



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

### **SANCTION:**

This meet is sanctioned by Michigan Swimming, Inc. (MS), as a Prelim / Finals and timed finals (select events) meet on behalf of USA Swimming (USA-S). Sanction Number **MEET SANCTION MI 1516141**.

**TIME TRIAL SANCTION MITT1516141**. 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.

### **LOCATION/FACILITIES:**

**Eastern Michigan University**

**Olds-Robb Student Recreation Building**

**100 Olds/Robb**

**Ypsilanti, Michigan 48197 (directions: <http://www.emich.edu/recim/directions.htm>)**

Jones Natatorium is a 10 lane 50-meter pool in which 8 lanes will be used for competition with 1 lane for warm up/cool down. During the awards presentations the pool will be open for finals participants only. All warm-ups will be supervised. Depth at the start end is 12' and 4' at the turn end. Public phones are available. There is ample balcony seating capacity for spectators. Daktronics timing system with 10 lane display will be used. The competition course has not been certified in accordance with 104.2.2C (4)

### **ELIGIBILITY:**

All 12 & Under athletes registered with Michigan Swimming who have achieved current long course meters, short course meters or short course yard times equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event. Athletes with a disability should refer to the Michigan Swimming Rules and Procedures Section H 9) (a) & (b) pages 19 and 20; which can be found on the Michigan Swimming website at [www.miswim.org](http://www.miswim.org), under the Administration tab, for qualifying information.

### **DECK REGISTRATION:**

Deck registrations are not accepted at this meet.

### **AGE UP DATE:**

A swimmer's age on July 29, 2016, will determine his/her eligibility for a particular age group for the entire meet. Swimmer must swim his/her own age group.

### **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 six individual events for the **entire three-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.

### **SWIMMERS WITHOUT A COACH:**

Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

### **CONTROLLED WARMUP:**

Teams will be assigned to a warm-up group for Friday, Saturday, and Sunday Prelims.

Group 1 general warm-up in prelims from 7:30 to 8:00am; No dives allowed

Group 2 general warm-up in prelims from 8:00 to 8:30 a.m.; No dives allowed

One-way sprints & dives all eight lanes from 8:30 to 8:50 a.m.

Lanes 1 and 8 will be designated as pace lanes.

### **MEET FORMAT:**

All Michigan Swimming LSC individual events in the specified age groups are offered in this three-day meet. Most individual events are swum in the preliminary/final format with the top 8 swimmers after prelims qualifying for a second swim in the "A Final" and the 9<sup>th</sup> - 16<sup>th</sup> ranked swimmers after prelims qualifying for a second swim in the "B Final." Preliminary swims are swum in the morning session. Finals swims are swum in the evening session.

The following individual events are swum as timed finals (one-swim only):

11/12 200 Breaststroke, 200 Backstroke, 200 Butterfly, and 400 IM

10 & Under and 11/12 400 Freestyle

All relays are timed finals. Please see the sections on SEEDING events for additional prelim/final and timed final information.

### **QUALIFYING PERIOD:**

The qualifying time must have been achieved on or after January 1, 2015.

### **TIME STANDARDS:**

To enter a particular event, the swimmer's fastest time achieved between January 1, 2015 and the closing of the entry deadline, must be equal to, or faster than, the "Q1" (State qualifying) time standards). A swimmer may only compete in events in which they have achieved a Q1 State Championship qualifying time during the qualifying period.

### **CONVERSION/ INDIVIDUAL ENTRY TIMES:**

No time conversions are permitted. Times must be submitted in Long Course Meters, Short Course Meters, or Short Course Yards. Entry times for individual events shall be achieved during the qualifying period, submitted to the hundredths of a second, and must be the fastest achieved time by the swimmer during the qualifying period.

Exception for the individual Timed Finals Events: A swimmer, if entered in two or more events on the day of the 400m Free or 400m IM, may down seed at the meet to the minimum Q1 standard.

### **PROOF OF TIMES:**

Michigan swimming will accept all qualifying times contained in USA Swimming's SWIMS database, as well as times from meets sanctioned by other national governing bodies including college, high school, Masters, YMCA, and foreign meets approved by FINA that have been run on approved meet management software within the qualifying period (on or after January 1, 2015). The SWIMS database contains results of all sanctioned, observed and approved meets held in the USA for athletes who are registered USA swim member at the time of the swim. Times from the SWIMS database are proven times and do not require any further proof. If a time does not appear in OME it is **NOT** a proven time. Use the custom time entry function to enter the meet with this time and send in a proof of time.



