



Integrity, Inclusion, Education, Excellence

2023 Fall Tune-Up

Hosted By: Lakeview Aquatic Club

October 7 - 8, 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 **MI2324001**. 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 **BATTLE CREEK LAKEVIEW 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.

Lakeview Aquatic Club 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

Battle Creek Lakeview High School: 15060 Helmer Road; Battle Creek, MI 49015

Times

Saturday A.M. Warm-up Starts: 8:30 A.M. Events Start: 9:30 A.M.

Saturday P.M. Warm-up to start immediately following the 12 & Under session but not before 12:00 pm. Meet will start 60 minutes after warm-up begins but not before 1:00pm.

Sunday A.M. Warm-up Starts: 8:30 A.M. Events Start: 9:30 A.M.

Sunday P.M. Warm-up to start immediately following the 12 & under session but not before 12:00 P.M. Meet will start 60 minutes after warm-up begins but not before 1:00 P.M.

Facilities

The Battle Creek Lakeview Pool is a 8 lane pool with a supervised warm-up and warm down area available. Depth at start is 7ft and 8ft¹ and 12.5ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. A Daktronics timing system with an 8-lane display will be used.

Course Certification

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

Meet Format

All events are timed finals. Age groups 12 and under will swim in the morning session and results will be grouped by age and gender; 8 & under, 9 & 10, 11 & 12. Open age group will swim in the afternoon session. No Relays will be offered.

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 September 16th @ 12:00 P.M. The Administrative Official must receive all entries no later than October 1st @ 11:59 A.M. Entries must include the correct swimmer's name (as registered with USA/MS Swimming), age and USA number. All individual entries should be submitted

¹ Depth at Start must meet State of Michigan requirements.

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

Athletes would be allowed 4 individual events per session but no more than 6 events per day. Deck entries would count toward daily total entries for athletes.

Entry Fees

\$5.00 per individual event. Make checks payable to Lakeview Aquatic Club.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies.

Paper Entries

MS rules regarding non-electronic entries apply. \$ 6.00 per individual and an additional charge of \$1.00 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:

Nicole Shugars
166 Minges Hills Dr.
Battle Creek, MI 49015

Check In

Check-in will be required and will be located outside the locker rooms. Check-in will close 15 minutes after the start of warm-ups for each session.

Marshaling

Swimmers will be responsible for reporting to the marshaling area when their event is called.

Seeding

Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events will be seeded slowest to fastest except the 500 Free that would be seeded fastest to slowest with alternating gender – women/men.

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 \$7.50. Deck entry swimmers are subject to the Michigan Swimming \$1.00 general surcharge if they are not already entered in the meet. For deck entries, registration status must be proven by showing an electronic USA Membership card on the USA Swimming website or USA Swimming app.

Meet Programs/Admissions

Meet admission is \$5.00 per person. Kids 10 & under are free. Heat Sheets will be available for \$1.00.

Scoring

No individual or team scoring will be kept.

Awards

Medals will be awarded for 1st through 3rd place and ribbons for 4th through 8th for all 8 and under, 9-10 and 11-12 age groups. No awards will be given for Open events.

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

Food and beverages will be available in the balcony of the spectator area. No food or beverage will be allowed on the deck of the pool, in the locker rooms. A hospitality area will be available for coaches and officials.

Lost and Found

Articles may be turned in/picked up at the pool 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 always enter the pool feet first 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 door to the locker rooms. 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.

First Aid

Supplies will be kept in pool office.

Medical Supervision

Lifeguards will be on site during the entirety of the meet to administer first aid. First aid supplies will be kept in the pool office. The AED device is located in the pool area.

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 pool office.
- (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: Kyle Lott / klott@lakeviewspartans.org (Must be a USA Swimming member)

Meet Referee: Steve Weeks/swmfst16@gmail.com

Safety Marshal: Andy Fredenburg

Administrative Official: Maritza Amaro/amarom.msao@gmail.com/618-304-2909 (coaches only)

**2023 Fall Tune-Up
Sanction No.: MI2324001**

Saturday Morning, October 7, 2023

<i>Warm-up starts 8:30 AM</i>		<i>Check-in closes 8:45 AM</i>	<i>Meet starts 9:30 AM</i>	
<u>Girls</u>	<u>Age</u>	<u>Description</u>	<u>Age</u>	<u>Boys</u>
1	12 & Under	25 Back	12 & Under	2
3	12 & Under	100IM	12 & Under	4
5	12 & Under	50 Fly	12 & Under	6
7	12 & Under	100 Breast	12 & Under	8
9	12 & Under	50 Free	12 & Under	10
11	12 & Under	25 Breast	12 & Under	12
13	12 & Under	100 Back	12 & Under	14
15	12 & Under	200 Free	12 & Under	16

Saturday Afternoon, October 7, 2023

Warm-up starts immediately following the morning session but not before 12:00 pm. Check-in closes 15 minutes after warm-up starts and meet will start 60 minutes after warm-up begins but not before 1:00pm.

<u>Girls</u>	<u>Age</u>	<u>Description</u>	<u>Age</u>	<u>Boys</u>
17	Open	100 Fly	Open	17
19	Open	200 Breast	Open	20
21	Open	50 Back	Open	22
23	Open	100 IM	Open	24
25	Open	100 Free	Open	26
27	Open	200 Back	Open	28
29	Open	50 Breast	Open	30
31	Open	500 Free*	Open	32

*To be seeded faster to lowest, alternating gender.

Sunday Morning, October 8, 2023

<i>Warm-up starts 8:30 AM</i>		<i>Check-in closes 8:45 AM</i>	<i>Meet starts 9:30 AM</i>	
<u>Girls</u>	<u>Age</u>	<u>Description</u>	<u>Age</u>	<u>Boys</u>
33	12 & Under	25 Fly	12 & Under	34
35	12 & Under	100 Free	12 & Under	36
37	12 & Under	50 Breast	12 & Under	38
39	12 & Under	200 IM	12 & Under	40
41	12 & Under	25 Free	12 & Under	42
43	12 & Under	100 Fly	12 & Under	44
45	12 & Under	50 Back	12 & Under	46

Sunday Afternoon, October 8, 2023

Warm-up starts immediately following the morning session but not before 12:00 pm. Check-in closes 15 minutes after warm-up starts and meet will start 60 minutes after warm-up begins but not before 1:00pm.

<u>Girls</u>	<u>Age</u>	<u>Description</u>	<u>Age</u>	<u>Boys</u>
47	Open	200 Fly	Open	48
49	Open	50 Free	Open	50
51	Open	200 IM	Open	52
53	Open	50 Fly	Open	54
55	Open	100 Breast	Open	56
57	Open	100 Back	Open	58
59	Open	200 Free	Open	60

