



Integrity, Inclusion, Education, Excellence

Frozen Festival

Hosted By: Life Swim Team Michigan Swim Team & Royal Swimming

January 13 – 14, 2024

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2324060**. In granting this sanction it is understood and agreed that USA Swimming, Inc. 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 the event. MS rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

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 - Lake Orion High School Natatorium, 495 E. Scripps, Lake Orion, MI 48360

Times

Session	Day	Age Group	Warm-up	Check-in Closes	Start Time
1	Saturday	12 & Under & Open	7:30 am	7:45 am	8:40 am
2	Saturday	12 & Under & Open	15 Minutes After the Conclusion of the Morning Session	Swimmers should check in prior to the end of the morning session	20 Minutes after the start of the warm up session, but not before 12:30 pm
3	Sunday	12 & Under & Open	7:30 am	7:45 am	8:40 am

Facilities

Lake Orion High School Natatorium, is an 11-lane pool with 8 lanes used for competition. There is a separate 4 lane supervised warm-up and warm down area available. Depth at start is 7¹ and 9'13" at turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado 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 – Timed Finals.

Eligibility – Only 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 for the relevant facility as of **December 16th, 2023** @ 9:00 am. The Administrative Official for the relevant facility must receive all entries no later than **January 6th, 2024**, @ 8:00 pm. 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 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. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. A \$10.00 per participant facility fee will also be applied. Make checks payable to **Life Time Fitness**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge, and a \$10.00 per athlete facility surcharge applies.

Paper Entries

MS rules regarding non-electronic entries apply. \$6 per individual event entry, \$9.00 for the 1000 free. 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.

¹ Depth at Start must meet State of Michigan requirements.

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, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

**LifeTime Michigan Swim Team c/o Michael Kavanaugh
2640 Canoe Circle Dr
Lake Orion, MI 48360
A.O. Email: mkavanaugh@lt.life**

Check In - Check in will be available as of 15 minutes prior to the beginning of warm-ups for each session. Check in is mandatory for all events and will close 15 minutes after the start of warm-up for each session. Failure to check in will cause the swimmer to be scratched from all events in that session. Check in sheets will be posted in the lower lobby outside the locker rooms.

Marshaling

This meet will be self-marshaled.

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 are timed finals and will be seeded slowest to fastest, with the exception of the 1000 Free which will be seeded fastest to slowest.

Deck Entries

Deck entries may be allowed at the discretion of the Meet Referee and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck Entry fee will be **\$7.00** for individual events and **\$10.00** for the 1000 Free. 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. Deck entries will count towards the individual entry limits. Make checks payable to **Life Time Fitness**.

Meet Programs/Admissions

Admission is \$5.00, 10 and under are free with the paid admission of an adult. Meet programs will be available for \$3.00.

Scoring

No individual or team scores will be kept.

Awards

Awards will be provided for 12 & Under events and will be awarded 1st – 8th place for the following age groups:

- Girls/Boys - 8 & under
- Girls/Boys 9/10
- Girls/Boys 11/12

Awards will not be offered 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

No concessions will be available.

Lost and Found

Articles may be turned in/picked up 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.

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 at the swimmer check-in area. 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 or 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 the pool office.

Medical Supervision – Lifeguards will be onsite during the entire meet to provide first aid.

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 – Michael Kavanaugh Mkavanaugh@lt.life & Tim Hickey CoachTim@royalswimming.org

Meet Referee –Dean Schroeder/ eschroeder7647@aol.com

Safety Marshal – Mark Arrgoni / arrigonimark@gmail.com

Administrative Official – Margaret Schroeder / MKavanaugh@lt.life

SCHEDULE OF EVENTS
Sanction: MI2324060

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		
Girls	Event	Boys
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

