

9th Annual "Last Chance" Swim Meet ABC w/ 1650



**Hosted By: Southern Michigan Aquatic Club
February 19-21, 2010**

Location: Saline High School • 1300 Campus Parkway • Saline, MI 48176. Map to pool available as part of this meet packet, or at www.mapquest.com.

Times:	<u>Warm Up</u>	<u>Check-In Deadline</u>	<u>Start Events</u>
Friday Evening:	5:00 p.m.	5:15 p.m. events 1-4 6:00 p.m. events 5-6	6:00 p.m.
Saturday Morning: *note 11-12 boys swim in the morning	7:30 a.m.	7:45 a.m.	8:30 a.m.
Saturday Afternoon:	12:30 p.m.	12:45 p.m.	1:30 p.m.
Sunday Morning: *note 11-12 boys swim in the morning	7:30 a.m.	7:45 p.m.	8:30 a.m.
Sunday Afternoon:	12:30 p.m.	12:45 p.m.	1:30 p.m.

Facilities: Saline High School's pool is an 8 lane pool with a diving well which will be available for supervised warm-up and warm down. Depth at the start is 13' 6" and 7' 4" at the turn end. Permanent starting blocks and non-turbulent lane markers are in place. Daktonics timing/scoreboard with full alpha-numeric display will be used. Adequate balcony seating is available for spectators. Lockers are available (provide your own lock). The 25 yd. events will be swum from the starting blocks.

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

Eligibility: This meet is for those swimmers with “A” times, “B” times and “C” times. All swimmers must be currently registered with USA Swimming. A swimmer's age on February 13, 2009 will determine his/her eligibility for a particular age group.

Meet Format: This meet is for those swimmers with “A” times, “B” times and “C” times. 8 & Under Events, 10 & Under Events, 11/12 Events, and OPEN Events are offered, see schedule. All events are timed finals. Relays are offered for this meet.

Entry Limits: Entries will be accepted on a first come first serve basis by date of email for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming four (4) hour per session maximum time limit is met. As set forth in Entry Procedures below, entries are not deemed valid and will not be processed until such time as the entry chairperson has received: (a) a hard copy of your club's entry summary sheet, (b) a hard copy of your club's signed release/waiver agreement (c) your clubs certification of entered athletes and (d) your club's entry and entry fees. Entries received after the four (4) hour per session time limit has been met will be returned even if received before the entry deadline.

**Individual Entry
Limits:**

Swimmers may enter a maximum of five (5) individual events per day.

Refunds: Once a team or individual entry has been received and processed by the entry chair, there are no refunds in full or in part.

Entry Chair: Your club's Entry, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Ellen Kopmanis
2153 Sheick Rd
Monroe MI 48162

m_ekopmanis@charter.net

For entry information only: phone 734-708-1023
(please, no calls after 9:00 p.m.)

Check-In: Check-in is mandatory for all events and is required by the time set forth in this meet announcement. Failure to check-in will cause the swimmer to be scratched from all events in that session. PLEASE FOLLOW THE POSTED CHECK-IN PROCEDURE AND MICHIGAN SWIMMING CHECK-IN RULES. Also note that pursuant to MS Rules, that failing to swim an event after checking in

for that event will disqualify a swimmer from his or her next event. Check in will be located at or near the pool entrance. No deck check-in will be permitted.

Scratch Rules: Prior to check-in close, a swimmer may scratch events at the Clerk of Course. After check-in closes, you must see the Meet Referee to scratch an event. Once a swimmer (or a representative for such swimmer) has reported to the marshaling area and is seeded, that swimmer must compete in that event or such swimmer will be scratched from his/her next scheduled event.

Marshaling: **The meet will be self-marshaled.** All swimmers will be expected to find their heat and lane independently. Heats will not be delayed. Heat cards will not be used. Heat sheets will be posted in conspicuous places on deck and distributed to coaches as soon as possible after Check-In.

Seeding: All events are timed finals and will be seeded slowest to fastest other than distance events (event #'s 1-6) which will be seeded fastest to slowest (alternating genders-women/men). [Deck entries will be placed in heats with open lanes.]

Deck Entry: Deck entries may be accepted at the Clerk of the Course and may swim if time and space permit in the sole discretion of the Meet Referee and Meet Director. Deck entries are \$6 for an individual event. Deck entries are subject to MS surcharge if not already entered in the meet.

Time Trials: Time trials may be offered for all events each day immediately following the conclusion of each session at the sole discretion of the Meet Referee and Meet Director if time permits. Time trials are \$7 for an individual event and \$15 for a relay. Time Trial entries are subject to MS surcharge if not already entered in the meet. Time trials are subject to the Michigan Swimming, Inc. rules and Procedures which are reviewable in full on the MS website (Section IV.Y). Notable portions of the rule include (1) Time Trials are available to ALL swimmers, even if they are not entered in the meet. (2) Swimmers are limited to two time trials per DAY. (3) Time trials count against the total number of individual events per day (no more than 5 individual per day) but not toward the total number of individual events for the entire meet (4). 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 down from an event using Scratch Rules stated above.

