



2024 Michigan Masters - State Championship Meet

Friday-Sunday, April 19-21, 2024

Sanctioned for USMS by the Michigan LMSC, Sanction #194-S007

Hosted by: Michigan Masters Swimming LMSC

At Wayne State University, Matthaei Natatorium | 5101 John C Lodge Fwy., Detroit, MI 48202

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FACILITIES:

- **Location.** Wayne State University, Matthaei Center, 5101 John C Lodge Fwy., Detroit, MI 48202. For information about this facility visit: <https://rfc.wayne.edu/matthaei>
- **Parking.** Matthaei Athletics Lot 50 is located on Warren Ave. in front of the Matthaei Natatorium building. This lot is \$9 with a Credit Card on entry per day. There are also approximately 50+ free parking spaces on the John C Lodge Service Drive, next to the Natatorium.
- **Swimming Pool.** The Matthaei Natatorium is an eight-lane competition pool with a separate diving well for warm up and cool down. Lockers are available in the locker rooms, but swimmers should bring their own locks, and Wayne State University will not assume responsibility for lost or stolen articles. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

RULES:

Competition Rules. United States Masters Swimming (USMS) rules and Michigan Local Masters Swimming Committee (MI-LMSC) policies will apply. The USMS rule book is available online at <http://www.usms.org>. The Michigan LMSC policies are located at <http://www.michiganmasters.com> under the "Information" tab.

EVENTS:

Women's Event #	Men's Event #	SESSION #1 – FRIDAY AFTERNOON Warm-up 1:00 p.m. - 1:50 p.m. Competition Begins at 2:00 p.m.
1A	1A	1650 yard freestyle. 4 Heats only. (32 swimmers). Fast to Slow
2	2	400 yard IM. Fast to Slow
Women's Event #	Men's Event #	SESSION #2 – FRIDAY NIGHT Warm-up 4:00-4:50 p.m. Competition Begins at 5:00 p.m.
1B	1B	1650 yard freestyle. No heat limit. Fast to Slow
Women's Event #	Men's Event #	SESSION #3 – SATURDAY MORNING Warm-up 7:30-7:55 a.m. Competition Begins at 8:00 a.m.
3	3	500 yard freestyle. 10 heats only. (80 swimmers). Fast to Slow
Women's Event #	Men's Event #	SESSION #4 – SATURDAY MORNING Warm-up begins after the last heat of the 500 free. Approx. 10:00-10:25 a.m. Competition Begins no earlier than 10:30 a.m.
4	5	100 yard butterfly
6	7	200 yard backstroke
8	9	50 yard breaststroke
		10 minute break
10	11	200 yard freestyle relay
		LMSC annual meeting 20 min after Event #11
Women's Event #	Men's Event #	SESSION #5 – SATURDAY AFTERNOON Warm-up 1:30-2:25 p.m., Competition 2:30 p.m.
12	13	200 yard IM
14	15	50 yard backstroke.
16	17	200 yard butterfly
18	19	100 yard freestyle
20	21	100 yard breaststroke
		10 minute break. Presentation of the Lifetime, Chetrick, and Lawrence Awards
22	22	200 yard mixed freestyle relay
Women's Event #	Men's Event #	SESSION #6 – SUNDAY MORNING Warm-up 7:30-7:55 a.m. Competition Begins at 8:00 a.m.
23	23	1000 yard freestyle. 5 Heats only. (40 swimmers). Fast to Slow
		Warm-up begins after the last heat of the 1000 free. Approx. 10:00-10:25 a.m. Competition Begins no earlier than 10:30 a.m.
24	25	200 yard breaststroke
26	27	50 yard freestyle
28	29	100 yard backstroke
		10 minute break
30	31	200 yard medley relay
Women's Event #	Men's Event #	SESSION #7 – SUNDAY AFTERNOON - One hour after the end of Session #6. Estimated Warm-up 1:00-1:25 p.m., Estimated Competition begins at 1:30 p.m.
32	33	50 yard butterfly
34	35	200 yard freestyle
36	37	100 yard IM
		10 minute break
38	38	200 yard mixed medley relay
Presentation of age-group high point, and team awards will be presented approximately 15 minutes after Event #38.		

SCHEDULE:**General Check-in, Warm-up, and Competition Schedule:**

Session	Day	General Check-In & Warm-up	Competition Begins
#1	Friday afternoon, April 19	1:00-1:50 p.m.	2:00 p.m.
#2	Friday night, April 19	4:00 p.m. – 4:50 p.m.	5:00 p.m.
#3	Saturday morning, April 20	7:30 am – 7:55 a.m.	8:00 a.m.
#4	Saturday morning, April 20	10:00am – 10:25 a.m.	10:30 a.m.
X	<ul style="list-style-type: none"> Michigan LMSC annual meeting will start 20 minutes after end of Session #4 		
#5	Saturday afternoon, April 20	1:30 p.m. – 2:25 p.m.	2:30 p.m.
#6	Sunday morning, April 21	7:30 am – 7:55 a.m.	8:00 a.m.
#7	Sunday afternoon, April 21	One hour after end of Session #6 Estimated 1:00 p.m. – 1:25 p.m.	Estimated 1:30 p.m.
X	<ul style="list-style-type: none"> Presentation of age group high point awards and overall team high point awards in all categories will begin 30 minutes after the completion of Session #7. 		

