

BULLDOG AQUATICS CLUB



MEET ENTRY CHECKLIST

No changes can be made once the team's entries have been submitted to the host team

**2010 AB Open Long Course Showcase Final
Hosted By: Plymouth Canton Cruisers
July 24-25, 2010**

Note: This meet is for swimmers with "A" or "B" times only, according to the Michigan Swimming A, B, C Long Course Meter Invitational Meet Standards included at end of this packet. Swimmers with no time ("NT") are not eligible.

**The entry deadline for Bulldogs is June 25, 2010. Entry verification June 26 - 27
The meet payment deadline is: July 7, 2010**

- Logon to www.DirectAthletics.com and enter the events you want your swimmer(s) to swim.
- Questions can be sent to BACMeetEntry@Bulldogaquaticclub.com
- Write a check made payable to BAC and have your swimmer put the check in the plastic envelope marked Meet Payments (located near the folders on deck) within payment deadline to avoid late fee.
- Relays: No Relays
- Confirm your entry. An email will be sent out when the psych sheet is available. It is YOUR responsibility to check for accuracy and omissions in meet event #'s and times. All corrections must be done by YOU using the on-line entry system by the stated deadline (in the email announcement).

A complete copy of the BAC Meet Entry procedures is available via a link that is on the meet entry & info page.

Entry Fees: \$4.00 per individual event. \$1.00 Michigan Swimming surcharge

Swimmers are limited to 4 individual events per day

- Location:** Eastern Michigan University
(Olds-Robb Student Recreation Area)
Located on the campus of Eastern Michigan University
Ypsilanti, Michigan 48197
Directions: <http://www.emich.edu/recim/directions.htm>
- Times:** Saturday & Sunday Afternoon Warm-up Starts: 12:30pm
Saturday & Sunday Afternoon Events Begin: 1:30pm
Saturday Evening Warm-up Starts: 4:45pm (on-site Club Pool)
Saturday Evening Events Begin: 5:45pm
- Facilities:** The Michael Jones pool, in the Olds-Robb Student Recreation Center, is a 10 lane 50 meter pool. This competition course has not been certified in accordance with USAS 104.2.2c(4). Depth is 12'0" at the start, and 4'0" at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Daktronics timing with a 10 lane display will be used. There is ample balcony seating for spectators. A separate warm-up pool is available at the facility. Warm-up for Saturday and Sunday Afternoon Sessions takes place in the competition pool. Warm-up for the Saturday Evening Session (1500 Free) takes place in the nearby Club Pool (on-site). Lockers are also available (provide your own lock).
- Meet Format:** This meet is a timed finals format. All ages swim both afternoon sessions.
- 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.
- Check In:** Check In will be available as of 15 minutes prior to the start of warm-ups for each session and will close 15 minutes after the start of warm-ups. Check in is mandatory for all events and is required by the time set forth in this meet announcement. Failure to check in will cause the swimmer to be scratched from **all** events in that session. Also note that pursuant to MS Rules, failing to swim an event after checking in for that event will disqualify a swimmer from his or her next event. Check in sheets will be posted in the hallway near the locker rooms.
- 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 has checked in for an event that swimmer must compete in that event or the swimmer may be disqualified from his/her next event at the discretion of the Meet Referee.
- Seeding:** Seeding will be done after check in closes. Swimmers who fail to check in for an event will be scratched from that event. All events are timed finals and will be seeded slowest to fastest, except for the 1500 Free, which will be seeded fastest to slowest, and will alternate heats of girls and boys. The Meet Referee reserves the right to combine

genders and/or same stroke/distance events in order to reduce the number of heats.

Distance Events: If session and/or facility timeline restrictions demand, the number of heats for distance events (400 Free, 400 IM and 1500 Free) may be limited by entry time and age group. **Athletes participating in the 1500 Free are requested to provide their own timer and counter.**

Starts: Dive-over starts for all events will be used according to Michigan Swimming Rules and Procedures.

Deck Entries: Deck entries may be accepted at the Clerk of Course if time and space permit, and in the sole discretion of the Meet Referee and Meet Director. Deck entries are \$7 per individual event. Deck entries are subject to MS athlete surcharge if not already entered in the meet. Swimmer should bring his/her USA swimming registration card or print the registration information from the website if he/she is not already entered in the meet.

Meet Programs/ Admissions: Admission is \$4 per person per day for individuals over the age of 12. Children 12 and under are free.

Awards: Awards will be provided to age groups 8&U, 10&U, and 11-12 in each division (A & B) for 1st through 10th place finishes for individual events. Awards will not be distributed to swimmers. All awards will be given to coaches at the end of the Sunday session. Unattached swimmers may pick up their awards at the Awards Table after the completion of their last session.

Results: Complete meet results will be posted on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available on flash drive (HY-TEK Meet Manager) upon request. Teams must provide their own flash drive.

Concessions: Food and beverages will be available in the Recreation Center. 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 at the Lost and Found Table (near the Scorer's Table) during the meet. Articles not picked up by the end of the meet will be retained by the Meet Director or a representative for 14 days. After 14 days the items will be donated to a charitable organization.

Swimming Safety: Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. 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 which may include ejection from the meet.

Warm-Ups: Controlled, supervised warm-up sessions will be utilized in accordance with the "warm-up procedure guidelines" suggested by USA Swimming.

The final 15 minutes of warm-ups will be conducted as follows:

Lanes 1 & 10 push/pace with push off from the start end of the pool or general warm-up lanes at the discretion of the Meet Referee

Lanes 2, 3, 8 and 9 racing start lanes. Sprint lanes for racing starts from the blocks or backstroke starts. Athletes swim one length only, and then exit the pool.

Lanes 4 thru 7 general warm-up, no diving or racing starts. Any one or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee.

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 at the Clerk of Course for Coach's review. Information will also be covered at the Coaches' Meeting.

First Aid: The First-Aid Station is next to the Announcer's Table.

Facility Items:

- (A) No smoking is allowed in the building or on the grounds of Olds-Robb Student Recreation Center.
- (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 main office of the Olds-Robb Student Recreation Center.



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 July 24-25, 2010
 Eastern Michigan University**

July 24, 2010
Saturday Afternoon
 Check-In Open: 12:15pm
 Warm-up Start: 12:30pm
 Check-In Close: 12:45pm
 Events Start: 1:30pm

July 25, 2010
Sunday Afternoon
 Check-In Open: 12:15pm
 Warm-up Start: 12:30pm
 Check-In Close: 12:45pm
 Events Start: 1:30pm

Girls Event #	Event	Boys Event #
1	12 & Under 200 IM	2
3	13 & Over 200 IM	4
5	12 & Under 100 Fly	6
7	13 & Over 100 Fly	8
9	12 & Under 50 Back	10
11	11 & Over 200 Breast	12
13	12 & Under 100 Free	14
15	13 & Over 100 Free	16
17	12 & Under 50 Breast	18
19	13 & Over 400 Free	20
21	12 & Under 400 Free	22

Girls Event #	Event	Boys Event #
25	12 & Under 200 Free	26
27	13 & Over 200 Free	28
29	12 & Under 100 Back	30
31	13 & Over 100 Back	32
33	12 & Under 50 Free	34
35	13 & Over 50 Free	36
37	11 & Over 200 Fly	38
39	12 & Under 100 Breast	40
41	13 & Over 100 Breast	42
43	11 & Over 200 Back	44
45	12 & Under 50 Fly	46
47	11 & Over 400 IM	48

Saturday Evening
 Check-In Open: 4:30pm
 Warm-up Start: 4:45pm
 Check-In Close: 5:00pm
 Events Start: 5:45pm

Girls Event #	Event	Boys Event #
23	13 and Over 1500 Free	24

REMINDER: This meet is for swimmers with "A" or "B" times only, according to the Michigan Swimming A, B, C Long Course Meter Invitational Meet Standards (Attachment 3 – 2010 MS Swim Guide), included on page 7 of this packet. Swimmers with no time ("NT") are not eligible to enter this meet.

