



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 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). The Sanction Number assigned to this meet is **MI1516139**. The Time Trial Sanction Number assigned, if needed, is **MITT1516139**. 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 this event. Michigan Swimming rules, safety, and warm up procedures will govern this meet as fully set forth in the meet rules.

### **LOCATION/FACILITIES:**

Jenison High School Aquatics Center, 2140 Bauer Rd., Jenison, MI 49428  
Pool Office: 616.667.3571

The Jenison High School Aquatics Center is an eight (8) lane 50-meter pool. Seven lanes will be used for the Thursday night 800m Free and 800 Free Relay events with one warm up/warm down lane. Seven lanes will be used for the AM prelim sessions (Fri, Sat, Sun) with one warm up/warm down lane. Eight lanes will be used for the PM finals sessions (Fri, Sat, Sun). All heats of all timed finals events will be competed in seven lanes. During award breaks there will be time for warm up and warm down. All warm-ups will be supervised. Depth at the start end is 13' 11" and 4' 6" at the turn end. IST timing system with an eight lane display will be used. The competition course has not been certified in accordance with 104.2.2C (4). Ample balcony seating capacity for spectators.

### **ELIGIBILITY:**

All 13-14 & Open 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. All 12-year-old athletes whose date of birth falls on any date from Friday, July 15<sup>th</sup>, to Friday, July 29<sup>th</sup>; who are registered with Michigan Swimming; and who have achieved a current 11-12 age group long course meters, short course meters, or short course yards' time that is equal to or faster than the qualifying standards during the qualifying period are eligible to enter an "Open" event. Please use the "override" feature via OME.

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:**

There are no deck registrations accepted at this meet.

### **AGE UP DATE:**

A swimmer's age on Thursday, July 14, 2016, will determine his/her eligibility for a particular age group for the entire meet.

### **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. 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. A swimmer may swim no more than six individual events for the entire 3.5-day meet.



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### **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.

### **CONTROLLED WARM-UP:**

There will be a controlled lap swim (FREE) on Thursday morning from 9am to 11am for State participants only.

There will be an open, controlled warm up during each designated warm up until 30 minutes prior to the start of each session. Then the warm up procedure will be:

Lanes 2 and 7 will be designated as one-way sprints.

Lanes 1 and 8 will be designated as pace lanes.

Lanes 3 thru 6 will remain controlled warm up unless additional sprint lanes are needed. This decision will be made by the Meet Referee.

### **MEET FORMAT:**

All Michigan Swimming LSC events in the specified age groups are offered in this 3.5-day meet.

**All individual events are prelim/finals with the exception of the 800M Free and the 1500M Free.**

All heats of the 800M Free will swim on Thursday night. The 1500M Free will swim in the Sunday prelims session except for the top seven swimmers from each gender who will swim at night during the finals. All 13-14 & Open swimmers will be combined for racing and separated for awards and scoring. There will be two total heats of the 1500M Free at night. One female 13-14/Open heat and one male 13-14/Open heat.

**All relays are timed finals.**

The fastest seeded heat of the relay events will swim during the finals session in the evening with the exception of the 400M Medley Relay. All heats of the 400M Medley Relay will swim during the Sunday prelim session.

### **QUALIFYING PERIOD:**

All qualifying times 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 time standard 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 and must be submitted to the hundredth of a second. Times must be the fastest achieved time by the swimmer during the qualifying period.

\*Exception for the 1500M Free: If a swimmer is entered in two or more events on the day of the 1500M Free (Sunday), he or she may down seed at the meet to the minimum Q1 standard.

Deadline for down seeding is the scratch deadline for that day's events.



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### 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, approved, and observed 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.

### 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 that require that proof of time. Refunds will not be issued for the failure to supply a required proof of time.

### ACCEPTABLE PROOFS:

Include printed meet results, from a USA Swimming approved Meet Manager software program, which clearly identifies 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 accepted 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 4, 2016 should be received by the Administrative Referee by July 6, 2016 at 6:00 PM DST. Proofs for cuts achieved or updated times achieved on or after July 6, 2016 are required by Wednesday July 13, 2016 by 5:00 PM DST. However, all clubs are encouraged to send them as soon as possible. A Coach/Entry Person 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 entry person 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 or TM files. The entry 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 payable to: **JAWS**.

