



Integrity, Inclusion, Education, Excellence

Life Time Michigan & Royal Swimming Winter Fest

Hosted By: Life Swim Team Michigan & Royal Swimming

January 10 - 11th, 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 **MI2526067**. 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 –

Lake Orion High School Natatorium,
495 E. Scripps,
Lake Orion, MI 48360

Times

Session	Day	Age Group	Warm-up	Check-in Closes	Start Time
1	Saturday	12 & Under & Open	12:00 pm	12:15 pm	1:00 pm
2	Saturday	Open	15 Minutes After the Conclusion of	3:00 pm	20 Minutes after the start of the warm

			the Afternoon Session but not before 3:00 pm		up session, but not before 3:20 pm
3	Sunday	12 & Under & Open	12:00 pm	12:15 pm	1:00 pm

Facilities

Lake Orion High School Natatorium is an 11 lane, 25 yard pool with 8 lanes used for competition. There is a separate 4 lane supervised warm up warm down area available. Depth at start is 7'¹ and 9'11" 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)

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 December 22th, 2025 @ 9:00 am. The Administrative Official for the relevant facility must receive all entries no later than January 2nd, 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

Max events are as follows per session: Saturday PM (5), Saturday 1000 (1), Sunday AM (5). The host club reserves the right to limit heats of events 200 and longer to meet the timeline.

Entry Fees

¹ Depth at Start must meet State of Michigan requirements.

\$6.25 per individual event, **\$10.50** for the 1000 Free. Make checks payable to **Life Time Fitness**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies. A \$10.00 facility surcharge per athlete 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:

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

Check In

Check-in will be required. Check in will close 15 minutes after the start of warm up for each session. Check in sheets will be posted near the doors to the entrance 30 minutes prior to warm up start.

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 for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest.

Deck Entries: Deck entries will be allowed. Deck entry fees will be \$8.75 per individual even.

Meet Programs/Admissions

Admission is \$5 for all individuals over the age of 11. Heat sheets will be available for \$3.

Scoring

No scoring will be kept.

Awards

Awards will be provided for 12 & Under events. Ribbons will be provided 1st – 8th place for the following age groups:

Girls/Boys - 8 & under

Girls/Boys 9/10

Girls/Boys 11/12

Awards will not be offered for age 13 & older.

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

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. 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 warmups.

First Aid

Supplies will be kept with the facility lifeguards.

Medical Supervision

Lake Orion 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 Lake Orion 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 & Stephen Smith CoachStephen@royalswimming.org

Meet Referee – Rong Qu/qurong_ustb@hotmail.com

Safety Marshal – Tim Hickey CoachTim@royalswimming.org

Administrative Official – Mike Kavanaugh/ MKavanaugh@lt.life

SCHEDULE OF EVENTS
Sanction MI2526067:

SATURDAY PM		
Girls	Event	Boys
1	Mixed 12 & Under 200 Butterfly	1
2	Mixed Open 200 Butterfly	2
3	8 & Under 25 Butterfly	4
5	12 & Under 50 Backstroke	6
7	12 & Under 100 Backstroke	8
9	Open 100 Backstroke	10
11	12 & Under 200 IM	12
13	Open 200 IM	14
15	12 & Under 50 Freestyle	16
17	Open 50 Freestyle	18
19	12 & Under 100 Freestyle	20
21	Open 100 Freestyle	22
23	12 & Under 50 Breaststroke	24
25	12 & Under 100 Breaststroke	26
27	Open 100 Breaststroke	28
29	8 & Under 25 Backstroke	30
31	Mixed 12 & Under 200 Backstroke	31
32	Mixed Open 200 Backstroke	32
33	12 & Under 50 Butterfly	34
35	Mixed 12 & Under 400 IM	35
36	Mixed Open 400 IM	36
37	Mixed 12 & Under 200 Freestyle	37
38	Mixed Open 200 Freestyle	38
39	12 & Under 100 IM	40

41	Open 100 IM	42
SATURDAY 1000 SESSION		
43	Mixed Open 1000 Free	43
SUNDAY PM		
Girls	Event	Boys
44	12 & Under 200 IM	45
46	Open 200 IM	47
48	Mixed 12 & Under 500 Free	48
49	Mixed Open 500 Free	49
50	12 & Under 100 Free	51
52	Open Under 100 Free	53
54	12 & Under 100 Backstroke	55
56	Open 100 Backstroke	57
58	12 & Under 50 Backstroke	59
60	12 & Under 50 Breaststroke	61
62	12 & Under 50 Fly	63
64	Mixed 12 & Under 200 Free	64
65	Mixed Open 200 Free	65
66	8 & Under 25 Free	67
68	12 & Under 100 IM	69
70	Open 100 IM	71
72	8 & Under 25 Breaststroke	73
74	12 & Under 100 Fly	75
76	Open 100 Fly	77
78	12 & Under 50 Free	79
80	Open 50 Free	81
82	Mixed 12 & Under 200 Breaststroke	82
83	Mixed Open 200 Breaststroke	83
84	Mixed 12 & Under 200 Back	84
85	Mixed Open 200 Back	85

86	12 & Under 100 Breast	87
88	Open 100 Breast	89