



Michigan Swimming, Inc.
14 and Under Long Course State Championships
Hosted by Michigan Lakeshore Aquatics (MLA)
July 24 through July 26, 2015

SANCTION: This meet is sanctioned by Michigan Swimming, Inc., as a championship prelim/finals and timed finals (selected events) swimming meet on behalf of USA swimming, Michigan Swimming Sanction Number **MI1415127** and Time Trial Sanction Number **MITT1415127**. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. All Michigan Swimming, Inc. rules, safety and warm up procedures will govern the meet as is fully set forth in this meet announcement.

LOCATION: Holland Community Aquatic Center, 550 Maple Ave., Holland, MI 49423

FACILITY: The Holland Community Aquatic Center is an 8 lane 50 meter pool with an attached 6 lane 25 yard pool available for supervised warm-up and cool down. Depth at start is 6'9" and 13' at the turn end. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing with an 8 lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock and locks may not be left on lockers overnight). The competition pool has not been certified in accordance with 104.2.2 C (4).

Facility Items:

- (A) First Aid supplies will be kept at the first aid station on the East end of the pool deck by the hot tub.
- (B) No smoking is allowed in the building or on the grounds.
- (C) No glass or coolers are allowed anywhere in the aquatics center.
- (D) No folding chairs/bags chairs/camping chairs will be allowed in the balcony.
- (E) No bare feet allowed outside of the pool area.
- (F) An Emergency Action Plan is available for review near the Clerk of Course.
- (G) Changing into or out of swimsuits is permitted only in locker rooms or restrooms. Deck changing is **strictly prohibited.**

Parking: There is a large parking lot directly adjacent to the Holland Community Aquatic Center that may be used to park and pick up/drop off swimmers. This lot is shared with Holland Community Hospital and will fill quickly. When the parking lot is full there is street parking available in the immediate blocks surrounding the Holland Community Aquatic Center.

HOTELS:

Comfort Inn – 2.0 mi from pool	(616)392-1000
Doubletree Hotel – 2.2 mi from pool	(616)394-0111
Microtel Inn and Suites – 2.2 mi from pool	(616)392-3235
Residence Inn – 3.7 mi from pool	(616)393-6900
Country Inn – 4.0 mi from pool	(616)396-6677
Fairfield Inn – 4.2 mi from pool	(616)786-9900
Hampton Inn – 4.2 mi from pool	(616)399-8500
Holiday Inn Express – 4.2 mi from pool	(616)738-2800
Holland Inn and Suites – 4.2 mi from pool	(616)994-0400

GENERAL MEETING: Friday, July 24 at 7:00 AM. Additional coaches meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches meetings. Coaches or other team and swimmer representative are responsible for all information presented at these meetings including change to the meet format or conduct.

DECK ACCESS: Only registered and current coaches, swimmers, officials and meet personnel are allowed on the deck and/or in locker rooms. **Without exception, coaches and officials must present government issued photo identification matching their USA Swimming credentials.** Meet personnel will check the list of approved individuals supplied by Michigan Swimming. Without exception, no coach or official will be admitted if he/she does not appear on the list as current or provide an email memo from the Michigan Swimming Office. Individuals may inquire with Michigan Swimming, check their Deck Pass on their smart phone or check their club roster in their club portal to confirm that they are current with all requirements. Coaches and officials must be current in all requirements through the final date of the meet to be issued a credential.

Meet Personnel will issue a credential to qualified individuals to be displayed at all times during the meet. This credential shall include the host team as well as the function of the individual being granted access to the pool deck. **Individuals must return the credential at the conclusion of each session and be reissued a credential for any subsequent 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.

Access to the pool deck may be granted to any other individual only in the event of an emergency, and with approval of the Meet Director or the Meet Referee. The General Chair of Michigan Swimming and the Program Operation Vice-Chair of Michigan Swimming are authorized deck personal at all Michigan Swimming meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability. Lists of registered coaches, certified officials and meet personnel will be placed outside the entrance to the locker rooms/pool deck.

ADMISSIONS: \$5.00 per person per day (fee for the day's prelims and finals). Children age 10 and under are free.

SWIMMER GIFTS: Swimmers' gift bags will be available for pickup near the entrance to the locker room hallway on the main floor. **NOTE:** Gift bags will not be available after the Sunday Timed Final session.

