

POINTE AQUATICS

2007 FROST FEST INVITATIONAL SWIM MEET

**BC 14 & Under with 11-12 200's Stroke (Fly, Back, Breast), 400 IM,
10 and Under 500 and Open 13 & Over-Group II With 1650**

Hosted by Pointe Aquatics Swim Club

FRIDAY-SUNDAY, JANUARY 12-14, 2007

Sanction: This meet is sanctioned by Michigan Swimming, Inc., as a timed final meet on behalf of USA Swimming, Sanction Number MI0607022 Michigan swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.

Location: Grosse Pointe North High School, 707 Vernier Road, Grosse Pointe Woods, Mi. 48236. The entrance to the high school, marked by a traffic signal, is on the south side of Vernier Road and is approximately 1.6 miles East of the I-94 freeway. Map to Pool is available as part of the Meet Packet on the Michigan Swimming Website (www.uss.michigan.com) and the Pointe Aquatics website at www.Pointeaquatics.com.

Times: **FRIDAY WARM-UP:** 4:30 P.M. FIRST EVENT: 5:30 P.M.

SATURDAY/SUNDAY:
MORNING WARM-UP: 7:30 A.M. FIRST EVENT: 8:30 A.M.
AFTERNOON WARM-UP 12:30 P.M. FIRST EVENT: 1:30 P.M.
CHECK IN CLOSES 15 MINUTES AFTER WARMUP BEGINS

Facilities: The Grosse Pointe North High School Pool is a 8 lane 25 yard pool with diving well area which will be available for supervised warm-up and warm down. Depth at start is 8 feet 7 inches and 4 feet at the turns. Permanent starting blocks and non-turbulent lane markers are in place. Daktronics timing with an 8 lane display will be used. Pool seating capacity is 450. Lockers are available (provide your own lock). The 25 yard events will be swum from the starting blocks. Public phones will be available.

Eligibility: The Pointe Aquatics Frost Fest Swim meet is for age 14 & Under swimmers with times that fall within the cut-offs listed. Open "B" events have no lower cut-off times for 13-18 swimmers. All swimmers must be currently registered with United States of America Swimming (USA). A

swimmer's age on January 12, 2007 will determine his/her eligibility for a particular age group. Mixed relays may consist of any combination of boys and girls (all boys/girls or mixed).

Meet Format: This meet is a BC 14 and Under meet with the 200's of stroke for 11-12, 13-14, and Open. There will be a 10 and Under and 11-12 500 free. The 11-12 age group will offer the 400 IM. The open age group will offer the 400 IM and 1650 free. 10 and unders will swim in the morning. 11 – 12,13-14, and Open will swim in the afternoon.

Entry Limits: Entries will be accepted on a first come first serve basis by date of e-mail for electronic entries and date of receipt by the entry chair for hard copy entries until the Michigan Swimming four (4) hour per session maximum time limit is met. To balance sessions to meet the four (4) hour per session time limit, the meet host reserves the right to use any reasonable technique including but not limited to splitting age groups and/or splitting teams. If the meet host desires to either split age groups and/or split teams, the contact person of each club entering the meet and each unattached swimmer shall be provided with electronic notification of such change at least ten (10) days prior the date of the meet. Any club that withdraws entries based on such change shall receive a refund of such entry fees.

Individual Entry Limits:

In this timed finals meet swimmers will be limited to **4 (four)** individual events per day.

Electronic Entries: \$4.00 per individual event and \$10.00 for relays. Please include a \$1.00 Michigan Swimming surcharge for each swimmer entered. **Make checks payable to: Pointe Aquatics.**

Paper Entries: Michigan Swimming's rules regarding non-electronic entries apply. \$5.00 per individual event and \$11.00 for relays. There is a \$1.00 additional charge per individual event and \$1.00 per relay event paid if the entry is not submitted on Hy-Tek (or compatible) disk. The Michigan Swimming \$1.00 general surcharge for each swimmer also applies to paper entries. Paper entries may be submitted to the entry chair on a spreadsheet of your choice however the paper entry *must* be logically formatted and must contain all pertinent information to allow the entry chair to easily enter the swimmer(s) in the correct events with correct seed times.