### ENTRY PROCEDURE:

The website for entries is as follows, [www.usaswimming.org/OME](http://www.usaswimming.org/OME) and going to:  
MICHIGAN SWIMMING LC 13-14 & OPEN STATE MEET

The OME entries will open on June 29, 2016 and will close on July 10, 2016, 11:59 PM. Entries submitted will not be considered received until the payment contact has received the following:

Release and Waiver  
Certification of Registration Status form  
Check for full payment.

All paperwork and full payment must be received prior to 5:00 PM DST Wednesday, July 13, 2016, in order to participate in the meet. All paperwork and full payment may be mailed or hand delivered.



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### **MISSED ENTRY:**

A Coach/Entry Person 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 first entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet. This is done by paying a fee of \$100.00 per team and double the entry fee for each 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. Missed entries may be accepted into the meet, at the discretion of the Meet Referee, and the athlete will be seeded accordingly.

### **DECK ENTRY:**

There are no deck entries allowed at this meet.

### **PAYMENT CONTACT:**

All paperwork and full payment must be received by Wednesday, July 13, 2016, in order to participate in the meet.

**If sending the entry by overnight courier/express mail, you must waive the signature requirement.**

#### **Send to:**

Nicole Redder  
2140 Bauer Rd.  
Jenison, MI 49428

### **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 finals for all individual prelim/final events. Each heat is comprised of a maximum of eight (8) swimmers.

Exception: The 800M Free heats will all swim in Thursday night's timed finals. The 1500M Free will only have one heat of each gender swimming at finals. For these two individual events, all 13-14 & Open swimmers will be combined for racing and separated for awards and scoring.

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

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

#### **Relay Events:**

The fastest seeded heat of the relay events will swim during the finals session in the evening with the exception of the 400M Medley Relay. All heats of the 400M Medley Relay will swim during the Sunday prelim session.

### **SCRATCH RULES/INDIVIDUAL & RELAY EVENTS:**

All events will conform to the USA National Scratch Procedures Article 102.4 with the exception of the 800M Free, 1500M Free, and all relay events, which are all "positive check-in" events in order to be seeded.

### **EARLY SCRATCH OPPORTUNITY:**

Early Scratch Box opportunity for Friday's Prelims and the 400M Free Relays will be **accepted via email only** to the Administrative Referee, Paul Jones at [plus3@comcast.net](mailto:plus3@comcast.net), on Thursday, July 14, 2016, from 8:00am until 6:00pm.



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### PENALTIES FOR FAILURE TO COMPETE:

#### Preliminary Events:

If a swimmer fails to drop his/her scratch card into the scratch box 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 for that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares their 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 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 all 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 will not be 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. However, 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 over ride 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 or is disqualified. 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.





## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

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.

### 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 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:

3:15 PM Thursday Afternoon for the 800M Free Relays

10:00 AM Friday Morning for the 400M Free Relays

10:00 AM Sunday Morning for the 400M 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 of 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 swim in prelim/final format except for the 13-14 & Open 800M Free and the 13-14 & Open 1500M Free which will swim in a Timed Finals format. These two Timed Final events will be seeded after the scratch box closes for the event.

The 800M Free heats will all swim at Thursday night finals. Heats will swim fastest to slowest, alternating genders. Keep in mind all 13-14 & Open swimmers will be combined for racing and separated for awards and scoring.

The 1500M Free will swim in the Sunday prelims session except for the top seven swimmers from each gender who will swim at night during the finals. Heats will be seeded fastest to slowest, alternating genders. Keep in mind all 13-14 & Open swimmers will be combined for racing and separated for awards and scoring. There will be two total heats of the 1500M Free at night. One female 13-14/Open heat and one male 13-14/Open heat.

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.)

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

#### Relay Events:

All relays are Timed Finals.

Relays will be standard seeded slowest to fastest

The fastest seeded heat of the relay events will swim during the finals session in the evening with the exception of the 400M Medley Relay. All heats of the 400M Medley Relay will swim during the Sunday prelim session.



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

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

**MARSHALING:**

This is a self-marshaled meet.

**AWARDS:**

Michigan Swimming provides medals for 1st – 8th place finishers in both individual and relay events, and ribbons for 9th – 16th for all individual events.

There are individual high point awards for 1st – 3rd place finishers in each age group.

