

**Revised 8/18/2025**



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

### **Big Lake Open Invite**

**Hosted By: Michigan Lakeshore Aquatics**

**January 17-18, 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 **MI2526062**. 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**

Holland Aquatic Center  
550 Maple Avenue  
Holland, Michigan 49423

**\*\*Please note – NEW:** Holland Aquatic Center is now providing a **new drop off / pick up area for athletes** in the **southwest corner** of the building. This area would be for drop off and pick up **only for athletes**. Coaches, volunteers, and parents would still enter through the main entrance.

### **Times**

Saturday January 17, 2026: Warm-up 9:00am Start 10:00am

Sunday January 18, 2026: Warm-up 9:00am Start 10:00am

### **Facilities**

Holland Aquatic Center is an 8 lane pool 12 additional 25-yard lanes which will be available for supervised warm-up and warm down. Depth at start is 6'9" and 4'0" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado Timing 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**

The Big Lake Invite is an Open Timed Finals format.

### **Eligibility**

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. A swimmer's age on January 17, 2026 will determine his/her eligibility for a particular age group.

### **Entry Procedures**

Entries may be submitted to the Administrative Official as of **Monday December 22nd, 2025 at 9:00am**. The Administrative Official must receive all entries no later than **Saturday January 10, 2026 at 11:59pm**. 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**

If the meet is over-entered, MLA has sole discretion to determine which entries to accept. In making this decision, the number of officials coming with the team will be considered. The order in which entries are received after the entry open date listed above will be considered AFTER the above criteria. Teams will not be split.

### **Individual Entry Limits**

Swimmers may enter a maximum of four (4) individual events and one (1) relay on Saturday and four (4) individual events on Sunday. The maximum entry limit would be inclusive of deck entries.

### **Entry Fees**

**\$6.25** per individual event and **\$12.00** for relays. Please include a \$10.00 athlete/facility surcharge for each swimmer entered. Make checks payable to Holland Community Aquatic Center.

### **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 Payments**

Checks should be sent via U.S. mail or nationally recognized overnight courier to:

Norm VerMeulen  
Holland Community Aquatic Center  
550 Maple Avenue  
Holland, Michigan 49423  
616-393-7595 ext. 104

Electronic Entries:  
Administrative Official: Ruth Andegeko [ruthandea@gmail.com](mailto:ruthandea@gmail.com)

## **Check In**

Check-in will be required and will be located at the entrance to the pool area, prior to entering the locker rooms.

## **Marshaling**

Self-Marshalling will be used for all swimmers. Heat sheets will be posted around the pool after check-in closes and seeding is complete.

## **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 for Saturday and Sunday will be seeded slowest to fastest except for the 500 Free and 1000 Free which will be seeded fastest to slowest, alternating genders.

## **Deck Entries**

Deck entries will be allowed at \$8.75 per individual event and \$15.00 per relay, if the timeline allows and upon approval of the Meet Referee and Meet Director.

## **Meet Programs/Admissions**

Admissions is \$5.00 per person per day. Children 10 and under, with an adult, are free. Heat sheets will be available for \$3.00 after each session is seeded. NO BAG CHAIRS, FOLDING CHAIRS, CAMP CHAIRS ARE ALLOWED IN THE BALCONY. The Aquatic Center will be open to swim meet participants and spectators at 8:30am each morning.

There will be live streaming available at \$5.00 per session.

Credit Card use is preferred at Holland Aquatic Center.

## **Scoring**

Scoring will not be kept.

## **Awards**

No awards will be given.

## **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 concessions area in the spectator's area. 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**

The Holland Aquatics Center is fully staffed with rotating lifeguards on both the 50m competition pool and 5-lane warm-up pool. An Operating Supervisor (OS) will be available on-deck or by radio at all times during open hours to facilitate emergency needs. The facility has several AED devices located around the competition and warm-down areas for easy access.

### **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**

<b>Meet Director</b>	Norm VerMeulen (a USA Swimming member) <a href="mailto:norm@mlaswim.org">norm@mlaswim.org</a>
<b>Meet Referee</b>	Hillary Fisher (a USA Swimming member) <a href="mailto:candhfisher@gmail.com">candhfisher@gmail.com</a>
<b>Safety Marshal</b>	Sara Kadzban <a href="mailto:sara@hollandaquaticcenter.org">sara@hollandaquaticcenter.org</a>

### **Administrative Official**

Ruth Andegeko (a USA Swimming member)  
616.821.9795 (coaches only please)  
[ruthandea@gmail.com](mailto:ruthandea@gmail.com)

**Big Lake Invite**

**Sanction Number: MI2526062**

**Saturday, January 17, 2026**

**Warm-up starts: 9:00am Check-in closes: 9:15am Meet starts: 10:00am**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
1	Open	200 Freestyle	2
3	Open	100 Backstroke	4
5	Open	50 Butterfly	6
7	Open	200 Breaststroke	8
9	Open	100 Butterfly	10
11	Open	50 Freestyle	12
13	Open	200 Medley Relay	14
15	Open	500 Freestyle	16

**Sunday, January 18, 2026**

**Warm-up starts: 9:00am Check-in closes: 9:15am Meet starts: 10:00am**

<b>Girls</b>	<b>Age</b>	<b>Description</b>	<b>Boys</b>
17	Open	50 Breaststroke	18
19	Open	200 IM	20
21	Open	100 Breaststroke	22
23	Open	50 Backstroke	24
25	Open	200 Butterfly	26
27	Open	200 Backstroke	28
29	Open	100 Freestyle	30
31	Open	100 IM	32
33	Open	1000 Freestyle	34