

Revised 8/18/2025



Integrity, Inclusion, Education, Excellence

Holland Fall Invite 2025

Hosted By: Michigan Lakeshore Aquatics

October 31 – November 2, 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 **MI2526015**. 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

Holland Aquatic Center
550 Maple Avenue
Holland, Michigan 49423

Times

Friday October 31, 2025

Timed Finals Warm-up 5:00pm Start 6:00pm

Saturday November 1, 2025

Prelim Warm-up 7:30am Start 9:00am

Finals Warm-up 4:30pm Start 5:30pm

Sunday November 2, 2025

Prelim Warm-up 7:30am Start 9:00am

Finals Warm-up 4:30pm Start 5:30pm

Facilities

Holland Aquatic Center is an 8 lane 25-yard pool with 12 additional 25-yard lanes which will be available for supervised warm-up and warm down. Depth at start is 6'9" and 4'0" at turn.

Permanent starting blocks and non-turbulent lane markers will be used. Colorado Timing 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

Holland Fall Invite has an Open Prelim/Finals and Timed Finals format, with designated 12&under Finals.

All events except for the 400 IM and the 500 Free will swim in a Prelim/Finals format.

The 400 IM and 500 Free will swim in a Timed Finals format at the Friday session.

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 **Friday October 3th, 2025 at 9:00am**. The Administrative Official must receive all entries no later than **Friday October 24th, 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.

Per the Entry Acceptance and Processing section, the email with entries should also include the number of officials that are coming with the team, if applicable.

Entry Acceptance and Processing

If the meet is over-entered, MLA has sole discretion to determine which entries to accept. In making this decision, the number of officials coming with the team will be considered. 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.

Teams will be notified by email of their status by 9:00 pm, October 7th, 2025.

Individual Entry Limits

Swimmers may enter a maximum of one (1) event on Friday and three (3) events per day on Saturday and Sunday. The maximum entry limit would be inclusive of deck entries.

Entry Fees

\$8.75 per individual prelim/final event and **\$6.25** per individual timed final event. Please include a \$10.00 athlete/facility surcharge for each swimmer entered. Make checks payable to Holland Aquatic Center.

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

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

Norm VerMeulen
Holland Aquatic Center
550 Maple Avenue
Holland, Michigan 49423
616-393-7595 ext. 104

Electronic Entries:

Administrative Official: Ruth Andegeko ruthandeaogmail.com

Check In

Check-in will be required. It will be available 30 minutes before warm-ups. Failure to check in will cause the swimmer to be scratched from all events in the session. Check in will close 15 minutes after the start of warm-up. Check-in sheets will be posted at the entrance to the pool area, prior to entering the locker rooms.

Marshaling

Self-Marshaling will be used for all swimmers. Heat sheets will be posted around the pool after check-in closes and seeding is complete. There will be at least two marshals at this competition, with at least one of each gender.

Seeding

Seeding will be done after check in closes. Swimmers who fail to check-in for an event will be scratched from that event.

- Timed Finals on Friday will be seeded fastest to slowest, alternating genders.
- Prelims events for Saturday and Sunday will be seeded slowest to fastest with circle seeding the last three heats.
- Finals events over 50 yards will have three heats:
 - A and B Final for Open (top 16 qualifiers, all ages)
 - C Final for 12 & under who didn't qualify on the top 16.
- 50-yard events will have four heats:
 - A and B Final for Open (top 16 qualifiers, all ages)
 - C and D Final for 12 & under who didn't qualify on the top 16.

Scratch Rules

Swimmers who qualify for finals are expected to compete in the finals session or scratch. An athlete has 30 minutes after announcing and posting of prelims results to scratch or declare their intent to scratch. Scratches from finals will be taken at the scratch table in front of the pool office.

Deck Entries

Deck entries will be allowed at \$11.00 per prelim/final individual events and \$8.50 per individual timed final individual events, if the timeline allows and the Meet Referee and Meet Director approve it and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Athletes must be registered with USA swimming prior to the first day of the meet to be eligible for deck entries.

Meet Programs/Admissions

Admissions is \$5.00 per person per day. Children 10 and under, with an adult, are free. Heat sheets will be available for \$3.00 after each session is seeded. One-day wristbands on the right wrist only (no hand stamps) will be utilized. Cut bands are not allowed for re-entry. NO BAG CHAIRS, FOLDING CHAIRS, CAMP CHAIRS ARE ALLOWED IN THE BALCONY. The Aquatic Center will be open to swim meet participants and spectators at 7:30am each morning.

Credit Card use is preferred at Holland Aquatic Center.

Scoring

Team Scoring will not be kept.

Awards

Awards will not be provided for this meet.

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 concessions area in the spectator's 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 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. 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

The Holland Aquatics Center is fully staffed with rotating lifeguards on both the 50m competition pool and 5-lane warm-up pool. An Operating Supervisor (OS) will be available on-deck or by radio at all times during open hours to facilitate emergency needs. The facility has several AED devices located around the competition and warm-down areas for easy access.

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 Norm VerMeulen (a USA Swimming member)
norm@mlaswim.org

Meet Referee Dawn Gurley (a USA swimming member)
dawn.gurley@miswim.org

Safety Marshal Sara Kadzban
sara@hollandaquaticcenter.org

Administrative Official
Ruth Andegeko (a USA Swimming member)
616.821.9795 (coaches only please)
ruthandea@gmail.com

Holland Fall Invite 2025
Sanction Number: MI2526015

Friday, October 31, 2025
Timed Final Events

Warm-up starts: 5:00pm Check-in closes: 5:15pm Meet starts: 6:00pm

Girls	Age	Event	Boys
1	Open	500 Freestyle	2
3	Open	400 IM	4

Saturday, November 1, 2025
Event Prelims

Warm-up starts: 7:30am Check-in closes: 7:45am Meet starts: 9:00am

Girls	Age	Event	Boys
5	Open	200 Freestyle	6
7	Open	100 Backstroke	8
9	Open	200 Breaststroke	10
11	Open	50 Butterfly	12
13	Open	200 Butterfly	14
15	Open	50 Freestyle	16

Saturday, November 1, 2025
Event Finals

Warm-up 4:30pm Meet Starts 5:30pm

Event Order: Events 5 through 16

Finals events over 50 yards will have three heats:

- A and B Final for Open (top 16 qualifiers, all ages)
- C Final for 12 & under who didn't qualify on the top 16.

50-yard events will have four heats:

- A and B Final for Open (top 16 qualifiers, all ages)
- C and D Final for 12 & under who didn't qualify on the top 16.

Please Note: Daylight Savings Time ends Sunday, November 2, 2025, at 2:00am.
Please adjust your clocks accordingly

Holland Fall Invite 2025
Sanction Number: =====

Sunday, November 2, 2025
Event Prelims

Warm-up starts: 7:30am Check-in closes: 7:45am Meet starts: 9:00am

Girls	Age	Description	Boys
17	Open	200 IM	18
19	Open	50 Breaststroke	20
21	Open	100 Breaststroke	22
23	Open	100 Butterfly	24
25	Open	50 Backstroke	26
27	Open	200 Backstroke	28
29	Open	100 Freestyle	30
31	Open	100 IM	32

Sunday, November 2, 2025
Event Finals

Warm-up 4:30pm Meet Starts 5:30pm

Event Order: Events 17 through 32

Finals events over 50 yards will have three heats:

- A and B Final for Open (top 16 qualifiers, all ages)
- C Final for 12 & under who didn't qualify on the top 16.

50-yard events will have four heats:

- A and B Final for Open (top 16 qualifiers, all ages)
- C and D Final for 12 & under who didn't qualify on the top 16.