There is an overall Team State Champion and Team Runner-up Trophy.

**AWARD PRESENTATIONS:**

There will be formal awards presentations. The awards schedule is posted in the Order of Events section.

**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.

All unclaimed awards will be brought to the 12 & Under State Meet.

No awards will be mailed. No exceptions.

**HEAT SHEETS:**

There will be no Program. The psych sheet and other meet information will be posted at [www.jenisonaquatics.org](http://www.jenisonaquatics.org). Click on the tab: 13-14/Open State Meet. Heat sheets for preliminary sessions will be \$3.00. Heat sheets for finals sessions will be \$1.00. Heat sheets can be purchased at admissions or concessions. A copy of the heat sheet will be posted in the spectator area.

**ADMISSIONS:**

Admissions: \$5.00 per person/per day (one-time fee for the whole day). Children eight and younger are free.

Spectator Passes: An all session wristband (Thursday through Sunday) may be purchased for \$20 on Thursday morning at the open lap swim or on Thursday night at the distance session. On Friday the wristband price will be reduced to \$15 for Friday through Sunday. Wristbands will not be sold on Saturday. Although there is no discount associated with the Spectator Wristband 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. 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 be emailed out to all team entry chairs (HY-TEK Meet Manager) at the conclusion of the meet. Please use Meet Mobile for unofficial results during the meet (search JENISON)

**CONCESSIONS/HOSPITALITY:**

Full concessions will be available during prelims and finals in the pool balcony. NO glass containers will be allowed on the pool deck and will be confiscated if found. A hospitality area (located in the storage room behind the diving boards) will be available for coaches & officials.



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### LOST AND FOUND:

Articles each night will be gathered and set on a table outside the pool locker rooms in the pool lobby area. Valuable Items will be brought to the pool office (watches, phones, etc.). Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for at least 14 days (any longer period shall be in the sole discretion of the Meet Director). 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.

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 each session worked and be reissued a credential at the start of 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.

### SAFE 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 will be documented by the Meet and Sanctioning Chair and COPIES will be available for review at the Administrative Referee Table. This and other information will also be covered at the Coaches' Meeting.





## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### **VOLUNTEERS:**

If any persons wish to volunteer an entire session at the State Championships, please email Nicole at [nredder@jpsonline.org](mailto:nredder@jpsonline.org). You will be fed a light meal prior to your session, will receive a free heat sheet for that session, and will not have to pay admissions for that session. Thank you in advance.

**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 or Olympic Trial qualifiers may be allowed to compete in Time Trial events. Time trial entries 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 trial sign up will be from 10:00 AM to 12:00 PM each day except for the 800m freestyle will be from 2:30 PM until 3:15 PM on Thursday. The 800m freestyle and 1500m freestyle time trials will be swum with those events in open lanes with heats added if necessary and seeded at the entry qualifying time.

### **MEET REFEREE:**

**Steven C. Weeks**  
(616) 566-8154  
[Swmfst16@gmail.com](mailto:Swmfst16@gmail.com)

### **ADMINISTRATIVE REFEREE:**

**Paul Jones**  
(248) 310-3300  
[Plus3@comcast.net](mailto:Plus3@comcast.net)

### **MEET DIRECTORS:**

**Nicole Redder and Jennifer Coffey**  
(616) 667-3571 (pool office)  
[nredder@jpsonline.org](mailto:nredder@jpsonline.org)  
[www.jenisonaquatics.org](http://www.jenisonaquatics.org). Click on the tab 13-14/Open



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### 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. Consult the heat sheet.
- This is a championship meet and the four-hour rule is not applicable.
- 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.

**MI 1516139**

#### Thursday Evening Timed Finals

**2:30 PM 3:00 PM Coaches' Meeting (scheduled) in Hospitality**

**3:00-3:50 PM General Warm up; see procedure in coaches' packet**

**3:15 PM Thursday the scratch Box closes for the 800M Free and 800M Free Relays with all relay members declared.**

**Early Scratch Box Opportunity for Friday's Prelims and the 400M Free Relays Opens at 8:00 am and closes at 6:00 pm.**

**Friday's 400M Free Relays may be checked-in (for seeding Only) by Coaches by 6:00 PM.**

#### Events Start at 4:00 PM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>Event #</b>		<b>Event #</b>
1	13 -14 & Open 800 Free*	2
3	13-14 800 Free Relay**	4
5	Open 800 Free Relay**	6

\*800M Free Timed Finals swim Fastest to Slowest, alternating genders. All 13-14 & Open swimmers will be combined for racing and separated for awards and scoring. Awards for the 800 Free will be presented at the conclusion of Event 2, prior to the start of the relays.

