



**Integrity, Inclusion, Education, Excellence**

**Life Time Michigan Fall Frenzy**

**Hosted By: Life Swim Team Michigan**

**10/30/2021**

**Sanction** – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number MI2122018. MS or USA-S may revoke this sanction at any time in response to the COVID-19 pandemic.

It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agrees that Michigan Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, MICHIGAN SWIMMING, AND Waterford Kettering AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING

BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including but not limited to employees, volunteers and program participants and their families.

Life Time Michigan will include the above information in meet announcements, heat sheets and posted around the pool facility.

**COVID-19 Procedures/Requirements** – All athletes, coaches, officials, clubs, spectators, and other individuals participating in this meet or seeking ingress into the facility in which this meet is conducted will abide by (1) all federal, state, and local laws, orders, administrative rules, and guidelines; (2) all protocols outlined in the COVID-19 LSC Supplemental Sanction Requirements documents for this meet; and (3) all COVID-19 preparedness plans for the relevant facility. Failure to maintain strict compliance with all COVID-19 procedures and protocols will result in disciplinary action by the Michigan Swimming, Inc. Board of Directors, including, but not limited to, fines, suspension of certain membership privileges, or referral to the USA Swimming National Board of Review with a recommendation to terminate a member's membership in Michigan Swimming and USA Swimming.

**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.

**Location – Waterford Kettering High School 2800 Kettering Drive, Waterford, MI 48329**

**Course Certification** - The competition course has not been certified in accordance with 104.2.2C(4)

**Times - List the dates and times for each session.**

Session	Day	Age Group	Warm-up	Check-in Closes	Start Time
1	Saturday	Boys 12 & Under, Girls 10 & Under	8:30 am	8:45 am	9:30 am
2	Saturday	Girls 11/12 Girls and Boys Open	1:15 pm	1:30 pm	2:15 pm

**Facilities** – Waterford Kettering High School, is an 8 lane pool with a supervised 3 lane warm-up and warm down area available. Depth at start is 8’1 and 4’ at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado Timing with an 8 lane display will be used.

**Eligibility – (Any athlete wishing to participate in this meet will be eligible)** Only athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

**Meet Format – Timed Finals.**

**Individual Entry Limits –**

**Individuals are limited to four (4) individual entries and 2 relays per session and six (6) individual events per day.**

**Electronic Entries - \$5.00** per individual event and **\$12.00** for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to Life Time Fitness

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<sup>1</sup> Depth at Start must meet State of Michigan requirements.

**Paper Entries – \$6.00** per individual event and **\$13.00** for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. Make checks payable to: **Life Time Fitness**

MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** per relay. There is \$1.00 additional charge per event paid if the entry is not submitted in Hy-Tek format. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies to paper entries. Paper entries may be submitted to the Administrative Official on a spreadsheet of your choice however, the paper entry must be logically formatted and must contain all pertinent information to allow the Administrative Official to easily enter the swimmer(s) in the correct events with correct seed times.

**Entry Procedures** - Entries may be submitted to the Administrative Official for the relevant facility as of September 21, 2021. The Administrative Official for the relevant facility must receive all entries no later than October 23, 2021. 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 to the relevant Administrative Official 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.

**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).

**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.

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

**Checks Payable To:**  
**Life Time Fitness**  
**4700 Investment Drive**

## **Troy, MI 48098**

**Check In** – Check-in will not be required.

**Marshaling** - This is a self marshalled meet.

**Seeding** – All events are timed finals and will be seeded slowest to fastest other than the 400 Individual Medley, 500 Freestyle, which will be seeded fastest to slowest (alternating genders-women/men for the 400 IM and 500 Freestyle).

### **Deck Entries**

Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. Deck Entries are \$7.00 per each event except the 1000 Freestyle which is \$10.00. If an athlete is not currently registered with Michigan Swimming or another USA Swimming LSC, the athlete must deck register for a \$168.00 fee before being entered into the meet.

**Admissions** - Admission is \$5.00 per person per day. 10 and under are free. Heat Sheets will be available for \$3.00 per heat sheet. **Masks are required.**

**Scoring - No Scoring will be kept.**

**Awards – No awards will be provided for this event.**

**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 – No concessions will be available.**

**Lost and Found** - Articles may be turned in/picked up at **at the Pool Aquatic 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.