LOST AND FOUND: Articles may be turned into the designated lost and found area on the pool deck. The meet host will retain articles not picked up by the end of the meet for 14 days. Articles will then be donated to a charitable organization after 14 days.

CONCESSIONS/HOSPITALITY: Food and beverages will be available at all sessions through the Holland Community Aquatic Center Concession Stand. Food and beverages in plastic containers will be allowed on the deck. NO glass containers will be allowed and will be confiscated if found. Violators of the No Glass Rule face ejection from the meet (either spectator or swimmer) at the discretion of the Meet Referee. Violators may also face further sanctions from Michigan Swimming. A hospitality area will be available for coaches and officials. All food for swimmers that is brought on deck must fit in an individual swimmer's bag. No coolers will be allowed on deck.

ELIGIBILITY: All 14 and under swimmers registered with Michigan Swimming and residing within the USA who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

Swimmers with a disability should refer to Michigan Swimming Rules and Procedures Section H (9 a&b) pages 19-21, which can be found on the Michigan Swimming, Inc. website at www.miswim.org, under the administration tab, for qualifying information.

AGE GROUP: A swimmer's age on July 24, 2015 will determine his/her eligibility for a particular age group for the entire meet. Swimmer must swim his/her own age group.

QUALIFYING PERIOD: The qualifying period is January 1, 2014 through the entry deadline (July 21, 2015). Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters, Short Course Meters or Short Course Yards, and all events will be seeded in that order. **No time conversions will be accepted.**

ENTRY TIMES: Entry times for individual events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for two individual Timed Final Events: A swimmer, if entered in two or more events on the day of the 800m Freestyle or the 1500m freestyle may enter the 800m Freestyle and/or 1500m Freestyle timed final event at his/her fastest time or the swimmer may elect to down seed to the Q1 time standard. Positive check-in (ONLY) for the 800m and 1500m and the election to swim their fastest time or down seed must be done by the scratch deadlines for those days' events.

DOWN-SEEDING: Down-seeding will only be allowed for 800m freestyle/1500m freestyle Individual Timed Final events and Sunday's 400m Freestyle Relay. Down-seeding must be declared as **AM** or **PM** by the scratch deadline for that those days' events. When down seeded, the swimmer(s) will be placed in the same relative order

in prelims as their seeding would be in finals. We may swim open lanes in finals, if needed, to accommodate down-seeding requests.

RELAY ENTRY:

1. Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B".
2. "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 using a relay time for the team which is already in SWIMS, by entering an aggregate time from SWIMS, or they may enter an override (custom) time for the relay(s).
3. Swimmers participating in an individual event(s) and "Relay Only Swimmers" are eligible to compete on an "A" or "B" relay.
4. All relay swimmers must be entered in the meet using OME. Swimmers not on the OME entry report are not eligible to swim.

ENTRY LIMITS: A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may enter no more than three (3) individual events per day. A swimmer may swim no more than six (6) individual events for the entire three day meet. If a swimmer is entered in more than three (3) individual events per day or six total individual events for the meet, he/she must scratch out of the desired excess event(s) by using a scratch card and turning it into the Administrative Referee table 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 or event per meet limit.

ENTRY FEES: **\$7.50** per individual event and **\$12.00** per relay plus a **\$3.00** athlete surcharge per swimmer. Make check payable to **Holland Community Aquatic Center** if you do not pay via credit card on OME. Checks as well as the Release and Waiver form must be mailed to:

PAYMENT CONTACT:

Tom Cuticchia
550 Maple Ave
Holland, MI 49423
coachtom@iswimmla.org

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.

DECK REGISTRATION: Deck registrations are not accepted at the meet. (See 202.4.9(F)).

ENTRY PROCEDURE: All entries must be received through OME. Paper entries are not accepted for this meet. Payment through OME may be made with Visa, MasterCard, American Express or Discover or by check (See Entry Fee section above). Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Questions regarding

these procedures should be addressed with Jan Cartmill of the Michigan Swimming Office. The website for entries is as follows www.usaswimming.org/OME

ENTRY DEADLINE: Entries may be submitted online beginning **July 10, 2015 at 12:00 Noon** (Eastern Daylight Time) and will be accepted through **July 21, 2015 at 8:00 AM** (Eastern Daylight Time). Updates for seed times will be allowed in the OME system until the OME Entry Deadline date.

DECK ENTRIES: Deck entries will not be accepted at this meet.

MISSED ENTRY: A coach or an entry chair who has made an honest mistake and inadvertently failed to enter a swimmer in an event by the entry deadline may then do so by: (a) entering the athlete(s) and/or event(s) by the scratch deadline on the first day of the meet (b) paying a fee of \$100 per team and double the entry fee for the event, and (c) 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 the late entry. The Meet Referee's decision is final and non-appealable.

PROOF OF TIMES: All "Custom or Override Times" must be verified prior to the scratch deadline for that event and have a proof of time sent in. If you do not supply an acceptable proof of time before the scratch deadline 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. Please contact Jan Cartmill of the Michigan Swimming Office for guidelines on the acceptable Proof of Times. Mail or email any necessary proof of time documents for your "Override Times" entries to Jan Cartmill at the address or email address listed below. **RELAY PROOF OF TIME:** With "Custom or Override Times" the only proofs needed are if a team overrides the entry time and does not swim equal to or faster than the cut. 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 the team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid. **Deadline for Proof of Times** achieved prior to **July 13th** must be received by the Meet Entry Contact by **July 16th**. Proof for times achieved after **July 13th** are due by **July 21st**. Please mail/email all proofs of time to the following:

Michigan Swimming Office
Meet Entry Contact
2900 Rodd St. #1784
Midland, MI 48641-1784
JBCartmill@gmail.com

RULES AND PROCEDURES

The meet will be administered according to the National Championship scratch procedures (2015 Rulebook, Section 207.11.6). More information on check-in deadlines, scratch procedures and the location of the scratch box will be distributed at the general meeting.

RULES: Current National USA Swimming Rules will govern all competitions, except as otherwise specified in this meet information or the Michigan Swimming Rules and Procedures. All information, rules and regulations, including time standards,

schedules, order of events, meet operations, and requirements can be found in the USA Swimming 2015 Rulebook. Except as noted below:

1. All individual events will conform to the USA National Scratch Procedure with the exception of the 800 Freestyle and the 1500 Freestyle.
2. Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only a swimmer or that swimmer's Coach may use a scratch card to scratch that swimmer's event.
3. A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A swimmer's coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (i.e. remove the swimmer from the entire meet).
4. **Please note:** on Thursday, July 23, 2015 from 7:00 AM until 8:00 PM Eastern Daylight Time), athletes may be scratched, via an email, from their event(s) only by their coach of record. An email must be sent to both the Meet Referee and the Administrative Referee listed on the bottom of this document. You will then receive a verification that we received your email(s) via return email. The return receipt of your email then serves as confirmation of scratches. By taking advantage of this opportunity you will make your Friday morning experience more pleasant and it will help enable us to have an "on-time" start.
5. 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.
6. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
7. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
8. Except where venue facilities require otherwise changing into or out of swim suits other than in locker rooms is not appropriate and is **strictly prohibited.**
9. Participants consent to be photographed/filmed by any authorized photographer(s) and/or networks of Michigan Swimming, Inc. and/or the host club, under conditions determined by the host club and authorize the use of names, pictures, likenesses, and biographical information before, during, or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

ADDITIONAL \$50 PENTALTY: In addition to the procedures and penalties in the USA Swimming Rulebook, if an athlete 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 Michigan Swimming. The athlete is not allowed to compete in any subsequent Michigan Swimming sanctioned event until the fine is paid.

WARM-UP: Feet first entries only, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm-up procedures will be distributed at the General Meeting.

POOL HOURS: Friday, Saturday and Sunday doors open at 7:00 AM and the pool will be open for general warm-up from 7:30 AM to 8:50 AM when not in use for competition. The structured warm-up schedule for the competition is listed below. The pool will close 30 minutes after competition is completed each night.

	<u>Warm up</u>	<u>Preliminaries</u>	<u>Timed Final</u>	<u>Finals</u>
Friday	7:30AM-8:50AM	9:00 AM	TBD	5:30 PM
Saturday	7:30AM-8:50AM	9:00 AM	TBD	5:30 PM
Sunday	7:30AM-8:50AM	9:00 AM	TBD	5:00 PM*

***Please note that the Sunday Finals session starts ½ hour early.**

Warm-up times for the 10 & Under Timed Finals will be published by 6:00 PM on Wednesday July 22, 2015. You will be able to find this information at www.iswimmla.org and at www.miswim.org.

THURSDAY NIGHT WARMUP: The pool will be available for early warmup on Thursday, July 23 from 6:00-8:30 PM. All athletes wishing to warmup at this time must be accompanied by a coach. Athletes and coaches may also pick up their deck passes at this time.

CONDUCT OF THE MEET: This meet is a State Championship prelim/final and timed final (select events) swimming meet.

- All individual events are prelim/final events with the exception of all 10 & Under events, 11-12 200 backstroke, 11-12 200 butterfly, 11-12 200 breaststroke, 11-12 400 freestyle, 11-12 400 IM, 13-14 800m and 1500m freestyle events which are timed final events.
- Preliminaries are swum in the morning and the finals are swum at night. The 10 & Under events will be swum in a separate session between preliminaries and finals.
- In finals, there will be two (2) heats of each individual event – each heat comprised of a maximum of eight (8) swimmers. These will be referred to as “A/B Finals” or “Finals and Consolation Finals”. These heats will swim in a B-Consolation, and A-Finals order.
- The 11-12 200 backstroke, 11-12 200 butterfly, 11-12 200 breaststroke, 11-12 400 freestyle and 11-12 400 IM will be swum slowest to fastest with the fastest seeded heat (top 8) swimming in finals, the remainder will be swum during the morning preliminary sessions.
- The 800m and 1500m freestyle events will be seeded fastest to slowest alternating genders female/male after check-in closes. The fastest seeded heat (top 8) after scratches (if any) of the 800m and 1500m freestyle events will swim during the Finals session. The remaining heats of those events will swim in the morning preliminary sessions.
- Please note: the scratch deadline for the 800m freestyle is Friday morning, 15 minutes after the general meeting ends. However, in trying to simplify the positive check-in process, and to make it much easier on each of you, we will

accept emails from the coach of record to "check-in", "scratch" or to "down seed" your swimmer(s). Emails will be accepted Thursday, July 23rd between the hours of 7:00 AM to 8:00 PM (Eastern Daylight Time) only. All emails must copy the Meet Referee and the Administrative Referee listed on the bottom of this document. You will then receive an email verifying that we received your check-ins, scratches or down seeds, for the 800m free.

- The 1500M Freestyle scratch deadline is Saturday evening at 6:00 PM. (We will attempt to post a heat sheet by no later than one hour before the planned completion of Saturdays' finals. The heat sheet will have heat start times for the 1500M distance event to be swum during Sunday prelims. All swimmers **MUST** check heat sheets for exact heat and lane assignments.
- All swimmers competing in the 800m and 1500m freestyle events will provide one (1) timer if swimming in the Preliminary session. The Host Team must provide both timers for these events when swam during the Finals session. Swimmers must provide their own counter, if they choose to have one. Temporary credentials will be issued for counters and timers.
- Awards and scoring/place for the 11-12 and 13-14 year old timed final events are determined by all the swimmers' performances in all the heats (i.e., times achieved in the preliminary heats are also used to determine the Top 16 finishers even though the time was not achieved in the Finals session.
- Note the order of events as stated in the schedule of events for finals. Finals are not necessarily swum in the order that they are swum in the Preliminary heats. Always check the heat sheet.
- The final three (3) heats of all prelim/final events will be circle seeded slowest to fastest. All swimmers **MUST** check heat sheets for heat and lane assignments.

FORMAT/SEEDING OF RELAY EVENTS

- All relays are timed finals.
- The fastest heat of all relays (Top 8) will be swum during finals sessions in the evenings as stated in the Schedule of Events. The rest of the relays swim in preliminary heats in the mornings.
- Relays will be seeded slowest to fastest.
- Sunday relays must indicate their intention to down-seed in the designated area on the check-in sheet. We may swim open lanes in finals if needed to accommodate down-seeding requests.

SCRATCH DEADLINES: The following are the scratch deadlines for each day's events:

Deadline for Friday's events:	15 minutes after the General Meeting
Deadline for Saturday's events:	Friday 6:00 PM
Deadline for Sunday's events:	Saturday 6:00 PM

POSITIVE CHECK-IN: Positive check-in is required for the 800m Freestyle and the 1500m Freestyle and for all relays. Swimmers and relays who fail to positively check-in will be down-seeded to the slowest heat. Positive check-in deadlines are the same as the scratch deadlines.

