

Michigan Swimming Long Course State Championships



Hosted by: Michigan Lakeshore Aquatics

Thursday, July 29 Friday, July 30 Saturday, July 31 Sunday, August 1

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a Championship prelim/finals and timed finals (selected events) swimming meet on behalf of USA Swimming, Sanction: # MI910064 and will also offer time trials if time permits at the discretion of the Meet Referee and Meet Director. All Michigan Swimming, Inc. rules, safety and warm up procedures will govern the meet as if fully set forth in this meet announcement.

Location: Holland Community Aquatic Center, 550 Maple Ave Holland Mi 49423

Facilities: The Holland Aquatic Center is an indoor 50-meter, 8 lane pool. The natatorium has an elevated 600 seat spectator area running the entire length of the competition course. Pool depth extends from 7 feet at start to 13.5 feet at the turn end. All lanes are nine feet in width and separated by Competitor lane lines. Paragon blocks will be used at start end. Colorado Timing system and scoreboard. Timing pads will be at both ends of the course. All 50-meter events will be started at the west end (diving well) and all other will be start from the east. A separate 25-yard, six-lane warm down pool is located in the same building adjacent to the competition pool. Lockers may not be left on lockers overnight. [The competition course has not been certified in accordance with 104.2.2C(4).

Eligibility: All swimmers registered with Michigan Swimming and residing within the USA who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as **Q1** times) during the qualifying period are eligible to enter an event

Qualifying Period: The qualifying time must have been achieved on or since January 1, 2009.

Age Group: A swimmer's age on July 29, 2010, will determine his/her eligibility for a particular age group for the entire meet. You must swim your own age group.

Format: **13/14 & Open:** All Michigan Swimming, Inc. LSC individual events are offered in the noted age groups and Open Division in this four-day meet. The 13/14 and Open individual events are

prelim/final events with the exception of the 800m and 1500m free events which are timed final events. Preliminaries are swum in the morning and the finals are swum at night. All relays are timed finals.

12 & Under: All Michigan Swimming, Inc. LSC individual events are offered in the noted age groups. All the 10 & under and 11/12 individual events are timed finals. All relays are timed finals.

- Finals Info:**
- (1) Individual Events: There will be two heats of individual and one heat of relay finals – each heat comprised of a maximum of eight (8) swimmers or eight (8) relays. These will be referred to as “A, B Finals” or “Finals and Consolation Finals”. These will swim in a B-Consolation, A-Finals order.
 - (2) Relay Events: The fastest heat of all 13/14 and Open relays will swim in the Finals in the evening. The rest of the relays swim in the prelims in the mornings.
 - (3) Order of Events: Note the order of events as stated in the schedule of events for Finals. Finals are not necessarily swum in the same order as they are swum in the Prelims. Always consult the heat sheet.

Conversion: No time conversions are permitted. Times must be submitted in long course meters, short course meters, and short course yards.

- Seeding:**
- (1) Seeding individual events shall be as follows:
 - a) All conforming LCM times will first be arranged in time order.
 - b) Following the conforming LCM times, non conforming SCM times shall be arranged in time order followed by non conforming SCY times arranged in time order.
 - c) After arranging the times as provided above, the event shall be seeded in normal fashion.
 - (2) All entry times must be designated as SCY, SCM, or LCM. Any entry time having an inaccurate course designation will not be accepted.

Entry Times: Entry times for individual and relay events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events and all Relays: A swimmer, if entered in two or more events on the day of the 800m Freestyle or the 1500m Freestyle, may enter the 800m Freestyle and/or 1500m Freestyle timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. Relays may enter at either fastest time or at the Q1 time standard. **THIS MUST BE DONE WITH YOUR ORIGINAL ENTRIES AND NOT CHANGED AT THE MEET.**

Proof of Times: INDIVIDUAL EVENTS: Times from any meet in the SWIMS database or from Invitational Meets and League or Conference Championship Meets hosted by other leagues or high schools that have been run on approved meet management software and within the qualifying period may be used to enter this meet. Times from dual, inter-squad or intra-squad meets, other than those Sanctioned, Approved or Observed by USA Swimming, will not be accepted.

The SWIMS database maintained by USA Swimming contains results of all Sanctioned, Observed and Approved meets held in the USA if the athlete was a member of USA Swimming at the time of the swim. If the time is in SWIMS it may be viewed from the USA Swimming website by selecting **Individual Times** under the **Times/Time Standards tool** and running a search using the athlete name.

All individual entries submitted for the 2010 Long Course State Championships will be pre-verified for qualifying time eligibility at the Michigan Swimming Office by comparing the submitted entry time against the SWIMS database. If a qualifying time was swum at a meet that is contained within SWIMS, there is no need to submit a proof of time for that entry.

If a qualifying time is not in SWIMS, a proof of time must be submitted to the MS Office for that swim. **ACCEPTABLE PROOFS** include printed meet results which clearly identify the meet host, the location of the meet and the date the meet was held (swim date must be on or after January 1, 2009) as well as the name of the event and the names, clubs and times of other swimmers in the event but the **PREFERRED PROOF** is a locked Meet Manager backup of the meet results. Team Manager export files will work but are NOT preferred. Computer printed award labels and/or time cards signed by a meet referee are not acceptable for proof purposes.

All proofs and a **Meet Entry Report** from Team Manager or Team Unify which includes the names and dates of the meets where the swimmers achieved the times being used must be received at the Michigan Swimming Office by the entry deadline **Wednesday July 21, 2010**. It is preferred that clubs collect these and send them in one batch to the MS Office.

