



## Life Swim Team Michigan Last Chance

**Hosted By: Life Swim Team Michigan Swim Team**  
**02/28/2026 – 03/01/2026**

**Sanction** – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2526081** and Time Trial Sanction **MITT2526081**. 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**

Brandon High School  
1025 S Ortonville Rd  
Ortonville, MI 48462

### **Times**

<b>Session</b>	<b>Day</b>	<b>Age Group</b>	<b>Warm-up</b>	<b>Check-in Closes</b>	<b>Start Time</b>
1	Saturday	12 & Under & Open	1:30 pm	1:45 pm	2:40 pm
2	Saturday	12 & Under & Open	15 minute Warm Up Will Begin At The conclusion of the Afternoon session but not before 4:30 pm	Check In will close at 3:00 pm	Immediately after the conclusion of warm up
3	Sunday	12 & Under & Open	1:30 pm	1:45 pm	2:40 pm

4	Sunday	12 & Under & Open	15 minute Warm Up Will Begin At The conclusion of the afternoon session but not before 4:30 pm	Check In will close at 3:00 pm	Immediately after the conclusion of warm up
---	--------	-------------------	--	--------------------------------	---

## **Facilities**

Brandon High School, is a(n) 8 lane 25-yard pool with a supervised warm-up and warm down area available area available. Depth at start is 7.5 and 4.5 at turn. Permanent starting blocks and nonturbulent lane markers will be used. Superior Swim Timing System with an 8 lane display will be used with two buttons.

## **Course Certification**

The competition course has not been certified in accordance with 104.2.2C(4)

## **Meet Format**

Short Course Yards (SCY), timed final meet.

## **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 for the relevant facility as of January 31, 2026 @ 9:00 am. The Administrative Official for the relevant facility must receive all entries no later than February 13th, 2026 @ 8:00 pm. 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 to the relevant Administrative Official 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**

4 individual events per day and 1 relay per day.

## **Entry Fees**

**\$6.25** per individual event, \$8.00 for the 1000, \$10.00 for the 1650, and \$12.00 Per relay. Make checks payable to Life Time Fitness.

## **Surcharges**

Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. A \$10.00 per participant facility fee will also be applied.

### **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:

**LifeTime Michigan Swim Team c/o Michael Kavanaugh  
3079 S. Baldwin Rd. #123  
Lake Orion, MI 48359  
Email: [mkavanaugh@lt.life](mailto:mkavanaugh@lt.life)**

### **Check In**

Check-in will be required. Check in will close 15 minutes after the start of Session 1 and Session 3. Check in sheets will be posted near the doors to the entrance 30 minutes prior to warm up start. Session 2 and Session 4 check in will close at 3:00 pm.

### **Marshaling**

Swimmers will be responsible for reporting to the marshaling area when their event is called.

### **Seeding**

Seeding will be done after check in closes. Swimmers who fail to check in will be scratched from the event. The event is a timed final and will be seeded slowest to fastest. The 1650, 1000, 500, and 400 IM will be seeded fastest to slowest.

### **Deck Entries/Time Trials**

Deck entries will be \$8.75 per individual event, deck entry for the 1650 will be \$12.50, deck entry for the 1000 will be \$10.50, and deck entry relays will be \$15.00 per relay. Time trial entries will be \$10.00 per individual event and \$15 per relay. Make checks payable to **Life Time Fitness**.

Time Trial events will not count toward daily event limits listed in this meet packet, but will not exceed the maximum of 6 individual events allowed per day allowed by USA Swimming. A swimmers may time trial any event offered

by USA Swimming excluding the 1000 Free, 1650 Free, 500 Free, and 400 IM. These events will not be offered for time trial.

## **Meet Programs/Admissions**

Admission is \$5.00, 10 and under are free with the paid admission of an adult. Meet programs will be available for \$3.00.

## **Scoring**

No scoring will be kept.

## **Awards**

**Awards will be provided for 12 & Under events. Ribbons will be provided 1<sup>st</sup> – 8<sup>th</sup> place for the following age groups for individual events and relay events:**

**Girls/Boys - 8 & under**

**Girls/Boys 9/10**

**Girls/Boys 11/12**

**Awards will not be offered for Open Events or 12 & under relays.**

## **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**

No concessions will be available. 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 Aquatic 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 with the facility lifeguards.

## **Medical Supervision**

Troy High School will have lifeguards available at both the competition and warm-up/down pools.

## **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 Brandon High School.
- (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 – John Sivits [Jsivits@lt.life](mailto:Jsivits@lt.life)

Meet Referee –Rong Qu/qurong\_ustb@hotmail.com

Safety Marshal – Garret Hemsing -> [Ghem1011@outlook.com](mailto:Ghem1011@outlook.com)

Administrative Official – Mike Kavanaugh/ [MKavanaugh@lt.life](mailto:MKavanaugh@lt.life)

## **Event List (Sanction Number: ) Session 1**

Girls	Saturday PM	Boys
1	Open 200 Free Relay	2
3	12 & Under 200 Free Relay	4
5	10 & Under 200 Free Relay	6

7	Open 100 Free	8
9	12 & Under 100 Free	10
11	10 & Under 50 Free	12
13	Open 50 Back	14
15	12 & Under 50 Back	16
17	10 & Under 100 Backstroke	18
19	Mixed Open 200 IM	19
20	Mixed 12 & Under 400 IM	20
21	Mixed 10 & Under 100 IM	21
22	Open 100 Breast	23
24	12 & Under 100 Breast	25
26	10 & Under 100 Breast	27
28	Mixed Open 200 Butterfly	28
29	Mixed 12 & Under 200 Butterfly	29
30	Mixed Open 500 Free	30
31	Mixed 12 & Under 500 Free	31
32	Open 100 Butterfly	33
34	12 & Under 100 Butterfly	35
36	10 & Under 50 Butterfly	37
38	Mixed Open 200 Breaststroke	38
39	Mixed 12 & Under 200 Breaststroke	39

**Event List (Sanction Number:)**  
**Session 2**

Girls	Saturday Distance	Boys
40	Mixed Open 1000 Free	40
41	Mixed 12 & Under 1000 Free	41

**Event List (Sanction Number:)**  
**Session 3**

Girls	Sunday PM	Boys
42	Open 200 Medley Relay	43
44	12 & Under 200 Medley Relay	45

46	10 & Under 200 Medley Relay	47
48	Open 200 Free	49
50	12 & Under 200 Free	51
52	10 & Under 200 Free	53
54	Open 50 Fly	55
56	12 & Under 50 Fly	57
58	10 & Under 50 Fly	59
60	Open 100 IM	61
62	12 & Under 100 IM	63
64	Open 100 Backstroke	65
66	12 & Under 100 Backstroke	67
68	10 & Under 50 Backstroke	69
70	Mixed Open 400 IM	70
71	Mixed 12 & Under 200 IM	71
72	10 & Under 100 Free	73
74	Mixed Open 200 Backstroke	74
75	Mixed 12 & Under 200 Backstroke	75
76	Open 50 Breast	77
78	12 & Under 50 Breast	79
80	10 & Under 50 Breaststroke	81
82	Open 50 Free	83
84	12 & Under 50 Free	85

**Event List (Sanction Number:)**  
**Session 4**

Girls	Sunday Distance	Boys
86	Mixed Open 1500 Free	86
87	Mixed 12 & Under 1500 Free	87