SCORING: All events will be scored using the following point system:

Individual Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2, and 1

Relay Scoring: 40,34,32,30,28,26,24, and 22

AWARDS:

Individual: Top 8 awarded (medals), 9th-16th ribbons

Relays: Top 3 Awarded (medals), 4th-8th ribbons

Individual High Point: 1st – 3rd place finishers

Teams: Team State Champion and runner-up trophy

Awards will be presented at Finals sessions only during a formal awards ceremony which will take place at intervals designated on the schedule of events. It is expected that athletes will appear on time for awards so as not to delay the meet. Awards for 9th – 16th place individual events and 4th-8th relay events will be bagged for each team and available for pick up at the end of the meet on Sunday evening. No awards will be mailed. (NO EXCEPTIONS).

VENDORS AND APPAREL:

For information on t-shirts and other state meet apparel please visit www.iswimmla.org and click on "APPAREL" under the "14&U State" tab.

JBL Enterprises will be on site to engrave medals. They will also have medal holders available for sale.

TIME TRIALS: Time permitting, time trials for 14 and under athletes will be offered each day 15 minutes after the completion of the preliminary session. 14 and under athletes must be already entered in the meet to swim a time trial. At the discretion of the Meet Referee, 14 and under swimmers 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 trials sign up will be from 10:00 AM to 12:00pm each day. **Please note:** 800m and 1500m freestyle time trials will be swum with those events in open lanes with heats added if necessary and seeded at the entry time.

CONTACT INFORMATION:

Meet Referee:	Paul Jones plus3@comcast.net 248-310-3300 (no calls after 9:00pm)
Administrative Referee:	Dawn Gurley dawngurley@att.net
Meet Director:	Kyle Mallory, coachkyle@iswimmla.org
Safety Marshall:	Thomas Miller, Rolando Correa, Anita Curtis

2015 Michigan Swimming 14 and Under Long Course State Championship Meet

Sanction Number: MI1415127

Schedule of Events

Day 1

Girls	Preliminary Events	Boys
1	11-12 400 Individual Medley*	2
3	13-14 400 Individual Medley*	4
5	11-12 100 Breaststroke	6
7	13-14 100 Breaststroke	8
9	11-12 50 Backstroke	10
11	13-14 200 Freestyle	12
13	11-12 100 Freestyle	14
15	13-14 100 Butterfly	16
17	11-12 200 Butterfly*	18
19	13-14 800 Freestyle Relay*	20
21	11-12 200 Freestyle Relay*	22
	*** Short Break ***	
23	13-14 800 Freestyle*	24
	Afternoon Timed Final Events	
101	10 & Under 50 Breaststroke	102
103	10 & Under 100 Freestyle	104
105	10 & Under 50 Butterfly	106
107	10 & Under 200 Freestyle Relay	108
109	10 & Under 200 Individual Medley	110
	Finals Events	
21	11-12 200 Freestyle Relay (TOP HEAT)	22
23	13-14 800 Freestyle (TOP HEAT)	24
1	11-12 400 Individual Medley (TOP HEAT)	2
3	13-14 400 Individual Medley (TOP HEAT)	4
5	11-12 100 Breaststroke	6
7	13-14 100 Breaststroke	8
9	11-12 50 Backstroke	10
11	13-14 200 Freestyle	12
13	11-12 100 Freestyle	14
15	13-14 100 Butterfly	16
17	11-12 200 Butterfly (TOP HEAT)	18
19	13-14 800 Freestyle Relay (TOP HEAT)	20

*Timed Final event. The top seeded heat will swim in finals.

