



## **Integrity, Inclusion, Education, Excellence**

### **Romeo & Juliet ABC Meet**

**Hosted By: Romeo Dolphins Swim Club**

**January 20, 21 & 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 **MI 1617048**. 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** – Romeo Senior High School, 11091 W. 32 Mile Road, Romeo, MI 48065

**Times** - Friday PM: Warm Up 5:00 pm & Meet Start 6:00 pm  
Saturday & Sunday AM: Warm Up 7:30 am & Meet Start 8:30 am  
Saturday & Sunday PM: Warm Up 12:30 pm & Meet Start 1:30 pm

**Motels** – Hampton Inn: 51620 Shelby Pkwy, Shelby Township, MI 48315  
586-731-4267

**Facilities** – Romeo is an 8-lane pool. Depth at start is 11 feet and 3'6" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics with an 8-lane display will be used. There is bleacher seating for spectators, but due to limited seating, NO bags will be allowed in the bleachers. 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** – Romeo & Juliet is an ABC Meet for all swimmers. 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. The time standards used in this meet are A, B & C.

**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** – Swimmer's entries are limited to 5 individual events and 1 relay event Saturday and Sunday and 2 individual events Friday.

**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: **RWB Parks & Recreation.**

**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 **Friday, December 23, 2016 at 12:00 pm (Noon)**. The Administrative Official must receive all entries no later than **Friday, January 13, 2017**. 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 **runlbrc@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 Romeo & Juliet 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:

**Laurie Corey**

**58290 Pleasant View Court, Washington, MI 48094**

**586.453.2492 (No calls after 9 pm)**  
**runlbrc@gmail.com**

**Check In** - Check In will be available as of 30 minutes before the start of warm up. 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 pool area hallway.

**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 is a self-marshaled meet. Heat sheets will be posted on the pool deck and the main pool area hallway. Swimmers and their coaches will be responsible for getting to their correct heats and lanes.

**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 the 500 freestyle, which will be seeded fastest to slowest (alternating genders-women/men).

**Deck Entries/Time Trials** – Deck entries will be accepted, time permitted, with the approval of the Meet Director and Meet Referee. Deck entries are \$7.50 for individual events & \$15.00 for relays. You need to see the Clerk of Course to make a deck entry, prior to check in closing. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge, if they are not already entered into 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 then should 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. Time trials may be offered, time permitting, at the discretion of the Meet Director and Meet Referee.

**Meet Programs/Admissions** – Friday night heat sheets are FREE. Saturday all-day programs are \$3.00 and Sunday all-day programs are \$3.00. Admission is \$5.00 per person on Saturday, \$5.00 per person on Sunday and \$2.00 per person on Friday evening. 8-year-olds and under are FREE with a paid adult.

**Scoring** – No individual or team scoring will be kept.

**Awards** – Awards will be made available to be picked up by the coach/designated team representative at the end of the meet. Teams **MUST** pick up awards at the end of the meet. Awards will not be mailed. Custom medals will be awarded for 1 – 3 places and ribbons will be awarded for 4 – 8 places, in all three categories. A, B and C events will be separated at the conclusion of the event for placement and awards. 14 & Under swimmers will be awarded separately from the older swimmers in the 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 auditorium 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 Clerk of Course. 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 doors 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 and 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 Romeo 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 on the pool window.
- (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 –**

Sue Deredt [tdaeredeus@yahoo.com](mailto:tdaeredeus@yahoo.com) 586.321.8497

**Meet Referee –**

Jeff Wilkins [Jeffrey.Wilkins@comcast.net](mailto:Jeffrey.Wilkins@comcast.net) 313.574.3638

**Safety Marshal –**

Diane Sage [dianesage3006@yahoo.com](mailto:dianesage3006@yahoo.com) 810.310.0081

**Administrative Official –**

Laurie Corey [runlbrc@gmail.com](mailto:runlbrc@gmail.com) 586.453.2492

**Session One: Friday Evening**

**Sanction No: MI 1617048**

**Warm-Up: 5:00 pm**

**Meet Start: 6:00 pm**

**Mandatory Check-In Closes: 5:15 pm**

Event 1: Girls 10 & Under 200 IM

Event 2: Boys 10 & Under 200 IM

Event 3: Girls 12 & Under 400 IM

Event 4: Boys 12 & Under 400 IM

Event 5: Girls Open 400 IM

Event 6: Boys Open 400 IM

Event 7: Girls 12 & Under 500 Free

Event 8: Boys 12 & Under 500 Free

Event 9: Girls Open 500 Free

Event 10: Boys Open 500 Free

**Session Two: Saturday Morning**

**Sanction No: MI 1617048**

**Warm-Up: 7:30 am**

**Meet Start: 8:30 am**

**Mandatory Check-In Closes: 7:45 am**

Event 11: Girls 8 & Under 25 Back

Event 12: Boys 8 & Under 25 Back

Event 13: Girls 10 & Under 50 Back

Event 14: Boys 10 & Under 50 Back  
Event 15: Boys 11-12 50 Back  
Event 16: Girls 8 & Under 25 Free  
Event 17: Boys 8 & Under 25 Free  
Event 18: Boys 11-12 200 Back  
Event 19: Girls 10 & Under 100 Free  
Event 20: Boys 12 & Under 100 Free  
Event 21: Girls 8 & Under 50 Fly  
Event 22: Boys 8 & Under 50 Fly  
Event 23: Girls 10 & Under 100 Fly  
Event 24: Boys 12 & Under 100 Fly  
Event 25: Girls 8 & Under 25 Breast  
Event 26: Boys 8 & Under 25 Breast  
Event 27: Girls 10 & Under 50 Breast  
Event 28: Boys 12 & Under 50 Breast  
Event 29: Boys 11-12 200 Breast  
Event 30: Girls 10 & Under 200 Free  
Event 31: Boys 12 & Under 200 Free  
Event 32: Girls 10 & Under 200 Medley Relay  
Event 33: Boys 12 & Under 200 Medley Relay

