyle	8 & U	79
80	10 & U	50 Freestyle	10 & u	81
82	11-12	100 Freestyle		
83	10 & U	200 Freestyle Relay		84
85	11-12	200 Freestyle Relay		

Sunday Afternoon**Warm up: 12:30 p.m.****Meet Start 1:30 p.m.**

Girls Event #	Age	Event	Age	Boys Event #
		50 Butterfly	11-12	86
87	13-14	200 Butterfly	13-14	88
89	OPEN	200 Butterfly	OPEN	90
		100 Freestyle	11-12	91
92	13-14	100 Freestyle	13-14	93
94	OPEN	100 Freestyle	OPEN	95
		50 Backstroke	11-12	96
97	13-14	200 Backstroke	13-14	98
99	OPEN	200 Backstroke	OPEN	100
		100 Breaststroke	11-12	101
102	13-14	100 Breaststroke	13-14	103
104	OPEN	100 Breaststroke	OPEN	105
		200 Freestyle Relay	11-12	106
107	13-14	400 Freestyle Relay	13-14	108
109	OPEN	400 Freestyle Relay	OPEN	110

Sanction Number: MI 1617017

[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: MI 1617017

Name of Meet: Rock the Block Meet

Date of Meet: November 11-13, 2016

Host of Meet: Lakers Aquatic Club (L)

Place of Meet: L'Anse Creuse 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.

Meet Host: Copy all of these submitted Meet Evaluations to the current Program Operations Co Vice-Chair (Mike Cutler and Steve Shipps) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.