



Integrity, Inclusion, Education, Excellence

2024 Back to the Pool Meet

Hosted By: Liquid Lightning (LL)

October 19-20, 2024

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2425013**. 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

Lake Orion High School Natatorium, 495 E. Scripps, Lake Orion, MI 48360

Times - Saturday & Sunday morning warm up will start at 8:00 a.m. and Events will begin at 9:00 am. Saturday & Sunday afternoon warm up will start immediately following the end of the morning session, but not before 12:00 p.m. Events will start no earlier than 1:00 p.m. The 1000 Freestyle will be a separate session. Warm ups will start immediately following the afternoon session, but not before 4:30 p.m. The Event will start no earlier than 5:00 p.m.

Facilities

Lake Orion High School Natatorium, is an 11 lane pool with 8 lanes used for competition. There is a separate 4 lane supervised warm-up and warm down area available. Depth at start is 7'¹ and 9'13" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with an 8 lane display will be used.

Course Certification

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

¹ Depth at Start must meet State of Michigan requirements.

Meet Format

All events are timed finals.

Eligibility

Back to the Pool Meet is for all swimmers who are currently registered with United States of America Swimming (USA-S). A swimmer's age on October 19, 2024 will determine his/her eligibility for a particular age group.

Entry Procedures

Entries may be submitted to the Administrative Official as of September 21, 2024 at 9:00 a.m. The Administrative Official must receive all entries no later than October 6, 2024 at 11:59 p.m. 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

Entries will be accepted and processed on a first come, first served basis in the order in which they are received after the entry open date listed above.

Individual Entry Limits - An athlete may enter no more than 6 events per day on Saturday and Sunday.

Entry Fees

\$5.00 per individual event, except for the 1000 Freestyle which is \$8.00. Make checks payable to Liquid Lightning.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies. A \$5.00 per athlete facility surcharge will apply.

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

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

Liquid Lightning Swim Team
P.O. Box 307
Lake Orion, MI 48362
meetentries@liquidlightning.org

Check In - Check in will be available as of 15 minutes prior to the beginning of warm-ups for each session. Check in is mandatory for all events and will close 15 minutes after the start of warm-ups for each session. Failure to check in will cause the swimmer to be scratched from all events in that session. Check in sheets will be posted in the lower lobby outside the locker rooms.

Marshaling – This is a self marshalled meet.

Seeding - All events are timed finals and will be seeded slowest to fastest other than the 400 Individual Medley, 500 Freestyle, and 1000 Freestyle, which will be seeded fastest to slowest (alternating genders-women/men for the 400 IM and 500 Freestyle).

Deck Entries

Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck Entries are \$7.00 per each event except the 1000 Freestyle which is \$10.00 plus \$1.00 athlete surcharge and \$5.00 facility surcharge if not already entered in the meet. All athletes must be currently registered with USA Swimming.

Admissions/Meet Programs - Admission is \$5.00 per person per day on Saturday and Sunday. 10 and under are free. Heat Sheets will be available for \$3.00.

Scoring – No individual or team scoring will be kept.

Awards - Awards will be given for places 1-16 in all 12 & Under 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 upper pool lobby concession 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 check in table in the lower lobby. 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 the pool office.

Medical Supervision - Lifeguards will be onsite during the entire meet to provide first aid.

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 in 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: Nardeen Harrington nardeenmotamedi@yahoo.com

Meet Referee: Dawn Gurley dawngurley@att.net

Safety Marshal: Janell and Dane Vinci

Administrative Official: Randy Hall meetentries@liquidlightning.org

Sanction Number: MI2425013

Saturday October 19, 2024 Morning Session

Warm ups start @ 8:00 AM Check in closes @ 8:15 AM Events begin @ 9:00 AM

Girls	Event	Boys
X	11-12 200 Individual Medley	1
2	10 & Under 100 Individual Medley	3
X	11-12 200 Butterfly	4
5	10 & Under 50 Butterfly	6
7	8 & Under 25 Butterfly	8
X	11-12 100 Freestyle	9
10	10 & Under 100 Freestyle	11
X	11-12 50 Backstroke	12
13	10 & Under 50 Backstroke	14
15	8 & Under 25 Backstroke	16
X	11-12 100 Breaststroke	17
18	10 & Under 100 Breaststroke	19
x	11-12 200 Backstroke	20

Saturday October 19, 2024 Afternoon Session

Warm ups start immediately following the AM session but not before 12:00 PM Check in will close 15 minutes after the start of warm ups.

Girls	Event	Boys
21	11-12 400 Individual Medley	x
22	Open 400 Individual Medley	23
24	11-12 50 Backstroke	x
25	Open 200 Individual Medley	26
27	11-12 100 Individual Medley	X
28	Open 100 Breaststroke	29
30	11-12 100 Breaststroke	x
31	Open 200 Freestyle	32
33	11-12 200 Freestyle	X
34	Open 100 Backstroke	35
36	11-12 100 Backstroke	X
37	Open 200 Butterfly	38
39	11-12 200 Butterfly	x

Saturday October 19, 2024 Distance Session

Warm ups start immediately following the PM session but not before 4:30 PM. Check in will close 15 minutes after the start of warm ups.

Girls	Event	Boys
40	Mixed Open 1000 Freestyle	40

Sunday October 20, 2024 Morning Session

Warm ups start @ 8:00 AM Check in closes @ 8:15 AM Events begin @ 9:00 AM

Girls	Event	Boys
X	11-12 100 Butterfly	41
42	10 & Under 100 Butterfly	43
x	11-12 200 Breaststroke	44
45	10 & Under 50 Breaststroke	46
47	8 & Under 25 Breaststroke	48
x	11-12 100 Backstroke	49
50	10 & Under 100 Backstroke	51
X	11-12 50 Freestyle	52
53	10 & Under 50 Freestyle	54
55	8 & Under 25 Freestyle	56
x	11-12 200 Freestyle	57

Sunday October 20, 2024 Afternoon Session

Warm ups start immediately following the AM session but not before 12:00 p.m. Check in will close 15 minutes after the start of warm ups.

Girls	Event	Boys
58	11-12 100 Butterfly	x
59	Open 100 Butterfly	60
61	11-12 200 Backstroke	X
62	Open 200 Backstroke	63
64	11-12 50 Freestyle	X
65	Open 50 Freestyle	66
67	11-12 200 Breaststroke	x
68	Open 200 Breaststroke	69
70	11-12 100 Freestyle	X
71	Open 100 Freestyle	72
73	11-12 100 Individual Medley	X
74	Open 500 Freestyle	75
