



## **Integrity, Inclusion, Education, Excellence**

### **DCAC Going the Distance**

**Hosted By: Dexter Community Aquatic Club**

**December 7-8, 2024**

**Sanction** – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2425029**. 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 PM	Warm-up: 12:30pm	Events Begin: 1:30pm
Saturday Distance	Warm-up: End of Session 2	Events Begin: 30 min after session 2 Not before 3pm
Sunday AM	Warm-up: 7:30am	Events Begin: 8:30am
Sunday PM	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"<sup>1</sup> 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.

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<sup>1</sup> Depth at Start must meet State of Michigan requirements.

### **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 for those swimmers with "A", "B", "C" times.

### **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 **11/09/24 at 8:00am**. The Administrative Official must receive all entries no later than **11/29/24 at 8:00pm**. Entries must include the 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.

### **Individual Entry Limits**

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

### **Entry Fees**

**\$5.00** per individual event and **\$12.00** for relays. Make checks payable to **DCAC**

### **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 Fees**

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: Going the Distance**

**P.O. Box 387**

**Dexter, MI 48130**

## **Check In**

Check-in will be required and will be available 15 minutes prior to warm-up. Check-in will be in the entry hallway outside the locker rooms. Failure to check-in will result in the swimmer being scratched from all events in that session. Check-in will close 15 minutes after the start of warm-up for each session.

## **Marshaling**

This is a self-marshaled meet.

## **Seeding**

Seeding will be done after check-in closes. All events are timed finals and will be seeded slowest to fastest other than the **500,1000,1650, 400 IM** which will be seeded fastest to slowest alternating gender women/men. Swimmers who fail to check in will be scratched from that days events.

## **Deck Entries**

Deck entries may be allowed if time and space permit and at the sole discretion of the Meet Referee and Meet Director. Deck entries will be accepted by the Clerk of Course. Deck entries are **\$7.00** per individual event. 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**

**Detail the meet program and admission fees for each facility.**

Admissions will be \$5.00 per person. Full meet programs will be available for 5.00.

## **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 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 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 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**

**MeetDirector: Michael Schuenke/(608-346-2119/**  
**[headcoach@dcacswimming.org](mailto:headcoach@dcacswimming.org)** (Must be a USA Swimming member)

**Meet Referee:** Jeff Wilkins [jeffrey.wilkins@comcast.net](mailto:jeffrey.wilkins@comcast.net)

**Safety Marshal: Ashley Brant**

**Administrative Official:** Jeff Heaton [keweenaw@gmail.com](mailto:keweenaw@gmail.com)

**Saturday A.M.**

*Warm-up: 7:30*

*Events begin: 8:30*

	Saturday AM	
	12 & Under	
Girls #	Event	Guys #
1	200 Back	2
3	100 IM	4
5	50 Fly	6
7	100 Free	8
9	100 Breast	10
11	200 Fly	12
13	50 Back	14
15	Mixed Medley Relay	15
17	500 Free	18

**Saturday P.M.**

*Warm-up: 12:30*

*Events begin: 1:30*

	Saturday PM	
	Open	
Girls #	Event	Guys #
19	400 IM	20
21	200 Back	22
23	50 Fly	24
25	100 Free	26
27	100 Breast	28
29	50 Back	30
31	200 Fly	32

33	Mixed Medley Relay	33
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### **Saturday Distance**

*Starts 30 min after Session 2 - Earliest 3pm*

	Saturday Distance	
35	1650 Free	36

### **Sunday A.M.**

*Warm-up: 7:30*

*Events begin: 8:30*

	Sunday AM	
	12 & Under	
Girls #	Event	Guys #
37	200 IM	38
39	200 Breast	40
41	100 Fly	42
43	50 Free	44
45	50 Breast	46
47	100 Back	48
49	200 Free	50

### **Sunday P.M.**

*Warm-up: 12:30*

*Events begin: 1:30*

	Sunday PM	
	open	
Girls #	Event	Guys #
51	500 Free	52
53	200 Breast	54
55	100 Fly	56
57	50 Free	58
59	50 Breast	60
61	100 Back	62
63	1000 Free	64