



Integrity, Inclusion, Education, Excellence

2025 Fall Frenzy – Day After Meet

Hosted By: North Kent Aquatic Team

Sunday, November 23, 2025

Approval – This meet is approved by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Approval Number **MIAP2526025**. In granting this approval 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 - Northview High School
4451 Hunsberger Ave NE
Grand Rapids, MI 49525

Times - Sunday, November 23, 2025

Session 1- 10 & Under

Warm up starts – 8:30 am

Check in closes – 8:45 am

Meet starts – 9:30 am

Session 2 – 11 & Over

Warm-up starts 15 minutes after the completion of the morning session but no earlier than 12:00 pm.

Check-in closes 15 minutes after start of warm-ups.

Meet Starts 1 hour after warm-up starts but not earlier than 1:00 pm.

Facilities - Northview High School, is an 8 lane pool with a supervised warm-up and warm down area available. Depth at start is 7'6"¹ and 7'6" 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 timed final. Mixed relays must contain 2 female and 2 male athletes to be eligible for participation.

Eligibility – All athletes are eligible to participate in this meet.

Entry Procedures - Entries may be submitted to the Administrative Official as of Sunday, October 26, 2025 at 12:00pm. The Administrative Official must receive all entries no later than Saturday, November 15, 2025 at 11:59pm. Entries for USA registered athletes must include correct swimmer name (as registered with USA/MS Swimming) and date of birth in order for their entry times to be loaded into the SWIMS database. 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 may enter a maximum of 5 individual events and 2 relay events.

Entry Fees - \$6.00 per individual event and \$12.00 for relays. Make checks payable to North Kent Aquatic Team.

Surcharges - A \$2.00 per athlete facility charge and 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:

Attn: NKAT
4216 Lindbergh Ave NE
Grand Rapids, MI 49525

Check In - Check in will be required. It will be available 30 minutes before warmups. 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. Check in sheets will be posted outside the pool.

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.

Seeding - This meet will be seeded 15 minutes after the start of warmups. All events will be seeded slow to fast except for the 400 IM and the 1000 Free. Those two events will be seeded fast to slow.

Deck Entries - The Meet Referee and Meet Director will determine if Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck entries count toward daily total entries for swimmers. The deck entry fee is \$8.00 for individual and \$14.00 for relays. Athletes must be registered with USA swimming prior to the first day of the meet to be eligible for deck entries to be loaded into the SWIMS database. USA registered swimmers must have their correct name as registered with USA Swimming and their date of birth included in the Meet Manager file for their results to be loaded into the SWIMS database.

Meet Programs/Admissions - Admission will be \$5.00 per person. Children 10 and under may enter free. Heat sheets will be available at the admissions table for \$2.00 after the meet is seeded.

Scoring – No scores will be kept.

Awards – 10 & Under events ribbons will awarded for individual swimmers finishing in places 1 – 8 for 8 & Under and 9/10. No ribbons will be awarded for relay events. 11 & Over events in the afternoon session: 11/12 swimmers finishing in places 1 – 8 will receive awards; 13 & over will not receive 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 - Food and beverages will be available in the concession stand. 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 - Lifeguard will be on deck for providing support to athletes.

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 - Charissa Talsma - 231-250-9530 - NKATMeetDirector@gmail.com

Meet Referee - Adam Forbes - forbesajswim@gmail.com

Safety Marshal - Terri Eudy - teudy@nvps.net

Administrative Official - Jen Huyser - jhuyserao@gmail.com

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Session 1 (10 & Under)

Warm-up 8:30am Check-in closes 8:45am Meet Starts 9:30am

Mixed	Girls	Age	Description	Age	Boys
1		8 & Under	100 Free Relay	8 & Under	
2		10 & Under	200 Free Relay	10 & Under	
	3	10 & Under	200 Freestyle	10 & Under	4
	5	10 & Under	100 Breaststroke	10 & Under	6
	7	8 & Under	25 Backstroke	8 & Under	8
	9	10 & Under	50 Butterfly	10 & Under	10
	11	10 & Under	100 IM	10 & Under	12
	13	10 & Under	100 Backstroke	10 & Under	14
	15	8 & Under	25 Freestyle	8 & Under	16
	17	10 & Under	50 Breaststroke	10 & Under	18
	19	10 & Under	100 Freestyle	10 & Under	20
	21	8 & Under	25 Butterfly	8 & Under	22
	23	10 & Under	50 Backstroke	10 & Under	24
	25	10 & Under	100 Butterfly	10 & Under	26
	27	8 & Under	25 Breaststroke	8 & Under	28
	29	10 & Under	50 Freestyle	10 & Under	30
	31	10 & Under	200 IM	10 & Under	32
33		8 & Under	100 Medley Relay	8 & Under	
34		10 & Under	200 Medley Relay	10 & Under	

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Session 2 (11 & Over)

Warm-up starts 15 minutes after the completion of the morning session but no earlier than 12:00pm.

Check-in closes 15 minutes after start of warm-ups.

Meet Starts 1 hour after warm-up starts but not earlier than 1:00pm.

Mixed	Girls	Age	Description	Age	Boys
35			11 & Over 400 IM		
	36		11 & O 200 Med Relay		37
	38	11-12	200 Freestyle	11-12	39
40		13 & Over	200 Freestyle	13 & Over	
41			11 & O 200 Backstroke		
	42	11-12	100 Breaststroke	11-12	43
44		13 & Over	100 Breaststroke	13 & Over	
	45	11-12	50 Butterfly	11-12	46
	47	13 & Over	50 Butterfly	13 & Over	48
	49	11-12	100 IM	11-12	50
51			11 & O 200 IM		
	52	11-12	100 Backstroke	11-12	53
54		13 & Over	100 Backstroke	13 & Over	
	55	11-12	50 Breaststroke	11-12	56
	57	13 & Over	50 Breaststroke	13 & Over	58
	59	11-12	100 Freestyle	11-12	60
	61	13 & Over	100 Freestyle	13 & Over	62
	63	11-12	100 Butterfly	11-12	64
65		13 & Over	100 Butterfly	13 & Over	

	66	11-12	50 Backstroke	11-12	67
	68	13 & Over	50 Backstroke	13 & Over	69
70			11 & O 200 Breaststroke		
	71	11-12	50 Freestyle	11-12	72
	73	13 & Over	50 Freestyle	13 & Over	74
75			11 & O 200 Butterfly		
	76		11 & O 200 Free Relay		77
78			11 & O 1000 Freestyle		