



## Last Chance

**Hosted By: Life Swim Team Michigan Swim Team**

**February 24, 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 **MI2324083**. 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**

Troy High School  
4777 Parkway Blvd  
Troy, MI 48098

### **Times**

<b>Session</b>	<b>Day</b>	<b>Age Group</b>	<b>Warm-up</b>	<b>Check-in Closes</b>	<b>Start Time</b>
1	Saturday	12 & Under & Open	1:30 pm	1:45 pm	2:40 pm
2	Saturday	12 & Under & Open	15 minute Warm Up Will Begin At The conclusion of the morning session but not before 4:30 pm	Check In will close at 3:00 pm	Immediately after the conclusion of warm up

### **Facilities**

Troy High School, is an 6 lane pool with a supervised diving well for warm up and warm down. 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 6 lane display will be used.

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

## **Course Certification**

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

## **Meet Format**

Short Course Yards (SCY), timed final meet.

## **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 for the relevant facility as of January 27<sup>h</sup>, 2024 @ 9:00 am. The Administrative Official for the relevant facility must receive all entries no later than February 19<sup>th</sup>, 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**

4 individual events per day.

## **Entry Fees**

**\$5** per individual event, \$10 for the 1650. Make checks payable to Life Time Fitness.

## **Surcharges**

Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. A \$10.00 per participant facility fee will also be applied

## **Paper Entries**

MS rules regarding non-electronic entries apply. \$6 per individual event and \$11.00 for the 1650 Freestyle. 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:

**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 required. Check in will close 15 minutes after the start of Session 1. Check in sheets will be posted near the doors to the entrance 30 minutes prior to warm up start. Session 2 check in will close by 3:00 pm.

### **Marshaling**

This meet will be self-marshaled.

### **Seeding**

Seeding will be done after check in closes. Swimmers who fail to check in will be scratched from the event. The event is a timed final and will be seeded slowest to fastest. The 1650 will be seeded fastest to slowest.

### **Deck Entries**

Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck entries are \$7 per individual event. 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 scoring will be kept.

### **Awards**

**Awards will be provided for 12 & Under events. Ribbons will be provided 1<sup>st</sup> – 8<sup>th</sup> 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 **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.

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 with the facility Aquatic Office.

### **Medical Supervision**

Troy High School will have lifeguards available at both the competition and warm-up/down pools.

### **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 Troy 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.

### **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 Personnel**

Meet Director – Mark Arrgoni [Mkavanaugh@lt.life](mailto:Mkavanaugh@lt.life)

Meet Referee –Rong Qu/ qurong\_ustb@hotmail.com  
 Safety Marshal – Garret Hemsing -> Ghem1011@outlook.com  
 Administrative Official – Michael Kavanaugh / MKavanaugh@lt.life

**Event List (Sanction Number: MI2324083  
 Session 1**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	Open 200 Back	2
3	12 & Under 50 Back	4
5	Open 50 Back	6
7	Open 100 Breast	8
9	12 & Under 50 Breast	10
11	Open 50 Breast	12
13	Open 200 Butterfly	14
15	12 & Under 50 Fly	16
17	Open 50 Fly	18
19	Open 100 Free	20
21	12 & Under 100 Free	22
23	Open 200 IM	24
25	12 & Under 200 IM	26
27	Open 200 Breast	28
29	12 & Under 100 Breast	30
31	Open 100 Breast	32
33	Open 200 Free	34
35	12 & Under 200 Free	36
37	Open 100 Back	38
39	12 & Under 100 Back	40
41	Open 50 Free	42
43	12 & Under 50 Free	44
45	Open 100 IM	46
47	12 & Under 100 IM	48

**Event List (Sanction Number: MI2324083)**

**Session 2**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
49	Mixed Open 500 Free	49
50	Mixed Open 400 IM	50
51	Mixed Open 1650 Freestyle	51