Distance Event Check-In Deadlines:

- 400y IM ... check-in deadline is Friday at 1:45 p.m.
- 1650y free ... check-in deadline is Friday at 1:45 p.m. for afternoon session and 4:45 p.m. for evening

Annual Meeting. All swimmers are encouraged to attend the annual Michigan Local Masters Swimming Committee (LMSC) 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 officer elections, issues affecting the USMS National Organization, the Michigan LMSC, your local team, and yourself. An agenda of the meeting will be available at check-in on Friday, April 19.

Lifetime Achievement, Chetrick, and Lawrence Awards. The Lifetime Achievement Award is presented to an individual who has demonstrated a lengthy record of swimming accomplishments, as well as many years of outstanding volunteer contributions that further the objectives of masters swimming in the State of Michigan. The Chetrick Award recognizes an individual who has exhibited outstanding service and commitment to the spirit of Michigan Masters Swimming on either the state or national level. The Lawrence Award is presented to a swimmer from the Michigan LMSC who has achieved outstanding performances in National competition during the past year, and across the person's swimming career. Previous winners of these awards are noted under the "Awards" tab at <http://www.michiganmasters.com>.

PROCEDURES AND POLICIES:

Age Groups. Age on April 21 (last day of the meet) determines a swimmer's age for the entire meet.

- **Individual event age groups:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 ... 5-year increments as high as necessary.
- **Relay age groups:** 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ ... 10-year increments as high as necessary.
Age groups for relay events are determined by the age of the youngest person on a relay team.

Warm-up/Cool-down. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in designated sprint lanes. **NO EQUIPMENT IS ALLOWED DURING WARM-UP OR COOL DOWN PER USMS REGULATIONS.**

Check-in:

- **General check-in.** Every swimmer must report for general check-in upon arrival at the meet to verify entry status.
- **Distance event check-in.** Each swimmer who is entered in a distance event (400y IM, 500y freestyle, 1000y freestyle, 1650y freestyle) must report for a positive distance event check-in. Swimmers who do not verify intention to compete before the check-in deadline will be scratched from that event. The Meet Director reserves the right to re-seed the distance events after check-in if subsequent scratches will allow consolidation of heats. The deadlines for distance event check-ins are provided in the "Schedule" section of this meet announcement.

Seeding. Seeding will be slow to fast for individual events of 200 yards or less and for relay events, with men and women seeded separately. Seeding will be fast to slow for distance events (400y IM, 500y free, 1000y free, 1650y free), with men and women seeded together. "No time" entries will be assigned to the slowest heats for all events.

Heat Sheets. Will be available on-line at: www.MichiganMasters.com, as a PDF. Participants can print out their own copy of the heat sheets if so desired. Heat sheets will show heat and lane assignments for all events that are 200 yards or less in distance. Separate heat sheets for the distance events (400y IM, 500y free, 1000y free, and 1650y free) will be posted at the pool when distance-event check-in for that event is complete.

Scratches. For all events, the swimmer is responsible to report to the assigned heat and lane in a timely manner. Failure to appear by the time of the Referee's short whistle commands will be considered a scratch; the swimmer will not be allowed to swim in another heat of the same event.

Timing:

- **Timing system.** The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record and Top Ten consideration.
- **Swimmer responsibilities.** Hit the timing pad firmly. **Do not cut through lanes until all swimmers have completed the event.** During relays, remain clear of the timing pad area until the event is completed by all swimmers. Alert the Starter to request the required three manual back-up timers if you or your relay is attempting a USMS (national) record. Before distance free events (500y free, 1000y free, and 1650y free), make sure there is a counter at the end of your lane. A lap counter should be provided, but you are welcome to supply your own lap counting personnel for distance events.

Scoring. Individual events: 9-7-6-5-4-3-2-1 points. Relay events: 18-14-12-10-8-6-4-2 points.

Results. Event results will be posted at clearly marked locations announced at the meet and at the awards table. Results will also be available via Meet Mobile. Results will be published on the website (www.michiganmasters.com) following the meet.