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

### **ONLINE MEET ENTRY: OME EVENT ENTRIES USING THE CUSTOM TIME PROCESS:**

Custom times are NOT proven and require a proof of time submission to the Administrative Referee. If you do not supply an acceptable proof of time before the scratch deadline for that day's events, the swimmer will be scratched from any and all events requiring the proof of time. Refunds will not be issued for failure to supply a proof of time.

### **ACCEPTABLE PROOFS:**

Acceptable proofs, include printed meet results which clearly identify the meet host, meet location and meet date (achieved swim date must be on or after January 1, 2015) as well as the name of the event and the names, clubs and times of other swimmers in the event. The **preferred** proof is a locked Meet Manager backup of the meet results. Team Manager export files are also acceptable but are not preferred. Computer printed award labels and/or time cards signed by a meet referee are **NOT** acceptable for proof purposes.

### **PROOF OF TIME DEADLINE:**

All proofs for times achieved prior to July 18, 2016 should be received by the Administrative Referee by July 20, 2016 at 6:00pm DST. Proofs for cuts achieved or updated times achieved on or after July 20, 2016, must be received by Thursday July 28, 2016 at 5:00 PM. However, all clubs are encouraged to send them as soon as possible. Coaches may send proofs to the Administrative Referee as soon as they enter an override time into the OME. Swimmers whose times cannot be proven will be rejected and will not be entered in that event. The Administrative Referee will notify the swimmer's club entry chair of the rejection using the email address provided in OME. Mail or email all proofs to the Administrative Referee (listed below).

**DO NOT SEND THESE TO THE MEET PAYMENT CONTACT.**

### **ENTRY FEES:**

**OME ENTRIES ARE THE ONLY ENTRIES TO BE ACCEPTED. NO PAPER ENTRIES.** Entries may be submitted to the Administrative Referee as of July 11, 2016 at 5:00pm. The fees are **\$7.50** per individual event and **\$12.00** per relay. Please include a **\$3.00** Michigan Swimming Athlete Surcharge for each swimmer entered. Entry fees may only be paid by check! Please make checks payable to: **PCC**

### **ENTRY DEADLINE:**

The website for entries is as follows, [www.usaswimming.org/OME](http://www.usaswimming.org/OME) and going to: MICHIGAN SWIMMING LC 12 & UNDER STATE MEET. The OME entries will close at 11:59pm July 25, 2016. Entries submitted will not be considered as officially received until the PAYMENT CONTACT has received the following:

- the signed Release and Waiver.
- the Certification of Registration Status form.
- the team check made payable to PCC, C/O the payment contact.

All paperwork **must be received by** Thursday, July 28, 2016 in order for your team to participate in the meet. All paperwork and full payment may be mailed or hand delivered.

### **MISSED ENTRY:**

A Coach or an Entry Chair who has made an honest mistake and inadvertently failed to enter a swimmer and/or swimmers in an event by the entry deadline may then do so by: entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet and by paying a fee of \$100.00 per team and double the entry fee for the event. Providing a paper proof of time (meet results) to the Meet Referee at the time of the entry. These fees will go to the meet host for the administrative burden resulting from late entry. The Meet Referee's decision is final and non-appealable.



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

### DECK ENTRY:

There are no deck entries for this meet.

### PAYMENT CONTACT:

All paperwork and full payment must be received by Thursday, July 28, 2016, in order to participate in the meet. If sending the entry by overnight courier/express mail, you must waive the signature requirement.

PCC c/o Matt Pulick  
Attn: 12 & UNDER Long Course State  
PO Box 5306  
Plymouth, MI 48170

### REFUNDS:

There are no refunds in full or in part once a team or individual entry has been entered into OME and you have checked out

### FINALS INFO:

#### Individual Events:

There will be two heats of individual event finals 12 & Under – each heat is comprised of a maximum of eight (8) swimmers.

Exception: The events listed in MEET FORMAT and SEEDING will be timed-finals

The two heats be referred to as "A, B" Finals or "Championship Finals and Consolation Finals."

These two heats will swim in a B-Consolation, A-Championship Finals order.