Awards after events 4, 10 and 20

2015 Michigan Swimming 14 and Under Long Course State Championship Meet

Sanction Number: MI1415127

Day 2

Girls	Preliminary Events	Boys
25	11-12 400 Medley Relay *	26
27	13-14 400 Medley Relay*	28
29	11-12 50 Butterfly	30
31	13-14 200 Individual Medley	32
33	11-12 50 Freestyle	34
35	13-14 50 Freestyle	36
37	11-12 200 Breaststroke*	38
39	13-14 200 Breaststroke	40
41	11-12 100 Backstroke	42
43	13-14 100 Backstroke	44
45	11-12 400 Freestyle*	46
47	13-14 400 Freestyle	48
49	11-12 200 Individual Medley	50
51	13-14 200 Medley Relay*	52
53	11-12 200 Medley Relay*	54
Afternoon Timed Finals		
111	10 & Under 100 Backstroke	112
113	10 & Under 50 Freestyle	114
115	10 & Under 100 Breaststroke	116
117	10 & Under 400 Freestyle	118
Final Events		
25	11-12 400 Medley Relay (TOP HEAT)	26
27	13-14 400 Medley Relay (TOP HEAT)	28
29	11-12 50 Butterfly	30
31	13-14 200 Individual Medley	32
33	11-12 50 Freestyle	34
35	13-14 50 Freestyle	36
37	11-12 200 Breaststroke (TOP HEAT)	38
39	13-14 200 Breaststroke	40
41	11-12 100 Backstroke	42
43	13-14 100 Backstroke	44
45	11-12 400 Freestyle (TOP HEAT)	46
47	13-14 400 Freestyle	48
49	11-12 200 Individual Medley	50
51	13-14 200 Medley Relay (TOP HEAT)	52
53	11-12 200 Medley Relay (TOP HEAT)	54

* Timed Final event. The top seeded heat will swim in finals.

Awards break after events 32, 40, 48 and 54

2015 Michigan Swimming 14 and Under Long Course State Championship Meet

Sanction Number: MI1415127

Day 3

Girls	Preliminary Events	Boys
55	11-12 400 Freestyle Relay*	56
57	13-14 400 Freestyle Relay*	58
59	11-12 200 Backstroke*	60
61	13-14 200 Backstroke	62
63	11-12 50 Breaststroke	64
65	13-14 100 Freestyle	66
67	11-12 200 Freestyle	68
69	13-14 200 Butterfly	70
71	11-12 100 Butterfly	72
73	13-14 200 Freestyle Relay *	74
	*** Short Break ***	
75	13-14 1500 Freestyle*	76
	Afternoon Timed Finals	
119	10 & Under 200 Medley Relay	120
121	10 & Under 200 Freestyle	122
123	10 & Under 50 Backstroke	124
125	10 & Under 100 Butterfly	126
	Final Events	
75	13-14 1500 Freestyle (TOP HEAT)	76
55	11-12 400 Freestyle Relay (TOP HEAT)	56
57	13-14 400 Freestyle Relay (TOP HEAT)	58
59	11-12 200 Backstroke (TOP HEAT)	60
61	13-14 200 Backstroke	62
63	11-12 50 Breaststroke	64
65	13-14 100 Freestyle	66
67	11-12 200 Freestyle	68
69	13-14 200 Butterfly	70
71	11-12 100 Butterfly	72
73	13-14 200 Freestyle Relay (TOP HEAT)	74

*Timed Final event. The top seeded heat will swim in finals.

Awards break after events 58, 64, 70 and 74

Time Standards for 2015 MS 14 & Under Long Course State Championship Meet (Q1 Times)