If a qualifying time cannot be pre-verified it will be rejected, the swimmer will not be entered in the event and the MS Office will notify the club's entry chair via the email address stated on the entry form of the rejected entry.

Mail or e-mail all proofs and the Meet Entry Report (NO FASCIMILES) to the Michigan Swimming Office, PO BOX 1784, Midland, MI 48641-1784, or to JBCartmill@hughes.net.

DO NOT MAIL THESE TO THE MEET ENTRY COORDINATOR

Entry Limits: A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may swim no more than three individual events per day. A swimmer may swim no more than 6 individual events for the entire four day meet. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card dropped in the scratch box by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

Entry Fees

Electronic: \$5.00 per individual event and \$12.00 per relay. Please include a \$3.00 Michigan Swimming Athlete Surcharge for each swimmer entered. Please make checks payable to MLA.

Entry Fees

Paper Entry: Michigan Swimming rules regarding non-electronic entries apply. There is a \$1.00 additional charge per swimmer per individual event and \$1.00 additional charge per relay paid to MLA if the entry is not submitted by Hy-Tek file. If the entry must be submitted on paper you can use the spreadsheet of your choice. It must be logically formatted and contain all pertinent entry information.

Entry

Deadline: Entries may be submitted as soon as this meet announcement is posted on the MS website. All entries, whether they are by mail or email, must be received no later than Wednesday, July 21, 2010, 11:59 p.m. No fax or telephone entries accepted. Entries must include the correct swimmer name (official registered names must be used), age, and USA number. You can import the order of events and event numbers from the Michigan Swimming website (www.uss-michigan.com). Any entries submitted will not be processed or considered as officially received until such time as the entry chairperson has received: (a) your entry, (b) the signed release/waiver agreement, (c) the certification of entered athletes form, (d) the relay swimmers only form (if applicable), and (e) a team check.

Team email

Entry: Team email entry is allowed under the following conditions: (1) the entry is in Hy-Tek format, (2) the entry is received by email on or before Wednesday, July 21, 2010, the entry deadline (**See Entry Extension for new cuts achieved at a meet occurring after Wednesday, July 21, 2010**), and (3) (b) through (e) in the above paragraph are received by Monday, July 26, 2010. All risks in delay of the receipt of the email by the entry chair by the entry date cutoff due to network problems fall on the risk of the sender. **INDIVIDUAL ENTRY BY EMAIL IS NOT ALLOWED. USE THE PAPER ENTRY METHOD PRIOR TO THE ENTRY DEADLINE.**

Entry

Extension:

EXTENSION: (1) There is an extension of the entry deadline for “new cuts only” that were achieved at meets that occurred between July 21, 2010 and Monday, July 26, 2010. However, qualifying times achieved for the first time at any meet which occurred during the extension period are eligible to be entered into this State meet. A “New Cut” means exactly that – a *new* qualifying time achieved for the very first time during the stated time period. This is not a mechanism for changing a previously entered seed time or adding entries that should have been included in your pre - July 21 main entry.

(2) All “New Cuts”, whether the athlete is attached to a Club or competing “Unattached”, must use the attached [MS Word] “New Cut Only” Form (attached) to enter the meet. **Coaches- do not resend an amended Hy Tek entry file – you must use the Form for New Cuts. Any new Hy Tek file will not be accepted.**

(3) **Email** the completed “New Cut Only” Form for each athlete directly to the Entry Chair by **the deadline for New Cuts Only – Monday, July 26, 2010 at 11:59 PM**. All risks in the delay of the receipt of the email by the Entry Chair by the deadline due to (non entry chair) network problems are the risk of the sender.

(4) **Payment:** You are not charged as a paper entry for new cuts. The fee is the same as for electronic entry. Bring your fees for your new cut entry(s) directly to the meet (check payable to MLA) by the beginning of the meet (See the Clerk of Course). If the new cut entries are not paid for by the beginning of the meet, the entry(s) will be scratched at the discretion of MLA and the Meet Referee.

Deck Entry: There are no deck entries for this meet.

Entry

Chair: Your Club's entry package and check should be sent via U.S. mail or nationally recognized overnight courier to the entry chair. If sending the entry by overnight courier/express, etc you should waive the signature requirement so your entry will not be delayed. Send entries to:

Don Kimble, 550 Maple Ave Holland Mi 49423
MLAcontact@yahoo.com

Telephone inquiries: 616-393-7595
PLEASE no calls after 9pm. (COACHES ONLY)

Refunds: There are no refunds in full or in part once a team or individual entry has been received and processed by the Entry Chair.

**Scratch
Rules/
Individual**

Events: (1) All individual events will conform to the USA National Scratch Procedure **with the exception of the 800m Free and the 1500m Free.** With these rules in effect you are no longer required to “check in” for any individual events – you are already “checked in” by virtue of your entry and thus expected to swim the event. If you are entered in an event you must swim the event or, if desired, scratch the event correctly in order to not be penalized. To scratch a preliminary or timed finals event you must drop a scratch card in a scratch box by the time stated. To scratch from a Finals event (that you have qualified for) you must scratch or declare your intention to scratch within 30 minutes after the qualifiers are announced pursuant to 207.12.6 (E). If you fail to scratch out of any individual event correctly and fail to compete in the event - you will be penalized.
(2) Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only coaches and swimmers may use a scratch card to scratch an event.
(3) A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (ie. remove the swimmer from the entire meet).

Penalties for

Failure to

Compete: **Preliminary and Timed Final Events:** If you fail to drop your scratch card by the time stated for the event and fail to compete, 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 you qualify for finals as a result of your preliminary swim and fail to properly scratch or properly declare your intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced and fail to compete in the finals at night, you will be barred from further competition for the remainder of the meet. NOTE: If you declare that you may want to scratch an event but do not return to confirm that scratch within 30 minutes following the conclusion of your last event, you will be seeded into the Finals event and will be similarly penalized if you do not compete in Finals (See Meet Referee or his/her designee).