Michigan Swimming A, B, C Long Course Meter Invitational Meet Standards
(Attachment 3 – 2010 MS Swim Guide)

GIRLS		10 & Under		BOYS	
B	A			A	B
43.69	38.09	50 Freestyle		37.59	43.09
1:41.79	1:26.79	100 Freestyle		1:27.59	1:39.49
3:38.09	3:09.79	200 Freestyle		3:07.49	3:37.39
8:27.29	7:05.99	400 Freestyle		7:07.99	8:23.59
52.99	46.39	50 Backstroke		45.49	52.49
1:59.49	1:43.49	100 Backstroke		1:41.79	1:58.89
58.19	50.79	50 Breaststroke		51.29	58.29
2:11.49	1:52.09	100 Breaststroke		1:53.09	2:08.09
55.19	45.19	50 Butterfly		45.09	56.89
2:09.19	1:48.59	100 Butterfly		1:46.29	2:09.19
4:11.09	3:38.19	200 Individual Medley		3:38.19	4:14.69

GIRLS		11-12		BOYS	
B	A			A	B
38.49	33.79	50 Freestyle		33.79	38.69
1:27.79	1:15.49	100 Freestyle		1:15.49	1:28.09
3:11.99	2:42.99	200 Freestyle		2:42.49	3:11.99
6:37.59	5:39.09	400 Freestyle		5:37.29	6:34.39
46.29	40.99	50 Backstroke		40.99	47.59
1:43.49	1:30.29	100 Backstroke		1:29.49	1:46.29
3:43.69	3:14.99	200 Backstroke		3:19.09	3:56.99
51.29	44.79	50 Breaststroke		44.39	52.09
1:53.19	1:37.79	100 Breaststroke		1:38.59	1:55.49
4:03.59	3:34.39	200 Breaststroke		3:38.29	4:11.19
45.69	38.39	50 Butterfly		38.49	47.39
1:49.79	1:29.79	100 Butterfly		1:30.39	1:53.09
4:10.29	3:33.29	200 Butterfly		3:30.89	4:14.69
3:35.89	3:06.89	200 Individual Medley		3:07.09	3:38.09
7:29.69	6:46.59	400 Individual Medley		6:41.09	7:43.99

WOMEN		13-14		MEN	
B	A			A	B
36.79	31.79	50 Freestyle		30.59	34.39
1:21.19	1:10.49	100 Freestyle		1:07.59	1:16.59
2:57.29	2:34.59	200 Freestyle		2:27.69	2:48.19
6:05.59	5:33.79	400 Freestyle		5:16.79	5:52.49
26:34.49	23:04.79	1500 Freestyle		21:48.29	24:16.39
1:37.79	1:23.99	100 Backstroke		1:22.89	1:32.59
3:31.39	3:02.89	200 Backstroke		2:54.99	3:24.49
1:48.09	1:33.79	100 Breaststroke		1:29.79	1:40.59
3:50.09	3:21.09	200 Breaststroke		3:16.49	3:38.19
1:36.69	1:22.29	100 Butterfly		1:18.89	1:34.89
3:50.69	3:07.49	200 Butterfly		3:01.79	3:35.89
3:25.69	2:56.09	200 Individual Medley		2:50.39	3:17.19
7:25.39	6:22.89	400 Individual Medley		6:05.79	7:11.69

WOMEN		Open		MEN	
B	A			A	B
36.79	32.09	50 Freestyle		29.79	34.39
1:21.19	1:10.29	100 Freestyle		1:05.29	1:16.59
2:57.29	2:32.29	200 Freestyle		2:24.29	2:48.19
6:05.89	5:21.29	400 Freestyle		5:07.89	5:52.49
26:34.39	23:04.79	1500 Freestyle		21:07.29	24:16.39
1:37.39	1:23.49	100 Backstroke		1:19.99	1:32.59
3:31.39	3:01.79	200 Backstroke		2:52.69	3:24.49
1:48.09	1:33.29	100 Breaststroke		1:24.29	1:40.59
3:50.09	3:19.99	200 Breaststroke		3:07.49	3:38.19
1:38.69	1:20.59	100 Butterfly		1:15.99	1:34.89
3:50.69	3:07.49	200 Butterfly		2:53.79	3:35.89
3:25.69	2:54.39	200 Individual Medley		2:44.79	3:17.19
7:25.39	6:20.59	400 Individual Medley		5:57.89	7:11.69