Awards:

1st, 2nd, 3rd - Individual Events	State Championship Medals
4th, 5th, 6th, 7th, 8th - Individual Events	State Championship Ribbons
1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th - Relay Events	State Championship Ribbons
High Point Award - Age Group Women and Men	State Championship Trophy Plaque
High Point Team - Large Team Division	State Championship Trophy Plaque
High Point Team - Small Team Division	State Championship Trophy Plaque
High Point Team - Large Team Women	State Championship Trophy Plaque
High Point Team - Small Team Women	State Championship Trophy Plaque
High Point Team - Large Team Men	State Championship Trophy Plaque
High Point Team - Small Team Men	State Championship Trophy Plaque

Presentation of Awards:

- Pick up individual and relay event awards at the awards table.
- Presentation of age group high point awards and overall team high point awards in all categories will begin approximately 15 minutes after the completion of the last event, namely the 200 Mixed Medley Relay (event # 38). The large and small team divisions will be based upon the number of total entries for each team.
- Please be prompt so award presentations are not delayed. Swimmers and team representatives are responsible to pick up any awards earned. **Awards will not be mailed.**

Records. A Michigan State Record may only be established by a swimmer registered through the Michigan LMSC. A Meet Championship Record may be established by any swimmer entered in the meet.

Protests. Per USMS Rule 102.14.3, “protests against judgment decisions of starters and stroke, turn, and relay takeoff judges can only be considered by the referee, and the referee’s decision shall be final.” Other protests (e.g., concerns about seeding, awards, final results, eligibility, scoring, or entries) must be submitted to the meet director or referee by the team representative in writing.

ENTRIES:

Entry Methods and Entry Deadlines. This meet utilizes an online entry system only.

- **Online entries.** Go to <http://www.MichiganMasters.com> to enter the meet. **The online entry deadline is at 9:00 p.m. on Sunday, March 31, 2024, and limited the first 350 entrants.**
- **Relay entries.** Relay entries must be submitted by the designated team representative, not individual swimmers. Refer to the “Entry Procedures” described below.

Eligibility. Swimmers must have a current 2024 USMS membership as of the entry deadline to be eligible to compete in this meet. One-day event registrations (USMS rule 201.1.3) are not valid given that this is a 3-day meet with multiple events. Non-USMS Masters swimmers that are members of a World Aquatics (AQUA) [previously FINA] organization, must have a current 2024 membership. Swimmers must agree to the USMS “Participant Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement.”

Representation. When you register with USMS, you will designate your club (Michigan Masters (MICH)). Each member of the Michigan Masters Club (and only the Michigan Masters Club) can also select which Workout Group or State Meet Team they would like to swim with for the annual Michigan State Meet Championship. You do not have to designate a Workout Group or State Meet Team to participate at the State Meet Championship (unattached); however, to swim in a Relay, you must designate a Workout Group or State Meet Team.

Event Limits:

- Swimmers may enter a maximum of 7 individual events for the entire meet (does not include relay events), with a daily maximum of 6 individual events.

If more than seven individual events are listed on the entry form, only the first seven entries will be accepted.

Entry Fees:

- Individual entry fee - \$95.00 plus \$3 online convenience fee..
- Relay event entry fee – \$16.00 per relay with all names, if emailed by Wednesday, April 17th, @ 12:00 noon
or \$20.00 per relay if deck-entered. (See full details in “relay” section below.)

Entry Procedures:

- **Individual Events.** Choose a maximum of individual 7 events (does not include relay events). Enter your best **short course yards (SCY)** times on the line labeled “entry seed time.” You may enter an estimated time or “00:00.00” if you do not have a best time to report. “00:00.00” entries will be assigned to the slowest heats.

- **Distance Events.** The 400y IM will be offered once during the meet on Friday evening, April 19th. The 1650 Free will be offered only on Friday. There will be an Afternoon 1650, and an Evening 1650. The afternoon session is limited to 4 heats (32 swimmers). Refer to the check-in, seeding, and heat sheet procedures described earlier in this meet announcement for more information.
- **Relays.** Designate one team representative to enter relays for the entire team.
 - **Pre-entered relays.** The team representative (only) should email pre-entered relays by Wednesday, April 17th @ 12:00 noon, to meet host Jim Izzì - MITreasurer@usms.org. For each relay team, please include: event number, swimmers' names, ages, and seed time. Relay names and age groups may be changed up to 30 minutes before the relay event starts.
 - **Deck-entered relays.** The team representative should enter relays and pay relay entry fees during general check-in on Friday from 1:00-2:00 p.m., or on Saturday or Sunday from 7:00-8:00 a.m.. Relay names and age groups may be changed up to 30 minutes before the relay event starts.
 - **At the meet.** Relay cards will be distributed to team representatives at the meet. At that time, the relay cards must be completed with: (a) event information – the event entered, the age group for the relay team, and a seed time; and (b) swimmer information – swimmers' names as they appear on USMS membership cards in the order of relay swim, as well as each swimmer's age and sex. The relay age group is determined by the age of the youngest swimmer on the relay team. The team representative must submit the relay cards to the Clerk of Course, who will add heat and lane assignments. Relay names and age groups may be changed up to 30 minutes before the relay event starts.