

Michigan Swimming Open Long Course State Championships

Hosted by: East Grand Rapids Swim Club and Calvin College

Wednesday, August 1

Thursday, August 2

Friday, August 3

Saturday, August 4

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a Championship prelim/finals and timed finals (selected events) swimming meet on behalf of USA Swimming, Sanction: MI1112101 and will also offer time trials MI1112102 if time permits at the discretion of the Meet Referee and Meet Director. All Michigan Swimming, Inc. rules, safety and warm up procedures will govern the meet as if fully set forth in this meet announcement.

Location: Calvin College
Venema Aquatic Center
3195 Knight Way SE
Grand Rapids, MI 49546-4406
<http://www.calvin.edu/map/directions.htm>

Facilities: The Venema Aquatic Center is a 50 meter pool with 8 lanes. The competition course has not been certified in accordance with 104.2.2.C(4). 7 lanes will be used for competition with one lane for warm-up/down during prelims. Eight lanes will be used during the finals session with 6 lanes open for a 10 minute award presentation after every event. The depth at start is 8' and it is 15' at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock).

Eligibility: All swimmers registered with Michigan Swimming and residing within the USA who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

Times: Wednesday 8/1(timed finals) WU 4:00 pm Start 5:30 pm
(Balcony opens at 3:30pm for spectators)
Thursday-Saturday 8/2-4 (prelims) WU 7:30 am Start 9:00 am
(Balcony opens at 7:00am for spectators)
(finals) WU 4:00 pm Start 5:30 pm
(Balcony opens at 3:30pm for spectators)

Qualifying Period: The qualifying time must have been achieved on or since January 1, 2011 - July 29, 2012.

Hotel Info: Holiday Inn Grand Rapids - Airport, 3063 Lake Eastbrook Blvd SE, Kentwood, MI 49512, (616) 285-7600. Rooms held under: Senior State Swim Championships or code SWM. \$89/night. Cut-off date is 7/11/2012.

Format: All Michigan Swimming, Inc. LSC individual events are offered for this Open Meet. All individual events are prelim/final events with the exception of the 800m and 1500m free events which are timed final events. Preliminaries are swum in the morning and the finals are swum at night. All relays are timed finals.

Finals Info: (1) Individual Events: There will be three heats of individual and one heat of relay finals – each heat comprised of a maximum of eight (8) swimmers or eight (8) relays. These will be referred to as “A, B, C Finals” or “Finals, Consolation and Bonus Finals”. These will swim in a C- Bonus, B- Consolation, A-Finals order.

(2) Relay Events: The fastest heat of all relays will swim in the Finals in the evening. The rest of the relays swim in the prelims in the mornings.

(3) Order of Events: Note the order of events as stated in the schedule of events for Finals. Finals are not necessarily swum in the same order as they are swum in the Prelims. Always consult the heat sheet.

Conversion: No time conversions are permitted. Times must be submitted in long course meters, short course meters, and short course yards.

Seeding: (1) Seeding individual events shall be as follows: All conforming LCM times will first be arranged in time order. Following the conforming LCM times, non-conforming SCM times shall be arranged in time order followed by non-conforming SCY times arranged in time order. After arranging the times as provided above, the event shall be seeded in normal fashion.

(2) All entry times must be designated as SCY, SCM, or LCM. Any entry time having an inaccurate course designation will not be accepted.

Entry Times: Entry times for individual and relay events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events and all Relays: A swimmer, if entered in two or more events on the day of the 800m Freestyle or the 1500m Freestyle, may enter the 800m Freestyle and/or 1500m Freestyle timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. Relays may enter at either fastest time or at the Q1 time standard. **THIS MUST BE DONE WITH YOUR ORIGINAL ENTRIES AND NOT CHANGED AT THE MEET.**

Entry Procedures: Michigan swimming has adopted USA Swimming’s OME (Online Meet Entry) as the sole process for entering teams and individuals swimmers into the State Meet. Times achieved at any USA Swimming sanctioned, observed or approved meet will appear in OME. Follow the step by step instructions in Appendix A to complete your entries.

Entry Limits: A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may swim no more than three individual events per day. A swimmer may swim no more than 6 individual events for the entire four day meet. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card dropped in the scratch box by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

Bonus Events: Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events (i.e. 1 qualified and 1 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). **If you have four or more state cuts you are not eligible to swim bonus events.** Swimmers entering bonus events may be entered at their actual time. If your swimmer does not have a time in the bonus event, please create a custom Long Course Time for this event. Please be certain to check the box indicating “bonus” for each event that is a bonus entry.