800m Free and 1500m Free Timed Final events: If, after you check in for the 800m Free or the 1500m Free and (A) as a result of top 8 seeding and failing to properly scratch and failing to compete in the evening Finals, the swimmer will be barred from swimming any events for the remainder of the meet, or (B) as a result of being seeded in the heats that swim during the morning sessions and fail to compete, the swimmer will be barred from swimming any further preliminary individual or relay events 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).

**Scratch &
Check In
Deadlines:**

Thursday 3:00 PM

Scratch Box closes for Thursday 400M Free Ind events

Thursday Women 800M Distance Free /Men 1500M Distance Free swimmers must be checked in.

Scratch Box closes for Friday Morning Prelim Events 4:30pm

Friday 12:15 PM

Scratch Box closes for Friday afternoon events

Friday 6:00 PM

Scratch Box closes for Saturday Morning Prelim events

Saturday 12:15 PM

Scratch Box closes for Saturday afternoon events

Saturday 6:00 PM

Scratch Box closes for Sunday Prelim Events

Sunday Men 800M Distance/ Women 1500M Distance Free swimmers must be checked in

Sunday 1:15 PM

Scratch Box closes for Sunday afternoon events

Scratch deadline for All Finals: 30 minutes after the qualifiers for the event are announced (See USA Rule 207.7.9 D and E)

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 have properly scratched that event, he/she shall be fined \$50 payable immediately to MS. The swimmer is not allowed to compete in any subsequent MS sanctioned events until the fine is paid.

Distance**Free**

Check In: Women distance swimmers in the 800 M Free and Men distance swimming in the 1500 M Free on Thursday and Men distance swimmers in the 800 M free and Women distance swimmers in the 1500 M Free on Sunday must check in and confirm their intention to compete in order to be seeded. Women swimmers in the 800M Free and Men swimmers in the 1500M free must check in by 3:00 PM Thursday. Men swimmers in the 800M free and Women swimmers in the 1500M Free must check in by 6 PM Saturday (the night before the event).

800m &**1500m**

Events: Be aware that if we have large numbers of participants in the 800 and/or 1500, we may have to try alternative solutions, not limited to by including swimming 2 per lane.

Relay Entry:

(1) Each team may enter no more than two (2) relays in a relay event and the relays must be designated as “A” and “B” with the entry.

(2) A and/or B relays must originally 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 pre-proving the entry time, however, all relays missing a qualifying time standard must then prove that the qualifying standard has been achieved during the qualifying period or pay a fine. (See Relay Proof of Time paragraph). Therefore, it is highly suggested that all relay seed times as submitted on the entry have a provable aggregate time.

(3) Both swimmers that are participating in the meet in an individual event(s) and “Relay Only Swimmers” are eligible to compete on an A or B relay. However, “Relay Only Swimmers” who are not entered in any individual event(s) in the meet must be listed with all necessary information on your Hy-Tek entry file or on the attached form or they will not be allowed to participate on any relay. Coaches should list all swimmers who could possibly participate on a relay on the “Relay Only Swimmers” form. This form must be submitted by the entry deadline. Relay only swimmers may not be added after the entry deadline.

Relay**Proof of****Time:**

If the relay swims slower than the qualifying standard, proof of time is required. 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 MS Office. 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 LCM, or all SCM), all times must have been achieved during the qualifying period (on or before July 26, 2010) and you may not use conversions in determining the submitted proof of time. Failure to prove a qualifying aggregate time within the 30 days will result in a fine of \$100 payable immediately to the Office of 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.

Relay

Check In: All relay check in times are listed very specifically above in the “**Times**” section.

Failure to check the relay in by the time stated will result in the relay being scratched and the relay will not be allowed to swim. The coaches should declare the actual swimmers (when they check the relays in) that will swim on the relay by writing the names and the order they will swim on the relay card and returning the card to the designated Meet Personnel. Coaches may, in their discretion, delay the declaration of relay swimmers (Relays Declared) until a stated time.

Declaration Of Relay

Swimmers: In addition to the relay check in requirement, the names and order of relay swimmers and alternates must initially be declared (**Relays Declared**) by accurately writing all the swimmers names and order on a relay card provided for that purpose. The names and order of four relay swimmers must be declared for seeding purposes by the times stated in the schedule of events listed above. The order of relay swimmers or substitutions with qualified alternates may be changed (by coaches only) up to the start of the heat. If a Coach wishes to change the order of the four swimmers that will actually swim, or the names of the swimmers (with qualified alternates), the Coach must indicate the change to the Deck Referee or his/her designee sufficiently in advance to the start of the heat so as not to delay the heat. The Deck Referee or his/her designee in the Coach's presence will alter the order of swimmers on the relay card. If the relay fails to actually swim in the final order as declared on the relay card - the relay will be disqualified.

Seeding: Individual Events:

(1) The 13/14 and Open individual events will be swum in preliminary/final format except for the 800M and 1500M Free which are Timed Finals events.

(2) The 10 & Under and 11/12 individual events are all Timed Finals events.

(3) The 13-14 and Open Womens 800M/Mens 1500M Free (Events 9 – 12) will be seeded and swum fastest to slowest, alternating heats of each gender (i.e. fastest heat of 13-14 Girls followed by fastest heat of 13-14 Boys followed by fastest heat of Open Girls followed by fastest heat of Open Boys, etc.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.

(4) The Open Mens 800M/Womens 1500M Free will be seeded after the scratch box closes. The fastest seeded heat (top 8) after scratches (if any) of the Mens Open 800M/Womens Open 1500 Free automatically qualify for Finals and will swim in the finals session on Sunday night. The remaining heats of the Mens Open 800M/Womens Open 1500 heats swim during the morning sessions. Awards and scoring/place for these events are determined by all the athletes' performances in all the heats.

(5) The 13/14 Mens 800M/Womens 1500M Free will be seeded after the scratch box closes. All heats of these events swim during the morning sessions. Awards and scoring/place for these events are determined by all the athletes' performances in all the heats.

(6) All heats of the of the 800M/1500M swum in the morning sessions will be seeded fastest to slowest and alternate age groups and genders (i.e. fastest heat of 13-14 Girls followed by fastest heat of 13-14 Boys followed by fastest heat of Open Girls followed by fastest heat of Open Boys, etc.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.

(7) The final three heats of all prelim/final individual events will be circle seeded slowest to fastest.

Relay Events:

(1) All relay events will be timed finals. Awards and scoring/place for these events are determined by all the relay performances in all of the heats.

(2) The fastest seeded heats (top eight) of the 13/14 and Open relay events will be swum during the finals sessions in the evening as stated in the schedule of events.

(3) The 10 and under and 11/12 relays will be seeded slowest to fastest and all will swim in the afternoon session as stated in the schedule of events.

Protests: USA Swimming Rule 102.11 shall be used.

Marshaling: This is a self-marshaled meet. All swimmers will be expected to find their heat and lane independently. Heats will not be delayed. Heat cards will not be used. Heat sheets will be posted around the pool deck in various locations.

Time Trials: Time trials may be offered for all events each day immediately following the conclusion of the preliminary heats (only after the morning session) at the sole discretion of the Meet Referee and Meet Director if time permits. Time trials are \$7.50 for an individual event and \$15 for a relay. Time trials are subject to the Michigan Swimming Championship Time Trial Rules which are reviewable in full on the MS website. Notable portions of the rule include (1) To participate in time trials the swimmer must be already participating in this Long Course State Meet, either in an individual event or a relay event (including relay only athletes). A swimmer does not have to actually swim an individual or relay event to participate in time trials so long as the swimmer is entered in the meet or listed as a relay only (including alternates) swimmer. (2) Swimmers are limited to two time trials for the entire meet (3) Time trials count against the total number of individual events per day (no more than 3 individual per day) but not toward the total number of individual events for the entire meet (6). If an athlete has entered the maximum number of individual events allowed per day and wants to swim a time trial, the athlete must scratch an event using the scratch box by the stated deadline or not swim the time trial in order to assure the limit of swims per day is not exceeded.

Awards: Michigan Swimming, Inc. provides medals for 1st – 8th place finishers in both individual and relay events and ribbons for 9th – 16th in all individual events. JBL Enterprises will be on site to engrave individual and relay medals. There are individual high point awards for 1st – 3rd place finishers in each age group. There is an overall Team State Champion and runner-up trophy.

Award

Presentation: There will be a formal awards presentation in each session as described in the meet program. It is expected that athletes will appear on time for awards so as not to delay the meet and appropriately dressed - no towels on the awards podium. Please pay close attention to the schedule of awards. There will also be award presentation order of events posted on the pool deck and available in the program.

Award

Distribution: Awards for 9th – 16th place will be bagged for each team and available for immediate pickup at the end of the meet on Sunday evening. Awards **WILL NOT** be mailed.

Timers: Participating clubs are no longer required to provide timers for any session, any assistance that can be given during the preliminary heats of the 13/14 and Open 800m Free and 1500m Free would be greatly appreciated. If you would like to volunteer for any session you may email **MLAcontact@yahoo.com**.

Programs: Programs for the entire meet are \$8.00. Coupons for preliminary heat sheets will be located on the back page of the program. Return your heat sheet coupon to the admissions stand when announced that they are available. Final session heat sheets are \$1.00 and can be purchased at admissions. An evaluation form will also be located in the program. Please fill this out at your convenience and return it to admissions.

Admissions: \$4.00 per person for PRELIM sessions and TIMED FINAL sessions, per day, five (5) & over, \$1.00 for FINALS.

The option to purchase a wrist band for \$15 (Friday, Saturday, Sunday all session pass; **does NOT include Thursday**) will be available on Friday only. There is no discount with the wristband, but you will not have to wait in line for any sessions if you have the wristband attached to your wrist. The wristband must be worn **ONLY** on your wrist. No exceptions. Please do not abuse this family friendly policy.

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. Relay points affect team scoring only and are not counted toward individual high point.

Results: Results will be posted following the conclusion of the meet on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive). "Live" results will be available at www.hollandhighswimminganddiving.org

Concessions/

Hospitality: Full concessions will be available for swimmers and spectators.

Lost and

Found: Articles may be turned in to a designated lost and found area. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

Safety: Michigan Swimming safety and warm up rules will be followed. 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 have the athlete's insurance cards and signed releases allowing them to direct medical care.

Deck

Personnel: Only swimmers, registered and certified coaches and meet officials/workers are allowed on the deck. Coaches must be current in all certifications through the final date of the meet. ***NO PARENTS ON DECK EXCEPT IN CASES OF MEDICAL EMERGENCY.***

Gen Info: Any errors or omissions in this meet announcement will be documented by the Meet Referee and available for review at the Clerk of Course. Information will also be covered at the Coaches' Meeting which will be held on Thursday afternoon, July 29, at 2:00 p.m.

