



Integrity, Inclusion, Education, Excellence

2025 Guppy Bowl

Hosted By: Liquid Lightning (LL)

February 1, 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 **MI2425070**. 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, February 1, 2025, 8 & Under session warmups start at 9:00 a.m. and events begin at 9:45 am. Warmups for the 9-10 session will begin immediately following the 8 & Under session but not before 12:45 pm and events will begin 45 minutes after warmups.

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 – The 2025 Guppy Bowl is a timed final meet. Swimmers will be grouped by age and gender as specified by each individual event.

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 **January 11, 2025 at 9:00 a.m.** The Administrative Official must receive all entries no later than **January 25, 2025 at 11:59 pm.** Entries must include correct swimmer name (as registered

¹ Depth at Start must meet State of Michigan requirements.

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 – Swimmers are limited to 5 individual events and 2 relays.

Entry Fees - **\$5.00** per individual event and **\$12.00** for relays. Make checks payable to Liquid Lightning

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge and \$10.00 facility fee 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:

**Liquid Lightning
P.O. Box 307
Lake Orion, Michigan 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 – Guppy Bowl is a self marshalled meet.

Seeding – All events are timed finals and will be seeded slowest to fastest.

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 and procedures. Deck entry fee will be \$7.00 for individual events and \$15.00 for relay events. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge and the \$10 facility surcharge if they are not already 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 the USA Swimming app.

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

Scoring – No individual or team scoring will be kept.

Awards – Custom Guppy Bowl medals will be 1st – 3rd and ribbons 4th – 16th for all individual and relay events. Awards may be picked up by the coach or designated team representative at the conclusion of the meet. No awards will be mailed.

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 to purchase 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 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 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 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 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: Nardeen Harrington nardeenharrington@liquidlightning.org & Michaela Jackson michaelajackson@liquidlightning.org

Meet Referee: Rich Dessin richard_dessin@yahoo.com

Safety Marshal: Janell & Dane Vinci

Administrative Official: Dawn Gurley meetentries@liquidlightning.org

Sanction Number: MI2425070

Saturday, February 1, 2025

8 & Under Session, Warm-ups at 9:00 a.m., Events start at 9:45 a.m.

Girls Event #	Age	Event	Age	Boys Event #
1	8 & Under	Mixed 100 Free Relay	8 & Under	1
2	8 & Under	100 Individual Medley	8 & Under	3
4	7-8	25 Freestyle	7-8	5
6	6 & Under	25 Freestyle	6 & Under	7
8	7-8	25 Backstroke	7-8	9
10	6 & Under	25 Backstroke	6 & Under	11
12	8 & Under	100 Mixed Medley Relay	8 & Under	12
13	7-8	25 Breaststroke	7-8	14
15	6 & Under	25 Breaststroke	6 & Under	16
17	7-8	25 Butterfly	7-8	18
19	6 & Under	25 Butterfly	6 & Under	20
21	8 & Under	100 Freestyle	8 & Under	22

9-10 Session Warm-ups not before 12:45 p.m., Events 45 minutes after warmups

Girls Event #	Age	Event	Age	Boys Event #
23	9-10	Mixed 100 Free Relay	9-10	23
24	9-10	100 Individual Medley	9-10	25
26	9-10	50 Freestyle	9-10	27
28	9-10	50 Backstroke	9-10	29
30	9-10	Mixed 100 Medley Relay	9-10	30
31	9-10	50 Breaststroke	9-10	32
33	9-10	50 Butterfly	9-10	34
35	9-10	100 Freestyle	9-10	36