Entry Procedures:

Entries may be submitted to the entry chairperson as of December 2, 2006. **The entry chairperson must receive all entries no later than midnight December 18, 2006.** Entries must include correct swimmer name (as registered with USA/MS Swimming), age and USA number. You can import the order of events and event numbers from the Michigan Swimming website (www.uss-michigan.com). All entries should be submitted in Hy-Tek format. All individual entries should be submitted

via electronic mail to the Mike O'Connor at FrostFest@msn.com. **Entries submitted will be processed provisionally pending receipt by the entry chairperson of: (a) a hard copy of your clubs signed released/waiver agreement (b) your clubs signed certification of athletes and (c) your clubs entry and entry fees.** The Complete Pointe Aquatics Frost Fest entry packet with entry forms is available on the Michigan Swimming Website at www.uss-michigan.com.

Refunds: Once a team or individual entry has been received and processed by the entry chair there are no refunds in full or in part.

Entry Chair: Your club's Entry, Release/Waiver, Certification of Entered Athletes and Check should be sent via U.S. mail or nationally recognized overnight courier to:

**Mike O'Connor
20660 Vernier Circle
Grosse Pointe Woods MI, 48236
313 882 7487**

Check In: CHECK IN WILL BE AVAILABLE 15 MINUTES PRIOR TO THE BEGINNING OF WARM UP AND CLOSE AT 7:45 A.M. and 12:45 P.M. OR 15 MINUTES AFTER WARMUP BEGINS. Check in is mandatory for all events. **Failure to check in will cause the swimmer to be scratched from all events in that session.** PLEASE FOLLOW THE POSTED CHECK IN PROCEDURE AND MICHIGAN SWIMMING CHECK IN RULES. Also note that pursuant to Michigan Swimming Rules that failing to swim an event after checking in for that event will disqualify a swimmer for his or her next event. Check in sheets will be posted in the hall adjacent to the Grosse Pointe North High School Gym. No deck check in will be permitted.

Scratch Rules: Prior to check in close a swimmer may scratch events at the Clerk of Course. After check in closes, you must see the Meet Referee to scratch an event. Once a swimmer (or a representative for such swimmer) has checked in for an event that swimmer must compete in that event or the swimmer will be scratched from his/her next event.

Marshaling: **The meet will be marshaled for the morning sessions only. Marshaling will be on the pool deck.** All other sessions will be self marshaled. Swimmer not swimming in the morning sessions will be expected to locate their heat and lane independently. Heat sheets for 11 and over will be posted. Swimmers will be responsible for reporting to the marshaling area when their event is called. If a swimmer in an event cannot be at the marshaling area when an event is called, another representative from such swimmer's team (swimmer, coach, etc.) should report to the marshaling

area for such swimmer. Each swimmer must sign in prior to the specified time or be scratched from their events.

**Warm Up
Procedures:**

For the first 30 minutes of warm up, all lanes will be used for general warm up. After 30 minutes lanes 2 and 7 will become one way sprint lanes. The last 10 minutes of warm up on Saturday and Sunday lanes 2,3,6, and 7 will be one way sprint lanes. Warm up will end 10 minutes before the meet is to begin. Feet first entry is required to enter the pool. Swimmers may only dive in designated lanes.

Friday Warm Up:

4:30-5:00 Lanes 1-8 General warm up.
5:00-5:20 Lanes 2/7 only One way sprints.
Pool Closes at 5:20

Saturday AM/ Sunday AM Warm UP:

7:30-8:00 Lanes 1-8 general warm up
8:00-8:20 Lanes 2/7 one way sprint
8:10-8:20 Lanes 2/3/6/7 one way sprint
Pool closes at 8:20am

Saturday PM/ Sunday PM Warm up:

12:30-1:00 Lanes 1-8 General Warm UP
1:00-1:20 Lanes 2/7 one way sprint.
1:10 – 1:20 Lanes 2/3/6/7/ one way sprint
Pool closes at 1:20 PM

** tentative depending upon warm up start time**

Seeding:

All events are timed finals and will be seeded slowest to fastest other than distance events which will be seeded fastest to slowest (alternating genders-women/men).

**Deck Entries/
Time Trials:**

There will be no deck entries accepted. Time trials will be held at the discretion of the Meet Referee and the Meet Director.

**Meet Programs/
Admissions:**

Meet programs will be \$6.00 for the meet. Heat sheets for the Friday session will be \$1.00. Friday admission will be \$2.00. Saturday and Sunday admission will be \$4.00.

Scoring:

No individual or team scoring will be kept.

Awards:

Pointe Aquatics medals will be awarded for 1st – 8th place and ribbons will be awarded 9th –16th place for 10 & Under swimmers. Medals will be awarded for 1st – 8th place for 11 and over swimmers. Relays will be awarded medals for 1st – 3rd place.

- Results:** Daily meet results will be posted at www.PointeAquatics.com. Additional copies of the results can be ordered at the admissions table for \$5.00. Results will also be available on disk (HY-TEK Meet Manager). Teams using the diskette entry and teams providing a formatted 3.5" disk will receive a results diskette. Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com.
- Concessions:** Food and beverages will be available in the high school cafeteria. No food or beverage will be allowed on the deck of the pool, in the locker rooms or in the spectator areas. A hospitality area will be available for coaches and officials.
- Lost and Found:** Articles may be turned in/picked up in the concession area. Articles not picked up by the end of the meet will be retained in the home of the Meet Director for at least 14 days (any longer period shall be in the sole discretion of the Meet Director).
- Swimming Safety:** Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers will be required to enter the pool feet first except when sprint lanes have been designated. The same rules will apply with respect to the warm-down pool and diving well. Penalties for violating these rules will be in the sole discretion of the meet referee. There will at all times be at least: three (3) marshals monitoring the pool and (4) marshals during all warm ups.
- Deck Personnel:** Only swimmers, registered coaches and meet officials/workers are allowed on the deck. Coaches and officials must display their registration cards at all times. Coaches must be current in all certifications through the final date of the meet.
- Swimmers with Disabilities:** All swimmers are encouraged to participate. If any of your swimmers have special needs or requests please indicate them on the entry form and with the Clerk of Course and/or the Meet Referee during warm ups.
- General Info:** Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.
- First Aid:** Supplies will be kept in pool office.
- Facility Items:** (A) No smoking is allowed in the building or on the grounds of Grosse Pointe North High School.

- (B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- (C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
- (D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review and inspection at the pool office.

Meet Director: Lisa Howle
MLPHowle@aol.com
 (313)881-4429

Meet Referee: Judy Day, 1107 Indian Wood Trail, Walled Lake, MI 48390.

Safety Marshall: Theresa Thompson/Brenna Grazioli

**POINTE AQUATICS
 FROST FEST SWIM MEET
 FRIDAY, JANUARY 12, 2007
 SANCTION MSS # MI0607022**

FRIDAY 5:30 PM

(4:30 Warm-up)

GIRLS			BOYS		
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
1	5:59.99	OPEN	500 FREE	5:44.99	2
3	2:44.49	11-12	200 IM	2:44.69	4
5	2:34.99	13-14	200 IM	2:29.99	6
7	2:33.49	OPEN	200 IM	2:24.99	8
9	3:11.99	10 & U	200 IM	3:11.99	10
11	6:06.59	11-12	400 IM	6:07.09	12
13	5:36.99	13-14	400 IM	5:21.99	14
15	5:34.99	OPEN	400 IM	5:14.99	16
17	7:44.89	10 & U	500 FREE	7:42.99	18
19	6:19.99	11-12	500 FREE	6:17.99	20
21	6:13.99	13-14	500 FREE	5:54.99	22
23	22:34.99	OPEN	1650 FREE	20:39.99	24

**POINTE AQUATICS
FROST FEST SWIM MEET
SATURDAY, JANUARY 15, 2007
SANCTION# MSS # MI0607022**

GIRLS

(Warm-up 7:30am)