Qualifying Period: January 1, 2014 to entry deadline

Posted March 2015

GIRLS			EVENT	BOYS		
SCY	SCM	LCM	10 & UNDER	LCM	SCM	SCY
30.09	35.79	36.29*	50 Freestyle	37.49	36.99	30.09
1:05.39	1:20.09	1:20.99*	100 Freestyle	1:22.39	1:21.49	1:06.79
2:24.49	2:55.89	2:56.89*	200 Freestyle	2:58.79	2:57.79	2:28.39
6:27.79	6:16.29	6:20.09	400 Freestyle	6:32.09	6:28.29	6:44.69
34.89	42.99	43.69*	50 Backstroke	45.09*	44.39	36.39
1:14.89	1:32.59	1:34.09*	100 Backstroke	1:38.79*	1:37.29	1:18.39
39.69	49.49	50.09*	50 Breaststroke	52.19	51.59	41.69
1:27.19	1:46.89	1:48.39	100 Breaststroke	1:54.39*	1:52.89	1:30.09
33.89	41.69	42.29*	50 Butterfly	44.29	43.69	34.49
1:18.69	1:43.89	1:45.19*	100 Butterfly	1:50.79	1:49.49	1:22.19
2:45.89	3:20.79	3:24.39*	200 Individual Medley	3:31.29	3:27.69	2:54.09
2:16.59	2:32.39	2:37.99	200 Free Relay **	2:39.49	2:33.49	2:17.99
2:36.99	2:55.19	3:03.09	200 Medley Relay **	3:15.29	3:06.39	2:47.59
GIRLS			EVENT	BOYS		
SCY	SCM	LCM	11 - 12	LCM	SCM	SCY
27.19	31.59	32.09*	50 Freestyle	32.89	32.39	27.39
59.29	1:09.29	1:10.19	100 Freestyle	1:11.99	1:11.09	58.99
2:10.49	2:30.59	2:31.59	200 Freestyle	2:38.99	2:37.99	2:07.49
5:46.39	5:12.79	5:16.59	400 Freestyle	5:23.09	5:19.29	5:46.19
31.59	37.29	37.99	50 Backstroke	39.49*	38.79	31.09
1:07.39	1:20.59	1:22.09*	100 Backstroke	1:24.19*	1:22.69	1:07.19
2:25.19	2:53.99	2:56.99	200 Backstroke	3:01.39*	2:58.39	2:23.09
35.79	42.19	42.79	50 Breaststroke	45.79	45.19	35.09
1:18.09	1:30.49	1:31.99	100 Breaststroke	1:38.79*	1:37.29	1:16.09
2:47.79	3:17.49	3:20.99*	200 Breaststroke	3:35.49*	3:31.99	2:45.19
30.09	34.79	35.39*	50 Butterfly	37.09*	36.49	29.99
1:07.59	1:20.99	1:22.29*	100 Butterfly	1:27.99*	1:26.69	1:07.89
2:35.39	3:19.79	3:23.09	200 Butterfly	3:31.29	3:27.99	2:36.79
2:27.89	2:50.39	2:53.99	200 Individual Medley	2:59.99	2:56.39	2:25.89
5:18.69	6:08.79	6:16.89	400 Individual Medley	6:41.79	6:33.69	5:08.69
1:55.19	2:08.29	2:12.89	200 Free Relay **	2:19.89	2:15.09	2:00.99
2:09.59	2:24.59	2:31.29	200 Medley Relay **	2:39.89	2:32.89	2:16.99

**** 10 & U and 11-12 age groups will use the 200 Free Relay and the 200 Medley Relay standards as qualifying times for the 400 Free and the 400 Medley Relays at this meet.**

WOMEN			EVENT	MEN		
SCY	SCM	LCM	13 - 14	LCM	SCM	SCY
25.59	29.89	30.39*	50 Freestyle	29.09*	28.59	24.49
55.59	1:04.59	1:05.49*	100 Freestyle	1:02.59*	1:01.69	52.29
2:00.09	2:22.09	2:23.09*	200 Freestyle	2:17.79*	2:16.79	1:56.59
5:26.09	4:59.79	5:03.59	400 Freestyle	4:53.39*	4:49.59	5:13.69
11:26.59	10:15.79	10:27.09	800 Freestyle	10:20.19	10:08.89	11:19.19
19:16.99	19:40.09	20:00.09	1500 Freestyle	19:50.99	19:30.99	18:14.89
1:03.19	1:14.89	1:16.39*	100 Backstroke	1:14.39*	1:12.89	59.69
2:15.89	2:40.69	2:43.69*	200 Backstroke	2:40.59*	2:37.59	2:10.19
1:11.29	1:26.29	1:27.79	100 Breaststroke	1:25.59*	1:24.09	1:05.89
2:37.79	3:06.39	3:09.89	200 Breaststroke	3:02.49*	2:58.99	2:25.99
1:02.09	1:14.39	1:15.69*	100 Butterfly	1:13.29*	1:11.99	59.29
2:23.59	2:52.69	2:55.99	200 Butterfly	2:56.19*	2:52.89	2:14.39
2:18.89	2:40.69	2:44.29	200 Individual Medley	2:38.79*	2:35.19	2:09.09
4:54.99	5:46.29	5:54.39	400 Individual Medley	5:47.99*	5:39.89	4:34.99
4:06.89	4:23.79	4:32.99	400 Free Relay	4:32.59	4:23.19	4:06.59
8:53.99	9:25.99	9:45.49	800 Free Relay	9:50.69	9:31.49	8:57.69
4:39.99	5:12.39	5:23.59	400 Medley Relay	5:30.89	5:19.49	4:46.29

Meet Evaluation Form
Sanction Number: MI1415127

Name of Meet: 2015 Michigan Swimming 14 and Under Long Course State Championship Meet

Date of Meet: July 24 through 26, 2015

Host of Meet: Michigan Lakeshore Aquatics (MLA)

Place of Meet: Holland Community Aquatic 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 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) and the Michigan Swimming Office (Jan Cartmill and John Loria) within 30 days.