



Integrity, Inclusion, Education, Excellence

Polar Plunge 2025

Hosted By: LCSC

Jan 31st - Feb 2nd, 2025

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2425066**. 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

Livonia Recreation Center 15100 Hubbard Livonia, MI 48154

Please park in the parking lot just East of the Rec Center, South of 5 mile.

Times

Session	Day	Warm-up Time	Check In Closes	Meet Start Time
1	Friday 1650 Free Session	3:30pm	3:45pm	4:15pm
2	Friday Evening Session	Immediately following the 1650 session but no earlier than 5:30pm	5:45pm	No earlier than 6:15 pm
3	Saturday AM	7:30am	7:45am	8:30am
4	Saturday PM	Immediately following the AM session but no earlier than 11:30am	15 minutes after start of warm-up	No earlier than 12:30pm

5	Sunday AM	7:30am	7:45am	8:30am
6	Sunday PM	Immediately following the session but no earlier than 11:30am	15 minutes after start of warm-up	No earlier than 12:30pm

Please note that on the Friday sessions we will be taking these many heats of events:

1650 Free – 4 heats max

400 IM – 8 heats max

500 Free – 8 heats max

Facilities

Livonia Community Recreation Center (LCRC) Pool, is a(n) **8** lane pool **with a supervised warm-up and warm down area available.** Depth at start is 12ft and 7ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. **Colorado timing system with a(n) 8 lane display will be used.**

Course Certification

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

Meet Format

Meet will be timed finals

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. **The qualifying times must be met to enter individual events 200 yards or longer as noted in the event list.**

Entry Procedures

Entries may be submitted to the Administrative Official as of **1/6/2025 10AM.** The Administrative Official must receive all entries no later than **1/27/2025 10AM.** 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.

Individual Entry Limits

A swimmer may enter a maximum of 2 individual events Friday evening, and 4 individual events **and 2 relay events** Saturday and 4 individual events **and 2 relay events** Sunday. Two relays can be swam each day on Saturday and Sunday.

Relays can be composed as either one gender (all male or all female) or mixed (2 boys and 2 girls).

Entry Fees

\$5.00 per individual event and **\$12.00** for relays. Make checks payable to **Livonia Community Swim Team**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

There will be a \$10 facility charge 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

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

LCSC
PO Box 510566
Livonia, MI 48151

Check In

Check-in will be required and will be located **desk between the female and male locker rooms down the hall from the rock-climbing wall**.

Marshaling

This meet will be a self-marshalled meet.

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 other than distance events, 500 Free, 400 IM and 1650 Free, which will be seeded fastest to slowest.

Deck Entries

Deck entries **(\$7.00 for individual and \$14.00 for relays)**

will be allowed.

Meet Programs/Admissions

Friday admission: \$5 per person. (12 & under free)

Sat & Sun admissions: \$5 per person. (12 & under free)

Heat sheets and QR codes for digital copies of the heat sheet will be posted near admissions

Scoring

No individual or team scoring will be kept.

Awards

Individual Awards: Ribbons for 1st thru 8th place for 12 & U age group swimmers for ABC time standards.

Will be broken out as 8 & under, 9-10 and 11-12 for awards,

Any 12 & Under swimmers that swim in the open events will not be awarded.

Relay Awards: Ribbons for 1st thru 8th place will be given to the 12 & Under relay events.

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 party rooms across from the Rock Wall**. 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 hallway near the entrance to the girl's locker room (by the Rec Center's equipment desk)**. 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 (coaches/officials hospitality room on deck).

Medical Supervision

Lifeguards will be available to athletes participating in this competition.