BOYS

SATURDAY 8:30 AM

EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
25	2:46.99	10 & U	200 FREE	2:44.99	26
27	NO CUT	8 & U	50 FLY	NO CUT	28
29	40.09	9-10	50 FLY	39.99	30
31	NO CUT	8 & U	25 BACK	NO CUT	32
33	1:30.49	9-10	100 BACK	1:28.99	34
35	NO CUT	8 & U	50 FREE	NO CUT	36
37	33.79	9-10	50 FREE	33.29	38
39	NO CUT	8 & U	25 BREAST	NO CUT	40
41	1:37.99	10 & U	100 BREAST	1:38.89	42
43	NO CUT	8 & U	100 IM	NO CUT	44
45		10 & U	200 MX FREE RELAY		
46		8 & U	200 MX FREE RELAY		

GIRLS

(Warm-up 12:30)

BOYS

SATURDAY 1:30 PM

EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
47	29.99	11-12	50 FREE	29.99	48
49	2:44.99	OPEN	200 FLY	2:32.99	50
51	2:44.99	13-14	200 FLY	2:39.99	52
53	2:56.29	11-12	200 FLY	2:56.89	54
55	1:21.99	OPEN	100 BREAST	1:15.49	56
57	1:21.99	13-14	100 BREAST	1:18.49	58
59	1:25.49	11-12	100 BREAST	1:26.19	60
61	28.39	OPEN	50 FREE	26.39	68
63	28.19	13-14	50 FREE	27.09	64
65	33.99	11-12	50 FLY	34.09	66
67	1:12.99	OPEN	100 BACK	1:09.99	68
69	1:13.49	13-14	100 BACK	1:12.49	70
71	1:18.99	11-12	100 BACK	1:18.29	72
73	2:13.99	OPEN	200 FREE	2:06.99	74
75	2:16.09	13-14	200 FREE	2:09.99	76
77	2:23.39	11-12	200 FREE	2:22.99	78

**POINTE AQUATICS
FROST FEST SWIM MEET
SUNDAY, JANUARY 14, 2007
SANCTION# MSS # MI0607022**

GIRLS			(Warm-up 7:30am)	BOYS	
SUNDAY 8:30 AM					
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
79	NO CUT	8 & U	100 FREE	NO CUT	80
81	1:15.89	9-10	100 FREE	1:14.19	82
83	NO CUT	8 & U	50 BREAST	NO CUT	84
85	44.99	9-10	50 BREAST	45.49	86
87	NO CUT	8 & U	25 FLY	NO CUT	88
89	1:34.99	10 & U	100 FLY	1:32.99	90
91	NO CUT	8 & U	50 BACK	NO CUT	92
93	41.09	9-10	50 BACK	40.29	94
95	NO CUT	8 & U	25 FREE	NO CUT	96
97	1:26.49	9-10	100 IM	1:24.99	98
99		8 & U	200 MX MEDLEY RELAY		
100		10 & U	200 MX MEDLEY RELAY		

GIRLS			(Warm-up 12:30PM)	BOYS	
SUNDAY 1:30 PM					
EVENT #	SLOWER THAN	AGE	EVENT	SLOWER THAN	EVENT #
101	1:05.99	11-12	100 FREE	1:05.99	102
103	1:01.69	13-14	100 FREE	59.09	104
105	1:01.49	OPEN	100 FREE	57.09	106
107	39.69	11-12	50 BREAST	39.39	108
109	2:55.89	11-12	200 BACK	2:55.09	110
111	2:40.99	13-14	200 BACK	2:33.99	112
113	2:39.99	OPEN	200 BACK	2:31.99	114
115	1:18.49	11-12	100 FLY	1:19.09	116
117	1:11.99	13-14	100 FLY	1:08.99	118
119	1:10.49	OPEN	100 FLY	1:05.99	120
121	36.29	11-12	50 BACK	36.29	122
123	3:11.89	11-12	200 BREAST	3:12.89	124
125	2:56.99	13-14	200 BREAST	2:52.99	126
127	2:55.99	OPEN	200 BREAST	2:44.99	128
129	1:15.99	11-12	100 IM	1:16.49	130