\*\*800m Free Relays will swim: Fastest 2 heats of event #3, Fastest 2 heats of event #4, fastest 2 heats of event #5, fastest 2 heats of event #6. Following these heats will continue a rotation of the next fastest heat of event #3, event #4, event #5, and event #6, until all relay heats are finished. **All 800M Free Relay awards will be presented approximately 10 minutes before Friday's Final session begins.**



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### Friday Morning Prelims

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

Preliminary Events start at 9:00 AM

10:00 AM Friday 400M 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>
7	13-14 200 Breaststroke	8
9	Open 200 Breaststroke	10
11	13-14 100 Butterfly	12
13	Open 100 Butterfly	14
15	13-14 200 Free	16
17	Open 200 Free	18
19	13-14 400 IM	20
21	Open 400 IM	22
23	13-14 400 Free Relay*	24
25	Open 400 Free Relay*	26

\* 400M Free Relays will swim slowest to fastest, with the fastest heat of each event swum during finals. All 400M Free Relay awards will be presented approximately 10 minutes before Saturday's Final session begins.

### 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 Friday

Event order: 7 thru 26

Fastest Seeded (Top 7) of Events 23 - 26 (400 Free Relay) swim in Finals  
800M Free Relay awards ceremony will begin at 5:20 PM (events 3 thru 6).

Award breaks after Events 10, 14, 18, and 22.



## **Michigan Swimming Long Course State Championships 13-14 & Open**

**Hosted by: Jenison Area Wildcat Swimming (JAWS)**

**July 14-17, 2016**

### **Saturday Morning Prelims**

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

**9:00 AM Preliminary Events start**

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>
27	13-14 200 Backstroke	28
29	Open 200 Backstroke	30
31	13-14 50 Free	32
33	Open 50 Free	34
35	13-14 200 Butterfly	36
37	Open 200 Butterfly	38
39	13-14 100 Breaststroke	40
41	Open 100 Breaststroke	42
43	13-14 400 Free	44
45	Open 400 Free	46

### **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 at 6:00 PM Saturday**

**400M Medley Relays must be checked-in (for seeding only) by Coaches by 6:00 PM**

**Sunday 1500M Free must be checked-in (for seeding only) by the coaches by 6:00 PM**

**Event order: 27 thru 46**

**400M Free Relay awards ceremony will begin at 5:20 PM (events 23-26)**

**Award breaks after Events 30, 34, 38, 42, and 46**



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 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 400M 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.

Girls	Event	Boys
Event #		Event #
47	13-14 100 Backstroke	48
49	Open 100 Backstroke	50
51	13-14 200 IM	52
53	Open 200 IM	54
55	13-14 100 Free	56
57	Open 100 Free	58
59	13-14 400 Medley Relay*	60
61	Open 400 Medley relay*	62
63	13-14 & Open 1500 Free**	64

\* 400M Medley Relays will swim slow to fast with all heats swum during the preliminary session, before the 1500M Free. The 400M Medley Relay awards will be presented immediately follow the final heat of event 62.

\*\* 1500M Free races will swim fastest to slowest, alternating genders. The 1500M Free will swim in the Sunday prelims session except for the top seven swimmers of each gender who will swim at night during the finals. All 13-14 & Open swimmers will be combined for racing and separated for awards and scoring. There will be two total heats of the 1500M Free at night. One female 13-14/Open heat and one male 13-14/Open heat.

### Sunday Finals

4:00-4:50 PM Warm Up\* Note this is ½ hour earlier than Friday and Saturday

5:00 PM Events Start\* Note this is ½ hour earlier than Friday and Saturday

No Sunday Finals Check in Required

Event order: 63 & 64, followed by 47-58

Fastest Seeded (Top 7) of Events 63 & 64 (1500M Free) swim in Finals

Please note that No Medley Relays will be swimming in Finals as all heats are contested during prelims, with awards being presented at the end of prelims and before the 1500m Freestyle.

Award breaks after Events 64, 50, 54, and 58.

Team and Individual High Point awards will be given out after the conclusion of event 58.





## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### Qualifying Time Standards

Qualifying Period: January 1, 2015 to close of Entry Deadline.

WOMEN			EVENT	MEN		
SCY	SCM	LCM	13 - 14	LCM	SCM	SCY
25.49*	29.49*	29.99*	50 Freestyle	28.29*	27.79*	23.99*
55.39*	1:03.99*	1:04.89*	100 Freestyle	1:01.69*	1:00.79*	51.49*
1:59.09*	2:21.19*	2:22.19*	200 Freestyle	2:14.49*	2:13.29*	1:51.89*
5:23.29*	4:56.59*	5:00.39*	400/500 Freestyle	4:47.99*	4:44.19*	5:08.49*
11:24.19*	10:15.79	10:27.09	800/1000 Freestyle	10:20.19	10:08.89	10:48.99
18:58.29*	19:40.09	20:00.09	1500/1650 Freestyle	19:50.99	19:30.99	18:04.19*
1:02.19*	1:14.19*	1:15.69*	100 Backstroke	1:12.39*	1:10.89*	59.39*
2:14.69*	2:40.59*	2:43.59*	200 Backstroke	2:35.69*	2:32.89*	2:08.59*
1:11.29	1:24.39*	1:25.89*	100 Breaststroke	1:21.49*	1:19.99*	1:05.79*
2:37.79	3:03.69*	3:07.19*	200 Breaststroke	2:56.49*	2:52.99*	2:25.99
1:01.69*	1:11.99*	1:13.29*	100 Butterfly	1:09.49*	1:08.19*	57.99*
2:21.59*	2:49.69*	2:52.99*	200 Butterfly	2:44.79*	2:41.49*	2:10.09*
2:17.59*	2:39.39*	2:42.99*	200 Individual Medley	2:33.59*	2:29.99*	2:09.09
4:52.89*	5:42.89*	5:50.99*	400 Individual Medley	5:33.09*	5:24.99*	4:34.99
3:53.79*	4:23.79	4:32.99	400 Free Relay	4:32.59	4:23.19	3:38.09*
8:26.89*	9:25.99	9:45.49	800 Free Relay	9:50.69	9:31.49	8:04.39*
4:20.19*	5:12.39	5:23.59	400 Medley Relay	5:30.89	5:19.49	4:03.29*
WOMEN			EVENT	MEN		
SCY	SCM	LCM	OPEN	LCM	SCM	SCY
25.09*	28.49*	28.99*	50 Freestyle	26.29*	25.79*	22.39*
54.39	1:01.79*	1:02.69*	100 Freestyle	57.29*	56.39*	48.69
1:57.69*	2:14.89*	2:15.89*	200 Freestyle	2:05.59*	2:04.59*	1:47.99*
5:15.69	4:45.99*	4:49.79*	400/500 Freestyle	4:29.69*	4:25.89*	4:52.29*
10:54.09*	9:56.79	10:08.09	800/1000 Freestyle	9:38.79	9:27.49	10:39.79
18:18.79*	19:10.99	19:30.99	1500/1650 Freestyle	18:43.99*	18:23.99*	18:06.69*
1:00.69*	1:10.59*	1:12.09*	100 Backstroke	1:07.39*	1:05.89*	55.79
2:10.69*	2:33.19*	2:36.19*	200 Backstroke	2:27.79*	2:24.79*	2:02.19
1:09.39*	1:22.19*	1:23.69*	100 Breaststroke	1:15.69*	1:14.19*	1:02.29*
2:31.09*	3:00.29*	3:03.79*	200 Breaststroke	2:48.69*	2:45.19*	2:17.59*
1:00.09*	1:08.89*	1:10.19*	100 Butterfly	1:03.29*	1:01.29*	53.69
2:13.99*	2:41.19*	2:44.49*	200 Butterfly	2:29.59*	2:26.29*	2:02.99*
2:13.69*	2:32.19*	2:35.79*	200 Individual Medley	2:24.19*	2:20.59*	2:02.09*
4:44.29*	5:33.29*	5:41.39*	400 Individual Medley	5:20.29*	5:12.19*	4:21.99*
3:46.39*	4:07.79	4:16.99	400 Freestyle Relay	3:55.89	3:46.69	3:29.99
8:12.09*	9:04.59	9:23.49	800 Freestyle Relay	8:51.89	8:32.69	7:32.29*
4:11.49*	4:48.99	4:59.69	400 Medley Relay	4:49.19	4:39.19	3:51.59*



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### Schedule of Times – Warm-up and Event Start Times

#### EVENT SCHEDULE

##### **Thursday Morning:**

9:00 – 11:00 am FREE Open Lap Swim for State Participants only.

