



Integrity, Inclusion, Education, Excellence
Michigan Swimming Ultra Championship Meet
Hosted by Plymouth Canton Cruisers (PCC)
March 22-24, 2024

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a prelim/final meet on behalf of USA Swimming (USA-S), Sanction number MI2324090. The Time Trial Sanction number, if needed, is MITT2324090. 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 – Eastern Michigan University, Michael H. Jones Natatorium, 100 Olds/Robb, Ypsilanti, MI 48197

Facilities – Michael H. Jones Natatorium is an 10-lane 25 yard pool with a supervised warm-up and warm down area available. Depth at the start ranges from 12-17 ft and 4 ft at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics timing system with a 10 lane display will be used.

Course Certification – The competition course has not been certified in accordance with 104.2.2C(4).

Admissions/Programs – \$5.00 per person, per day. Children 10 and younger are free. Heat Sheets will be available.

Controlled Warm Up – Teams will be assigned to a warm-up group for Friday, Saturday and Sunday prelims and final sessions.

DAY	GROUP A	GROUP B	1 WAY	EVENTS START
Friday Prelim	7:30AM	8:00AM	8:30AM	9:00AM
Friday Finals	4:30PM		5:00PM	5:30PM
Saturday Prelim	7:30AM	8:00AM	8:30AM	9:00AM
Saturday Finals	4:30PM		5:00PM	5:30PM
Sunday Prelim	7:30AM	8:00AM	8:30AM	9:00AM
Sunday Finals	4:00PM		4:30PM	5:00PM

Eligibility – All athletes registered with Michigan Swimming who have achieved current short course yard, short course meter or long course meter times equal to or faster than the qualifying standards during the qualifying period are eligible to enter an event. The qualifying time must have been achieved between 01/01/2023 and 03/17/2024.

Para-Swimming Eligibility -

USA Swimming Rule 105.1.1 defines a “disability” as a permanent physical or cognitive disability that substantially limits one or more major life activities.

An athlete with a disability who achieved the qualifying P1, P2, or P3 time standards for their age/classification/events may enter those events into the Michigan Swimming Ultra Meet. An official sport class recognition of a swimmer with a disability is NOT required.

Entry Limits – A swimmer may enter as many events as they qualify for but may swim no more than (3) individual events per day. A swimmer may swim no more than (6) individual events and (5) relay events for the entire three day meet. If a swimmer is entered in more than (3) individual events and (2) relay events per day, he/she must scratch out of the desired excess events.

Bonus Events – If an athlete achieves a qualifying time in less than 4 individual events, they may supplement their entries with bonus events in the 50 Freestyle, 100 Freestyle, 100 IM and the 50 and 100 stroke events as follows:

- 1 qualifying event – up to 3 bonus events
- 2 qualifying events – up to 2 bonus events
- 3 qualifying events – up to 1 bonus event
- Relay Only Athletes – No bonus events

The following events are not allowed to be added as a bonus event. 200 IM, 400 IM, 200 Backstroke, 200 Breaststroke, 200 Butterfly, 200 Freestyle, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. Athletes entered in the ULTRA Meet by achieving a first or second place at the Regional Meet only may add bonus events as described above.

Deck Registration and Deck Entries – Deck registrations and deck entries are NOT permitted at this meet.

Meet Format – This is a three day, preliminary/Finals format, LSC Championship. Finals include an “A”, “B” and “C” final for all events except for:

- 1000 and 1650 Freestyle are timed final events where all swimmers compete during prelims.
- * Para-Swimming events – All events with an “A,” “B” and “C” final will have a corresponding “D” final for Para-Swimmers only.
- 200 Medley Relay all heats will swim in Finals.
- 400 Medley Relay all heats will swim in Prelims.
- 200 Freestyle Relay all heats will swim in Finals.
- 400 Freestyle Relay all heats will swim in Finals.
- 800 Freestyle Relay all heats will swim in Prelims.

Seeding -

Individual Events: The fastest three heats will be circle seeded, the remainder will be seeded slowest to fastest, with the following exceptions, seeded fastest to slowest:

1000 Freestyle and 1650 Freestyle are timed final events. All heats will swim during prelims and be swum fastest to slowest and alternating gender (female/male).

The fastest two heats of the 500 Freestyle and the 400 IM will be circle seeded and the remainder of the heats will be seeded slowest to fastest.

