



Save the Date Meet Announcement

The Frozen Lakes Medal Meet

Hosted by: Michigan Lakeshore Aquatics

January 14-16, 2016

Sanction - This meet will be a Sanctioned meet by Michigan Swimming, Inc. (MS), as a prelim/final meet for 13 & Over swimmers and a timed final meet for 12 & Under on behalf of USA Swimming (USA-S). Finals will be swam in long course (LC). 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 - The Holland Community Aquatic Center; 550 Maple Ave, Holland, MI 49423

Times –

Friday PM (Friday Events Timed Finals) Warm-up Starts: 4:00PM Events Begin: 5:00PM,

Saturday AM (13 & Over) Warm-up Starts: 7:30AM Events Begin: 8:30AM,

Saturday Afternoon (12 & Under) Warm-up Starts 12:30PM Events Begin: 1:15PM

Saturday LC Finals (13 & Over) Warm-up Starts around 5:30pm – may use second pool

Sunday AM (13 & Over) Warm-up Starts: 7:30AM Events Begin: 8:30AM

Sunday PM (12 & Under) Warm-up Starts 12:30PM Events Begin: 1:15PM

Saturday LC Finals (13 & Over) Warm-up Starts around 5:30pm – may use second pool

Facilities – The Holland Community Aquatic Center is a 50-meter pool with bulkhead separated into two 25 yard, 8 lane pools with one serving as the warm-up and warm down pool during events. Second pool may also be used for Time Trials at the conclusion of each (Saturday & Sunday) 12 & Under session. Depth at start is __6.9__¹ and __4.5__ at turn. Permanent starting blocks and non-turbulent lane markers will be used. Finals on Saturday and Sunday may be swam long course.

Eligibility – The Frozen Lake Medal Meet is open to all Michigan Swimming 2016 registered USA Swimming athletes (A/B/C). All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on first date of meet will determine his/her eligibility for a particular age group.

Meet Format – All events for 13 & Over are prelim/finals with exception of Friday events swam as timed finals. All 12 & Under events are timed finals for all sessions.

Individual Entry Limits - USA Swimming rules permit no more than 3 events for prelim/finals events (13 & Over) than 5 individual events per day in a timed finals format (12 & Under).

¹Depth at Start must meet State of Michigan requirements.

Contact for more information – Betty Peristeridis Meet AO

Hotel Information – Hotel rooms & rates will be made for meet visitors at the following hotels: Courtyard Marriott of Downtown Holland & Residence Inn at Holland.

Friday Evening

All Friday Events Are Timed Finals

Warm-up 4:00 PM

Check-In Deadline for Events 1-2 4:15 PM, for events 3-8 5:45pm

Competition Begins 5:00 PM

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	OPEN	1650 FREE	2
3	11-12	500 FREE	4
5	10 & U	500 FREE	6
7	11-12	400 IM	8

SATURDAY MORNING

Warm-up 7:30 AM

Check-In Deadline 7:45 AM

Competition Begins 8:30 AM

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
9	OPEN	200 IM	10
11	OPEN	100 FLY	12
13	OPEN	200 BACK	14
15	OPEN	100 FREE	16
17	OPEN	100 BREAST	18
19	OPEN	500 FREE	20

SATURDAY AFTERNOON

Warm-up 12:30 PM

Check-In Deadline 12:45 PM

Competition Begins 1:15 PM

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
21	10 & U	200 FREE	22
23	11-12	200 FREE	24
25	10 & U	100 IM	26
27	11-12	100 IM	28
29	10 & U	100 BACK	30
31	11-12	50 BACK	32
33	10 & U	100 FLY	34
35	11-12	100 FLY	36
37	10 & U	100 BREAST	38
39	11-12	100 BREAST	40
41	11-12	200 BACK	42
43	10 & U	50 FREE	44
45	11-12	50 FREE	46

SATURDAY EVENING

Warm-up 5:30 PM

Competition Begins 6:30 PM

SATURDAY FINALS WILL BE IN THE 50M LONG COURSE FORMAT

SUNDAY MORNING

Warm-up 7:30 AM

Check-In Deadline 7:45 AM

Competition Begins 8:30 AM

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
47	OPEN	200 FREE	48
49	OPEN	100 BACK	50
51	OPEN	200 FLY	52
53	OPEN	50 FREE	54
55	OPEN	200 BREAST	56
57	OPEN	400 IM	58

SUNDAY AFTERNOON

Warm-up 12:30 PM

Check-In Deadline 12:45 PM

Competition Begins 1:15 PM

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
59	11-12	200 IM	60
61	10 & U	200 IM	62
63	11-12	200 FLY	64
65	10 & U	50 BREAST	66
67	11-12	50 BREAST	68
69	10 & U	50 BACK	70
71	11-12	100 BACK	72
73	10 & U	50 FLY	74
75	11-12	50 FLY	76
77	11-12	200 BREAST	78
79	10 & U	100 FREE	80
81	11-12	100 FREE	82

SUNDAY EVENING

Warm-up 5:30 PM

Competition Begins 6:30 PM

SATURDAY FINALS WILL BE IN THE 50M LONG COURSE FORMAT