



Integrity, Inclusion, Education, Excellence

A3 Go the Distance

Hosted By: Dexter Community Aquatic Club

January 10-11, 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 **MI2526057**. 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

Dexter Community Pool

Wylie Elementary School, 3060 Kensington St., Dexter MI, 48130

Times

Saturday AM	Warm-up: 7:30am	Events Begin: 8:30am
Saturday Distance	Warm-up: 12:30pm	Events Begin: 1:30pm
Sunday AM	Warm-up: 7:30am	Events Begin: 8:30am
Sunday Distance	Warm-up: 12:30pm	Events Begin: 1:30pm

Facilities

Dexter Community Pool is a **6** lane pool with a supervised warm-up and warm down area available. Depth at start is 7' 0"¹ and 3' 6" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with a 6-lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will not be available.

Course Certification

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

Meet Format

This meet is a 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 as of **December 17, 2025, at 12:00pm**. The Administrative Official must receive all entries no later than **December 31, 2025, at 12:00pm**. 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.

¹ Depth at Start must meet State of Michigan requirements.

Individual Entry Limits

Swimmers may enter a maximum of **four (4)** individual events and one (1) relay per day on Saturday and Sunday.

Entry Fees

\$6 per individual event, **\$8** per relay. Make checks payable to **DCAC**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies, plus a \$10 facility fee per swimmer.

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

Your club's Entry, Entry Summary Sheet, and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Dexter Community Aquatic Club

Attn: A3 Go the Distance

P.O. Box 387

Dexter, MI 48130

Check In

Check in will be required and will be located inside the building entryway. Check in will close 15 minutes after the start of warm up.

Marshaling The meet will be self-marshalled.

Seeding

All events are timed finals and will be seeded slowest to fastest other than the **500, 1,000, 1650, 400 IM** which will be seeded fastest to slowest alternating gender women/men.

The meet will be seeded after check-in closes. Swimmers who fail to check in for an event will be scratched from that event.

Deck Entries

Deck entries will be allowed if time and space permit and at the sole discretion of the Meet Referee and Meet Director. Deck entries will only be accepted for open lanes during the morning sessions on Saturday and Sunday. Deck entries will be accepted by the Clerk of Course. Deck entries are **\$7.00** per individual event and **\$10.00** per relay. There are **NO** time trials offered at this meet. Deck entries are subject to the Michigan Swimming \$1.00 general surcharge if they are not already in the meet. For athletes not already entered in the meet, registration status must be proven by showing an electronic USA Membership card on the USA Swimming website or USA Swimming app.

Meet Programs/Admissions

No admission. Meet programs/heat sheets will be electronic and provided for free.

Scoring

There will be no scoring at this meet.

Awards

Heat winner and Hot Heat awards will be given out. No ribbons will be given out at the end of the 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 pool lobby. 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 outside 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

Medical supervision available will be lifeguards. AED devices are present. First aid supplies are located in the pool office or lifeguard.

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 Dexter Community Pool.

(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: Kyle Lott, headcoach@dcacswimming.org

Meet Referee: Rich Dessin, richard_dessin@yahoo.com

Safety Marshal: Ashley Brant, meetmanager@dcacswimming.org

Administrative Official: Brian Inniger, innigerb@gmail.com

Sanction Number MI2526057

Saturday AM

Girls #	Age	Event	Boys #
1	12 & Under	500 Free	2
3	Open	400 IM	4
5	12 & Under	100 IM	6
7	Open	50 Back	8
9	12 & Under	50 Back	10
11	Open	100 Breast	12
13	12 & Under	100 Breast	14
15	Open	200 Fly	16
17	12 & Under	200 Fly	18
19	Open	100 Free	20
21	12 & Under	100 Free	22
23	Open	200 Back	24
25	12 & Under	200 Back	26
27	Open	50 Fly	28
28	12 & Under	50 Fly	30

Saturday Distance

Girls #	Age	Event	Boys #
31	Open	1,650 Free	32

Sunday AM

Girls #	Age	Event	Boys #
33	12 & Under	200 Free	34
35	Open	500 Free	36
37	12 & Under	100 Back	38
39	Open	100 Back	40
41	12 & Under	50 Breast	42
43	Open	50 Breast	44
45	12 & Under	100 Fly	46
47	Open	100 Fly	48
49	12 & Under	50 Free	50
51	Open	50 Free	52
53	12 & Under	200 Breast	54
55	Open	200 Breast	56
57	12 & Under	200 IM	58
59	Open	200 IM	60
61	OPEN	Mixed Medley Relay	61
62	12 & Under	Mixed Medley Relay	62

Sunday Distance

Girls #	Age	Event	Boys #
63	Open	1,000 Free	64