Relay Events: All relay events will be seeded slowest to fastest.

Finals Information -

Individual Events: There will be three (3) heats of individual events at finals (A Final, B Final and C Final). Each heat is comprised of a maximum of eight (8) swimmers. These heats will swim in a C-Consolation (age 16 & under who do not qualify for the A or B final), B-Consolation (9-16), A-Championship Finals order (1-8). *Para-Swimming events – There will be the addition of a “D” final prior to the C Final in any event that a Para-Swimmer has competed in for Para-Swimmers only. At the discretion of the Meet Referee, this heat may be combined with the C final, space permitting. A para-swimmer who qualifies for either the A, B or C Final base on overall place shall swim with that heat. Top 3 finishers in each event will be recognized at the awards ceremony.

Time Trials - Time permitting, at the discretion of the Meet Referee and Meet Director, time trials for athletes may be offered each day 15 minutes after the completion of the preliminary session. Athletes must be already entered in the meet to swim a time trial. Time trials do count against the maximum per day entry limit of three (3) but not against the total meet entry limit of six (6) and are limited to no more than two (2) per day. The entry fee is \$10.00 per individual event and \$15.00 for relays. Time trials sign up will begin at 10:00 am each day of the meet.

At the discretion of the Meet Referee, athletes who are not already entered in the meet and are potential National, US Open, World Cup, or Olympic Trial qualifiers may be allowed to compete in time trial events.

Time Standards – 2024 Michigan Swimming Ultra Meet Qualifying Times will be used. The 1000/1650 Freestyle times will be honored for both events.

Conversion/Entry Times - No time conversions permitted. Submit times in Short Course Yards, Short Course Meters, or Long Course Meters.

Event List

Friday Morning Prelims

7:30 – 8:50 am General Warm up

Scratch box closes at 7:45 a.m.

11:00 am 400 Freestyle names declared (by coaches only)

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

Preliminary Events start at 9:00 AM

Women's Event #	EVENT	Men's Event #
1	100 Breaststroke	2
3	200 Butterfly	4
5	100 Freestyle	6
7	200 IM	8
9	50 Backstroke	10
11	1000 Freestyle*	12
13	400 Freestyle Relay**	14

* Timed Final Event. Alternating gender, fastest to slowest. All heats will swim in Prelims

** Timed Final Event all heats will swim in Finals

Friday Finals

4:30 – 5:20 PM Warm Up

5:20-5:25 PM 1000 Freestyle Awards Ceremony

5:30 PM Events Start

No Friday Finals Check in Required

Scratch Box closes for Saturday Events at 6:00 PM

Saturday 800 Freestyle Relays and 200 Medley Relays must be checked-in (for seeding only by coaches) no later than 6:00 pm

800 Freestyle Relay names declared (by coaches only) no later than 6:00 pm

Event order: 1-10, 13-14

Awards Ceremonies following events 2, 4, 6, 8, 10 and 14

Saturday Morning Prelims

7:30 – 8:50 am General Warm up

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

11:00 AM 200 Medley Relay names declared (by coaches only)

Preliminary Events start at 9:00 AM

Women's	EVENT	Men's
Event #		Event #
15	800 Freestyle Relay *	16
17	200 Breaststroke	18
19	100 IM	20
21	200 Backstroke	22
23	100 Butterfly	24
25	50 Breaststroke	26
27	500 Freestyle	28
29	200 Medley Relay**	30

*Timed Final event. All heats will swim in Prelims

**Timed Final event. All heats will swim in Finals

Saturday Finals

4:30 – 5:20 PM Warm Up

5:20-5:25 PM Event 800 Freestyle Relay Awards Ceremony

5:30 PM Events Start

No Saturday Finals Check in Required

Scratch Box closes for Sunday Events at 6:00 PM

Sunday 200 Freestyle Relays and 400 Medley Relays must be checked-in (for seeding only by coaches) no later than 6:00 pm

400 Medley Relay names declared (by coaches only) no later than 6:00 pm

Event order: 27-28, 17-26, 29-30

Awards Ceremonies following events 28, 18, 20, 22, 24, 26 and 30

Sunday Morning Prelims

7:30 – 8:50 am General Warm up

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

11:00 AM 200 Freestyle Relay names declared (by coaches only)

Preliminary Events start at 9:00 AM

Women's	EVENT	Men's
Event #		Event #
31	200 Freestyle Relay*	32
33	100 Backstroke	34
35	50 Butterfly	36
37	200 Freestyle	38
39	400 IM	40
41	50 Freestyle	42
43	400 Medley Relay**	44
45	1650 Freestyle***	46

*Timed Final event. All heats will swim in Finals.