Facility

Items: (A) First Aid supplies will be kept with the lifeguard on duty and at concessions

- (B) No smoking is allowed in the building or on the grounds.
- (C) No glass or coolers are allowed anywhere in the aquatics center.
- (D) No folding chairs/bag chairs/camping chairs will be allowed in the balcony.
- (E) No bare feet allowed outside of the pool area.
- (F) An Emergency Action Plan is available for review near the Clerk of the Course.

COACHES ONLY MAY CONTACT THE MEET PERSONNEL LISTED BELOW. ANY PARENT/SWIMMER COMMUNICATION WITH THE MEET PERSONNEL LISTED BELOW WILL BE DISREGARDED.

Meet Referee: Ron Reinke

Meet Director: Don Kimble (616-393-7595) dkimble9859@yahoo.com

Meet Manager: Dan Kimble

Clerk of Course: Mark Rubino

Safety Marshall: Diana Simmons

Swim Vendor: Different Strokes Swim Shop
 Email: dsss@different-strokes.com Phone 1-800-828-2623
 Web site: www.different-strokes.com

Photographer: **Rissley Photography**

Engraving: **JBL Enterprises**

Food vendor: Facility concessions

State Meet Apparel: Pre-order form is below. VERY LIMITED apparel will be sold at the meet at an increased price (w/ no option of personalization). Colors and sizes will be VERY LIMITED. **ORDER NOW!**

Schedule of Events - Long Course State Meet 2009

Thursday – All Events are Timed Finals

2:00-2:20 PM	General Meeting
2:30 - 3:50 PM	Warm Up
3:00 PM	1) Scratch Box closes for Thursday 400M Free Individual Events 2) Thursday 800 Free Relays must be checked in & Relays Declared <u>800M/1500M Distance Free Swimmers must be checked in</u>
4:00 PM	Events Start
4:30 PM	1) Scratch Box closes for Friday Morning Prelim Events 2) Friday Morning 13/14 & Open 400 Medley Relay must be Checked In (by Coaches Only)

Events

1	13-14	800	Free Relay	Women
2	13-14	800	Free Relay	Men
3	Open	800	Free Relay	Women
4	Open	800	Free Relay	Men
5	10&U	400	Free	Women
6	10&U	400	Free	Men
7	11-12	400	Free	Women
8	11-12	400	Free	Men
9	13-14	800	Free	Women
10	13-14	1500	Free	Men
11	Open	800	Free	Women
12	Open	1500	Free	Men

Note: The 13-14 and Open Distance Free (Events 9 – 12) will swim and scored as separate events. However, these events will be seeded and swum fastest to slowest, alternating heats of each gender (i.e. fastest heat of 13-14 Girls followed by fastest heat of 13-14 Boys followed by fastest heat of Open Girls followed by fastest heat of Open Boys.) Subsequent heats will follow in this order. Carefully consult the Heat Sheet posted on deck for your heat and lane assignment.

Friday Morning Prelims

7:30 – 8:50 AM Warm Up
9:00 AM **Events Start**
10:00 AM Relays Declared for 13/14 & Open 400 Medley Relay

Events

13	13-14	100 Breast	Women
14	13-14	100 Breast	Men
15	Open	100 Breast	Women
16	Open	100 Breast	Men
17	13-14	400 Free	Women
18	13-14	400 Free	Men
19	Open	400 Free	Women
20	Open	400 Free	Men
21	13-14	100 Fly	Women
22	13-14	100 Fly	Men
23	Open	100 Fly	Women
24	Open	100 Fly	Men
25	13-14	200 IM	Women
26	13-14	200 IM	Men
27	Open	200 IM	Women
28	Open	200 IM	Men
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29	13-14	400 MR*	Women
30	13-14	400 MR*	Men
31	Open	400 MR*	Women
32	Open	400 MR*	Men

* Top seeded heat of relays swim at night in finals

Friday Afternoon Timed Final Events

12:15 Scratch Box closes for ALL Friday Afternoon Events (#'s 33-48)
12:30 – 1:10 PM Warm Up
1:15 **Events Start**

Events

33	11-12	200 Breast	Women
34	11-12	200 Breast	Men
35	11-12	50 Back	Women
36	11-12	50 Back	Men
37	10&U	50 Back	Women
38	10&U	50 Back	Men
39	11-12	200 Free	Women
40	11-12	200 Free	Men
41	10&U	200 Free	Women
42	10&U	200 Free	Men
43	11-12	50 Fly	Women
44	11-12	50 Fly	Men
45	10&U	50 Fly	Women
46	10&U	50 Fly	Men
47	11-12	400 IM	Women
48	11-12	400 IM	Men

Friday Night Finals - Order of Events 13-32, No check in required

4:30 – 5:20 PM Warm Up
5:30 PM **Events Start**
6:00 PM 1) Scratch Box closes for Saturday Morning Prelim Events
2) Saturday Morning 13/14 & Open 400 Free Relay must be checked in (by Coaches Only)
3) Saturday Afternoon 10U&11/12 400 Medley Relay must be checked in (by Coaches Only)

Saturday Morning Prelims

7:30 – 8:50 AM Warm Up
9:00 AM **Events Start**
10:00 AM Relays Declared for 13/14 & Open 400 Free Relay

Events

49	13-14	400 IM	Women
50	13-14	400 IM	Men
51	Open	400 IM	Women
52	Open	400 IM	Men
53	13-14	50 Free	Women
54	13-14	50 Free	Men
55	Open	50 Free	Women
56	Open	50 Free	Men
57	13-14	100 Back	Women
58	13-14	100 Back	Men
59	Open	100 Back	Women
60	Open	100 Back	Men
61	13-14	200 Free	Women
62	13-14	200 Free	Men
63	Open	200 Free	Women
64	Open	200 Free	Women
65	13-14	400 FR *	Women
66	13-14	400 FR *	Men
67	Open	400 FR *	Women
68	Open	400 FR *	Men

