

Michigan Swimming District Championships

“Blue Division”

Hosted By: Livonia Community Swim Club (LCSC)

February 26-28, 2010

Sanction: This meet is sanctioned by Michigan Swimming, Inc. as a timed final swimming meet on behalf of USA Swimming, Sanction MI0910039. Michigan Swimming rules, safety and warm up procedures govern this meet as if fully set forth in this meet announcement.

Location: **Livonia Community Recreation Center (LCRC)**
15100 Hubbard Street
Livonia MI. 48154
Phone: (734) 466-2900

Directions: The Livonia Community Recreation Center is located at the corner of Hubbard and Five Mile Road between Farmington and Merriman Road.

	<u>Warm Ups</u>	<u>Start</u>
Times: Friday PM	5:00 p.m.	6:00 p.m.
Saturday AM	7:30 a.m.	8:30 a.m.
Saturday PM	12:30 p.m.	1:30 p.m.
Sunday AM	7:30 a.m.	8:30 a.m.
Sunday PM	12:30 p.m.	1:30 p.m.

****All PCC Swimmers are expected to be checked in, on deck, ready to warm up at least 15 minutes prior to the set warm up times!**

Facilities: Livonia Community Recreation Center (LCRC) pool is a 25 yard, 8 lane pool. The pool is 12 feet deep at the start end and 7 feet at the turn end. Permanent starting blocks on both ends and non-turbulent lane markers are in place. Colorado timing system with a full matrix readout display will be used. There are about 400 seating capacity for spectators at the balcony. Lockers are available - you must provide your own lock. Public phones will be available. The competition course has not been certified in accordance with 104.2.2C(4).
No food or drink (other than water) is allowed on deck.

Eligibility: All swimmers must be currently registered with Michigan Swimming. A swimmer's age on the first day of the meet (February 26, 2010) will determine his/her eligibility for a particular age group for the entire meet.

Meet Format: The format at each of the three District Championships is identical. All events are timed finals. 10&U's and 11-12 boys will swim in the AM sessions. 13-18's and 11-12 girls will swim in the PM sessions. Relay events are offered for 10&U and 11-12 age groups only. No relays are offered for 13-18.

Time Standards: **The District Championships are the beginning level (no minimum entry times) of MS Championship meets. Thus, the District Championships are a “slower than a stated time standard” swim meet.** All swimmers must not have achieved the stated time standard in a particular event to be eligible to enter the event. The “slower than” time standards are listed as “Q3” times (see attachment 4 at the end of this packet). A swimmer may not compete in any event in which they have a Junior Olympic Q2 time or a State Meet Q1 time. This includes any 8 & under swimmer who has achieved 10 & Under Q2 or Q1. A swimmer who achieves a Q2 time or Q1 time after his/her entry has been sent to the entry chair and before the meet must withdraw from the event unless the following age up exception applies. Should a swimmer be required to withdraw, they will be refunded the event fee.

- Age Up Exception:** All swimmers who “age up” after District’s and before JOs or their respective State Meet (either 12 and Under or 13/14 & Open) and who don’t have a Q2 (JO) or Q1 (State qualifying) time in their new JO or State Meet age group may enter a particular event in their current age group at Districts at a seed time at or faster than their current age groups Q3 Time. This additional entry option is intended to allow all swimmers an opportunity to qualify for the JO Meets or State Meets in their actual age group at JO’s or the State Meets. Swimmers who enter an event at Districts under the “age up” exception are not, however, eligible for awards at Districts in that event. Please alert the Entry Chair to all “Age Up” entries by enclosing a statement to that effect in your email or US mail entry.
- Individual Entry Limits:** Swimmers may enter one (1) event on Friday PM session and a maximum of three (3) individual events and one (1) relay event per day on Saturday and Sunday.
- Electronic Entries:** \$5.00 per individual event. Please include a \$1.00 Michigan Swimming athlete surcharge for each swimmer entered.
- Seed Times:** Please submit an accurate seed time for each entry – individual or relay event. NT entries are acceptable if the swimmer has not swum the event before. **NT swims will be considered exhibition and will not receive awards.**
- Entry Procedures:** All of PCC’s meet entries are due by **Monday, February 15 @ 6:00 P.M. This is a very strict deadline!** No late entries will be accepted. Anyone achieving a JO cut at the SMAC Last Chance Meet will be scratched from that event at this meet. Please follow the online meet entry format. The coaches will be selecting events for this meet.
- 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 except as specified in the Time Standards paragraph.
- Check In:** All swimmers **MUST** check in. Check in will be available 30 minutes before the start of warm-ups. **Check in will close 15 minutes after the start of warm up.** 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, failing to swim an event after checking in for that event will disqualify a swimmer from his or her next event.
- Scratch Rules:** **Prior** to check in closing, a swimmer may scratch events at the Clerk of Course. **After** check in closes, you must see the Meet Referee to scratch an event.
- Marshaling:** This meet will be self marshaled for all age groups.
- Seeding:** Seeding will be done after check in closes. All events will be seeded slowest to fastest other than the Friday 1000 freestyle that will be seeded fastest to slowest and will alternate gender (girls then boys). Genders may also be combined to reduce the number of heats in the 1000.
- Warm-ups:** 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.

