



Integrity, Inclusion, Education, Excellence

2024 Holiday Cup

Hosted By: WMS

December 14 and 15, 2024

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final and prelim/final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2425035**. In granting this sanction it is understood and agreed that USA Swimming, Inc. 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 the event. MS rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

Minor Athlete Abuse Prevention Policy Acknowledgement

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. There will be at least two safety marshals at this competition, with at least one of each gender.

Location - Zeeland Natatorium/ Zeeland West High School
3390 100th Ave.
Zeeland, MI 49464

Times - Sat, Dec. 14 (Prelims – 11 & over)
Balcony doors open at 7:00am
Warm-Up Starts: 7:00 am and Events Begin: 8:30 am

Sat, Dec. 14 (Timed Finals – 10 & under)
Warm-Up Starts: 12:30 pm and Events Begin: 1:30 pm

Sat, Dec. 14 (Finals – 11 & over)
Warm-Up Starts: 4:30 pm and Events Begin: 5:30 pm

Sun, Dec. 15 (Prelims – 11 & over)
Balcony doors open at 7:00 am
Warm-Up Starts: 7:00 am and Events Begin: 8:30 am

Sun, Dec. 15 (Timed Finals – 10 & under)
Warm-Up Starts: 12:30 pm/Start: 1:30 pm

Sun, Dec. 15 (Finals – 11 & over)
Warm-Up Starts: 4:00 pm and Events Begin: 5:00 pm

**** Note Sunday Finals warm up and start time is 30 minutes earlier than Saturday evening session ****

Facilities

Zeeland Natatorium, is up to a(n) 10 lane pool with a supervised warm-up and warm down area available. Depth at start is 8 feet and nine and a half feet at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with up to a 10 lane display can be used.

Course Certification

The competition course has not been certified in accordance with 104.2.2C(4)

Meet Format

This meet will be a prelim/final format for all swimmers 11 & older, except for the 500 Free, 400 IM, 200 Medley Relay and 200 Free Relay which will be swam as a timed final. 11 & older swimmers will compete together in the morning and be split out for separate events (11/12, 13/14, & 150) at night. All final events will consist of a consolation heat (9th-16th) and championship heat (1st-8th), swum in that order. For the 11 & older 50 back, 50 breast, 50 free and 50 fly, a 3rd final will be swum and contain the combined top 8 para swimmers in that event. All 10U events will swim in afternoon timed finals sessions.

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

Entry Procedures

Entries may be submitted to the Administrative Official as of November 16th, 2024 @ 12:00 PM. The Administrative Official must receive all entries no later than December 7th, 2024 @ 11:59 PM. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. All individual entries should be submitted via electronic mail at the e-mail address listed in the last section of this meet information packet.

Entry Acceptance and Processing

If the meet is over-entered, WMS has sole discretion to determine which entries to accept. In making this decision, the number of officials coming with the team will be considered. If there will be officials coming with your team, please include the number of officials from your team that are working the meet with your entry file. The order in which entries are received after the entry open date listed above will be considered AFTER the above criteria. Teams will not be split.

Individual Entry Limits

Timed Final afternoon swimmers will be limited to five (5) individual events and (1) relay event per day. Prelim/Final swimmers will be limited to three (3) individual events and (1) relay event per day.

If an athlete chooses to swim in both timed finals and prelim/finals events they are limited to three (3) events per day by USA Swimming rules.

Entry Fees

\$5.00 per individual timed final event, \$7.50 per prelim/final event, and \$12.00 per relay event. All swimmers will be charged a \$10.00 facility fee. Make checks payable to: West Michigan Swimmers.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

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).

Entry Payments

Check should be sent via U.S. mail or nationally recognized overnight courier to:

West Michigan Swimmers
3390 100th Ave
Zeeland, MI 49464
616-748-3101

Check In

Check-in will be required. It will be available 30 minutes prior to warm-up. Mandatory check in is used and it will be 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 hallway outside the locker rooms.

Marshaling

Swimmers will be responsible for reporting to the marshaling area 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.

500 Free and 400 IM will be seeded fastest to slowest alternating genders by event.

200 Medley and 200 Free Relays will be mixed genders and will be seeded slowest to fastest.

All preliminary events will have the top three heats circle seeded after check in closes, other heats in the event will be seeded slowest to fastest.

All 10 & Under events will be seeded slowest to fastest after check in closes.

Deck Entries

Deck entries will be allowed, at the discretion of the Meet Referee and Meet Director, and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. \$7.50 per individual timed final event, \$10.00 per prelim/final event, and \$14.50 per relay event.

Meet Programs/Admissions

Admission is \$5.00 per day. Children 8 & under are free with paying adult. Saturday Finals and Sunday Finals Heat Sheets will be \$2.00. Saturday/Sunday Prelims and Saturday/Sunday Timed Final Heat Sheets will be \$3.00.

Scoring

Scoring will be kept as follows:

Individual Events Points: 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 for top 16 places in each age group and gender.

Awards

10 & Under events will be split into 8 & Under and 9/10 age groups. 11 & Over events will be split into 11/12, 13/14, and 15 & Over.

