



Integrity, Inclusion, Education, Excellence

SLA Arctic Blast

Hosted By: South Lyon Aquatics

January 26-28, 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 **MI2324077**. 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:

**South Lyon EAST High School
52200 West Ten Mile Road
South Lyon, MI 48178**

Times

Friday	Warmups: 5:00 pm	Meet Start: 6:00 pm
Sat/Sun AM	Warmups: 8:30 am	Meet Start: 9:30 am
Sat/Sun PM	Warmups: Immediately after AM session Not Before Noon Meet Start: Not before 1:00 pm	

Facilities

South Lyon East High School is a **8** lane pool **with a supervised warm-up and warm down area available**. Depth at start 12’ and 4’ at turn. Permanent starting blocks and non-turbulent lane markers will be used. **A Colorado Timing System with 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 format. This is an age group swim meet. Swimmers are grouped by age and gender; 8 & Under, 9-10, 10 & Under, 11-12, 12 and Under, and Open. 11-12 Girls will swim in the PM Sessions while 11-12 Boys will swim in the AM sessions. All events will be swum slowest to fastest.

Eligibility

All athletes and clubs registered with Michigan Swimming or another USA Swimming LSC are eligible to participate in this meet. **Times standards are required for the Open 500 Free and Open 400 IM (listed in the Event section).**

Entry Procedures Entry Procedures - Entries may be submitted to the Administrative Official as of **January 8th, at 10 am**. The Administrative Official must receive all entries no later than **January 20th at 10 am**. Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (<http://www.miswim.org/>). All individual entries should be submitted via electronic mail to the Administrative Official at **slameetentries@gmail.com**. The complete **SLA Arctic Blast** entry packet with entry forms is available on the Michigan Swimming Website at <http://www.miswim.org/>

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 are limited to two **(3)** individual events on Friday and four **(4)** individual events per day Sat and Sun and **(1)** relay per day.

Entry Fees

\$5.00 per individual event and **\$12.00** for relays. Please include a **\$1.00** Michigan Swimming surcharge and a **\$10.00** facility surcharge for each swimmer entered. Make checks payable to: **South Lyon Aquatics**.

Surcharges

A \$1.00 per athlete Michigan Swimming athlete surcharge applies in addition to the \$10.00 Facility Surcharge.

Paper Entries

MS rules regarding non-electronic entries apply. **\$6.00** per individual event and **\$13.00** for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay event paid if the entry is not submitted in Hy-Tek format. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies 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:

**South Lyon Aquatics
58363 Holland Dr.
South Lyon, MI 48178**

Check In

Check-in will be required and will be located **at the top of the stairs, before athletes go down to the locker rooms.**

Marshaling

Swimmers will be responsible for reporting to the marshaling area when their event is called.

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

Deck entries will be allowed and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures, including all Michigan Swimming, Inc. approval policies. Individual events will be \$7.50 and Relays \$15.00.

Meet Programs/Admissions

Admissions will be **\$5.00 per person 10 and older**. Individual Heat Sheets will be \$3.00.

Scoring

No Team or Individual Scores will be kept.

Awards

Awards will be given for each age group **12 and Under ONLY**. ***Heat winner awards will be given for all heats including PM Open sessions immediately following each finish.*** Awards will be available for pick up by coaches/designated team representative at the completion of the meet. Teams **MUST** pick up remaining awards by the end of the meet. No awards will be mailed. The Top 8 finishers will receive Ribbons.

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 lobby area. 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 outside 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.

Lists of registered coaches, certified officials and meet personnel will be placed outside the **hallway** to the **pool deck**. Meet personnel will check the list of approved individuals and issue a credential to be always displayed during the meet. This credential 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 will be Available to assist any Medical events.

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 **Admin Table**
- (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 – Andy Cebull - andycebull@southlyonaquatics.com

Meet Referee – Cynda Avery – cja2474@gmail.com – (248) 632-2623

Safety Marshal – Pat Wickering – patwickering@southlyonaquatics.com

Administrative Official – Alyssa De Leon /slameetetries@gmail.com/ (313)399-8289

Friday P.M

Warm-up: 5:00pm

Check in closed at 5:15 pm

Events begin: 6:00pm

Girls Event #	Age	Events	Boys Event #
1 (Qualifying – 7:04.99)	Open	500 Free	2 (Qualifying – 7:04.99)
3	12 & Under	200 Free	4
5	Open	50 Back	6
7	Open	50 Fly	8
9 (Qualifying - 6:05.99)	Open	400 IM	10 (Qualifying – 5:59.99)
11	12 & Under	200 IM	12
13	Open	50 Free	14
15	Open	50 Breast	16

Saturday A.M

Warm-up: 8:30am

Check in closed at 8:45am

Events begin: 9:30am

Girls Event #	Age	Events	Boys Event #
-	11-12	100 Free	17
18	9-10	100 Free	19
20	8 & Under	50 Free	21
-	11-12	50 Breast	22
23	10 & Under	50 Breast	24
25	8 & Under	25 Breast	26
-	11-12	100 Fly	27
28	9-10	100 Fly	29
30	8 & Under	50 Back	31
-	11-12	100 Back	32
33	9-10	100 Back	34
-	11-12	200 Medley Relay	35
36	10 & Under	200 Medley Relay	37

Saturday P.M

Warm-up: Not before Noon

Events begin: Not before 1:00pm

Girls Event #	Age	Events	Boys Event #
38	11-12	100 IM	-
39	Open	200 IM	40
41	11-12	50 Breast	-
42	Open	100 Breast	43
44	11-12	100 Fly	-
45	Open	200 Fly	46
47	11-12	100 Back	-
48	Open	200 Back	49
50	11-12	50 Free	-
51	Open	100 Free	52
53	11-12	200 Medley Relay	-
54	Open	200 Medley Relay	55

Sunday A.M.

Warm-up: 8:30am

Check in closed at 8:45am

Events begin: 9:30am

Girls Event #	Age	Events	Boys Event #
-	11-12	100 IM	56
57	10 & Under	100 IM	58
59	8 & Under	25 Back	60
-	11-12	50 Back	61
62	10 & Under	50 Back	63
64	8 & Under	25 Fly	65
-	11-12	50 Fly	66
67	9-10	50 Fly	68
-	11-12	100 Breast	69
70	9-10	100 Breast	71
72	8 & Under	25 Free	73
-	11-12	50 Free	74
75	9-10	50 Free	76
-	11-12	200 Freestyle Relay	77
78	10 & Under	200 Freestyle Relay	79

Sunday P.M.

Warm-up: Not before Noon

Events begin: Not before 1:00pm

Girls Event #	Age	Events	Boys Event #
80	Open	200 Free	81
82	11-12	100 Free	-
83	Open	100 IM	84
85	11-12	50 Back	-
86	Open	100 Back	87
88	11-12	100 Breast	-
89	Open	200 Breast	90
91	11-12	50 Fly	-
92	Open	100 Fly	93
94	11-12	50 Free	-
95	Open	50 Free	96
97	11-12	200 Freestyle Relay	-
98	Open	200 Freestyle Relay	99