



Integrity, Inclusion, Education, Excellence

Penguin Holiday Bowl

Hosted By: Hurricane Penguins Swim Club

December 2nd, 2023

Sanction – This meet is sanctioned by Michigan Swimming, Inc. (MS), as a timed final meet on behalf of USA Swimming (USA-S), Sanction Number **MI2324033**. MS or USA-S may revoke this sanction at any time in response to the COVID-19 pandemic.

It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agrees that Michigan Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, MICHIGAN SWIMMING, AND **Lakeland High School/Huron Valley Schools, and Hurricane Penguins Swim Club** AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including but not limited to employees, volunteers and program participants and their families.

Hurricane Penguins will include the above information in meet announcements, heat sheets and posted around the pool facility.

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 marshalls at this competition, with at least one of each gender.

Location

Lakeland High School
1630 Bogie Lake Rd.
White Lake, MI 48383

Times: Sat. Warm-up Begins at 8:00am, Events Begin at 9:10 am.

Facilities: Lakeland High School Pool, is an 8-lane pool with a supervised warm-up and warm down area available. Depth at start is 8 feet and 4 feet 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: All events are timed finals. This is an age group meet. All 10 and under events are grouped by gender only. All 8 and under individual events are multi-age, grouped by 6 and under and 7 – 8.

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, November 4th at 8:00am**. The Administrative Official must receive all entries no later than **November 24th at 8:00pm**. 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: A swimmer may enter a maximum of four (4) individual events and two (2) relay events.

Entry Fees: **\$5.00** per individual event and **\$12.00** for relays. Make checks payable to **Hurricane Penguins Swim Club**.

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 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, and Check should be sent via U.S. mail or nationally recognized overnight courier to:

Hurricane Penguins Swim Club
10325 Glynn Rd
White Lake, MI 48486

Check In: Check-in will be required and will be located **in the hallway on tables near the locker room entrances. Check-In closes 15 mins after warm-up begins.**

Marshaling: Swimmers will be responsible for reporting to the starting blocks for their event. Extra volunteers will be on hand behind the blocks helping line swimmers up and letting coaches know if anyone is missing.

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 may be allowed at the discretion of the Meet Referee and will be conducted in accordance with current Michigan Swimming, Inc. rules & procedures. Deck Entry fee will be **\$7.00** for individual events and **\$15.00** for relay events. Deck entry swimmers are subject to the Michigan Swimming **\$1.00** general surcharge if they are not already entered in the meet. For deck entries, registration status must be proven by showing an electronic USA Membership card on the USA Swimming website or USA Swimming app. Deck entries will count towards the individual entry limits.

Meet Programs/Admissions: Admission is \$5.00, 8 and under are free with the paid admission of an adult. Meet programs will be available for \$3.

Scoring No individual or team scores will be kept.

Awards: Custom Penguin Holiday Bowl medals will be awarded 1st -3rd place and ribbons for 4th – 16th place for all individual events. Top 3 Relays will be awarded Medals and 4th - 8th places will be awarded ribbons. Awards may be picked up by the coach/designated team representative at the conclusion of the meet. All 10 and under awards are by gender only. All 8 and under individual awards are multi-age, grouped by 6 and under and 7 – 8 and gender. No awards will be mailed.

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: Prepackaged food items and beverages will be sold at concessions stand located in the upper hallway near balcony entrance. 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 pools front desk**. 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 **door** to the **pool deck**. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team **logo, 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 pool office.

Medical Supervision: Lifeguards will be available with first aid supplies and an AED.

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 **Lap 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: Lyndsey Kiebel, 248- 978-7906

Meet Referee: Margaret Schroeder schroeder7647@aol.com

Safety Marshal: Valerie Maravolo

Administrative Official: Jeff Heaton, 248-930-8367 Keweenaw@gmail.com

SCHEDULE OF EVENTS MI2324033**Saturday, December 2nd Events Start at 9:10am**

Girls Event #	Age	Event	Age	Boys Event #
1	10 & U Mixed	200 Medley Relay	10 & U Mixed	1
2	8 & U Mixed	100 Medley Relay	8 & U Mixed	2
3	10 & U	100 IM	10 & U	4
5	8 & U	25 Back	8 & U	6
7	10 & u	50 Back	10 & U	8
9	8 & U	25 Fly	8 & U	10
11	10 & U	50 Fly	10 & U	12
13	8 & U	25 Free	8 & U	14
15	10 & U	50 Free	10 & U	16
17	8 & U	25 Breast	8 & U	18
19	10 & U	50 Breast	10 & U	20
21	8 & U	50 Free	8 & U	22
23	10 & U	100 Free	10 & U	24
25	8 & U Mixed	100 Free Relay	8 & U Mixed	25
26	10 & U Mixed	200 Free Relay	10 & U Mixed	26