#### Relay Events:

The fastest seeded heat (top eight) of all relays will swim in the evening Finals session. The remainder of the relays, swim during the morning prelims.

### SCRATCH RULES/INDIVIDUAL & RELAY EVENTS:

All individual events will conform to the USA National Scratch Procedures Article 102.4 with the exception of all Relay events, which are the only positive check-in events to be seeded.

### EARLY SCRATCH OPPORTUNITY:

Early Team or individual scratches will be accepted via email to the Administrative Referee noted in the packet. Early Scratches will be accepted via email on Thursday July 28, 2016 from 8:00am to 6:00pm.

### PENALTIES FOR FAILURE TO COMPETE.

#### Preliminary Events:

If a swimmer fails to drop his/her scratch card by the time stated for the event and fails to compete in that event, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

#### Finals:

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

NOTE: If a swimmer declares that he/she may want to scratch an event but does not return to confirm that scratch within 30 minutes following the conclusion of the swimmer's last event, the swimmer will



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

be seeded into the Finals event, and will be similarly penalized if the swimmer does not compete in Finals. (See Meet Referee or his/her designee).

### **SCRATCH DEADLINES:**

#### **Scratch deadline for Prelim Events:**

All prelim scratch times are specifically listed in the "Times" section.

#### **Scratch deadline for all Final events:**

Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.11.6 D and E).

#### **Additional \$50 Penalty:**

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

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

### **RELAY ENTRY:**

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

**ALL RELAY SWIMMERS MUST BE ENTERED IN THE MEET USING OME. ATHLETES NOT ON THE OME ENTRY REPORT ARE NOT ELIGIBLE TO SWIM.**

### **RELAY PROOF OF TIME:**

With the OME system, THE TEAM OWNS THE TIME and the only proofs needed are if a team overrides the entry time (i.e. Uses a "custom time") and does not swim equal to or faster than the cut.

Therefore, if an override (custom) time is used for the relay entry and the team is DQ'd or swims slower than the cut, then they will have to prove the time after the meet.

This is done by proving the aggregate time for the four individuals who actually swam on the particular relay within 30 days following the conclusion of the meet to the Michigan Swimming office (John Loria). 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, all SCM), all times must have been achieved during the qualifying period (on or after January 1, 2015), and 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 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 in the "Times" section. All relays must be positively checked in by the scratch deadline for that day's events to be seeded.



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

### 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 Names 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:

**10 a.m. Saturday Morning for the Freestyle Relays**

**10 a.m. Sunday Morning for the Medley Relays**

The order of relay swimmers may be changed (by coaches only) **before** the start of their relay heat. If a coach wishes to change the order of the four swimmers that will actually swim, 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:

Individual events will be swum in preliminary/final format. The final three heats will be circle seeded, slowest to fastest, with the following exceptions:

11/12 200 Breaststroke, 200 Backstroke, 200 Butterfly, and 400 IM are timed finals

10 & Under and 11/12 400 Freestyle are timed finals.

The three 200m timed final events (200 Breaststroke/Butterfly/Backstroke) will be seeded as follows:

The two top fastest seeded heats (top 16) after scratches (if any) of these events will swim during the finals sessions on Friday night (200m Breaststroke), during the final sessions on Saturday night (200 Butterfly) and during the Finals on Sunday night (200 Backstroke).

The remaining heats of these timed finals events will swim in the morning sessions.

Swimmers should consult the heat sheets carefully for their heat and lane. Awards and scoring/place for these three timed finals events are determined by all the athletes' performances in all the heats (i.e. times achieved in the preliminary heats are used to determine the top 16 finishers even though the time was not achieved in the Finals.)

The two 400m timed-final events (400m Freestyle and 400m IM) will be seeded as follows:

The fastest seeded heat (top 8) after scratches (if any) of each of these events will swim during the finals sessions on Friday night (400m Free) and during the Finals on Sunday night (400 IM).

The remaining heats of these two timed finals events will swim in the morning sessions and be swum fastest to slowest and alternating gender (female/male). Swimmers should consult the heat sheets carefully for their heat and lane. Awards and scoring/place for these two timed finals events are determined by all the athletes' performances in all the heats (i.e. times achieved in the preliminary heats are used to determine the top 16 finishers even though the time was not achieved in the Finals).

