

**MICHIGAN MASTERS 2009 STATE SHORT COURSE YARDS CHAMPIONSHIP
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 199-007S
FRIDAY - SUNDAY, March 27 - 29, 2009 LAKE ORION NATATORIUM**

HOST ORGANIZATIONS:

Lake Orion High School and the Lake Orion Liquid Lightning Swim Team are the Host Organizations for the 2009 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 first State Championship Masters Swim Meet held at the Lake Orion Natatorium.

FACILITIES:

Lake Orion Natatorium is a 25-yard, 11-lane pool; 8 lanes are used for competition. A separate 4-lane pool will be available for warm-up/cool down during all of the events. Depth at the start is 7 feet and 9-13 feet at the turn. Permanent starting blocks and non-turbulent lane markers will be used. 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 and you must bring your own lock. There is ample balcony seating for swimmers and spectators.

RULES - ELIGIBILITY:

USMS rules apply and will be observed. All swimmers will be required to enclose a photo copy of their 2009 USMS card with the entry form (sent in entries). **Any swimmer who is not USMS registered for 2009 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. Any swimmer registered in the meet CAN set a MEET championship.

TIMING:

Timing system is a Colorado system with electronic and manual back-up with an 8-lane 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 finish area 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 March 29 (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+. Relay Events: 18+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+

ENTRY DEADLINE:

Swimmers (Individual and Relays) using paper entries must have their entries postmarked by March 16, 2009. All paper entries postmarked after March 16, 2009 will not be accepted and will be returned to sender.

SEEDING:

Seeding will be slow to fast for all 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 the use of empty lanes during the swimming of the event.

ENTRY FEES:

Individual:

<u>Fee</u>	<u># of Individual Events</u>	<u># of Relay</u>
\$33	0	Up to 1 of each event 4 total
\$37	1	Up to 1 of each event to 4 total
\$41	2	Up to 1 of each event to 4 total
\$45	3	Up to 1 of each event to 4 total
\$50	4, 5, 6, 7	Up to 1 of each event to 4 total

Relays Fees: \$12 per relay on, or prior to, March 16, 2009.
\$16 per relay after March 16, 2009.

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 March 16, 2009.

ENTRY LIMITS: (excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, March 27, 2009	2
Event maximum for Saturday, March 28, 2009	4
Event maximum for Sunday, March 29, 2008	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 2009 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, March 27th. Depending on the number of entries for the 1650 Free and time limits, a full 10 lanes could be used with 4 lanes available for warm-up. Be sure to check-in before you warm-up for Friday's distance events for your correct heat and lane assignments which will be posted after the check-in time period ends in the pool area. You also need to check in for the 500 Free on Saturday and the 1000 Free on Sunday.

ENTRY PROCEDURE RELAYS:

To enter relays, 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. The event, age brackets, sexes, and seed times will not be needed until the relay check-in on the day of the relay. All relays are deck entered. Official relay cards are picked up from the Clerk of the Course by the coach or team representative 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. Cards shall be returned to Clerk of the Course by the deadline announced at the meet. Once the cards are turned in and entered for heat sheets; the age group, sex of the relay, and seed time cannot be changed. At check-in, team representatives with relays will receive a packet and relay cards with the instructions to supply the data mentioned above. The age group of the relay is determined by the youngest swimmer on the relay.

GENERAL CHECK-IN, WARM-UP AND COMPETITION TIMES:

Session #1 - Friday Night, March 27 - Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.

Session #1 - Friday Night, March 27 - Competition begins - 6:00 P.M.

Session #2 - Saturday Morning, March 28 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #2 - Saturday Morning, March 28 - Competition begins - 9:00 A.M.

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

Session #3 - Saturday Afternoon, March 28 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.

Session #3 - Saturday Afternoon, March 28 - Competition begins - 2:00 P.M.

Session #4 - Sunday Morning, March 29 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #4 - Sunday Morning, March 29 - Competition begins - 9:00 A.M.

Session #5 - Sunday Afternoon, March 29 - 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 #5 - Sunday Afternoon, March 29 - 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 MARCH 27:

400 IM - BY 5:30 P.M. AND NO LATER.

1650 FREE - BY 5:45 P.M. 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 at this meeting. The meeting will get started 20 Minutes after the morning session (Session # 2). An agenda of the meeting will be available at check-in on Friday, March 27.

