



Integrity, Inclusion, Education, Excellence

2024 GR Rock the Blocks Invite

Hosted By: Grand Rapids Aquatics

Friday, June 28, 2024

Approval – This meet is approved by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Approval Number **MIAP2324139**. In granting this approval 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 - Kentwood Aquatics Center
6230 Kalamazoo Ave. SE
Kentwood, MI 49508

Times - Friday, June 28, 2024
Check-in: 4:45pm
Warm-up: 5:00pm
Deck entries close: 5:15pm
Meet starts: 6:00pm

Facilities - The Kentwood Aquatics Center is a 8 lane pool with 5 lanes of supervised warm-up and warm down area available. Depth at start is 6'8"¹ and 6'8" 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 - This meet will be a timed final (SCY) meet consisting of the following age groups 10 & Under, 11 & 12, 13 & 14, and 15 & Over. All 15 and Overs are automatically entered into the 50 free which swims 4 rounds of elimination culminating with the top two swimming in the final round.

Eligibility – All athletes are eligible to participate in this meet.

Entry Procedures - Entries may be submitted to the Administrative Official as of Friday, May 31, 2024 @ 12:00pm. The Administrative Official must receive all entries no later than Friday, June 21, 2024 @ 11:59pm. Entries for USA registered athletes must include correct swimmer

¹Depth at Start must meet State of Michigan requirements.

name (as registered with US/MS Swimming) and date of birth in order for their entry times to be loaded into the SWIMS database. 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 - Swimmers may enter a maximum of 3 individual events. All 15 over swimmers will be automatically entered into the 50 free, and this will count as one of their three events.

Entry Fees - \$5.00 per individual event. Make checks payable to: Grand Rapids Aquatics.

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

Paper Entries - MS rules regarding non-electronic entries apply. \$6.00 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, and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Kentwood Aquatics Center
Branden Graf
6230 Kalamazoo Ave. SE
Kentwood, MI 49508

Check In - Check in will be required. It will be available 15 minutes before warmups. Failure to check in will cause the swimmer to be scratched from all events in that session. Check in will close 15 minutes after the start of warm. Check in sheets will be posted outside the pool.

Marshaling - Self-Marshaling will be used for all swimmers. Heat sheets will be posted around the pool after check-in closes and seeding is complete.

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.

Deck Entries - The Meet Referee and Meet Director will determine if Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck entries will be allowed 45 minutes prior to the start of the session.

Deck entries count toward daily total entries for swimmers. The deck entry fee is **\$7.50** for individual events. Athletes must be registered with USA swimming prior to the first day of the meet to be eligible for deck entries to be loaded into the SWIMS database. USA registered swimmers must have their correct name as registered with USA Swimming and their date of birth included in the Meet Manager file for their results to be loaded into the SWIMS database

Meet Programs/Admissions - Admission is \$5.00 per adult and \$3.00 for children 5 & over. Heat sheets will be available for \$2.00 at the admissions and/or concessions table after they are announced as available.

Scoring – No scores will be kept.

Awards - Individual events: Ribbons for 1st – 16th.

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 concession stand. 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 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 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.

All individuals seeking access to the pool deck must show a valid digital USA Swimming membership card reflecting good standing in order to receive a deck credential. The credential must be displayed at all times during the meet and will include the host team 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 and an AED device will be available to all athletes participating in this competition.

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 – Branden Graf – branden.graf@kentwoodps.org

Meet Referee – Hilary Fisher – candhfisher@gmail.com

Safety Marshal – Emin Agic - emin.agic@kentwoodps.org

Administrative Official – Jen Huyser – jhuyserao@gmail.com

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Girls	Events	Boys
1	15 & Over 50 FR (All)	2
10 Min Break		
3	14 & Under 200 FR	4
5	15 & Over 100 BK	6
7	10 & Under 25 BK	8
9	11 & 12 50 BK	10
11	13 & 14 100 BK	12
5 Min Break		
1	15 & Over 50 FR (Top 24 or half if < 24 total)	2
13	10 & Under 25 BR	14
15	11 & 12 50 BR	16
17	13 & 14 100 BR	18
19	15 & Over 100 BR	20
21	15 & Over 100 FR	22
23	10 & Under 50 FR	24
25	11 & 12 100 FR	26
27	13 & 14 100 FR	28
5 Min Break		
1	15 & Over 50 FR (Top 8 or half if < 16 total)	2
29	10 & Under 25 FL	30
31	11 & 12 50 FL	32
33	13 & 14 100 FL	34
35	15 & Over 100 FL	36
37	10 & Under 25 FR	38
39	11 & 12 50 FR	40
41	13 & 14 50 FR	42
1	15 & Over 50 FR (Top 2)	2