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 **Livonia Recreation Center**.
- (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: Tracy Weakley/734-536-3070/ryanandtracyweakley@gmail.com (Must be a USA Swimming member)

Meet Referee: Glynis Wilkins / gswilkins@comcast.net / (313) 399-8801

Safety Marshal: Kathy Robinson

Administrative Official: Lung Huang / swimentrieslh@gmail.com

Event List
Sanction Number: MI2425066

Friday PM Session

1650 Free event limited to 4 heats with a qualifying time of 21 minutes or faster

Event Number	
1	Open Mixed 1650 free

Friday Evening Session

400 IM limited to 8 heats with a qualifying time of 6:45.00 or faster

500 Free limited to 8 heats with a qualifying time of 7:15.00 minutes or faster

Event Number	
2	Open Mixed 400 IM
3	Open Mixed 500 Free

Saturday AM Session

200 IM has a qualifying time of 3:20.00 or faster

200 Breast has a qualifying time of 3:30.00 or faster

200 Back has a qualifying time of 3:15.00 or faster

Event Number	
4	Open Mixed 200 IM
5	Girls 11-12 200 IM
6	Open Mixed 50 breast
7	Girls 11-12 50 Breast
	5 Minute break
8	Open Mixed 200 Medley Relay
9	Open Mixed 100 fly
10	Girls 11-12 100 fly
11	Open Mixed 200 back
12	Girls 11-12 200 back
13	Open Mixed 50 back
14	Girls 11-12 50 back
15	Open Mixed 100 free
16	Girls 11-12 100 free
17	Open Mixed 200 breast
18	Girls 11-12 200 breast
19	Open Mixed 400 Free Relay

Saturday PM Session

Boys 11-12 200 IM has a qualifying time of 3:20.00 or faster

Mixed 10 & Under 200 IM has a qualifying time of 3:50.00 or faster

200 Breast has a qualifying time of 3:30.00 or faster

200 Back has a qualifying time of 3:15.00 or faster

Event Number	
20	Boys 11-12 200 IM
21	Mixed 10 & U 200 IM
22	10 & U Mixed 25 fly
23	Boys 11-12 50 breast
24	Mixed 10 & U 50 breast
25	Boys 11-12 100 fly
26	Mixed 10 & U 100 fly
27	Mixed 10 & U 25 back
28	Boys 11-12 200 back
	5 minute break
29	Mixed 10 & U 100 Medley Relay
30	Mixed 12 & Under 200 Medley Relay
31	Boys 11-12 50 back
32	Mixed 10 & U 50 back
33	Boys 11-12 100 free
34	Mixed 10 & U 100 free
35	Boys 11-12 200 Breast
	5 minute break
36	Boys 11-12 400 Free Relay

Sunday AM Session

200 Fly has a qualifying time of 3:30.00 or faster

200 Free has a qualifying time of 3:00.00 or faster

Event Number	
37	Open Mixed 100 IM
38	Girls 11-12 100 IM
39	Open Mixed 200 fly
40	Girls 11-12 200 fly
41	Open Mixed 50 fly
42	Girls 11-12 50 fly
43	Open Mixed 200 free relay
44	Open Mixed 200 free
45	Girls 11-12 200 free
46	Open Mixed 100 back
47	Girls 11-12 100 back
48	Open Mixed 50 free
49	Girls 11-12 50 free
50	Open Mixed 100 breast
51	Girls 11-12 100 breast
	5 minute break
52	Open Mixed 400 Medley Relay

Sunday PM Session

Boys 11-12 200 Fly has a qualifying time of 3:30.00 or faster

Boys 11-12 200 Free has a qualifying time of 3:00.00 or faster

Mixed 10 & Under 200 Free has a qualifying time of 3:15.00 or faster

Event Number	
53	Boys 11-12 100 IM
54	Mixed 10 & U 100 IM
55	Boys 11-12 200 fly
56	10 & U Mixed 25 breast
57	Boys 11-12 50 fly
58	Mixed 10 & U 50 fly
	5 minute break
59	Mixed 10 & U 100 free relay
60	Mixed 12 & Under 200 free relay
61	Boys 11-12 200 free
62	Mixed 10 & U 200 free
63	Boys 11-12 100 back
64	Mixed 10 & U 100 back
65	Mixed 10 & U 25 free
66	Boys 11-12 50 free
67	Mixed 10 & U 50 free
68	Boys 11-12 100 breast
69	Mixed 10 & U 100 breast
70	Boys 11-12 400 Medley Relay