Meet Programs/

Admissions: \$4 per person over the age of 16. \$2 per person for all individuals between the ages of 12 and 16. All individuals under the age of 12 are free. Full meet programs are \$6.00.

Scoring: No individual or team scoring will be kept.

Awards: Custom ribbons will be awarded for all divisions (A, B, C) 1st – 12th places. Relay awards will be 1st – 6th place ribbons. Awards will not be distributed to swimmers; all awards will be given to coaches at the end of the Sunday session.

Results: Complete meet results will be posted on the Michigan Swimming website at www.uss-michigan.com. Results will also be available on upon request. Teams providing a memory stick will be provided results at the conclusion of the meet.

Concessions: Food and beverages will be available in the nearby Commons 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 awards table. Articles not picked up by the end of the meet will be retained in the home of the Meet Director 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.

Controlled, supervised warm-up sessions will be utilized in accordance with the “warm-up procedure guidelines” suggested by USA Swimming.

The final 20 minutes of warm-ups will be conducted as follows:

- Lanes 1 & 8 push/pace with push off from the start end of the pool 1 or 2 lengths or general warm-up lanes at the discretion of the Meet Referee.
- Lanes 2 & 7 racing start lanes. Sprint lanes for racing starts from the blocks or backstroke starts. One length only and exiting the pool.
- Lanes 3-6 general warm-up, no diving or racing starts. Any one, or all of these lanes, may be converted to sprint lanes at the discretion of the Meet Referee.

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

Swimmers with

Disabilities: All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please discuss this with the Meet Referee during warm ups.

General Info: 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.

First Aid: Supplies will be kept at the awards table.

- Facility Items:**
- (A) No smoking is allowed in the building or on the grounds of Saline High School.
 - (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 wear shoes when they leave the pool deck or locker room.
 - (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.

[Age Group] [Boys/Girls]	Event									
	Event Number									
	[B] time									
	[C] time									
Name	USANUMBER AGE									
1.										
#										
2.										
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3.										
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8.										
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Entry Chairman: _____ Phone: _____ Number of Swimmers: _____ Individual Events Entered: ____

SMAC "Last Chance" ABC Swim Meet

February 19-21, 2010

Friday Evening

Warm-up at 5:00 p.m.

Check-In Deadline 5:15 p.m. for Events 1-4. 6:00 p.m. for Events 5-6

Meet starts 6:00 p.m.

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
1	OPEN	400 IM	2
3	OPEN	500 FREE	4
5	OPEN	1650 FREE	6

Saturday Morning

Warm-up at 7:30 a.m.

Check-In deadline 7:45 a.m.

Meet starts 8:30 a.m.

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
	11-12	200 IM	7
8	10&U	200IM	9
10	8&U	100 IM	11
	11-12	50 FREE	12
13	10&U	50 FREE	14
15	8&U	50 FREE	16
	11-12	100 BREAST	17
18	10&U	100 BREAST	19
20	8&U	50 BREAST	21
	11-12	100 BACK	22
23	10&U	50 BACK	24
25	8&U	25 BACK	26
	11-12	50 FLY	27
28	10&U	100 FLY	29
30	8&U	25 FLY	31
	11-12	200 MED REL	32
33	10&U	200 MED REL	34

Saturday Afternoon

Warm-up at 12:30 p.m.

Check-In Deadline 12:45 p.m.

Meet starts 1:30 p.m.

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
35	OPEN	200 IM	36
37	11-12	200 IM	
38	OPEN	50 FREE	39
40	11-12	50 FREE	
41	OPEN	100 BREAST	42
43	11-12	100 BREAST	
44	OPEN	200 BACK	45
46	11-12	100 BACK	
47	OPEN	100 FLY	48
49	11-12	50 FLY	
50	OPEN	200 MED REL	51
52	11-12	200 MED REL	

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Sunday Morning

Warm-up at 7:30 a.m. Check-In deadline 7:45 a.m. Meet starts 8:30 a.m.

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
	11-12	100 FREE	53
54	10&U	100 FREE	55
56	8&U	25 FREE	57
	11-12	100 FLY	58
59	10&U	50 FLY	60
61	8&U	50 FLY	62
	11-12	50 BREAST	63
64	10&U	50 BREAST	65
66	8&U	25 BREAST	67
	11-12	50 BACK	68
69	10&U	100 BACK	70
71	8&U	50 BACK	72
	11-12	100 IM	73
74	10&U	100 IM	75
76	8&U	100 FREE	77
	11-12	200 FREE REL	78
79	10&U	200 FREE REL	80

Sunday Afternoon

Warm-up at 12:30 p.m. Check-In Deadline 12:45 p.m. Meet starts 1:30 p.m.

GIRL'S EVENT #	AGE	EVENT	BOY'S EVENT #
81	11-12	100 FREE	
82	OPEN	200 FREE	83
84	11-12	50 BACK	
85	OPEN	100 BACK	86
87	11-12	50 BREAST	
88	OPEN	200 BREAST	89
90	11-12	100 FLY	
91	OPEN	100 FREE	92
93	11-12	100 IM	
94	OPEN	200 FLY	95
96	11-12	200 FREE REL	
97	OPEN	400 FREE REL	98



