



Integrity, Inclusion, Education, Excellence

2024 Midsummer Festival LCM Open Invitational Hosted By: Life Time Michigan Swim Team June 22 – 23, 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 **MI2324133**. 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

Michael H. Jones Natatorium

100 Olds/Robb
Eastern Michigan University
Ypsilanti, MI 48197

Times

Session	Day / Date	Age Group	Warm-Up	Check-In Closes	Start Time
1	Saturday, June 22	All	9:00 a.m.	9:15 a.m.	10:00 a.m.
2	Saturday, June 22	All	15 minute Warm Up Will Begin At The conclusion of the morning session but not before 1:30 pm	Check In will close at 1:00 pm	Immediately after the conclusion of warm up
3	Sunday, June 23	All	9:00 a.m.	9:15 a.m.	10:00 a.m.

4	Sunday, June 23	All	15 minute Warm Up Will Begin At The conclusion of the morning session but not before 1:30 pm	Check In will close at 1:00 pm	Immediately after the conclusion of warm up
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Facilities

The **Michael H. Jones Natatorium** is a 10-lane pool with a supervised warm-up and warm down area available. Depth at start ranges from 12-17ft and 4ft at turn. Permanent starting blocks and non-turbulent lane markers will be used. A Daktronics Timing with a 10-lane display will be used. The number of lanes ultimately used for competition (up to 10) will be decided based upon the number of entries received, as well as the estimated timeline of the meet.

Course Certification

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

Meet Format

Long Course (LCM), 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 as of **Saturday, May 25th, 2024 at 9:00 a.m.** The Administrative Official must receive all entries **no later than Friday, June 14th, 2024, at 9:00 p.m.** 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

No more than 5 individual events per day, and 1 relay per day.

Entry Fees

\$5.00 per individual event, \$10.00 for the 1500 Free, and \$8.00 for the 800 Free. and \$12.00 per relay. 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, \$9 for the 800 Free and \$11 for the 1500 Free" after "\$6 per individual event, and **\$13.00** per relay. 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 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 warm up for each session. Check in will close 15 minutes after the start of warm-up for the morning sessions on Saturday and Sunday and at 1:00 pm for the 800 Free session on Saturday and 1500 Free session on Sunday. Heat Sheets for the 800 and mile will be posted at 1:15 pm.

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 400 Free, 800 Free, and 1500 Free, which will alternate gender and will swim 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**, \$10.50 for the 800 Free and \$12.50 for the 1500 Free, \$, and \$15.00 per relay. Make checks payable to **Life Time Fitness**.

Meet Programs/Admissions

Admission is \$5 for all individuals over the age of 11. Heat sheets will be available for \$3.

Scoring

No scoring will be kept.

Awards

Ribbons will be awarded to the top 8 swimmers / relay teams for each event.

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

Concessions will be available at the Rec/IM. 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 timing 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 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 lifeguards.

Medical Supervision

Eastern Michigan University 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 Eastern Michigan University Rec/IM.
- (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.

Parking

There are 5 guest lots located strategically throughout the campus to provide parking for guests/visitors at EMU. The rate at each lot is \$1.75/hr., with a maximum rate of \$14 for the day. EMU also has multiple locations with metered parking for guests. The meter rate is also \$1.75/hr. Visit <https://www.parkemu.com/maps/> to view the campus parking map that shows all lots, including all the paid parking options on campus for visitors that do not have a permit. In addition to guest lots and metered parking, EMU offers Text-to-Park, which is available Monday-Sunday, 6am-2am, at all metered locations, as well as North Lot and Westview. Text-to-Park is also available on Saturdays and Sundays, 6am-2am in Snow Lot and in the Main Campus Parking Structure. To utilize Text-to-Park, you will need to text a code to a number found on signage at these locations. Text-to-Park sessions must be purchased **before** walking away from your vehicle. Text-to-Park is done through the same License Plate Recognition (LPR) technology as our permits. Please make sure you have accurately input your plate, as any errors could result in a valid citation. Visit <https://www.parkemu.com/visitors/text-to-park/> for more information on Text-to-Park.

Meet Personnel

Meet Director – Mark Arrigoni / mkavanaugh@lt.life

Meet Referee – Glynis Wilkins / gswilkins@comcast.net

Safety Marshal – Garret Hemsing / ghem1101@outlook.com

Administrative Official – Michael Kavanaugh / Mkavanaugh@lt.life

Event List (Sanction Number: MI2324133)

Session	Boys	Age Group	Event	Girls
1	1	Open	400 IM	2
	3	Open	200 Back	4
	5	10 & Under	50 Back	6
	7	12 & Under	50 Back	8
	9	Open	50 Back	10
	11	10 & Under	100 Breast	12
	13	12 & Under	100 Breast	14
	15	Open	100 Breast	16
	17	12 & Under	400 Medley Relay	18
	19	Open	400 Medley Relay	20
	21	Open	200 Fly	22
	23	10 & Under	50 Fly	24
	25	12 & Under	50 Fly	26
	27	Open	50 Fly	28
	29	10 & Under	100 Free	30
	31	12 & Under	100 Free	32
	33	Open	100 Free	34
	35	12 & Under	200 IM	36
	37	Open	200 IM	38
	39	Open	400 Free	40
2	41	Open	800 Free	42
3	43	Open	200 Breast	44
	45	10 & Under	50 Breast	46
	47	12 & Under	50 Breast	48
	49	Open	50 Breast	50

	51	10 & Under	100 Fly	52
	53	12 & Under	100 Fly	54
	55	Open	100 Fly	56
	57	12 & Under	200 Free	58
	59	Open	200 Free	60
	61	12 & Under	400 Free Relay	62
	63	Open	400 Free Relay	64
	65	10 & Under	100 Back	66
	67	12 & Under	100 Back	68
	69	Open	100 Back	70
	71	10 & Under	50 Free	72
	73	12 & Under	50 Free	74
	75	Open	50 Free	76
4	77	Open	1500 Free	78