**Timed Final event. All heats will swim in Prelims. Awards ceremony will follow.

***Timed Final event. Alternating gender, fastest to slowest. All heats will swim in Prelims.

Sunday Finals

4:00 – 4:50 PM Warm Up

4:50-4:55 PM 1650 Freestyle Awards Ceremony

5:00 PM Events Start

No Sunday Finals Check in Required

Event order: 31 thru 42

Awards Ceremonies following events 32, 34, 36, 38, 40 and 42

Proof of Times - Michigan Swimming will accept all qualifying times contained in USA Swimming's SWIMS database, as well as times from meets sanctioned by other national governing bodies including college, high school, Masters, YMCA, and foreign meets approved by FINA that have been run on approved meet management software within the qualifying period. The SWIMS database contains results of all sanctioned, observed and approved meets held in the USA for athletes who are registered USA Swimming members at the time of the swim. Times from the SWIMS database are proven times and do not require any further proof. If a time does not appear in OME, it is **NOT** a proven time. Use the custom time entry function to enter the meet with this time.

Custom times are not proven. If the athlete fails to swim at least the qualifying time in an event that has a custom time built, the team, or athlete if not attached to a team, will have 30 days from notification to prove the time. Failure to prove the time will result in a \$100.00 fine to the team, or athlete if not attached to a team, per event. Failure to pay the fine will result in that team, or athlete if not attached to a team, being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

Acceptable proofs include printed meet results which clearly identify the meet host, meet location and meet date as well as the name of the event and the names, clubs and times of other swimmers in the event. The **preferred** proof is an unlocked Meet Manager backup of the meet. Team Manager export files are also acceptable but are not preferred. Computer printed award labels and/or time cards signed by a meet referee and Meet Mobile are **NOT** acceptable for proof purposes.

Relay Proof of Time - If a relay team is DQ'd or does not swim equal to or faster than the cut, the team must prove the time.

This is done by proving the aggregate time for the four individuals who actually swam on the particular relay within 30 days following the conclusion of the meet to the Michigan Swimming office or by proving that the team-owned entry time was achieved at acceptable competition during the qualifying period. The aggregate time to be proved need not be equivalent to the submitted entry time for the relay, however, the time must be at or faster than the qualifying standard for the relay event.

Aggregate proof times must all be equivalent (i.e. all SCY, all SCM, all LCM). All times must have been achieved during the qualifying period and conversions may not be used in determining the submitted proof of time. Failure to prove a qualifying aggregate or team-owned time within the 30 days will result in a fine of \$100 payable immediately to Michigan Swimming. Failure to pay the \$100 fine will result in that team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

Entry Fees - The fees are **\$10.00** per individual event and **\$15.00** per relay. Please include a **\$5.00** Michigan Swimming Athlete Surcharge for each swimmer entered and a **\$10.00** per athlete facility surcharge. Entry fees will be invoiced to each team's Michigan Swimming account. If a team has an ACH or Credit Card on file, it will be billed. All other entry fees may only be paid by check. Please make checks payable to:

Michigan Swimming
2245 Knollcrest, Rochester Hills, MI 48309

Entry Open/ Deadline – OME will be the only method of entry. OME entries will open March 8, 2024 and close at 12:00 p.m.(noon) March 18, 2024.

Missed Entry - A Coach or an Entry Chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or swimmer in an event by the entry deadline may then do so by: entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet, paying a fee of \$100.00 per team and double the entry fee for the event, and providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. The Meet Referee's decision on missed entries is final and non-appealable.

Relay Entry - Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B". "A and/or B" relays must be entered with a seed time, and the seed time must be at or faster than the qualifying standard for the relay event. "A and/or B" relays may be entered without proof of a qualifying time. Teams may enter relays by entering a relay time for the team which is already in SWIMS, by entering an aggregate time from SWIMS, or they may enter a custom time for the relay(s). Swimmers participating in an individual event(s) are eligible to compete on an A or B relay. Relay only athletes are eligible to compete on an A or B relay.

All relay only athletes must be included in the entry file. Athletes not in the entry file are not eligible to swim at this meet.