**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.

Lists of registered coaches, certified officials and meet personnel will be placed outside the pool entrance. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team logo, 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.

**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 in **the pool office at the facility.**

**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 Waterford Kettering High School.
- (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.

**Meet Director – Michael Kavanaugh**  
**Mkavanaugh@It.life** (Must be a USA Swimming member)

**Meet Referee – Jeff Wilkins** [Jeffrey.wlkins@comcast.net](mailto:Jeffrey.wlkins@comcast.net) 313-574-3638

**Safety Marshal – Jonathan Walker** [Jwalker4@It.life](mailto:Jwalker4@It.life)

**Administrative Official - Alyssa De Leon** **Phone:** 313-399-8289 **Email:** Mkavanaugh@It.life

Session	Day	Age Group	Warm-up	Check-in Closes	Start Time
1	Saturday	Boys 12 & Under, Girls 10 & Under	8:30 am	8:45 am	9:30 am
2	Saturday	Girls 11/12, Girls and Boys Open	1:15 pm	1:30 pm	2:15 pm

Girls	Event	Boys
1	8 & Under 200 Free Relay	2
3	9-10 200 Free Relay	4
	11-12 200 Free Relay	5
6	8 & Under 25 Fly	7
8	10 & Under 50 Fly	9
	11-12 50 fly	10
11	12 & Under 100 Fly	12
13	8 & Under 25 Back	14
15	10 & Under 50 Back	16
	11-12 50 Back	17
18	12 & Under 100 Back	19
20	12 & Under 100 I.M.	21
22	12 & Under 200 I.M.	23
24	8 & Under 50 Breast	25
26	10 & Under 50 Breast	27
	11-12 50 Breast	28
29	12 & Under 100 Breast	30
31	8 & Under 25 Free	32
33	10 & Under 50 Free	34
	11-12 50 Free	35
36	12 & Under 100 Free	37
38	8 & Under 100 Medley Relay	39
40	9-10 200 Medley Relay	41
	11-12 200 Medley Relay	42

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### **Saturday PM Session**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
43	Open 400 Free Relay	44
45	11-12 200 Free Relay	
46	Open 100 Fly	47
48	11-12 50 Fly	
49	Open 100 Back	50
51	11-12 50 Back	
52	Open 200 Fly	53
54	11-12 200 I.M.	
55	Open 100 Breast	56
57	11-12 50 Breast	
58	Open 400 I.M.	59
60	11-12 Under 100 I.M.	
61	Open 50 Free	62
63	11-12 50 Free	
64	Open 200 Breast	65
66	11-12 100 Breast	
67	Open 200 Free	68
69	11-12 100 Free	
70	Open 100 Freestyle	71
72	Open 200 IM	73
74	11-12 200 IM	
75	Open 200 Medley Relay	76
77	11-12 200 Medley Relay	

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## ATHLETES

## RELEASE AND WAIVER

**Life Time Michigan Fall Frenzy**  
**Sanction Number: MI2122018**

Enclosed is a total of \$\_\_\_\_\_ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against **Life Time Michigan, Waterford Kettering High School**, Michigan Swimming, Inc., and United States Swimming, Inc. for injuries and expenses incurred by Me/Us at or traveling to this swim meet.

[illegible]

In granting the sanction it is understood and agreed that USA Swimming 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 this event.

Michigan Swimming Clubs must register and pay for the registration of all athletes that are contained in the electronic Entry File or any paper entries that are submitted to the Meet Host with the Office of Michigan Swimming **prior to submitting the meet entry to the meet host.** Clubs from other LSCs must register and pay for the registration of their athletes with their respective LSC Membership Coordinator.

A penalty fee of \$100.00 per unregistered athlete will be levied against any Club found to have **entered** an athlete in a meet without first registering the athlete and paying for that registration with the Office of Michigan Swimming or respective LSC Membership Coordinator.

Submitting a meet entry without the athlete being registered and that registration paid for beforehand may also subject the Club to appropriate Board of Review sanctions.

[illegible]

Signature:	Position:
Street Address:	City, State Zip:
Club Email:	Phone:
Coach Name:	Club Name:
Coach Email:	Club Code: