

**MICHIGAN MASTERS 2013 STATE SHORT COURSE YARDS CHAMPIONSHIP
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 193-S007
FRIDAY - SUNDAY, April 12 - 14, 2013 EASTERN MICHIGAN UNIVERSITY**

HOST ORGANIZATIONS:

Eastern Michigan University and the South Oakland Seals are the Host Organizations for the 2013 Michigan Masters State Championships. We are looking forward to an exciting weekend and a well organized event for participants and spectators alike. This is the ninth State Championship Masters Swim Meet held at the EMU.

FACILITIES:

Olds Robb Student Recreation Intramural Complex houses the Michael H. Jones Natatorium at Eastern Michigan University (Map Enclosed). It is a modern 10-lane 50-meter indoor pool to be configured as one 25-yard ten-lane course. Ten lanes will be used for competition and the other 10 lane course for continuous warm-up/cool down (except during the distance events when the full 16 lanes will be used). Four lanes will be available for warm-up/cool down during distance events. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in the designated sprint lanes. Lockers are available but limited in number & you must bring your own lock.

RULES - ELIGIBILITY:

USMS rules apply and will be observed. All swimmers who mail in their entries will be required to enclose a photocopy of their 2013 USMS card with the entry form. **Any swimmer who is not USMS registered for 2013 by the State Meet entry deadline will NOT BE ALLOWED TO SWIM IN THE MEET.**

A swimmer not registered with Michigan LMSC cannot establish a Michigan State Record but any swimmer registered in the meet CAN set a MEET championship.

TIMING:

Timing system is Daktronics system with electronic and manual back-up with display scoreboard with start and recall. All events (except some heats of the distance events) will be timed using this system. Manual back-up timers will be provided at each lane. Swimmers are encouraged to hit the pad firmly and, when swimming in relays, to remain clear of the touchpad until the event is completed by all swimmers. Any swimmer or relay attempting a NATIONAL RECORD should alert the Starter and make sure there are the required three manual timers as backup. Swimmers are required to supply their own lap counting personnel in distance events.

AGE GROUPS:

Age on April 14 (last day of the meet) determines his/her age for the entire meet. Individual Events: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc. through 100+. The youngest person in a relay determines the relay age group. Relay age groups: 18+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+

ENTRY DEADLINE:

Swimmers (Individual and Relays) using paper entries must have their entries postmarked by April 5, 2013. Paper entries postmarked after April 5, 2013 will not be accepted and will be returned to sender.

SEEDING:

Seeding will be slow to fast for all events. Distance events will be seeded after check in time has ended for that day (see Entry Procedure Distance Events). Except for distance (500 yards or longer) free events, Men and Women will be seeded separately into heats according to seed times. "No time" entries will be in the slowest heats. Consult the heat sheets that you will receive at the meet check-in for your heat and lane assignments. It's the swimmers responsibility to report to the proper heat and lane. Failure to appear will be considered a scratch and you will not be allowed to swim in another heat of the same event. The Meet Director reserves the right to RESEED the distance events if there are a significant number of scratches after check-in to eliminate empty lanes during the swimming of the event.

ENTRY FEES:

<u>Individual Fee</u>	<u># of Individual Events</u>	<u># of Relays</u>
\$50	0	Up to 1 of each event 4 total
\$55	1	Up to 1 of each event to 4 total
\$60	2	Up to 1 of each event to 4 total
\$65	3	Up to 1 of each event to 4 total
\$70	4, 5, 6, 7	Up to 1 of each event to 4 total

Relays Fees: \$12 per relay on, or prior to, April 08, 2013.
 \$16 per relay after April 08, 2013.

Deck Entries will be taken from 4:45 -5:30 P.M. on Friday and 7:45 -8:30 A.M. on Saturday and Sunday for Relays only that were not pre-entered by April 08, 2013.

ENTRY LIMITS: (excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, April 12, 2013	2
Event maximum for Saturday, April 13, 2013	4
Event maximum for Sunday, April 14, 2013	4

- * An individual may compete on only one relay team per relay event for a total of 4.
- * If more than 7 events are listed on the entry form, only the first seven will be entered.
- * Please enclose a photo copy of your 2013 USMS registration card with your entry form.
- * You must fill in and sign the Athlete's Release to validate your entry form.

ENTRY PROCEDURE - INDIVIDUAL EVENTS:

To enter individual events, swimmers should select their events (maximum seven), and enter seed times (IN SHORT COURSE YARDS) on the line "entry seed time" on the entry form. Swimmers entering with no seed time will swim in the slowest heats.

ENTRY PROCEDURE - DISTANCE EVENTS:

The 400 IM, will be offered two separate times during the course of the meet. You may swim this event ONCE during the course of the three day meet. The 1650 Free will be offered ONCE on Friday, April 12. There will be two sessions on Friday, **ONLY THOSE WHO USE THE ONLINE ENTRY PROCEDURE WILL BE ALLOWED TO SWIM THE FIRST SESSION OF THE 1650 Free.** The first session will include the first 50 entries that indicate their desire to swim the early session of the 1650. This session will have a mandatory check-in between 12:45-1:30 P.M. Warm up will begin at 1:00 P.M. with the first heat swimming at 2:00 P.M. All entries for the 1650, 500, and 1000 will be mixed gender. Be sure to check-in before you warm-up for Friday's distance events. You also need to check in for the 500 Free on Saturday and the 1000 Free on Sunday. **The heat and lane assignments for distance events will be posted after the check-in time period ends in the pool area.**

ENTRY PROCEDURE RELAYS:

To request relays prior to the meet, team representatives should enter the number of relays and the fees associated for all 4 relay events. It is requested that only one relay form be submitted for each team. At check-in, team representatives who requested relays will receive a packet and relay cards with the instructions to supply the following data: the event, age group, and sexes. The age group of the relay is determined by the youngest swimmer on the relay. Relay seed times will not be needed until the relay check-in on the day of the relay. All relays are deck entered and completed relay cards will be given to the Clerk of the Course by the coach or team representative by the deadline when announced at the meet. Each card shall include: swimmers' names as they appear on their USMS cards, in order of relay swim; first name, last name, age, sex, and proper age group. The relay cards will have heats and lanes added by Clerk of the Course and the cards with heat and lane assignments should be picked up from Clerk of the Course by the team representative when this is announced. Once the cards have been turned in and heat and lanes have been designated; the age group, sex of the relay, and seed time cannot be changed.

GENERAL CHECK-IN, WARM-UP AND COMPETITION TIMES:**THIS SESSION CAN ONLY BE ENTERED ONLINE**

Session #1 - Friday Afternoon, April 12 - Check-in and Warm-up – 12:45 P.M. to 1:45 P.M.

Session #1 - Friday Afternoon, April 12 - Competition begins - 2:00 P.M.

Session #2 - Friday Night, April 12 - Check-in and Warm-up – 4:30 P.M. to 5:45 P.M.

Session #2- Friday Night, April 12 - Competition begins - 6:00 P.M.

Session #3 - Saturday Morning, April 13 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #3 - Saturday Morning, April 13 - Competition begins - 9:00 A.M.

ANNUAL MEETING MICHIGAN LMSC**LMSC MEETING TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

Session #4 - Saturday Afternoon, April 13 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.

Session #4 - Saturday Afternoon, April 13 - Competition begins - 2:00 P.M.

Session #5 - Sunday Morning, April 14 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #5 - Sunday Morning, April 14 - Competition begins - 9:00 A.M.

Session #6 - Sunday Afternoon, April 14 - Check-in and Warm-up - ONE HOUR AFTER

EVENT #32 200 MEDLEY RELAY - EXPECTED TIME 12:00 P.M. TO 1:00 P.M.

Session #6 - Sunday Afternoon, April 14 - COMPETITION BEGINS ONE HOUR AFTER CHECK-IN AND WARM-UP - EXPECTED TIME 1:00 P.M. TO 2:00 P.M.

DISTANCE EVENTS CHECK-IN FRIDAY NIGHT APRIL 12:

1650 FREE - BY 1:45 P.M. (early session) and BY 5:45 P.M.(evening session) AND NO LATER.

400 IM - BY 5:30 P.M.(evening session) AND NO LATER

SCORING:

PLACE	1	2	3	4	5	6	7	8
Individual Event	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

ANNUAL MEETING:

All swimmers are encouraged to attend the annual membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday. This is the time to vote on issues affecting the USMS National Organization, the Michigan LMSC, your local team, and yourself. New Michigan LMSC Officers will be elected. The meeting will get started 20 Minutes after the morning session (Session # 3). An agenda of the meeting will be available at check-in on Friday, April 12.

AWARDS:

PLACE	AWARDS-----
1st, 2nd, 3 rd - Individual Events	Michigan Masters State Championship Medals
4th, 5th, 6th, 7th, 8 th	Michigan Masters State Championship Ribbons
1st - 8th - Relays	Michigan Masters State Championship Ribbons
High Point Award Age Group	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Small Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Large Team Men	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Men	Mich. Masters State Championship Trophy Plaque

Two divisions will be recognized for purposes of team scoring based upon the number of total entries

PROTESTS:

Any protest concerning seeding, awards, final results, eligibility, scoring, or entries will be addressed to the meet director or referee (USMS Rule 102.16). The protest shall be made by the team representative in writing and the Championship Committee shall hear all protests except for "wet" rules (Section 3 of Michigan Masters Policies and Procedures).

EVENT RESULTS AND COMPLETE STATE MEET RESULTS:

Event results will be posted in two clearly marked places announced at the meet. Also the awards table will have the event results after they are posted so you can pick up your awards. Meet results (events, ages, names - individual and relay, times, individual high point winners and team scores) will be published on the website (www.michiganmasters.com).

**FACILITY RULES AND MICHIGAN MASTERS STATE MEET GUIDELINES:
THESE ARE STRICTLY ENFORCED**

- A. Smoking is not allowed in any of the buildings.
- B. Food/beverages are not allowed in the pool area, in adjacent locker rooms or spectator areas.
- C. Lockers are available but swimmers should bring their own locks. Neither Eastern Michigan University nor Michigan Masters will assume responsibility for lost or stolen articles.
- D. BODY OILS AND OTHER RUB-DOWN SUBSTANCES THAT MAY CONTAMINATE THE POOL WATER ARE BANNED. SWIMMERS WHO USE THESE SUBSTANCES WILL BE HELD RESPONSIBLE AND BE DISQUALIFIED.
- E. Diving off any of the boards or towers is strictly forbidden.
- F. Swimmers in the concession area must wear shirts, shorts, and some type of foot covering.

CONCESSIONS AND PARKING:

Concessions will be available at the Olds Robb Student Recreation Center. See Facilities Rules Part B regarding this. There are nearby restaurants (about 5 – 10 minutes from the pool) so plan your meals and snacks accordingly. On Saturday and Sunday there is abundant free parking at the parking structure next to Bowen Field House located in front of the Olds Rob Recreation Center and Jones Natatorium Pool. Friday night you may have to park in visitors lots. See map for details

MEET DIRECTOR: Frank (Skip) Thompson
 2660 Littleell Avenue
 West Bloomfield, MI 48324-1753 Phone - (248) 683-2191
 E-mail – FrankSkipThompso@aol.com

MEET T-SHIRTS:

If you enter four or more individual events, then the Meet T-shirt will be free. If you enter three or fewer individual events then the Meet T-shirts imprinted with the Meet logo can be ordered on the paper (mail in) meet entry form for \$10 per shirt.

AWARDS CEREMONIES:

Presentations of the individual high point award and overall team high point awards in all categories will begin 30 minutes after the completion of the last event which is the 1000 Free (event # 39). We ask all swimmers and teams to be prompt as not to delay. It's the swimmers and team responsibility to pick up any awards. **THERE WILL BE NO MAILING OF AWARDS.**

* **NO ONE-DAY EVENT REGISTRATION** - (USMS RULE 201.1.3) This championship is not considered a single event but a 2.5 day multi-event championship. Swimmers must be fully registered with USMS for 2013 by the entry deadline to participate in this sanctioned competition.

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FRIDAY - SUNDAY, APRIL 12 - 14, 2013 EASTERN MICHIGAN UNIVERSITY
MICHIGAN MASTERS 2013 STATE CHAMPIONSHIP SCHEDULE OF EVENTS

Women Events #**Men's Events #****Session # 2 Friday, April 12, 2013**

Warm up - 5:00 P.M. Meet begins at 6:00 P.M.

8	400 Yard IM	9
101	1650 Yard Freestyle	101

Session # 3 Saturday, April 13, 2013

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

2	100 Yard Freestyle	3
4	200 Yard Backstroke	5
6	50 Yard Butterfly	7
108	400 Yard IM	109
	10 Minute Break	
10	200 Yard Freestyle Relay	11

ANNUAL MEETING OF MICHIGAN LMSC
TO START 20 MINUTES AFTER EVENT #10/11 200 FREE RELAY

Session # 4 Saturday, April 13, 2013

Warm up - 1:00 P.M. Meet begins at 2:00 P.M.

12	200 Yard Butterfly	13
14	50 Yard Backstroke	15
16	100 Yard Breaststroke	17
	10 Minute Break	
	200 Yard Mixed Medley Relay	18
19	500 Yard Freestyle	19

Women Events #**Mens's Events #****Session # 5 Sunday, April 14, 2013**

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

20	200 Yard Freestyle	21
22	100 Yard Butterfly	23
24	50 Yard Breaststroke	25
26	200 Yard IM	27
	10 Minute Break	
28	200 Yard Medley Relay	29

Session # 6 Sunday, April 14, 2013

Warm/up - One hour after Event #28/29 200 Medley Relay - Expected Time 12:00 P.M TO 1:00 P.M.

Competition begins One hour after warm/up - Expected Time 1:00 P.M. TO 2:00 P.M.

30	200 Yard Breaststroke	31
32	100 Yard Backstroke	33
34	50 Yard Freestyle	35
36	100 Yard IM	37
	10 Minute Break	
	200 Yard Mixed Freestyle Relay	38
39	1000 Yard Freestyle	39

MICHIGAN MASTERS 2013 STATE CHAMPIONSHIP RELEASE FORM
SANCTIONED FOR USMS BY MICHIGAN MASTERS SANCTION 193-S007 FRIDAY-
SUNDAY, APRIL 12 - 14, 2013 EASTERN MICHIGAN UNIVERSITY

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Master's Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIM FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, EASTERN MICHIGAN UNIVERSITY OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

PARTICIPANT'S NAME USMS NUMBER DATE

This form must be completed and signed by the swimmer and accompany the Entry Form. In addition, a photocopy of the swimmer's United States Masters Swimming (USMS) card must be supplied with this Athlete's Release Form and the Entry Form.

MICHIGAN MASTERS 2013 STATE CHAMPIONSHIP FEES SCHEDULE

Swimmer Entry Fee: 1 Event = \$55.00 2 Events = \$60.00 3 Events = \$65.00

4, 5, 6, and 7 Events = \$70.00 \$ _____

Relay Entry Fee (Enter the number of Relays X \$12.00 for the Total) \$ _____ (for information on Relays see meet information sheets) - Only Coaches need to fill in this space

Michigan Masters State Championship T-shirts - Cost is \$10.00 if you swim fewer than four events

Please circle size of your T-shirts M L XL XXL \$ _____

Please make check payable to: **South Oakland Seals** GRAND TOTAL \$ _____

If you are opting to use the paper entry instead of online entry OR if you are swimming 3 or fewer individual events then this entry form must be completed and mailed to the address below. Complete the attached entry form, sign the liability release, and send a photo copy of your 2013 USMS registration card. All entries must be postmarked by April 05, 2013. Each swimmer who enters the meet will need to check-in upon arrival at the Jones Natatorium Pool Eastern Michigan Univ.

MAIL ENTRIES TO: Frank Thompson
2660 Littleell Ave
West Bloomfield, MI 48324 - 1753 (248) 683 - 2191
E mail - FrankSkipThompso@aol.com

MICHIGAN MASTERS 2013 STATE CHAMPIONSHIP MEET ENTRY FORM

Name: _____

Address: _____

Phone: _____ Birthdate: _____ Age: _____ USMS Reg. # _____

Emergency: _____ Phone: _____ Team: _____

E - Mail: _____

Event #	Entry Time Women	Swimming Event	Entry Time Men	Event #
Warm Up 12:45 P.M. Friday Afternoon April 12, 2013 Start 2:00 P.M.				
1		1650 Yard Freestyle		1
Warm Up 5:00 P.M. Friday Evening April 12, 2013 Start 6:00 P.M.				
8		400 Yard IM		9
101		1650 Yard Freestyle		101
Warm Up 8:00 A.M. Saturday AM - April 13, 2013 Start 9:00 A.M.				
2		100 Yard Freestyle		3
4		200 Yard Backstroke		5
6		50 Yard Fly		7
108		400 Yard IM		109
<i>10 Minute Break</i>				
10		200 Yard Freestyle Relay		11
Annual Meeting of Michigan LMSC - To Start 20 Minutes After Event 10/11 200 Free Relay				
Warm Up 1:00 P.M. Saturday - PM April 13, 2013 Start 2:00 P.M.				
12		200 Yard Fly		13
14		50 Yard Backstroke		15
16		100 Yard Breast		17
<i>10 Minute Break</i>				
		200 Yard Mixed Medley Relay		18
19		500 Yard Freestyle		19
Warm Up 8:00 A.M. Sunday - AM April 14, 2013 Start 9:00 A.M.				
20		200 Yard Freestyle		21
22		100 Yard Fly		23
24		50 Yard Breast		25
26		200 Yard IM		27
<i>10 Minute Break</i>				
28		200 Yard Medley Relay		29
Sunday - PM April 14, 2013				
Warm Up is One Hour after Event #28/29 is Completed. Competition starts One Hour after Warm Up				
30		200 Yard Breast		31
32		100 Yard Backstroke		33
34		50 Yard Freestyle		35
36		100 Yard IM		37
<i>10 Minute Break</i>				
		200 Yard Mixed Freestyle Relay		38
39		1000 Yard Freestyle		39