#### Relay Events:

All relay events will be timed finals. The fastest seeded heats (top eight) of the relay events will be swum during the finals sessions in the evening as stated in the schedule of events. Relays will be standard seeded slowest to fastest.

**PROTESTS:** USA Swimming Rule 102.23 shall be used.

#### MARSHALING:

This is a self-marshaled meet.



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

### **AWARDS:**

Michigan Swimming provides medals for 1st – 8th place finishers for all individual and relay events and ribbons for 9th – 16<sup>th</sup> place finishers in each individual event

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 PRESENTATIONS:**

There will be a formal awards presentation. (See event schedule)

### **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.

No awards will be mailed there will be no exceptions.

### **PROGRAMS:**

Meet Programs: Meet programs will be \$10.00, with heat-sheets coupons included. These will be available at admissions. Heat Sheets: Heat sheets for preliminary sessions will be \$3.00. Heat sheets for finals sessions will be \$1.00. These will be available at admissions.

### **ADMISSIONS:**

Admissions: \$5.00 per person/per day (one-time fee for the whole day). Children age eight and younger are free. Spectator Passes: An all session wristband (Friday through Sunday) may be purchased for \$15 on Thursday night at the open lap swim. Although there is no discount associated with the Spectator Pass it will eliminate the need to stand in the admission line each morning. The Spectator Pass must be worn on your wrist at all times. If you are not willing to wear the wristband do not purchase one. There will be 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 –16<sup>th</sup> respectively.

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

### **RESULTS:**

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

### **CONCESSIONS/HOSPITALITY:**

Full concessions will be available for purchase in the concession area in the pool balcony area.

NO glass containers will be allowed on the pool deck and will be confiscated if found. A hospitality area will be available for coaches & officials.

### **LOST AND FOUND:**

Articles may be turned in to a designated lost and found area in the pool office (on deck). 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.

### **SAFE SPORT/SAFE FACILITY:**

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.



## Michigan Swimming Long Course State Championships 12 & Under

Hosted by: Plymouth Canton Cruisers

July 29-31, 2016

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 General Chair of MS and the Program Operations Vice-Chair of MS 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 working the meet, and meet personnel will be placed at check in near the pool access area from the main foyer. 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 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 session and be reissued a credential for each session.

All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.

### **FACILITY ITEMS:**

First Aid supplies will be kept with the life guard on duty.

No smoking is allowed in the building or on the grounds.

No glass or coolers are allowed anywhere in the aquatics center.

No folding chairs/bag chairs/camping chairs will be allowed in the balcony.

No bare feet allowed outside of the pool area.

An Emergency Action Plan is available for review at the Administrative Referee table.

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.

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.

### **GENERAL INFO:**

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

### **TIME TRIALS:**

Time permitting, time trials for athletes will be offered each day 15 minutes after the completion of the preliminary session. Athletes must be already entered in the meet to swim a time trial.

At the discretion of the meet referee, athletes who are not already entered in the meet and are potential National, US Open, World Cup, Olympic Trial or Zone qualifiers may be allowed to compete in Time Trial events. Time Trials do count against the maximum per day entry limit of three (3) but not against the total meet entry limit of six (6). The entry fee is \$7.50 per individual event and \$15.00 for relays. Time trials sign up will be from 10:00 AM to 12:00 PM each day of the meet.





**Michigan Swimming Long Course State Championships 12 & Under**

**Hosted by: Plymouth Canton Cruisers**

**July 29-31, 2016**

**MEET REFEREE:**

Casey Kern  
(517) 230 3594  
Ckern1213@sbcglobal.net

**ADMINISTRATIVE REFEREE:**

Paul Jones  
248-310-310  
Plus3@comcast.net

**MEET DIRECTOR:**

Dan Tabar  
248-451-4287  
dtabar261904MI@comcast.net



**Michigan Swimming Long Course State Championships 12 & Under**

**Hosted by: Plymouth Canton Cruisers**

**July 29-31, 2016**

**ORDER OF EVENTS**

**Note the order of events as stated in the schedule of events for Finals.**

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

**Friday Morning Prelims**

**7:15-7:30 am Coaches' Meeting (scheduled)**

**Scratch box closes 15 minutes after the end of the Coaches Meeting**

**7:30-8:50 am General Warm up; see procedure in coaches' packet**

**Preliminary Events start at 9:00 am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>Event #</b>		<b>Event #</b>
1	11 & 12 200 Breaststroke**	2
3	10 & Under 50m Freestyle	4
5	11 & 12 50m Freestyle	6
7	10 & Under 100m Backstroke	8
9	11 & 12 100m Backstroke	10
11	10 & Under 50m Butterfly	12
13	11 & 12 50m Butterfly	14
15	10 & Under 400m Freestyle*	16
17	11 & 12 400m Freestyle*	18

