

2023 MICHIGAN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

Sanctioned for USMS by the Michigan LMSC, Sanction #193-S007
Hosted by: The Holland Aquatic Center • Friday-Sunday, April 14-16, 2023
At Holland Aquatic Center • 550 Maple Ave., Holland, MI 49423

HOST ORGANIZATIONS:

Your host is the Holland Aquatic Center in Holland, Michigan.

MEET DIRECTORS:

Ian Townsend: (517) 862-2324 ian@mlaswim.org

FACILITIES:

Location. The Holland Aquatic Center is in Holland, Michigan. For information about this facility visit: hollandaquatic.org.

Parking. There is ample parking directly outside of the Holland Aquatic Center entrance.

Swimming Pool. The Holland Aquatic Center is a competitive 50-meter pool with the meet setup of two 25 yard/8 lane courses. Lockers are available in the locker rooms, but swimmers should bring their own locks, and Holland Aquatic Center will not assume responsibility for lost or stolen articles. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. The primary timing system will be automated with sound device at the start and swimmer touching the pad at the finish with the time recorded on a scoreboard. Official times from this automated timing system will be submitted for USMS Records and USMS Top Ten times for all courses. For Short/Long Course Meters the time will be submitted to FINA for Masters FINA Top Ten and Masters FINA World Records.

RULES:

Competition Rules. United States Masters Swimming (USMS) rules and Michigan Local Masters Swimming Committee (MI-LMSC) policies will apply. The USMS rule book is available online at <http://www.usms.org>. The Michigan LMSC policies are located at <http://www.michiganmasters.com> under the "Information" tab.

PROCEDURES AND POLICIES:

Age Groups. Age on April 16 (last day of the meet) determines a swimmer's age for the entire meet. Individual event age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 ... 5-year increments as high as necessary. Relay age groups: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ ... 10-year increments as high as necessary. Age groups for relay events are determined by the age of the youngest person on a relay team.

Warm-up/Cool-down. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in designated sprint lanes. **NO EQUIPMENT IS ALLOWED DURING WARM-UP OR COOL DOWN PER USMS REGULATIONS.**

Check-in:

- **General check-in.** Every swimmer must report for general check-in upon arrival at the meet to verify entry status, pick-up a copy of the meet heat sheets.
- **Distance event check-in.** Each swimmer who is entered in a distance event (400y IM, 500y freestyle, 1000y freestyle, 1650y freestyle) must report for a positive distance event check-in. Swimmers who do not verify intention to compete before the check-in deadline will be scratched from that event. The Meet Director reserves the right to re-seed the distance events after check-in if subsequent scratches will allow consolidation of heats. The deadlines for distance event check-ins are provided in the "Schedule" section of this meet announcement.

Seeding. Seeding will be slow to fast for individual events of 200 yards or less and for relay events, with men and women seeded separately. Seeding will be fast to slow for distance events (400y IM, 500y free, 1000y free, 1650y free), with men and women seeded together. "No time" entries will be assigned to the slowest heats for all events.

Heat Sheets. At general check-in, swimmers will receive heat sheets that show heat and lane assignments for all events that are 200 yards or less in distance. Separate heat sheets for the distance events (400y IM, 500y free, 1000y free, and 1650y free) will be posted at the pool when distance-event check-in for that event is complete.

Scratches. For all events, the swimmer is responsible to report to the assigned heat and lane in a timely manner. Failure to appear by

the time of the Referee's short whistle commands will be considered a scratch; the swimmer will not be allowed to swim in another heat of the same event.

Timing:

- **Timing system.**
- **Swimmer responsibilities.** Hit the timing pad firmly. **Do not cut through lanes until all swimmers have completed the event.** During relays, remain clear of the timing pad area until the event is completed by all swimmers. Alert the Starter to request the required three manual back-up timers if you or your relay is attempting a USMS (national) record. Supply your own lap counting personnel for distance events.

Scoring. Individual events: 9-7-6-5-4-3-2-1 points. Relay events: 18-14-12-10-8-6-4-2 points.

Results. Event results will be posted at clearly marked locations announced at the meet and at the awards table. Results will also be available via Meet Mobile. Results will be published on the website (www.michiganmasters.com) following the meet.

