



Integrity, Inclusion, Education, Excellence

2025 Back to the Pool

Hosted By: Royal Swimming

October 10-11, 2025

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2526014**. 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 – Friday evening session warm up will start at 4:30 p.m. and events begin at 05:30 p.m. Saturday morning session warm up will start at 8:00 a.m. and events begin at 9:00 a.m. Saturday afternoon session will begin immediately following the end of the morning session, but warm ups will not start before 12:00 pm and events will begin before 1:00 pm.

Facilities - Lake Orion High School Natatorium is an 11 lane, 25 yard pool with 8 lanes used for competition. There is a separate 4 lane supervised warm up warm down area available. Depth at start is 7'¹ and 9'11" 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)

Meet Format – All events are timed finals.

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 September 18, 2025 at 8:00 am. The Administrative Official must receive all entries no later than October 3, 2025 at 11:59 pm. Entries must include correct swimmer name (as registered with USA/MS

¹ Depth at Start must meet State of Michigan requirements.

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 – Athletes will be allowed 5 individual events on Friday and 6 individual events and 1 relay event on Saturday.

Entry Fees - **\$6.25** per individual event except for the 1000 Freestyle which is **\$8.00** and **\$12.00** for relays. Make checks payable to Royal Swimming

Surcharges - A \$1.00 per athlete Michigan Swimming athlete surcharge applies. A \$10.00 per athlete facility surcharge applies as well.

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 may be brought to the meet or mailed to:

326 Lake St.
Lake Orion, MI 48362

Check In - Check-in will be required and will be located in the lower lobby outside the locker rooms. Check in will close 15 minutes after the start of warmups. Failure to check in will cause the swimmer to be scratched from all events in that session.

Marshaling – Back to the Pool is a self-marshaled meet.

Seeding - All events are timed finals and will be seeded slowest to fastest except for the 500 and 1000 Freestyle which will be seeded fastest to slowest.

Deck Entries - Deck entries may be allowed at the discretion of the Meet Referee and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck Entry fee will be \$8.25 for individual events, except for the 1000 freestyle which is \$10.00 and \$14.00 for relay events. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge and \$10 per athlete facility surcharge applies as well if they are not already entered in the meet. For deck entries, registration status must be proven by showing an electronic USA Swimming membership card on the USA Swimming website or USA Swimming app.

Meet Programs/Admissions - Admission is \$5.00, 10 & Under is free. Heat sheets will be available for purchase for \$3.00.

Scoring – No individual or team scoring will be kept.

Awards – Awards will be given for 1st-8th place for 8 & Under, 9-10 and 11-12 age groups in individual 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 beverage will be available in the upper 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 area on the lower level. 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. Only athletes are permitted in the 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 on site 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 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: Stephen Smith coachstephen@royalswimming.org

Meet Referee: Dan Hohnstadt dhohnstadt@gmail.com

Safety Marshal: Katie Sullivan

Administrative Official: Dawn Gurley dawn.gurley@miswim.org

Sanction Number: MI2526014
Friday, October 10, 2025

Warm-ups at 4:30 p.m., Events start at 5:30 p.m. Check in will close 15 minutes after the start of warm-ups.

Girls Event #	Age	Event	Age	Boys Event #
1	OPEN	100 IM	OPEN	2
3	OPEN	200 Butterfly	OPEN	4
5	OPEN	200 IM	OPEN	6
7	OPEN	200 Breaststroke	OPEN	8
9	OPEN	Mixed 500 Freestyle	OPEN	9

Saturday, October 11, 2025

12 and under session warm-up 8:00 a.m., Events begin at 9:00 a.m. Check in will close 15 minutes after the start of warm-ups.

Girls Event #	Age	Event	Age	Boys Event #
10	10&U	Mixed 25 Backstroke	10&U	10
11	12&U	50 Freestyle	12&U	12
13	10&U	Mixed 25 Butterfly	10&U	13
14	12&U	50 Backstroke	12&U	15
16	10&U	Mixed 25 Freestyle	10&U	16
17	12&U	50 Breaststroke	12&U	18
19	10&U	Mixed 25 Breaststroke	10&U	19
20	12&U	50 Butterfly	12&U	21
22	12&U	Mixed 100 IM	12&U	22
23	12&U	Mixed 100 Freestyle Relay	12&U	23

Open session warm-up will start immediately after the AM session, but not before 12:00 p.m., events will begin not before 1:00 pm. Check in will close 15 minutes after the start of warm-ups.

Girls Event #	Age	Event	Age	Boys Event #
24	OPEN	200 Freestyle	OPEN	25
26	OPEN	50 Butterfly	OPEN	27
28	OPEN	50 Freestyle	OPEN	29
30	OPEN	50 Breaststroke	OPEN	31
32	OPEN	200 Backstroke	OPEN	33
34	OPEN	100 Freestyle	OPEN	35
36	OPEN	50 Backstroke	OPEN	37
38	OPEN	MIXED 400 Freestyle Relay	OPEN	38
39	OPEN	400 IM	OPEN	40
41	OPEN	Mixed 1000 Freestyle	OPEN	41