Refunds - There are no refunds in full or in part once a team or individual entry has been accepted.

Declaration Of Relay Swimmers - There will be positive check for relays. Relays will be checked in and the names and order of relay swimmers and alternates should be initially declared by:

11:00 am Friday for the 400 Freestyle Relays
6:00 pm Friday for the 800 Freestyle Relays
11:00 am Saturday for the 200 Medley Relays
6:00 pm Saturday for the 400 Medley Relays
11:00 am Sunday for the 200 Freestyle Relays

The order of relay swimmers may be changed **before** the start of the relay heat. If the relay fails to swim in the final order as declared on the lanes timer sheet - the relay will be disqualified.

Marshaling - This is a self-marshaled meet.

Scratch Rules - All individual events will conform to the USA National Scratch Procedures Article 102.4.

Early Team or individual scratches for all Friday events will be accepted at Escratch@miswim.org on Thursday March 21, 2024 from 8:00 AM to 6:00 PM.

Scratch Deadline For All Final Events - Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.11.6 D and E).

Penalties For Failure To Compete -

Preliminary Events - If a swimmer fails to drop his/her scratch card by the time stated for the event and fails to compete in that event, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the swimmer will not be seeded

in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

Finals - If a swimmer qualifies for a finals event as a result of his/her preliminary swim and fails to properly scratch or fails to properly declare an intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced, and fails to compete in that event final, the swimmer will be barred from further competition for the remainder of the meet.

NOTE: If a swimmer declares that he/she may want to scratch an event but does not return to confirm that scratch within 30 minutes following the conclusion of the swimmer's last event, the swimmer will be seeded into the Finals event, and will be similarly penalized if the swimmer does not compete in Finals. (See Meet Referee or his/her designee).

Additional \$50 Penalty - In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without being properly scratched for that event, he/she shall be fined \$50 payable immediately to MS.

The swimmer is not allowed to compete in any subsequent MS sanctioned or approved events until the fine is paid.

Results - Official results will be posted following the conclusion of the meet on the Michigan Swimming Website at www.miswim.org. Unofficial results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive). Please use Meet Mobile for Unofficial live results.

Scoring –

Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st-16th respectively.

Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1st–16th respectively.

Awards - Michigan Swimming provides medals for 1st– 8th place finishers for all individual and relay events. There will be individual high point awards for 1st-3rd place finishers who are 18 or younger. There will be an overall combined Team Award.

Award Presentations - There will be formal awards presentations for the top 3 finishers in each event. (See event schedule)

Award Distribution - Individual event awards for 4th – 8th place will be available for immediate pickup at the award table. No awards will be mailed. There will be no exceptions.

Medical Supervision – Lifeguards will be on duty during the entirety of the meet. An AED and first aid supplies will be available as well,

Facility Items

- A. First Aid supplies will be kept in the pool office.
- B. No smoking is allowed in the building or on the grounds of the facility.
- C. Pursuant to applicable Michigan Law, no glass containers will be allowed on the pool deck or in the locker rooms.

- D. No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway.
- E. 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**.
- F. 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
- G. 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**.
- H. 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.

Lost and Found - Articles may be turned in to a designated lost and found area in the Lifeguard Office. The Meet host will retain articles not picked up by the end of the meet for 14 days.

Safe Sport/Safe Facility – Michigan Swimming safety and 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. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach(s) have the athlete's insurance cards and signed releases allowing them to direct medical care.

Deck Personnel - 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, the Michigan Swimming Officials Chair, 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). 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 session and will be reissued a credential at the start of the next session.

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 - If any of your swimmers have special needs or requests, please indicate this with the Meet Referee during warm ups.

Swimmers Without A Coach - Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Coaches' Meeting – There will be a coach meeting on Wednesday, March 20, 2024 at 8:00 p.m. via Zoom. The Zoom link will be sent to all coaches after entries have been closed.

General Information - Any errors or omissions in this meet announcement, with the authorization of the Meet and Sanctioning Chair, will be documented by the Meet Referee and available for review at the Administrative Referee table. Information will also be covered at the Coaches' Meeting.

PROTESTS - USA Swimming Rule 102.23 shall be used.

MEET REFEREE: **Chuck Krochmal** krochmal6@outlook.com

ADMIN REFEREE:

MEET DIRECTOR: **Bill Ho** who@illinoisalumni.org

SAFETY MARSHALL: **Kent Hung**