Awards:

1st, 2nd, 3rd - Individual Events	State Championship Medals
4th, 5th, 6th, 7th, 8th - Individual Events	State Championship Ribbons
1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th - Relay Events	State Championship Ribbons
High Point Award - Age Group Women and Men	State Championship Trophy Plaque
High Point Team - Large Team Division	State Championship Trophy Plaque
High Point Team - Small Team Division	State Championship Trophy Plaque
High Point Team - Large Team Women	State Championship Trophy Plaque
High Point Team - Small Team Women	State Championship Trophy Plaque
High Point Team - Large Team Men	State Championship Trophy Plaque
High Point Team - Small Team Men	State Championship Trophy Plaque

Presentation of Awards:

- Pick up individual and relay event awards at the awards table.
- Presentation of age group high point awards and overall team high point awards in all categories will begin 30 minutes after the completion of the last event, namely the 1000y freestyle (event # 39). The large and small team divisions will be based upon the number of total entries for each team.
- Please be prompt so award presentations are not delayed. Swimmers and team representatives are responsible to pick up any awards earned. **Awards will not be mailed.**

Records. A Michigan State Record may only be established by a swimmer registered through the Michigan LMSC. A Meet Championship Record may be established by any swimmer entered in the meet.

Protests. Per USMS Rule 102.14.3, "protests against judgment decisions of starters and stroke, turn, and relay takeoff judges can only be considered by the referee, and the referee's decision shall be final." Other protests (e.g., concerns about seeding, awards, final results, eligibility, scoring, or entries) must be submitted to the meet director or referee by the team representative in writing. According to Section 3 of the Michigan LMSC Policies and Procedures, such protests will be heard by the Championship Committee.

ENTRIES:

Entry Methods and Entry Deadlines. This meet utilizes an online entry system only.

- **Online entries.** Go to <http://www.MichiganMasters.com> to enter the meet. **The online entry deadline is the end of the day (9:00 pm) on Monday, April 10, 2023.**
- **Relay entries.** Relay entries must be submitted by the designated team representative, not individual swimmers. Refer to the "Entry Procedures" described below.

Eligibility. Swimmers must have a current USMS membership as of the entry deadline to be eligible to compete in this meet. One-day event registrations (USMS rule 201.1.3) are not valid given that this is a 3-day meet with multiple events. Whether entering online or via mail, swimmers must agree to the USMS "Participant Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement."

Representation. When you register with USMS, you will designate your club (Michigan Masters (MICH)). Each member of the Michigan Masters Club (and only the Michigan Masters Club) can also select which Workout Group or State Meet Team they would like to swim with for the annual Michigan State Meet Championship. You do not have to designate a Workout Group or State Meet Team to participate at the State Meet Championship (unattached); however, to swim in a Relay, you must designate a Workout Group or State Meet Team.

Event Limits:

- Swimmers may enter a maximum of 7 individual events for the entire meet (does not include relay events), with a daily maximum of 6 individual events.

If more than seven individual events are listed on the entry form, only the first seven entries will be accepted.

Entry Fees:

- Individual entry fee - \$95.00.
- Relay event entry fee – \$15.00 per relay with all names, if emailed by Thursday April 13, @ 12:00 noon or \$20.00 per relay if deck-entered. (See full details in “relay” section below.)

Entry Procedures:

- Individual Events.** Choose a maximum of individual 7 events (does not include relay events). Enter your best **short course yards (SCY)** times on the line labeled “entry seed time.” You may enter an estimated time or “no time” if you do not have a best time to report. “No time” entries will be assigned to the slowest heats.
- Distance Events.** The 400y IM will be offered once during the meet on Saturday morning. The 1650 Free will be offered only on Friday. Refer to the check-in, seeding, and heat sheet procedures described earlier in this meet announcement for more information.
- Relays.** Designate one team representative to enter relays for the entire team.
 - Pre-entered relays.** The team representative (only) should email pre-entered relays by Thursday, April 13 @ 12:00 noon, to meet host Ian Townsend ian@mlaswim.org. For each relay team, please include: event number, swimmers’ names, ages, and seed time. Relay names and age groups may be changed up to 30 minutes before relay event starts.
 - Deck-entered relays.** The team representative should enter relays and pay relay entry fees during general check-in on Friday from 5:00-5:45 pm, or on Saturday or Sunday from 7:30-8:00 am. Relay names and age groups may be changed up to 30 minutes before relay event starts.
 - At the meet.** Relay cards will be distributed to team representatives at the meet. At that time, the relay cards must be completed with: (a) event information – the event entered, the age group for the relay team, and a seed time; and (b) swimmer information – swimmers’ names as they appear on USMS membership cards in the order of relay swim, as well as each swimmer’s age and sex. The relay age group is determined by the age of the youngest swimmer on the relay team. The team representative must submit the relay cards to the Clerk of Course, who will add heat and lane assignments. Relay names and age groups may be changed up to 30 minutes before relay event starts.