##### **Thursday Timed Finals:**

2:30 – 3:00 PM General Coach's meeting in the hospitality room located behind the diving boards.

3:00 – 3:50 PM General warm up; see procedure in coach's packet

3:15 PM Thursday the scratch Box closes for the 800M Free and 800M Free Relays with all relay members declared.

4:00 PM. Final Events Start

**Early Scratch Box Opportunity** for Friday's Prelims and the 400M Free Relays will be **accepted via email only** to the Administrative Referee, Paul Jones at [plus3@comcast.net](mailto:plus3@comcast.net), on Thursday, July 14, 2016, from 8:00am until 6:00pm.

**Early Check-in Opportunity** for Friday's Relays, VIA email only to the Administrative Referee, Paul Jones at [plus3@comcast.net](mailto:plus3@comcast.net), closes at 6:00 pm, Only Coaches may check in relays.

##### **Friday Prelims:**

**7:15 – 7:30 PM** a brief General Coach's meeting in the hospitality room located behind the diving boards.

***15 minutes after the end of the General Coach's meeting the Scratch Box closes for Friday prelims and 400 Free relays (approximately) 7:45 AM***

7:30 – 8:50 AM General warm up; see procedure in coach's packet

9:00 AM Preliminary Events Start

10:00 AM Saturday 400M Free Relays Declared Names Declared by Coaches Only.

##### **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.

##### **Saturday Prelims:**

7:30 – 8:50 AM General warm up; see procedure in Coach's packet

9:00 AM Preliminary Events Start

##### **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 and 1500M Free (to be seeded)

6:00 PM 400M Medley Relay Check-In for seeding only

Only COACHES MAY CHECK IN RELAYS. (NO ATHLETES)

##### **Sunday Prelims:**

7:30 – 8:50 AM General warm up; see procedure in Coach's packet

9:00 AM Preliminary Events Start

10:00 AM 400M Medley Relay Names Declared by Coaches Only.

##### **Sunday Finals:**

4:00 - 4:50 PM Warm Up

5:00 PM Final Events Start

No Finals Check-In required / Note that this Session starts ½ hour earlier than Fri and Sat Finals Sessions



## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### Hotel information

#### JAWS Premier Sponsor Hotel

#### Hampton Inn Grand Rapids-South



755 54th Street SW, Wyoming, Michigan, 49509 (616) 261-5500

MAKE SURE TO TELL THEM YOU ARE LOOKING FOR THE "JAWS" RATE

**\*\*15% OFF Best Available Rate\*\***

Additional hotel information can be found at [www.jenisonaquatics.org](http://www.jenisonaquatics.org).

Click on the tab: 13-14/Open State Meet.

### Apparel Information

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

Click on the tab: 13-14/Open State Meet.





**July 14-17, 2016**

**Sanction Number: MI 1516139**

[illegible]

Club Code: \_\_\_\_\_



**July 14-17, 2016**

**Sanction Number: MI 1516139**

I certify that all athletes submitted with this meet entry are currently registered members of USA Swimming and that I am authorized by my Club to make this representation in my listed capacity.

(Signature)

(Printed Name of person signing above)

Date: \_\_\_\_\_

Page 18 of 19





## Michigan Swimming Long Course State Championships 13-14 & Open

Hosted by: Jenison Area Wildcat Swimming (JAWS)

July 14-17, 2016

### Meet Evaluation Form

Sanction Number: MI 1516139

**Name of Meet:** Michigan Swimming 13-14 & Open State Championship Meet

**Date of Meet:** July 14-17, 2016

**Host of Meet:** Jenison Area Wildcat Swimming (JAWS)

**Place of Meet:** Jenison High School Aquatics Center

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 and/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 Shipp) and the Michigan Swimming Office (Dawn Gurley and John Loria) within 30 days.