



Integrity, Inclusion, Education, Excellence

GLT Tsunami Prelim/Final Meet

Hosted By: Great Lakes Tritons (GLT)

December 12-14, 2025

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 **MI2526033**. 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

L'Anse Creuse North High School, 23700 21 Mile Rd., Macomb, MI 48042

Times

Friday warmups will begin at 4:30pm and the meet will start at 5:30pm.
Saturday & Sunday morning session warmups will begin at 7:30am and the meet will start at 8:45am. The afternoon session warmups will begin at 12:30pm and the meet will start at 1:30pm. The final session warmups will begin immediately following the afternoon session but not before 4:00pm. The meet will begin one hour after warmups.

The host club reserves the right to modify warm-up and start times. All teams who have entered the meet will receive a welcome email with the exact start times by December 10, 2025.

Facilities

L'Anse Creuse North High School pool, is a(n) 8 lane pool with a supervised warm-up and warm down area available. Depth at start is 8'¹ and 4' 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

This meet will be a Prelim/Final meet for 11 & Over athletes and a Timed Final for 10 & Under athletes with the exception of the 400 IM, 500 Freestyle and 1000 Freestyle which will be a Timed Final event for 11 & Over athletes. All events will be seeded slowest to fastest with the exception of the 400 IM and the 500 Freestyle which will be seeded fastest to slowest and alternating genders. The 1000 Freestyle will be seeded fastest to slowest. The 1000 Freestyle will be limited to no more than 4 heats and the time standard will be 12:59.99.

The Finals heats (A & B) will comprise of the fastest top 16 athletes from prelims after scratches and will swim in B (Consolation Heat)/A (Final Heat) order. If an athlete does not scratch from a final event and fails to compete in the final event, they will be scratched from the remainder of their events.

Eligibility All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. A swimmer's age on December 12, 2025 will determine his/her eligibility for a particular age group.

Entry Procedures

Entries may be submitted to the Administrative Official as of **November 14, 2025 at 10:00am**. The Administrative Official must receive all entries no later than **December 6, 2025 at 11:59pm**. 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

All athletes are limited to two (2) events on Friday evening. All athletes 11 & Over are limited to 3 events per day on Saturday and Sunday. All 10 & Under athletes are limited to 5 events per day on Saturday and Sunday. 10 & Under athletes who swim in an Open Prelim/final event on Saturday or Sunday are limited to 3 events that day.

Entry Fees

\$6.25 per individual timed final event, **\$8.75** for each prelim/final event and **\$9.00** for the 1000 Freestyle. Make checks payable to **Great Lakes Tritons**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies. A \$10.00 per athlete facility surcharge also 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

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

Great Lakes Tritons

16220 Cambell Dr.

Macomb, MI 48044

Check In

Check-in will be required and will be located in the hallway outside the entrance to the locker rooms. Check-in will be available 15 minutes prior to warm-up. Check in is mandatory for all events and is 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.

Marshaling

All events will be self-marshaled. Heat sheets will be posted in conspicuous places on the deck and distributed to coaches as soon as possible. All swimmers will be expected to find their heat and lane independently.

Seeding

The meet will be seeded after check-in closes. Swimmers who fail to check-in will be scratched from those events.

Deck Entries

Deck entries will be allowed.

All deck entries must be received by the office 15 minutes after warmups begin for the session the athlete is deck entering. Deck Entries count toward daily total entries for athletes. The deck entry fee is \$11.00 for prelim/final events and \$8.50 for timed final events. If the swimmer is not in the meet already, they will also be subject to the \$1.00 MI Swimming fee and the \$10 facility fee. Athletes must be registered with USA swimming prior to the first day of the meet to be eligible for deck entries.

Meet Programs/Admissions

Admission will be \$5.00 for each day, Friday, Saturday and Sunday. Children 12 & Under are free. Heat sheets will be available for \$3.00 each after check in closes.

Scoring

No scores will be kept.

Awards

Awards will be given for 1st through 16th places. Medals for 1st -8th place and ribbons for 9th-16th place. Awards will only be given to the Coaches at the end of the meet. No awards will be mailed.

AWARDS WILL BE BAGGED UP FOR COACHES PICKUP FOLLOWING THE COMPLETION OF SUNDAYS FINALS. COACHES PLEASE STOP AT THE TIMING OFFICE BEFORE LEAVING AFTER YOUR FINAL EVENT TO PICKUP YOUR AWARDS!!

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

Limited concessions will be available in the pool lobby area at the discretion of the facility. 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 **Clerk of Course**. 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 allowed 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 lifeguard office.

Medical Supervision

The on deck first aid station will be staffed by volunteers for the duration of the meet. Lifeguards will not be provided. Coaches are first aid and CPR certified. An AED will be available.