- Programs / Admissions:** \$4.00 per person per day. Children 12 & under (with adult) free. Meet programs will be available for all 3 days for \$6.00.
- Scoring:** No individual or team scoring will be kept.
- Awards:** Individual Events: 1st-8th: Medals
9th-16th: Ribbons
Relays: 1st-3rd: Medals
4th-8th: Ribbons
Awards will be available for a team representative to pick up at the end of the meet at the rear of the concessions room on the second floor. **Awards will NOT be mailed.**
Swimmers entered with NO ENTRY TIME are considered exhibition swims and are not eligible for awards.
- Results:** Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available on disk (HY-TEK Meet Manager) upon request. Teams providing a formatted 3.5" disk will receive a results diskette.
- Concessions:** Food and beverages will be available at the concessions area adjacent to the entrance to the pool balcony. 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 & Found:** A Lost & Found box will be located in the hallway near the entrance to the locker rooms (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 14 days. After this period, at the discretion of the Meet Director, the items may be discarded or donated to a charitable organization.
- 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. Penalties for violating these rules will be in the sole discretion of the Meet Referee that may include ejection from the meet.
- Deck Personnel:** **Only participating 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 indicate them on the entry form and with the Clerk of Course and/or the Meet Referee during warm ups.
- General Info:** Any errors or omissions in the meet announcement will be documented by the Meet Referee and available at the Clerk of Course for review. Information will also be covered at the Coaches' Meeting.
- First Aid:** Supplies will be kept in the Pool Office.
- Facility Items:** (A) No smoking is allowed in the building or on the grounds of Livonia Community Recreation Center.
(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 to go into the hallway to awards or concessions.
(D) An Emergency Action Plan has been submitted by LCSC 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 in the Livonia Community Recreation Center and at the Clerk of Course table.

Meet Director: Ruth Opdycke (734) 421-0729 (ropdycke@twmi.rr.com)

Meet Referee: John Loria (248) 763-4909 (jloria1@aol.com)

Safety Marshall: Karen Lee (734) 421-4639 (dalkarlee@ameritech.net)

Friday

PCC Swimmers Arrive 4:45 pm Warm-up 5:00pm Start 6:00 pm

Girls Event #	Age	Event	Boys Event#
1	11-12	400 IM	2
3	10&U	500 Free	4
5	13-18	1000 Free	6

Saturday AM

PCC Swimmers Arrive 7:15 am Warm-up 7:30am Start 8:30am

Girls Event #	Age	Event	Boys Event #
	11-12	200 Back	7
8	10&U	50 Free	9
	11-12	50 Free	10
11	10&U	100 IM	12
	11-12	100 IM	13
14	10&U	50 Fly	15
	11-12	50 Fly	16
17	10&U	200 Free	18
	11-12	200 Free	19
20	10&U	100 Breast	21
	11-12	100 Breast	22
23	10&U	50 Back	24
	11-12	50 Back	25
	11-12	200 Fly	26

