



**Save the Date Meet Announcement**  
**2017 Holiday Hangover Winter Cup**  
**Hosted By: Liquid Lightning**  
**January 7 & 8**

**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** – Lake Orion High School, 495 E Scripts Rd Lake Orion, Mi 48362

**Times** – **Saturday January 7, 2017 7:30 AM warm up, meet start 8:30 am**  
**Sunday January 8, 2017 7:30 warm up, 8:30 met start, 12:30 am warm up**  
**1:30 meet start**

**Facilities** – Lake Orion Natatorium, is a 8 lane pool with a supervised warm-up and warm down area available. Depth at start is \_\_\_\_<sup>1</sup> and \_\_\_\_ at turn. Permanent starting blocks and non-turbulent lane markers will be .

**Eligibility** – This meet is for ABC swimmers . All swimmers must be currently registered with United States of America Swimming (USA-S). A swimmer's age on January 7, 2017 will determine his/her eligibility for a particular age group.

**Meet Format** – ABC meet format with 3. Distance events will be swum on Saturday morning.

**Individual Entry Limits** – 4 swims per session and one relay per session.

Contact for more information – Nancy Robertson 248-917-9614

Hotel Information –Please use your favorite booking site.

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<sup>1</sup>Depth at Start must meet State of Michigan requirements.