SCHEDULE:**General Check-in, Warm-up, and Competition Schedule:**

Session	Day	General Check-In & Warm-up	Competition Begins
#1	Friday night, April 14	5:00 pm – 5:45 pm	6:00 pm
#2	Saturday morning, April 15	7:30 am – 8:30 am	8:30 am
X	<ul style="list-style-type: none"> Michigan LMSC annual meeting will start 20 minutes after end of Session #3 Lifetime Achievement, Chetrick, and Lawrence awards presented at start of Session #4 		
#3	Saturday afternoon, April 15	1:00 pm – 2:00 pm	2:00 pm
#4	Sunday morning, April 16	7:30 am – 8:30 am	8:30 am
X	<ul style="list-style-type: none"> Presentation of age group high point awards and overall team high point awards in all categories will begin 30 minutes after the completion of Session #4. 		

Distance Event Check-In Deadlines:

- 1650y free ... check-in deadline is Friday at 5:45 pm.

Annual Meeting. All swimmers are encouraged to attend the annual Michigan Local Masters Swimming Committee (LMSC) membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday. This is the time to vote on issues affecting the USMS National Organization, the Michigan LMSC, your local team, and yourself. An agenda of the meeting will be available at check-in on Friday, April 14.

IF YOU PLAN ON COMING TO THE LUNCHEON, PLEASE STAY FOR THE ENTIRE ANNUAL MEETING.

Lifetime Achievement, Chetrick, and Lawrence Awards. The Lifetime Achievement Award is presented to an individual who has demonstrated a lengthy record of swimming accomplishments, as well as many years of outstanding volunteer contributions that further the objectives of masters swimming in the State of Michigan. The Chetrick Award recognizes an individual who has exhibited outstanding service and commitment to the spirit of Michigan Masters Swimming on either the state or national level. The Lawrence Award is presented to a swimmer from the Michigan LMSC who has achieved outstanding performances in National competition during the past year, and across the person's swimming career. Previous winners of these awards are noted under the "Awards" tab at <http://www.michiganmasters.com>.

EVENTS:

Your Seed Time	Women's Event #	SESSION #1 – FRIDAY NIGHT Warm-up 5:00 pm, Competition 6:00 pm	Men's Event #	Your Seed Time
	1	1650 yard freestyle	1	
Your Seed Time	Women's Event #	SESSION #2 – SATURDAY MORNING Warm-up 7:30 am, Competition 8:30 am	Men's Event #	Your Seed Time
	2	100 yard freestyle	3	
	4	200 yard backstroke	5	
	6	50 yard butterfly	7	
	8	400 yard IM	9	
		10 minute break		
	10	200 yard freestyle relay (4M or 4W)	11	
		LMSC annual meeting 20 min after Event #11		
Your Seed Time	Women's Event #	SESSION #3 – SATURDAY AFTERNOON Warm-up 1:00 pm, Competition 2:00 pm	Men's Event #	Your Seed Time
		Lifetime, Chetrick, and Lawrence Awards		
	12	200 yard butterfly	13	
	14	50 yard backstroke	15	
	16	100 yard breaststroke	17	
		10 minute break		
	18	200 yard mixed medley relay (2M/2W)	18	
	19	500 yard freestyle	19	
Your Seed Time	Women's Event #	SESSION #4 – SUNDAY MORNING Warm-up 7:30 am, Competition 8:30 am	Men's Event #	Your Seed Time
	20	200 yard freestyle	21	
	22	100 yard butterfly	23	
	24	50 yard breaststroke	25	
	26	200 yard IM	27	
		15-minute break		
	28	200 yard medley relay (4M or 4W)	29	
	30	200 yard breaststroke	31	
	32	100 yard backstroke	33	
	34	50 yard freestyle	35	
	36	100 yard IM	37	
		15-minute break		
	38	200 yard mixed freestyle relay (2M/2W)	38	
	39	1000 yard freestyle	39	
		Presentation of age-group high point and team awards 30 minutes after Event #39		

NAME:		Email:
Street Address:		
City / State / Zip:		Date of Birth:
Phone:	Sex:	USMS#:



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

2023 MICHIGAN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS**FEES SCHEDULE****SWIMMERS:**

Online Entry: \$95.00 + \$3 Online convenience fee

TEAM REPRESENTATIVE ONLY:

Workout Group/State Meet Team Name: _____

Number of relay teams entered ____ x \$15.00 per relay if entered by 12:00 noon April 11 \$ _____

Number of relay teams entered ____ x \$20.00 per relay if entered after April 11th \$ _____

TOTAL AMOUNT OF FEES DUE: \$ _____

Payable to "Holland Aquatic Center" if paying by check

SUBMITTING YOUR MEET ENTRY:

- **Online entries.** Go to <http://www.MichiganMasters.com> to enter the meet. **The online entry deadline is 9:00 pm on Monday, April 10, 2023.**