Saturday PM

PCC Swimmers Arrive 12:15 pm Warm-up 12:30pm Start 1:30pm

<u>Girls Event #</u>	<u>Age</u>	<u>Event</u>	<u>Boys Event #</u>
30	11-12	100 IM	
31	13-18	400 IM	32
33	11-12	50 Back	
34	13-18	200 Back	35
36	11-12	200 Free	
37	13-18	200 Free	38
39	11-12	50 Fly	
40	13-18	200 Fly	41
42	11-12	200 Back	
43	13-18	50 Free	44
45	11-12	50 Free	
46	13-18	100 Breast	47
48	11-12	100 Breast	
49	11-12	200 Fly	

Sunday AM

PCC Swimmers Arrive 7:15 am Warm-up 7:30am Start 8:30am

<u>Girls Event #</u>	<u>Age</u>	<u>Event</u>	<u>Boys Event #</u>
	11-12	200 Breast	51
52	10&U	200 IM	53
	11-12	200 IM	54
55	10&U	100 Back	56
	11-12	100 Back	57
58	10&U	100 Free	59
	11-12	100 Free	60
61	10&U	50 Breast	62
	11-12	50 Breast	63
64	10&U	100 Fly	65
	11-12	100 Fly	66
	11-12	500 Free	70

Sunday PM

PCC Swimmers Arrive 12:15 pm Warm-up 12:30pm Start 1:30pm

<u>Girls Event #</u>	<u>Age</u>	<u>Event</u>	<u>Boys Event #</u>
71	11-12	200 Breast	
72	13-18	200 Breast	73
74	11-12	200 IM	
75	13-18	200 IM	76
77	11-12	100 Back	
78	13-18	100 Back	79
80	11-12	100 Free	
81	13-18	100 Free	82
83	11-12	50 Breast	
84	13-18	100 fly	85
86	11-12	100 Fly	
88	13-18	500 Free	89
90	11-12	500 Free	

Attachment 4 -- 2010 MS Swim Guide
Michigan Swimming, Inc.
2010 MS District Short Course Championship Meet Standards
Q3 Time Standards

September 2009

10 & UNDER GIRLS
Slower than

33.59
1:15.99
2:50.09
7:42.89
40.39
1:27.79
45.59
1:42.79
39.79
1:40.99
1:26.59
3:16.09

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
50 Backstroke
100 Backstroke
50 Breaststroke
100 Breaststroke
50 Butterfly
100 Butterfly
100 IM
200 IM

10 & UNDER BOYS
Slower than

34.59
1:19.09
2:55.69
8:05.99
41.69
1:32.29
48.09
1:44.29
42.69
1:40.59
1:30.99
3:24.69

11-12 GIRLS
Slower than

29.09
1:05.09
2:24.39
6:27.99
35.09
1:16.39
2:48.09
39.99
1:27.69
3:11.09
34.19
1:22.99
3:12.59
1:16.29
2:47.59
6:19.89

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
50 Backstroke
100 Backstroke
200 Backstroke
50 Breaststroke
100 Breaststroke
200 Breaststroke
50 Butterfly
100 Butterfly
200 Butterfly
100 IM
200 IM
400 IM

11-12 BOYS
Slower than

30.59
1:09.19
2:32.99
6:42.19
37.09
1:20.19
3:09.59
41.99
1:32.09
3:25.79
36.29
1:26.69
3:23.99
1:20.29
2:55.69
6:30.89

13-18 WOMEN
Slower than

27:59
59:89
2:11.69
5:50.99
20:57.09
1:09.59
2:29.89
1:20.69
2:55.09
1:10.29
2:48.59
2:28.99
5:26.89

EVENT

50 Freestyle
100 Freestyle
200 Freestyle
500 Freestyle
1650 Freestyle
100 Backstroke
200 Backstroke
100 Breaststroke
200 Breaststroke
100 Butterfly
200 Butterfly
200 IM
400 IM

13-18 MEN
Slower than

27.09
58.89
2:11.09
5:53.69
21:19.99
1:10.99
2:35.99
1:19.49
2:54.49
1:09.99
2:41.99
2:28.99
5:24.99

* = standard revised this year

The District Meet(s) are the beginning level of the MS Championship meets. Those with a Q3 time which is any time **slower than** the JO (Q2) time standard are eligible to swim that event at a District Championship Meet. Once a swimmer has **met or surpassed** the time standard listed above the swimmer is eligible to swim at the next level championship meet.

Map to Livonia Community Recreation Center