PRELIMINARIES – No awards will be given.

SATURDAY/SUNDAY TIMED FINALS – Individual events for 8 & Under and 9/10 will receive awards. Ribbons will be awarded for 1st – 8th. No awards for relays will be given.

SATURDAY/SUNDAY NIGHT FINALS – Individual events for 11/12, 13/14 and 15 & Over will receive awards. Medals will be awarded for 1st – 3rd.

NOTE: This is a prelim/final championship meet format meaning only the top eight seeds will compete for the top eight places. Consolation round (9th seed thru 16th seed) swimmers cannot move up or down a heat. There will be a separate 3rd final consisting of the top 8 para swimmers in the following events: 50 fly, 50 back, 50 breast, 50 free.

There will be one overall team high point award, this will be inclusive of all ages groups (8&U, 9/10, 11/12, 13/14, and 15&O) and genders.

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 balcony lobby. 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 pool office. 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.

Racing Start Certification

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 Michigan Swimming Board of Directors, 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.

All individuals seeking access to the pool deck must show a valid digital USA Swimming membership card reflecting good standing in order to receive a deck credential. The credential must be displayed at all times during the meet and will include the host team 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.

First Aid

Supplies will be kept in pool office.

Medical Supervision

Lifeguards and an AED device will be available to all athletes participating in this competition.

Facility Items

- (A) No smoking is allowed in the building or on the grounds of any facility listed above.
- (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**.
- (G) Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

General Information and Errors/Omissions

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.

Meet Personnel

Meet Director: Dana Durham, (616)283-2467, westmiswimmers@gmail.com

Meet Referee: Terri Clark, Therese.clark10@gmail.com

Safety Marshal: Sara Stevens

Administrative Official: Adam Forbes, forbesajswim@gmail.com

2024 Holiday Cup
Sanction Number: MI2425035
December 14-15, 2024

SAT MORNING: Warm-up: 7:00 AM; Events: 8:30 AM

***Will be swum as timed final, fastest to slowest alternating genders.

GIRLS	PRELIMS	BOYS
1	11 & 12 100 IM	2
3	11 & Over 200 Breast	4
5	11 & Over 50 Free	6
7	11 & Over 100 Fly	8
9	11 & Over 100 Back	10
11	11 & Over 50 Breast	12
13	11 & Over 200 Free	14
15	11 & Over Mixed 200 Medley Relay	
16	11 & Over 500 Free***	17

SAT AFTERNOON: Warm-up: 12:30 PM; Events: 1:30 PM

GIRLS	TIMED FINALS	BOYS
18	10 & U 200 Free	19
20	8 & U 25 Breast	21
22	10 & U 50 Breast	23
24	10 & U 100 Back	25
26	8 & U 25 Fly	27
28	10 & U 50 Fly	29
30	10 & U 100 Free	31
32	10 & U 100 IM	33
34	10 & U Mixed 200 Medley Relay	

SAT EVENING: Warm-ups 4:30 PM; Events 5:30 PM

Consolation Heat (9th-16th), then Championship Heat (1st-8th).

**There will be a 3rd heat of the top 8 para swimmers and will be swum prior to the bonus heat

GIRLS	FINALS	BOYS
	11 & 12 100 IM	
	11 & Over 200 Breast	
	11 & Over 50 Free**	
	11 & Over 100 Fly	
	11 & Over 100 Back	
	11 & Over 50 Breast**	
	11 & Over 200 Free	

SUN MORNING: Warm-up: 7:00 AM; Events: 8:30 AM

***Will be swum as timed final, fastest to slowest alternating genders.

GIRLS	PRELIMS	BOYS
35	11 & Over 200 Back	36
37	11 & Over 50 Fly	38
39	11 & Over 100 Free	40
41	11 & Over 200 IM	42
43	11 & Over 100 Breast	44
45	11 & Over 50 Back	46
47	11 & Over 200 Fly	48
49	11 & Over Mixed 200 Free Relay	
50	11 & Over 400 IM***	51

SUN AFTERNOON: Warm-up: 12:30; Events: 1:30 PM.

<u>GIRLS</u>	<u>TIMED FINALS</u>	<u>BOYS</u>
52	10 & U 100 Fly	53
54	8 & U 25 Free	55
56	10 & U 50 Free	57
58	10 & U 200 IM	59
60	8 & U 25 Back	61
62	10 & U 50 Back	63
64	10 & U 100 Breast	65
66	10 & U Mixed 200 Free Relay	

SUN EVENING: Warm-ups 4:00 PM; Events 5:00 PM

****Sunday warm up and start time is 30 minutes earlier than Friday and Saturday finals sessions***

Consolation Heat (9th-16th), then Championship Heat (1st-8th).

****There will be a 3rd heat of the top 8 para swimmers and will be swum prior to the bonus heat**

<u>GIRLS</u>	<u>FINALS</u>	<u>BOYS</u>
	11 & Over 200 Back	
	11 & Over 50 Fly**	
	11 & Over 100 Free	
	11 & Over 200 IM	
	11 & Over 100 Breast	
	11 & Over 50 Back**	
	11 & Over 200 Fly	