**Session Three: Saturday Afternoon**

**Sanction No: MI 1617048**

**Warm-Up: 12:30 pm**

**Meet Start: 1:30 pm**

**Mandatory Check-In Closes: 12:45 pm**

Event 34: Girls 11-12 100 Back  
Event 35: Girls Open 100 Back  
Event 36: Boys Open 100 Back

Event 37: Girls 11-12 200 Free  
Event 38: Girls Open 200 Free  
Event 39: Boys Open 200 Free  
Event 40: Girls 11-12 50 Fly  
Event 41: Girls 11-12 200 Fly  
Event 42: Girls Open 200 Fly  
Event 43: Boys Open 200 Fly  
Event 44: Girls 11-12 100 Breast  
Event 45: Girls Open 100 Breast  
Event 46: Boys Open 100 Breast  
Event 47: Girls 11-12 100 Free  
Event 48: Girls Open 100 Free  
Event 49: Boys Open 100 Free  
Event 50: Girls 11-12 200 Medley Relay  
Event 51: Girls Open 400 Medley Relay  
Event 52: Boys Open 400 Medley Relay

**Session Four: Sunday Morning**

**Sanction No: MI 1617048**

**Warm-Up: 7:30 am**

**Meet Start: 8:30 am**

**Mandatory Check-In Closes: 7:45 am**

Event 53: Girls 8 & Under 25 Fly  
Event 54: Boys 8 & Under 25 Fly  
Event 55: Girls 10 & Under 50 Fly



Event 56: Boys 12 & Under 50 Fly  
Event 57: Girls 8 & Under 50 Back  
Event 58: Boys 8 & Under 50 Back  
Event 59: Boys 11-12 200 Fly  
Event 60: Girls 10 & Under 100 Back  
Event 61: Boys 12 & Under 100 Back  
Event 62: Girls 8 & Under 50 Free  
Event 63: Boys 8 & Under 50 Free  
Event 64: Girls 10 & Under 50 Free  
Event 65: Boys 12 & Under 50 Free  
Event 66: Girls 8 & Under 50 Breast  
Event 67: Boys 8 & Under 50 Breast  
Event 68: Girls 10 & Under 100 Breast  
Event 69: Boys 12 & Under 100 Breast  
Event 70: Girls 10 & Under 100 IM  
Event 71: Boys 10 & Under 100 IM  
Event 72: Boys 11-12 200 IM  
Event 73: Girls 10 & Under 200 Free Relay  
Event 74: Boys 12 & Under 200 Free Relay

**Session Five: Sunday Afternoon**

**Sanction No: MI 1617048**

**Warm-Up: 12:30 pm**

**Meet Start: 1:30 pm**

**Mandatory Check-In Closes: 12:45 pm**

Event 75: Girls 11-12 100 Fly  
Event 76: Girls Open 100 Fly  
Event 77: Boys Open 100 Fly

- Event 78: Girls 11-12 50 Back  
Event 79: Girls 11-12 200 Back  
Event 80: Girls Open 200 Back  
Event 81: Boys Open 200 Back  
Event 82: Girls 11-12 50 Free  
Event 83: Girls Open 50 Free  
Event 84: Boys Open 50 Free  
Event 85: Girls 11-12 50 Breast  
Event 86: Girls 11-12 200 Breast  
Event 87: Girls Open 200 Breast  
Event 88: Boys Open 200 Breast  
Event 89: Girls 11-12 200 IM  
Event 90: Girls Open 200 IM  
Event 91: Boys Open 200 IM  
Event 92: Girls 11-12 200 Free Relay  
Event 93: Girls Open 400 Free Relay  
Event 94: Boys Open 400 Free Relay

## RELEASE AND WAIVER

**Sanction Number: MI 1617048**

Enclosed is a total of \$\_\_\_\_\_ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against the Romeo Dolphins Swim Club, RWB Parks & Recreation, Romeo Community Schools, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to this swim meet.

[illegible]

In granting the sanction it is understood and agreed that USA Swimming and Michigan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature: \_\_\_\_\_

Position: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Phone: \_\_\_\_\_

Coach E-Mail: \_\_\_\_\_

Club Name: \_\_\_\_\_

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

**Certification of Registration Status**

**Of All Entered Athletes**

**Romeo & Juliet ABC Invitational**

**Sanction Number: MI 1617048**

Michigan Swimming Clubs must register and pay for the registration of all athletes that are contained in the electronic TM Entry File or any paper entries that are submitted to the Meet Host with the Office of Michigan Swimming **prior to submitting the meet entry to the meet host**. Clubs from other LSCs must register and pay for the registration of their athletes with their respective LSC Membership Coordinator.

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.