\* Timed Finals event, top 8 seeded swimmers will swim in Finals

\*\* Timed Finals event, top 16 seeded swimmers will swim in Finals

**Friday Finals**

**4:30-5:20 PM Warm Up**

**5:30 PM Events Start**

**No Friday Finals Check in Required**

**Scratch Box closes for Saturday Prelims at 6:00 PM**

**Saturday Free Relays must be checked-in (for seeding only) by Coaches by 6:00 PM**

**Event order: 1 thru 18**

**Fastest Seeded two heats (Top 16) of Events 1-2 (200 Breaststroke) swim in Finals**

**A Final and B-Final for events 3-14**

**Fastest Seeded (Top 8) of Events 15 - 18 (400 Free) swim in Finals**

**Awards Ceremonies following events 6, 14, and 18**



**Michigan Swimming Long Course State Championships 12 & Under**

**Hosted by: Plymouth Canton Cruisers**

**July 29-31, 2016**

**Saturday Morning Prelims**

**7:30-8:50 am General Warm up; see procedure in coaches' packet**

**9:00 am Preliminary Events start**

**10:00 am Saturday Free Relays Declared**

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>Event #</b>		<b>Event #</b>
19	11 & 12 200m Freestyle	20
21	10 & Under 200m Freestyle	22
23	11 & 12 100m Breaststroke	24
25	10 & Under 100m Breaststroke	26
27	11 & 12 200m Butterfly**	28
29	11 & 12 50m Backstroke	30
31	10 & Under 50m Backstroke	32
33	11 & 12 200m IM	34
35	10 & Under 200m Freestyle Relay*	36
37	11-12 400m Freestyle Relay*	38

\* Timed Finals event, top 8 seeded swimmers will swim in Finals

\*\* Timed Finals event, top 16 seeded swimmers will swim in Finals

**Saturday Finals**

**4:30-5:20 PM Warm Up**

**5:30 PM Events Start**

**No Saturday Finals Check in Required**

**Scratch Box closes for Sunday Prelims and 400 IM at 6:00 PM**

**Sunday Medley Relays must be checked-in (for seeding only) by Coaches by 6:00 PM**

**Event order: 19 thru 38**

**A Final/Championship and B Final/Consolation for Events 19-26**

**Fastest Seeded two heats (Top 16) of Events 27-28 (200 Butterfly) swim in Finals**

**A Final/Championship and B Final/Consolation for Events 29-34**

**Fastest Seeded (Top 8) of Events 35-38 (Freestyle Relays) swim in Finals**

**Awards Ceremonies following events 28, 34, and 38**



**Michigan Swimming Long Course State Championships 12 & Under**

**Hosted by: Plymouth Canton Cruisers**

**July 29-31, 2016**

**Sunday Morning Prelims**

**7:30-8:50 am General Warm up; see procedure in coaches' packet**

**9:00 am Preliminary Events start**

**10:00 am Sunday Medley Relays Declared**

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

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
<b>Event #</b>		<b>Event #</b>
39	11 & 12 100m Freestyle	40
41	10 & Under 100m Freestyle	42
43	11 & 12 200m Backstroke**	44
45	10 & Under 50m Breaststroke	46
47	11 & 12 50m Breaststroke	48
49	10 & Under 100m Butterfly	50
51	11 & 12 100m Butterfly	52
53	10 & Under 200m IM	54
55	11 & 12 400m IM*	56
57	10 & Under 200m Medley Relay*	58
59	11 & 12 400m Medley Relay*	60

\* Timed Finals event, top 8 seeded swimmers will swim in Finals  
\*\* Timed Finals event, top 16 seeded swimmers will swim in Finals