***top seeded heat of relays swim at night in Finals**

Saturday Afternoon Timed Final Events

12:15 Scratch Box closes for ALL Saturday Afternoon Events (#'s 69-86) and Relays Declared.
12:30 – 1:10 PM Warm Up
1:15 **Events Start**

Events

69	11-12	400 MR	Women
70	11-12	400 MR	Men
71	10&U	400 MR	Women
72	10&U	400 MR	Men
73	11-12	100 Free	Women
74	11-12	100 Free	Men
75	10&U	100 Free	Women
76	10&U	100 Free	Men
77	11-12	100 Fly	Women
78	11-12	100 Fly	Men
79	10&U	100 Fly	Women
80	10&U	100 Fly	Men
81	11-12	100 Breast	Women
82	11-12	100 Breast	Men
83	10&U	100 Breast	Women
84	10&U	100 Breast	Men
85	11-12	200 Back	Women
86	11-12	200 Back	Men

Saturday Night Finals-Order of Events 49-68, No check in required

4:30 – 5:20 PM Warm Up
5:30 PM **Events Start**
6:00 PM
1) Scratch Box closes for Sunday Morning Prelim Events
2) Sunday Morning 800M/1500M Free swimmers must check in
3) Sunday Afternoon 10U&11/12 400 Free Relay must be checked in (by Coaches Only)

Sunday Morning Prelims & Men 800M/Womens 1500M Free

7:30 – 8:20 AM Warm Up
8:30 AM Events Start (1/2 hour earlier than previous days!)

Events

87	13-14	200 Back	Women
88	13-14	200 Back	Men
89	Open	200 Back	Women
90	Open	200 Back	Men
91	13-14	100 Free	Women
92	13-14	100 Free	Men
93	Open	100 Free	Women
94	Open	100 Free	Men
95	13-14	200 Breast	Women
96	13-14	200 Breast	Men
97	Open	200 Breast	Women
98	Open	200 Breast	Men
99	13-14	200 Fly	Women
100	13-14	200 Fly	Men
101	Open	200 Fly	Women
102	Open	200 Fly	Men
103*	13-14	1500 Free	Women
104*	13-14	800 Free	Men
105*	Open	1500 Free	Women
106*	Open	800 Free	Men

*** For prelims, the 800's/1500's are at the end of the Preliminary session. For finals (top heat of Open Women and Men only) are the first event.***

Sunday Afternoon Timed Final Events

1:15 Scratch Box closes for ALL Sunday Afternoon Events (#'s 107-128) and Relays Declared
1:30 – 2:10 PM Warm Up
2:15 Events Start (1 hour later than previous days!)

Events

107	11-12	50 Breast	Women
108	11-12	50 Breast	Men
109	10&U	50 Breast	Women
110	10&U	50 Breast	Men
111	11-12	200 IM	Women
112	11-12	200 IM	Men
113	10&U	200 IM	Women
114	10&U	200 IM	Men
115	11-12	100 Back	Women
116	11-12	100 Back	Men
117	10&U	100 Back	Women
118	10&U	100 Back	Men
119	11-12	50 Free	Women
120	11-12	50 Free	Men

121	10&U	50 Free	Women
122	10&U	50 Free	Men
123	11-12	200 Fly	Women
124	11-12	200 Fly	Men
125	10&U	400 FR	Women
126	10&U	400 FR	Men
127	11-12	400 FR	Women
128	11-12	400 FR	Men

Sunday Night Finals- Order of events: Top Heat of # 105 &106 (Men's Open 800M/Womens Open 1500M free), then #'s 87-102

4:30 – 5:20 PM

Warm Up

5:30 PM

Events Start

Time Standards for 2010 Michigan Swimming Long Course State Championship Meet (Q1 Times)
Qualifying Period: January 1, 2009 to entry deadline

Revised 18 April 2010

GIRLS			10 & UNDER	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
31.69*	36.39	37.29*	50 Freestyle	37.49	36.49	31.59*
1:09.49*	1:19.49	1:21.79	100 Freestyle	1:22.39	1:20.29	1:10.29*
2:31.59*	2:56.09	3:00.19	200 Freestyle	2:58.79	2:54.69	2:33.99
6:50.59*	6:07.59	6:20.09	400/500 Freestyle	6:32.09	6:25.99	6:51.29
37.29*	42.99	44.19	50 Backstroke	45.29	43.99	37.99*
1:20.29*	1:34.39	1:36.99*	100 Backstroke	1:39.39	1:36.59	1:21.49*
41.99*	49.69	50.89*	50 Breaststroke	52.19	50.69	43.69*
1:32.49*	1:44.69	1:48.39	100 Breaststroke	1:54.79	1:50.79	1:35.09*
35.89*	42.59	43.59	50 Butterfly	44.29	44.29	36.79
1:26.29*	1:45.19	1:46.39	100 Butterfly	1:50.79	1:49.49	1:30.29
2:54.39*	3:17.39	3:24.49	200 IM	3:31.29	3:24.49	2:57.09*
2:16.59	2:32.39	2:37.99	200 Free Relay**	2:39.49	2:33.49	2:17.99
2:36.99	2:55.19	3:03.09	200 Medley Relay**	3:15.29	3:06.39	2:47.59

