



Save the Date Meet Announcement

Polar Plunge ABC Meet

Hosted By: Livonia Community Swim Club

February 3-5, 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 – Livonia Community Rec Center 15100 Hubbard Livonia, MI 48154

Times – Friday PM Warm-up starts 5 PM	Events begin 6 PM
Saturday AM Warm-up starts 7:30 AM	Events begin 8:30 PM
Saturday PM Warm-up starts 12:30 PM	Events begin 1:30 PM
Saturday Evening Warm-up starts 5:30 PM	Events begin 6:15 PM
Sunday AM Warm-up starts 7:30 AM	Events begin 8:30AM
Sunday PM Warm-up starts 12:30 PM	Events begin 1:30 PM

Facilities – Livonia Community Rec Center Pool, is a(n) 8 lane pool with a supervised warm-up and warm down area available. Depth at start is _12 feet 0 inches_¹ and _7 feet 0 inches_ at turn. Permanent starting blocks and non-turbulent lane markers will be used.

Eligibility – Polar Plunge is for those swimmers with an ABC time. All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on February 3 will determine his/her eligibility for a particular age group.

Meet Format – Friday 10 & under, 11-12, 13-14, OPEN.

Saturday/Sunday AM: 10 & unders and 11-12 Girls

Saturday Evening Open

Saturday/Sunday PM 11-12 Boys, Open

Individual Entry Limits - No more than 5 individual events and one relay per day.

Contact for more information – Dean Kendall lcsc.dean.kendall@gmail.com

¹Depth at Start must meet State of Michigan requirements.

Friday PM Session
 Check-in 4:30 PM-5:15 PM
 Warm-up 5:00 PM
 Start 6:00 PM

GIRLS	AGE	EVENT	BOYS
1	10 & UNDER	500 FREE	2
3	11-12	500 FREE	4
5	13-14	500 FREE	6
7	OPEN	500 FREE	8
9	10 & UNDER	200 IM	10
11	11-12	200 IM	12
13	Open	400 IM	14

Saturday AM Session
Check-in 7:00 AM-7:45 AM
Warm-up 7:30 AM
Start 8:30 AM

GIRLS	AGE	EVENT	BOYS
15	8 & UNDER	100 IM	16
17	10 & UNDER	100 IM	18
	11-12	100 IM	19
20	8 & UNDER	25 BACK	21
22	10 & UNDER	50 BACK	23
	11-12	50 BACK	24
25	8 & UNDER	25 BREAST	26
27	10 & UNDER	50 BREAST	28
	11-12	50 BREAST	29
30	8 & UNDER	50 FLY	31
32	10 & UNDER	100 FLY	33
	11-12	100 FLY	34
35	8 & UNDER	50 FREE	36
37	10 & UNDER	100 FREE	38
	11-12	100 FREE	39
40	8 & UNDER	200 FREE RELAY	41
42	10 & UNDER	200 FREE RELAY	43
	11-12	200 FREE RELAY	44

Saturday PM Session
Check-in 12:00 PM-12:45 PM
Warm-up 12:30 PM
Start 1:30 PM

GIRLS	AGE	EVENT	BOYS
45	11-12	50 BACK	
46	13-14	100 BACK	47
48	OPEN	100 BACK	49
50	11-12	100 FLY	
51	13-14	200 FLY	52
53	OPEN	200 FLY	54
55	11-12	50 BREAST	
56	13-14	100 BREAST	57
58	OPEN	100 BREAST	59
60	11-12	100 IM	
61	13-14	200 FREE	62
63	OPEN	200 FREE	64
65	11-12	100 FREE	
66	13-14	50 FREE	67
68	OPEN	50 FREE	69
70	11-12	200 FREE RELAY	
71	13-14	200 FREE RELAY	72
73	OPEN	200 FREE RELAY	74

Saturday Evening Session
Check-in 4:30 PM-5:45 PM
Warm-up 5:15 PM
Start 6:00 PM

GIRLS	AGE	EVENT	BOYS
75	OPEN	1650 FREE	76

Sunday AM Session
 Check-in 7:00 AM-7:45 AM
 Warm-up 7:30 AM
 Start 8:30 AM

GIRLS	AGE	EVENT	BOYS
77	8 & UNDER	50 BACK	78
79	10 & UNDER	100 BACK	80
	11-12	100 BACK	81
82	8 & UNDER	25 FLY	83
84	10 & UNDER	50 FLY	85
	11-12	50 FLY	86
87	8 & UNDER	50 BREAST	88
89	10 & UNDER	100 BREAST	90
	11-12	100 BREAST	91
92	8 & UNDER	25 FREE	93
94	10 & UNDER	50 FREE	95
	11-12	50 FREE	96
97	8 & UNDER	100 FREE	98
99	10 & UNDER	200 FREE	100
	11-12	200 FREE	101
102	8 & UNDER	200 MEDLEY RELAY	103
104	10 & UNDER	200 MEDLEY RELAY	105
	11-12	200 MEDLEY RELAY	106

Sunday PM Session
Check-in 12:00 PM-12:45 PM
Warm-up 12:30 PM
Start 1:30 PM

GIRLS	AGE	EVENT	BOYS
107	11-12	100 BACK	
108	13-14	200 BACK	109
110	OPEN	200 BACK	111
112	11-12	50 FLY	
113	13-14	100 FLY	114
115	OPEN	100 FLY	116
117	11-12	100 BREAST	
118	13-14	200 BREAST	119
120	OPEN	200 BREAST	121
122	11-12	50 FREE	
123	13-14	100 FREE	124
125	OPEN	100 FREE	126
127	11-12	200 FREE	
128	13-14	200 IM	129
130	OPEN	200 IM	131
132	11-12	200 MEDLEY RELAY	
133	13-14	200 MEDLEY RELAY	134
135	OPEN	200 MEDLEY RELAY	136