**Sunday Finals**

**4:00-4:50 PM Warm Up**

**5:00 PM Events Start**

**No Sunday Finals Check in Required**

**Event order: 39 thru 60**

**A Final/Championship and B Final/Consolation for Events 39-42**

**Fastest Seeded two heats (Top 16) of Events 43-44 (200 Backstroke) swim in Finals**

**A Final/Championship and B Final/Consolation for Events 45-54**

**Fastest Seeded (Top 8) of Events 55 thru 60 (400 IM and Medley Relays) swim in Finals**

**Awards Ceremonies following events 44, 52 56, and 60**

**Relay, Team, and Individual High Point awards will be given out after the conclusion of the relays**



Michigan Swimming Long Course State Championships 12 & Under

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July 29-31, 2016

Q1 Time Standards

Posted October 2015

GIRLS			EVENT	BOYS		
SCY	SCM	LCM	10 & UNDER	LCM	SCM	SCY
29.79*	34.59*	35.09*	50 Freestyle	36.99*	36.49*	30.09
1:05.39*	1:17.39*	1:18.29*	100 Freestyle	1:21.69*	1:20.79*	1:06.69*
2:22.59*	2:50.19*	2:51.19*	200 Freestyle	2:58.79	2:57.79*	2:24.79*
6:21.99*	6:01.89*	6:05.69*	400/500 Freestyle	6:28.99*	6:25.19*	6:27.79*
34.79*	42.09*	42.79*	50 Backstroke	44.29*	43.59*	35.69*
1:14.89	1:29.69*	1:31.19*	100 Backstroke	1:34.39*	1:32.89*	1:16.69*
39.69	48.59*	49.19*	50 Breaststroke	52.19*	51.59*	41.19*
1:27.19	1:45.19*	1:46.69*	100 Breaststroke	1:52.99*	1:51.09*	1:30.09*
33.19*	39.59*	40.19*	50 Butterfly	43.69*	43.09*	34.09*
1:18.69	1:38.49*	1:39.79*	100 Butterfly	1:44.99*	1:43.69*	1:20.09*
2:43.09*	3:14.19*	3:17.79*	200 Individual Medley	3:27.49*	3:23.89*	2:47.09*
2:07.49*	2:32.39	2:37.99	200 Freestyle Relay**	2:39.49	2:33.49	2:14.49*
2:25.19*	2:55.19	3:03.09	200 Medley Relay**	3:15.29	3:06.39	2:33.79*

GIRLS			EVENT	BOYS		
SCY	SCM	LCM	11 - 12	LCM	SCM	SCY
26.39*	31.09*	31.59*	50 Freestyle	32.29*	31.79*	26.59*
57.79*	1:07.99*	1:08.89*	100 Freestyle	1:11.09*	1:10.19*	58.29*
2:05.89*	2:29.79*	2:30.79*	200 Freestyle	2:35.49*	2:34.49*	2:07.49
5:36.89*	5:12.19*	5:16.09*	400/500 Freestyle	5:23.09	5:19.29	5:45.49*
30.89*	36.19*	36.89*	50 Backstroke	38.69*	37.99*	31.09
1:05.99*	1:17.89*	1:19.39*	100 Backstroke	1:22.69*	1:21.19*	1:07.19
2:21.79*	2:45.59*	2:52.59*	200 Backstroke	2:59.19*	2:56.19*	2:23.09
34.49*	41.29*	41.89*	50 Breaststroke	43.79*	43.19*	35.09
1:14.49*	1:29.49*	1:30.99*	100 Breaststroke	1:43.29*	1:32.79*	1:16.09
2:43.49*	3:12.89*	3:16.39*	200 Breaststroke	3:24.19*	3:20.69*	2:45.19
29.39*	33.59*	34.19*	50 Butterfly	36.19*	35.59*	29.99
1:05.69*	1:18.49*	1:19.79*	100 Butterfly	1:26.39*	1:25.09*	1:07.89
2:29.89*	3:14.39*	3:17.69*	200 Butterfly	3:30.29*	3:26.99*	2:36.79
2:24.69*	2:50.39	2:53.99	200 Individual Medley	2:58.89*	2:55.29*	2:25.89
5:07.89*	6:05.89*	6:13.99*	400 Individual Medley	6:41.79	6:33.69	5:08.69
1:49.99*	2:08.29	2:12.89	200 Freestyle Relay**	2:19.89	2:15.09	1:52.29*
2:03.89*	2:24.59	2:31.29	200 Medley Relay**	2:39.89	2:32.89	2:09.69*



## Michigan Swimming Long Course State Championships 12 & Under

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July 29-31, 2016

### SCHEDULE OF TIMES - WARM-UP / EVENT START

#### EVENT SCHEDULE

- 8:00 am Thursday Early Scratch Opportunity opens for Friday Prelims
- 8:00 am Thursday Early Check-in Opportunity for seeding only closes for Friday 400 Free Relays
- Only Coaches May Check-In Relays.
  
