



Integrity, Inclusion, Education, Excellence
2023 Life Time Frozen Festival
Hosted By: Life Time Michigan Swim Team
January 14-15, 2023

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2223063**. 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 **Lakeland High School** 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. There will be at least two safety marshals at this competition, with at least one of each gender.

Location: Lakeland High School Pool

1630 Bogie Lake Rd, White Lake, MI 48383

Times

Saturday January 14th AM Session **8:00 am** Warm-up, **9:10 am** Events Start*

Saturday January 14th 1000 Session a 10 minute warm up will begin immediately after the conclusion of the Saturday AM session, with events starting after warm up. (check in by 10 am)

Sunday January 15th AM Session **8:00 am** Warm-up, **9:10am** Events Start*

*Times may be adjusted based on the size of the meet. Teams will be notified after entries close if this start time changes.

Facilities

Lakeland High School Pool is a 8 lane pool **with a diving well which will be available for supervised warm-up and warm down**. Depth at start is 8ft. and 4ft. at 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**. Public phones will be available.

Course Certification

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

Meet Format

Timed Finals.

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet.

Entry Procedures

Entries may be submitted to the Administrative Official as of January 1st, 2023 9am. The Administrative Official must receive all entries no later than January 8th, 2023 6pm. 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

Max events are as follows per session: Saturday AM (5), Saturday 1000 (1), Sunday AM (5). The host club reserves the right to limit heats of events 200 and longer to meet the timeline.

Entry Fees

\$5.00 per individual event, **\$8.00** for the 1000 Free. Make checks payable to **Life Time Fitness**.

Surcharges

A \$10.00 per athlete facility surcharge applies + Michigan Swim \$1 surcharge.

Paper Entries

MS rules regarding non-electronic entries apply. \$6.00 and \$9.00 (1000 Free) per individual event. There is \$1.00 additional charge per event paid if the entry is not submitted in Hy-Tek format. Any surcharges detailed in the previous section also apply 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.

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 Paperwork

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:

**Life Time Michigan
C/O Mike Kavanaugh
2640 Canoe Circle Dr
Lake Orion, MI 48360**

Check In

Check-in will be required and will be located in the lower hallway outside of the locker room entrances. Check In will close 15 minutes after warm-up begins except for the 1000 Free. All swimmers for the 1000 must be checked in by 10am.

Marshaling

Self-marshalled meet.

Seeding

The meet will be **seeded after check-in closes and scratches are processed**. 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 except for the following distance events 500 Free and 1000 Free) which will be seeded fastest to slowest.

Deck Entries

Deck entries will be allowed by approval of the Meet Referee and Meet Director and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. COVID-specific sanctioning or approval policies. A Deck entry fee of \$7.50 will be assessed for all events except 1000 free, along with applicable surcharges. The Deck entry fee for the 1000 free is \$10.50.

Meet Programs/Admissions

\$5 Admission Fee, \$3 Heat Sheets

Scoring

No Team or Individual Scoring

Awards

Awards will be broken by the following age groups with ribbons 1st place to 8 place.

Non-Open Events:

- 8 & Under
- 9/10
- 11/12

Open Events (except 1000 Free):

- 13/14
- 15 & Older

1000 Free

- 8 & Under
- 9/10
- 11/12
- 13/14
- 15 & Older

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 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 Clerk of Course. 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.

Lists of registered coaches, certified officials and meet personnel will be placed outside the hallway to the pool deck. 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 Life Time Michigan 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 **Lap pool office**.

Medical Supervision

Lifeguards with First Aid and CPR Training will be available to athletes participating in this competition. AED devices are on-site and located at the front desk and in the stairwell.

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 Clerk of Course.
- (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: Michael Kavanaugh MKavanaugh@lt.life (Must be a USA Swimming member)

Meet Referee: Dan Hohnstadt dhohnstadt@gmail.com

Safety Marshal: Alex DeVries ADeVries@lt.life

Administrative Official: Jeff Heaton 248-930-8367, keweenaw@gmail.com

Order Of Events

MI2223063

SATURDAY AM		
Girls	Event	Boys
1	Mixed 12 & Under 200 Butterfly	1
2	Mixed Open 200 Butterfly	2
3	8 & Under 25 Butterfly	4
5	12 & Under 50 Backstroke	6
7	12 & Under 100 Backstroke	8
9	Open 100 Backstroke	10
11	12 & Under 200 IM	12
13	Open 200 IM	14
15	12 & Under 50 Freestyle	16
17	Open 50 Freestyle	18
19	12 & Under 100 Freestyle	20
21	Open 100 Freestyle	22
23	12 & Under 50 Breaststroke	24
25	12 & Under 100 Breaststroke	26
27	Open 100 Breaststroke	28
29	8 & Under 25 Backstroke	30
31	Mixed 12 & Under 200 Backstroke	31
32	Mixed Open 200 Backstroke	32
33	12 & Under 50 Butterfly	34
35	Mixed 12 & Under 400 IM	35
36	Mixed Open 400 IM	36
37	Mixed 12 & Under 200 Freestyle	37
38	Mixed Open 200 Freestyle	38
39	12 & Under 100 IM	40
41	Open 100 IM	42
SATURDAY 1000 SESSION		
43	Mixed Open 1000 Free	43
SUNDAY AM		

44	12 & Under 200 IM	45
46	Open 200 IM	47
48	Mixed 12 & Under 500 Free	48
49	Mixed Open 500 Free	49
50	12 & Under 100 Free	51
52	Open Under 100 Free	53
54	Mixed 12 & Under 400 IM	54
55	Mixed Open 400 IM	55
56	12 & Under 100 Backstroke	57
58	Open 100 Backstroke	59
60	12 & Under 50 Backstroke	61
62	12 & Under 50 Breaststroke	63
64	12 & Under 50 Fly	65
66	Mixed 12 & Under 200 Free	66
67	Mixed Open 200 Free	67
68	8 & Under 25 Free	69
70	12 & Under 100 IM	71
72	Open 100 IM	73
74	8 & Under 25 Breaststroke	75
76	12 & Under 100 Fly	77
78	Open 100 Fly	79
80	12 & Under 50 Free	81
82	Open 50 Free	83
84	Mixed 12 & Under 200 Breaststroke	84
85	Mixed Open 200 Breaststroke	85
86	Mixed 12 & Under 200 Back	86
87	Mixed Open 200 Back	87
88	12 & Under 100 Breast	89
90	Open 100 Breast	91

RELEASE AND WAIVER
2023 Life Time Frozen Festival
Sanction Number: MI2223063

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