***A SWIMMER MAY NOT ENTER THE 800 OR 1500 FREESTYLE AS BONUS EVENTS.**

Entry Fees: \$7.50 per individual event and \$12.00 per relay. Please include a \$3.00 Michigan Swimming Athlete Surcharge for each swimmer entered. Please make checks payable to *East Grand Rapids Aquatics* if you did not pay via credit card on OME. Checks may be mailed to the following address or brought to the meet on the first day of competition.

Send to:
Jan Cartmill
2900 Rodd St #1784
Midland, MI 48641-1784

Refunds: There are no refunds in full or in part once a team or individual entry has been received and processed by the Entry Chair.

Paper Entry: PAPER ENTRIES ARE NOT ACCEPTED FOR THIS MEET. All Entries must be processed using Online Meet Entry (OME).

Entry Deadline: The OME will open entries on July 7, 2012 @ 8:00am and the OME entries will close at **8am on Monday, July 30, 2012.** Entries submitted will not be considered as officially received until the entry chairperson has received: (a) the signed release/waiver agreement, and (b) payment for entries by credit card or team check. All paperwork must be received by the entry deadline in order for your team to participate in the meet.

Late Entries: A coach or an entry chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or a swimmer in an event by the entry deadline may then do so by: a) entering the athlete(s) and/or event(s) by the scratch deadline on the first day of the meet b) paying a fee of \$100 per team and double the entry fee for the event, and c) providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee's decision is final and non-appealable.

Late entries cannot be made through OME. If you must submit a late entry, this must be done as an email entry. Please submit your entry in the following manner:

- 1) Send an email to coachconverse@egrawaves.com
- 2) Include the name and USA number of the late entered swimmer.
- 3) Include the event name, event number, an accurate time, and the name and date of the meet where the Q1 time was achieved.
- 4) Proof of time must still be presented to Meet Referee at the meet.

Proof of Times: See Appendix A for detailed proof of time procedures.

Deck Entry/Deck Registration: Neither deck entries nor deck registrations will be accepted at this meet.

Scratch Rules / Individual Events: (1) All individual events will conform to the USA National Scratch Procedure **with exception of all relay events and the 800 and 1500 freestyle events which will all be positive check-in events.**

Scratch & Check In Deadlines:

Wednesday Timed Final Events:	Positive Check in deadline 30 minutes after WU begins
Thursday Prelims:	Scratch deadline 30 minutes after start of Wednesday session.
Friday Prelims:	Scratch deadline 30 minutes after start of Thursday finals session
Saturday Prelims:	Scratch deadline 30 minutes after start of Friday finals session

Relay Entry:

A. Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as “A” and/or “B”.

B. Swimmers participating in an individual event(s) and “Relay Only Swimmers” are eligible to compete on an A or B relay.

C. ALL RELAY SWIMMERS MUST BE ENTERED IN THE MEET USING OME. **ATHLETES NOT ON THE OME ENTRY REPORT ARE NOT ELIGIBLE TO SWIM.**

Relay Proof of Time: Follow national proof of relay time procedure. Either aggregate of four current swimmers or team time within the qualifying period. Team owns time.

Relay Check In:

Wednesday:	Positive check-in deadline 30 minutes after WU begins.
Thursday:	Positive check-in deadline 30 minutes after start of Wednesday session
Friday:	Positive check-in deadline 30 minutes after start of Thursday finals session

Declaration Of Relay Swimmers: Initial declaration of athletes is required upon positive check-in. Relay swimmers may be changed right up until the athletes swim the event.

Distance Free Check In: Positive check-in for the 1500 freestyle is 30 minutes after the WU begins Wednesday evening. Positive check-in for the 800 free is Friday evening 30 minutes after the beginning of the finals session.

Seeding: Individual Events:

(1) The Open individual events will be swum in preliminary/final format except for the 800M and 1500M Free which are Timed Finals events.

(2) All heats of the of the 800M/1500M swum in the morning sessions will be seeded fastest to slowest and alternate genders (i.e. fastest heat of Open Girls followed by fastest heat of Open Boys, etc.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.

(3) The Open 800/1500 freestyle will be seeded after the scratch box closes. The fastest seeded heat (top 8) after scratches (if any) of the 800 freestyle automatically qualify for Finals and will swim in the finals session at night. The remaining heats of the 800 freestyle will swim during the morning session at the conclusion of the prelims. Awards and scoring/place for these events are determined by all the athletes’ performances in all the heats.

(4) The final three heats of all prelim/final individual events will be circle seeded slowest to fastest.

Relay Events:

(1) All relay events will be timed finals. (2) The fastest seeded heat (Top 8) of the relay events will be swum during the finals sessions in the evening as stated in the Schedule of Events. (3) Relays will be seeded slowest to fastest.

Protests: USA Swimming Rule 102.11 shall be used.

Time Trials: Time trials may be offered for all events each day immediately following the conclusion of the preliminary heats (only after the morning session) at the sole discretion of the Meet Referee and Meet Director if time permits. Time trials are \$7.50 for an individual event and \$15 for a relay. Time trials are subject to the Michigan Swimming Championship Time Trial Rules which are reviewable in full on the MS website. Notable portions of the rule include (1) To participate in time trials the swimmer must be already participating in this Long Course State Meet, either in an individual event or a relay event (including relay only athletes). A swimmer does not have to actually swim an individual or relay event to participate in time trials so long as the swimmer is entered in the meet or listed as a relay only (including alternates) swimmer. (2) Swimmers are limited to two time trials for the entire meet (3) Time trials count against the total number of individual events per day (no more than 3 individual per day) but not toward the total number of individual events for the entire meet (6). If an athlete has entered the maximum number of individual events allowed per day and wants to swim a time trial, the athlete must scratch an event using the scratch box by the stated deadline or not swim the time trial in order to assure the limit of swims per day is not exceeded.

Awards: Michigan Swimming, Inc. provides medals for 1st – 8th place finishers in both individual and relay events and ribbons for 9th – 16th in all individual events. There are individual high point awards for 1st – 3rd place finishers in each age group. There is an overall Team State Champion and runner-up trophy.

Award Presentation: There will be a formal awards presentation in each session as described in the meet program. It is expected that athletes will appear on time for awards so as not to delay the meet and appropriately dressed - no towels on the awards podium. Please pay close attention to the schedule of awards. There will also be award presentation order of events posted on the pool deck and available in the program.

Award Distribution: Awards for 9th – 16th place will be bagged for each team and available for immediate pickup at the end of the meet on Saturday evening. Awards **WILL NOT** be mailed.

Programs: Programs for the entire meet are \$8.00. Coupons for preliminary heat sheets will be located on the back page of the program. Return to admissions with your program to receive your complimentary heat sheet when announced that they are available. Preliminary heat sheets are \$2.00 (without a coupon, ie. no program). Final session heat sheets are \$1.00 and can be purchased at admissions. An evaluation form will also be located in the program. Please fill this out at your convenience and return it to admissions.

Admissions: \$5.00 per person/per day for ten and over (one-time fee for the day's prelims and finals). Children age 8 and under are free. All Session Passes (*wristband) are available for \$15.00 during the practice swim on Thursday night and all day on Friday. Although there is no discount associated with the All Session Pass it will eliminate the need to stand in the admission line. **The wristband must be worn on one of your wrists. No exceptions.**

Scoring: Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st-16th respectively. Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1st –16th respectively. Relay points affect team scoring only and are not counted toward individual high point.

Results: Results will be posted following the conclusion of the meet on the Michigan Swimming Website at www.miswim.org . Results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive). “Live” results will be available at www.egrawaves.com under Events/Senior Long Course State Championship.

Concessions/Hospitality: Concessions will be limited during the meet to Johnny’s Snack Shop on campus in the Commons Building. Some vending machines are available at the pool. Hospitality will be available for coaches and officials.

Lost and Found: Articles may be turned in to a designated lost and found area. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

Safety: Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer’s coach is responsible for the care of the athlete. The participating athlete and/or the athlete’s USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach have the athlete’s insurance cards and signed releases allowing them to direct medical care.

Deck Personnel: Only swimmers, registered and certified coaches and meet officials/workers are allowed on the deck. Coaches must be current in all certifications through the final date of the meet.

No athlete, coach, official, or volunteer without proper credentials will be allowed on deck at the state meet. All credentials will be checked prior to entering the locker room facilities.

NO PARENTS ON DECK EXCEPT IN CASES OF MEDICAL EMERGENCY.

Gen Info: Any errors or omissions in this meet announcement will be documented by the Meet Referee and available for review at the Clerk of Course. Information will also be covered at the Coaches’ Meeting which will be held on Wednesday afternoon, August 1, at 3:30 p.m.

- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Calvin College
 - (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 deck office.

Meet Referee: Steve Potter

Meet Director: Brandon Converse

Clerk of Course: Rebecca VandenBerge

Safety Marshall: Lynne Bart

Swim Vendor: Different Strokes

Engraving: JBL Enterprises

Food vendor: Provided by Calvin College on campus. Limited availability.

State Meet Apparel: Earthbound Printing

Schedule:

Wednesday Timed Finals: WU 4:00 pm Start 5:30 pm

3:30 pm General Meeting
3:30pm Balcony opens for spectators
4:30 pm Positive check-in deadline for Wednesday events/relays and relays declared.
6:00 pm Scratch deadline for Thursday events. Positive check-in for Thursday's relays and relays declared.

Events

1	Women	800	Freestyle Relay**
2	Men	800	freestyle relay**
3	Women	1500	freestyle*
4	Men	1500	freestyle*

*1500 Freestyle is seeded fastest to slowest alternating gender

**800 Free Relay will be swum fastest to slowest to conform with distance event order.

Thursday Prelims: WU 7:30 am Start 9:00 am

7:00am Balcony opens for spectators

Events

5	Women	100	Breaststroke
6	Men	100	Breaststroke
7	Women	200	Freestyle
8	Men	200	Freestyle
9	Women	100	Butterfly
10	Men	100	Butterfly
11	Women	400	IM
12	Men	400	IM
13	Women	400	Free Relay
14	Men	400	Free Relay

Thursday Finals: WU 4:00 pm Start 5:30 pm

3:30pm Balcony opens for spectators

6:00 pm Scratch deadline for Friday events. Positive check-in for Friday's relays and relays declared.

Same event order as the preliminary session. Top 8 seeded 400 Freestyle Relays swim in finals.

Friday Prelims: WU 7:30 am Start 9:00 am
7:00am Balcony opens for spectators

<u>Events</u>			
15	Women	400	Freestyle
16	Men	400	Freestyle
17	Women	50	Freestyle
18	Men	50	Freestyle
19	Women	100	Backstroke
20	Men	100	Backstroke
21	Women	200	IM
22	Men	200	IM
23	Women	400	Medley Relay
24	Men	400	Medley Relay

Friday Finals: WU 4:00 pm Start 5:30 pm
3:30pm Balcony opens for spectators
6:00 pm Scratch deadline for Saturday events/positive check-in for distance events
Same event order as the preliminary session. Top 8 seeded 400 Medley Relays swim in finals.

Saturday Prelims: WU 7:30 am Start 9:00 am
7:00am Balcony opens for spectators

<u>Events</u>			
25	Women	200	Backstroke
26	Men	200	Backstroke
27	Women	200	Breaststroke
28	Men	200	Breaststroke
29	Women	100	freestyle
30	Men	100	freestyle
31	Women	200	butterfly
32	Men	200	butterfly
33	Women	800	freestyle*
34	Men	800	freestyle*

*The 800 freestyle will be swum fastest to slowest in the preliminary session alternating gender and the top 8 seeded girls and boys will swim in the finals session. The 800 free will be the first event in the Saturday evening finals session.

Saturday finals: WU 4:00 pm Start: 5:30 pm
3:30pm Balcony opens for spectators
The 800 freestyle will be the first event of the Saturday evening finals session. All other events will be swum in same order as preliminary session.

**Time Standards for 2012 MS Open Long Course State Championship Meet
(Q1 Times) Qualifying Period: January 1, 2011 to entry deadline**

SCY	WOMEN SCM	LCM	OPEN EVENT	LCM	MEN SCM	SCY
25.79	28.89	29.49	50 Freestyle	26.49	25.79	22.99
55.19	1:02.79	1:03.69	100 Freestyle	58.09	56.49	50.19
1:59.99	2:15.39	2:17.59	200 Freestyle	2:07.09	2:05.19	1:49.09
5:23.99	4:45.79	4:53.19	400/500 Freestyle	4:34.99	4:26.49	4:58.99
11:11.99	9:48.09	10:08.09	800/1000 Freestyle	9:38.79	9:25.49	10:39.99
18:50.09	18:52.39	19:30.99	1500/1650 Freestyle	18:50.99	18:13.69	17:59.99
1:03.99	1:13.29	1:15.39	100 Backstroke	1:09.59	1:08.09	57.99
2:16.59	2:36.39	2:40.99	200 Backstroke	2:31.89	2:28.19	2:08.99
1:12.39	1:21.59	1:24.49	100 Breaststroke	1:18.99	1:16.99	1:05.99
2:36.99	2:56.49	3:04.89	200 Breaststroke	2:55.69	2:52.49	2:26.99
1:02.99	1:10.49	1:11.29	100 Butterfly	1:05.29	1:05.39	56.19
2:23.39	2:45.89	2:48.89	200 Butterfly	2:40.99	2:38.59	2:16.39
2:17.59	2:33.69	2:38.99	200 IM	2:25.99	2:21.09	2:05.59
4:51.79	5:36.79	5:42.99	400 IM	5:23.99	5:19.39	4:36.99
3:51.19	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
8:30.79	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:59.99
4:17.99	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	4:10.09