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: Dan Beauregard - president@greatlakestritons.org

Meet Referee: Rob Threlkeld - rthrelkeld1@gmail.com

Safety Marshal: Karyn DeVleeschouwer

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

Order of Events
Sanction Number: MI2526033

Friday December 12th – Session 1:

Timed Finals: Age Groups

Warm-Up: 4:30pm-5:25pm

Meet Starts: 5:30pm

Check-In Deadline: 4:45pm

Girls Event#	Timed Finals Evening Session 1	Boys Event#
1	11-14 400 IM	2
3	15 & Over 400 IM	4
5	12 & Under 200 IM	6
7	13-14 500 Free	8
9	15 & Over 500 Free	10
11	12 & Under 500 Free	12
13	Open Mixed 1000 Free*	13

*Time standard of 12:59.99 required and limited to 4 heats.

Saturday December 13th – Session 2

Prelims: 11-12, 13-14, 15 & Over, and Open Age Groups

Warm-Up: 7:30am-8:40am

Meet Starts: 8:45am

Check-In Deadline: 7:45am

Girls Event#	Prelims Morning Session 2	Boys Event#
14	11-12 200 Free	15
16	13-14 200 Free	17
18	15 & Over 200 Free	19
20	11-12 100 Back	21
22	13-14 100 Back	23
24	15 & Over 100 Back	25
26	11-12 50 Fly	27
28	13-14 200 Fly	29
30	Open 200 Fly	31
32	11-12 50 Free	33
34	13-14 50 Free	35
36	15 & Over 50 Free	37
38	11-12 50 Breast	39
40	13-14 200 Breast	41
42	Open 200 Breast	43

Saturday December 13th – Session 3:

Timed Finals: 10 & Under Age Groups

Warm-Up: 12:30pm

Meet Starts: 1:30pm

Check-In Deadline: 12:45pm

Girls Event#	Timed Finals Afternoon Session 3	Boys Event#
44	9-10 50 Free	45
46	8 & Under 25 Free	47
48	10 & Under 100 Back	49
50	8 & Under 50 Back	51
52	9-10 50 Fly	53
54	8 & Under 25 Fly	55
56	10 & Under 200 Free	57
58	8 & Under 100 Free	59
60	9-10 50 Breast	61
62	8 & Under 25 Breast	63

Saturday December 13th – Session 4:

Finals: 11-12 (A & B), 13-14 (A & B), 15 & Over (A & B), and Open (A & B) Age Groups

Warm-Up: Not before 4:00pm

Meet Starts: Not before 5:00pm

Girls Event#	Finals Evening Session 4	Boys Event#
14	11-12 200 Free	15
16	13-14 200 Free	17
18	15 & Over 200 Free	19
20	11-12 100 Back	21
22	13-14 100 Back	23
24	15 & Over 100 Back	25
26	11-12 50 Fly	27
28	13-14 200 Fly	29
30	Open 200 Fly	31
32	11-12 50 Free	33
34	13-14 50 Free	35
36	15 & Over 50 Free	37
38	11-12 50 Breast	39
40	13-14 200 Breast	41
42	Open 200 Breast	43

Sunday December 14th – Session 5:

Prelims: 11-12, 13-14, 15 & Over, and Open Age Groups

Warm-Up: 7:30am-8:40am

Meet Starts: 8:45am

Check-In Deadline: 7:45am

Girls Event#	Prelims Morning Session 5	Boys Event#
64	11-12 100 Free	65
66	13-14 100 Free	67
68	15 & Over 100 Free	69
70	11-12 100 IM	71
72	13-14 200 IM	73
74	15 & Over 200 IM	75
76	11-12 100 Fly	77
78	13-14 100 Fly	79
80	15 & Over 100 Fly	81
82	11-12 50 Back	83
84	13-14 200 Back	85
86	Open 200 Back	87
88	11-12 100 Breast	89
90	13-14 100 Breast	91
92	15 & Over 100 Breast	93

Sunday December 14th – Session 6:

Timed Finals: 10 & Under Age Groups

Warm-Up: 12:30pm

Meet Starts: 1:30pm

Check-In Deadline: 12:45pm

Girls Event#	Timed Finals Afternoon Session 6	Boys Event#
94	9-10 100 Free	95
96	8 & Under 50 Free	97
98	9-10 100 I.M.	99
100	8 & Under 100 I.M.	101
102	10 & Under 100 Fly	103
104	8 & Under 50 Fly	105
106	9-10 50 Back	107
108	8 & Under 25 Back	109
110	10 & Under 100 Breast	111
112	8 & Under 50 Breast	113

Sunday December 14th – Session 7:

Finals: 11-12 (A & B), 13-14 (A & B), 15 & Over (A & B), and Open (A & B) Age Groups

Warm-Up: Not before 4:00pm

Meet Starts: Not before 5:00pm

Girls Event#	Finals Session 7	Boys Event#
64	11-12 100 Free	65
66	13-14 100 Free	67
68	15 & Over 100 Free	69
70	11-12 100 IM	71
72	13-14 200 IM	73
74	15 & Over 200 IM	75
76	11-12 100 Fly	77
78	13-14 100 Fly	79
80	15 & Over 100 Fly	81
82	11-12 50 Back	83
84	13-14 200 Back	85
86	Open 200 Back	87
88	11-12 100 Breast	89
90	13-14 100 Breast	91
92	15 & Over 100 Breast	93