- Friday Prelims:
  - 7:15 – 7:30 PM General Coach's meeting in the hospitality room located on the 2nd floor across of pool entrance.
  - **15 minutes after the end of the General Coach's meeting the Scratch Box closes for Friday prelims.**
  - 7:30 – 8:50 AM General warm up; see procedure in coach's packet
  - 9:00 AM Preliminary Events Start
  
- Friday Finals:
  - No Finals Check-In required.
  - 4:30 – 5:20 PM Warm Up
  - 5:30 PM Final Events Start
  - 6:00 PM Scratch Box closes for Saturday Prelims.
  - 6:00 PM Saturday Free Relay Check-In (for seeding) by Coaches only.
  
- Saturday Prelims:
  - 7:30 – 8:50 AM General warm up; see procedure in Coach's packet
  - 9:00 AM Preliminary Events Start
  - 10:00 AM Free Relay Names Declared, by Coaches Only.
  
- Saturday Finals:
  - No Finals Check-In required.
  - 4:30 – 5:20 PM Warm Up
  - 5:30 PM Final Events Start
  - 6:00 PM Scratch Box Closes for Sunday Prelims
  - 6:00 PM Medley Relay Check-In (for seeding) by Coaches only.
  
- Sunday Prelims:
  - 7:30 – 8:50 AM General warm up; see procedure in Coach's packet
  - 9:00 PM Preliminary Events Start
  - 10:00 AM Medley Relays Names Declared, by Coaches Only.
  
- Sunday Finals:
  - No Finals Check-In required. Note that this Session starts ½ hour earlier than Fri and Sat Finals Sessions
  - 4:00 - 4:50 PM Warm Up
  - 5:00 PM Final Events Start



Michigan Swimming Long Course State Championships 12 & Under

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July 29-31, 2016

## Athlete Apparel & Website

Championship meet apparel and additional items for the Michigan Swimming Long Course State Championships can be found at [www.cruiserswimming.com](http://www.cruiserswimming.com)

(Click on the tab: 12&Under State Meet) or at [www.cookson-tees.com](http://www.cookson-tees.com).

Also, please see [www.cruiserswimming.com](http://www.cruiserswimming.com) for meet updates and local information.









**Michigan Swimming Long Course State Championships 12 & Under**

**Hosted by: Plymouth Canton Cruisers**

**July 29-31, 2016**

**MEET EVALUATION FORM**

**Sanction Number: MI 1516141**

**Name of Meet: Michigan Swimming 12 & Under State Championship Meet**

**Date of Meet: July 29-31, 2016**

**Host of Meet: Plymouth Canton Cruisers (PCC)**

**Place of Meet: Jones Natatorium, Eastern Michigan University**

Who do you represent (circle)?    Host   Club   Visiting   Club   Unattached

Describe yourself (circle)    Athlete   Coach   Official   Meet Worker   Spectator

**Please rate the overall quality of this meet:**

(Please write any comments or suggestions below or on the reverse side)

	Low			High	
1. Swimming pool (e.g., water quality, ventilation)	1	2	3	4	5
2. Equipment (e.g., timing system, PA system):	1	2	3	4	5
3. Swimmer facilities (e.g., locker rooms, rest areas):	1	2	3	4	5
4. Spectator facilities (e.g., seating, rest rooms):	1	2	3	4	5
5. Meet services (e.g., concessions, admissions, programs):	1	2	3	4	5
6. Officiating	1	2	3	4	5
7. Awards and award presentations:	1	2	3	4	5
8. Safety provisions:	1	2	3	4	5
9. Overall success of the meet:	1	2	3	4	5
10. Other (please specify):	1	2	3	4	5

Return this completed evaluation to a representative of the Meet Host. Thank you.

**Meet Host:** Copy all of these submitted Meet Evaluations to the current Program Operations Vice-Chair (Mike Cutler & Steve Shipps) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.