GIRLS			11-12	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
27.89*	31.49	32.19	50 Freestyle	32.89*	32.59	28.19
1:00.79	1:08.39	1:10.19	100 Freestyle	1:11.99	1:11.49	1:01.29
2:10.99	2:28.29	2:31.59	200 Freestyle	2:38.99	2:36.69	2:14.59*
5:48.99	5:06.19	5:16.59	400/500 Freestyle	5:23.09	5:12.49	5:55.19
32.59*	36.89	37.99	50 Backstroke	39.99	38.89	33.29*
1:09.99	1:20.29	1:22.69	100 Backstroke	1:25.09*	1:24.89	1:11.09
2:29.99	2:51.89	2:56.99	200 Backstroke	3:02.39	2:57.19	2:34.79*
36.59	41.59	42.79	50 Breaststroke	45.79	44.49	37.79*
1:20.19	1:28.79	1:31.99	100 Breaststroke	1:39.99*	1:37.99	1:21.69*
2:51.99*	3:15.49	3:22.49	200 Breaststroke	3:36.99*	3:32.29	2:59.99*
31.09	35.09	35.79	50 Butterfly	37.29*	36.99	32.29
1:10.99	1:22.19	1:23.19	100 Butterfly	1:28.59*	1:28.89	1:13.99*
2:43.99	3:19.49	3:23.09	200 Butterfly	3:31.29	3:27.49	2:50.69
2:29.99	2:47.99	2:53.99	200 IM	2:59.99*	2:54.99	2:35.49*
5:22.99	6:05.99	6:16.89	400 IM	6:41.79	6:30.19	5:36.19*
1:55.19	2:08.29	2:12.89	200 Free Relay**	2:19.89	2:15.09	2:00.99
2:09.59	2:24.59	2:31.29	200 Medley Relay**	2:39.89	2:32.89	2:16.99

Time Standards for 2010 Michigan Swimming Long Course State Championship Meet (Q1 Times)
Qualifying Period: January 1, 2009 to entry deadline

SCY	WOMEN SCM	LCM	13-14 EVENT	LCM	MEN SCM	SCY
26.39	29.79	30.59	50 Freestyle	29.29	28.49	25.29*
57.59	1:05.09	1:06.79	100 Freestyle	1:05.39	1:03.49	55.09*
2:03.99	2:21.29	2:23.69	200 Freestyle	2:20.09	2:16.89	2:00.19
5:29.99*	4:54.89	5:03.59	400/500 Freestyle	4:57.59*	4:49.79	5:25.09*
11:32.99	10:06.49	10:27.09	800/1000 Freestyle	10:20.19	9:59.79	11:05.99
19:36.99	19:20.49	20:00.09	1500/1650 Freestyle	19:50.99	19:11.69	19:09.39
1:04.49	1:15.39	1:17.09	100 Backstroke	1:16.09	1:13.89	1:02.99
2:19.09	2:40.89	2:44.29	200 Backstroke	2:43.49	2:38.79	2:18.89
1:13.99*	1:24.79	1:27.79	100 Breaststroke	1:26.99	1:23.99	1:12.49*
2:41.99*	3:03.29	3:09.89	200 Breaststroke	3:11.49	3:04.79	2:38.09*
1:05.19*	1:16.19	1:16.49*	100 Butterfly	1:16.09*	1:16.09	1:03.89*
2:24.09	3:02.69	2:55.99	200 Butterfly	2:59.99*	3:01.19	2:32.79
2:20.99*	2:39.59	2:44.29*	200 IM	2:42.69	2:38.29	2:17.39*
5:02.99*	5:46.09	5:54.39*	400 IM	5:53.79	5:43.59	5:00.69*
4:06.89	4:23.79	4:32.99	400 Free Relay	4:32.59	4:23.19	4:06.59
8:53.99	9:25.99	9:45.49	800 Free Relay	9:50.69	9:31.49	8:57.69
4:39.99	5:12.39	5:23.59	400 Medley Relay	5:30.89	5:19.49	4:46.29

SCY	WOMEN SCM	LCM	OPEN EVENT	LCM	MEN SCM	SCY
25.79	28.89	29.49	50 Freestyle	26.49	25.79	22.99
55.19	1:02.79	1:03.69	100 Freestyle	58.09	56.49	50.19
1:59.99*	2:15.39	2:17.59*	200 Freestyle	2:07.09	2:05.19	1:49.09*
5:23.99	4:45.79	4:53.19	400/500 Freestyle	4:34.99*	4:26.49	4:58.99*
11:11.99	9:48.09	10:08.09	800/1000 Freestyle	9:38.79*	9:25.49	10:39.99*
18:50.09	18:52.39	19:30.99	1500/1650 Freestyle	18:50.99	18:13.69	17:59.99
1:03.99	1:13.29	1:15.39	100 Backstroke	1:09.59	1:08.09	57.99
2:16.59	2:36.39	2:40.99	200 Backstroke	2:31.89	2:28.19	2:08.99
1:12.39	1:21.59	1:24.49	100 Breaststroke	1:18.99*	1:16.99	1:05.99*
2:36.99	2:56.49	3:04.89*	200 Breaststroke	2:55.69*	2:52.49	2:26.99
1:02.99	1:10.49	1:11.29	100 Butterfly	1:05.29	1:05.39	56.19
2:23.39*	2:45.89	2:48.89	200 Butterfly	2:40.99*	2:38.59	2:16.39*
2:17.59	2:33.69	2:38.99	200 IM	2:25.99	2:21.09	2:05.59
4:51.79*	5:36.79	5:42.99*	400 IM	5:23.99*	5:19.39	4:36.99
3:51.19	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
8:30.79	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:59.99
4:17.99	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	4:10.09

* = changed from 2009 standard

Michigan Swimming Long Course State Championships

Hosted by: Michigan Lakeshore Aquatics

Thursday, July 29

Friday, July 30

Saturday, July 31

Sunday, August 1

RELAY ONLY SWIMMERS

Please list all swimmers who are attending this meet only to participate in one or more relay(s)
(They are NOT participating in any individual events.)

	Name	USA #	Age	Relay Events
<u>1</u>				
<u>2</u>				
<u>3</u>				
<u>4</u>				
<u>5</u>				
<u>6</u>				
<u>7</u>				
<u>8</u>				
<u>9</u>				
<u>10</u>				
<u>11</u>				
<u>12</u>				
<u>13</u>				
<u>14</u>				
<u>15</u>				
<u>16</u>				
<u>17</u>				
<u>18</u>				
<u>19</u>				
<u>20</u>				

Michigan Swimming Long Course State Championships

Entry Sheet for New Cuts achieved between July 21 and July 26, 2010.

**Please note: This sheet is to be used only to enter events where the qualifying times were achieved between the above stated dates.

Team Name/or Unattached _____ Abbreviation: _____

Swimmer's Name: _____
(First, middle, last)

Swimmer's Birth date: _____

Swimmer's age as of July 30, 2009: _____

Swimmer's USA ID number: _____

Entries:

1-Event #: _____
Event Description: _____
Entry Time: _____
Meet Achieved: _____

2-Event #: _____
Event Description: _____
Entry Time: _____
Meet Achieved: _____

3-Event #: _____
Event Description: _____
Entry Time: _____
Meet Achieved: _____

4-Event #: _____
Event Description: _____
Entry Time: _____
Meet Achieved: _____

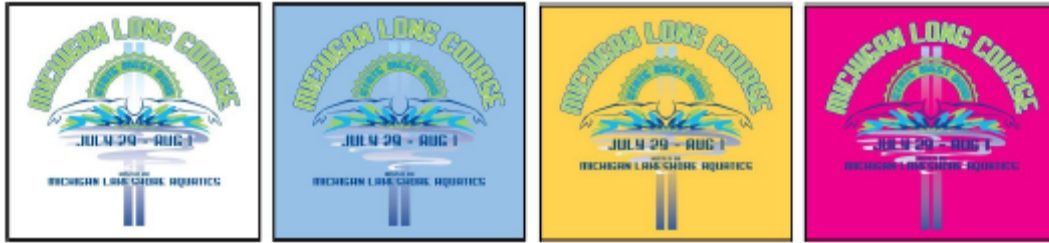
5-Event #: _____
Event Description: _____
Entry Time: _____
Meet Achieved: _____

6-Event #: _____
Event Description: _____
Entry Time: _____
Meet Achieved: _____

Is this swimmer already entered into the 2010 Long Course State Meet for other events? Yes No

Please email to: Don Kimble @ MLAcontact@yahoo.com

Emails will not be received after Monday, July 26, 2010 (11:59 PM). Entry Fees are \$5 per event and \$3 MS surcharge and are due prior to the start of competition. (Have your coach bring the check directly to the Meet).



Orders Must be RECEIVED by July 15, not postmarked by July 15, in order to be processed.

Swimmers Name: _____ Team: _____ Phone: _____

Very Limited T-shirts will be sold at the meet, NO SWEATSHIRTS WILL BE SOLD AT THE STATE MEET!

All t-shirts and sweatshirts have State Logo screened on front and teams on back.

All shorts and tank tops will have MICHIGAN LONG COURSE STATE MEET 2010 screenprinted

Shorts screenprinted on left leg and tank tops will be screenprinted on center front

ITEM	YS	YM	YL	SM	MED	LG	XL	XXL	PRICE	QTY	TOTAL
Daisy Yellow T-Shirt (100% pre-shrunk cotton)									\$15.00 (XXL \$17.00) \$18.00 at the meet (XXL \$20.00)		
Sapphire Blue T-Shirt (100% pre-shrunk cotton)									\$15.00 (XXL \$17.00) \$18.00 at the meet (XXL \$20.00)		
Pink T-Shirt (100% pre-shrunk cotton)									\$15.00 (XXL \$17.00) \$18.00 at the meet (XXL \$20.00)		
White T-Shirt (100% pre-shrunk cotton)									\$15.00 (XXL \$17.00) \$18.00 at the meet (XXL \$20.00)		
Surf Blue Sweatshirt (60/40 Blend)									\$30.00 (XXL \$32.00) Not available at the meet		
Hot Pink Tank Top (100% cotton)									\$10.00 (XXL \$12.00) Not available at the meet		
White Tank Top (100% cotton)									\$10.00 (XXL \$12.00) Not available at the meet		
Black Mesh Short (100% poly)									\$15.00 (XXL \$17.00) Not available at the meet		
Black Cheer Short (50/50 Blend)									\$12.00 (XXL N/A) Not available at the meet		

Questions: Contact Tina Moralez, (tinamoralez@charter.net - email preferred) - 616-836-0146

Note to Swimmers and Parents: Complete this order form and send to your team representative by the deadline specified by your team, with your check payable to your team. ONLY team reps will be able to pick up orders which will be available on Thursday night (during open pool time) or during the meet in pool lobby.

Note to Team Representative: Please gather your team's order's and send all order forms with one check payable to Michigan Lakeshore Aquatics to be received by July 15, 2010, 5pm. Mail to:

Team Name: _____
 Team Rep: _____
 Team Rep Phone # _____
 Team Rep E-Mail _____

MLA - Michigan Lakeshore Aquatics
 PO Box 1593
 Holland, MI 49422

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July 29 - July 31

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Please Contact:

Lisa Wedding

616-396-0708

lisa.wedding@hilton.com