AWARDS:

PLACE	AWARDS
1st, 2nd, 3rd,	Michigan Masters State Championship Medals
4th, 5th, 6th, 7th, 8th	Michigan Masters State Championship Ribbons
1st - 8th	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 swimmers entered in the meet from each team. The number of swimmers for teams in each division will be determined by the Meet Director after the entry deadline.

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). Complete meet results (including splits for all events) can be purchased for \$10.00 at the check-in table for those who use the on-line entry system or they can be ordered on the Entry Form for those who use the paper entry (mail in) form. Results will be mailed.

**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 Lake Orion High School 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 Natatorium on the upper level. There are nearby restaurants (about 5 minutes from the pool) so plan your meals and snacks accordingly. There is ample free parking at the Lake Orion Natatorium.

MEET DIRECTOR: Rick Corriveau
4450 Blood Rd.
Metamora, MI 48455 Phone - (586) 337-1229
E-mail – rcorriveau@liquidlightning.org

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 # 43 and #44). 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 2009 by the entry deadline to participate in this sanctioned competition.

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FRIDAY - SUNDAY, MARCH 27 - 29, 2009 LAKE ORION NATATORIUM
MICHIGAN MASTERS 2009 STATE CHAMPIONSHIP SCHEDULE OF EVENTS

Women Events #**Men's Events #****Session # 1 Friday, March 27, 2009**

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

9	400 Yard IM	10
1	1650 Yard Freestyle	2

Session # 2 Saturday, March 28, 2009

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

3	100 Yard Freestyle	4
5	200 Yard Backstroke	6
7	50 Yard Butterfly	8
9	400 Yard IM	10
	10 Minute Break	
11	200 Yard Freestyle Relay	12

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

Session # 3 Saturday, March 28, 2009

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

13	200 Yard Butterfly	14
15	50 Yard Backstroke	16
17	100 Yard Breastroke	18
	10 Minute Break	
	200 Yard Mixed Medley Relay	20
21	500 Yard Freestyle	22

Women Events #**Mens's Events #****Session # 4 Sunday, March 29, 2009**

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

23	200 Yard Freestyle	24
25	100 Yard Butterfly	26
27	50 Yard Breastroke	28
29	200 Yard IM	30
	10 Minute Break	
31	200 Yard Medley Relay	32

Session # 5 Sunday, March 29, 2009

Warm/up - One hour after Event #32 200 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.

33	200 Yard Breastroke	34
35	100 Yard Backstroke	36
37	50 Yard Freestyle	38
39	100 Yard IM	40
	10 Minute Break	
	200 Yard Mixed Freestyle Relay	42
43	1000 Yard Freestyle	44

MICHIGAN MASTERS 2009 STATE CHAMPIONSHIP RELEASE FORM
**SANCTIONED FOR USMS BY MICHIGAN MASTERS SANCTION 199-007S FRIDAY-
 SUNDAY, MARCH 27 - 29, 2009 LAKE ORION NATATORIUM**

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, LAKE ORION NATATORIUM 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 2009 STATE CHAMPIONSHIP FEES SCHEDULE

Swimmer Entry Fee: 1 Event = \$37.00 2 Events = \$40.00 3 Events = \$45.00
 4, 5, 6, and 7 Events = \$50.00 \$_____

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	\$_____
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Michigan Masters State Championship T-shirts - Cost is \$10.00
 Please circle size of your T-shirts M L XL XXL \$_____

Final Results - (All scores both individual and team and splits for all events) \$_____
 Cost is \$10.00 and all results will be mailed.

Please make check payable to: **Lake Orion Liquid Lightning** GRAND TOTAL \$_____

If you are opting to use the paper entry instead of online entry OR if you are swimming 3 or few 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 2009 USMS registration card. All entries must be postmarked by March 16, 2009. Each swimmer who enters the meet will need to check-in upon arrival at the Lake Orion Natatorium Pool at Lake Orion High School.

MAIL ENTRIES TO: Rick Corriveau
4450 Blood Rd.
Metamora, MI 48455 Phone - (586) 337-1229
E-mail – rcorriveau@liquidlightning.org

MICHIGAN MASTERS 2009 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 5:00 P.M.		Friday Evening March 27, 2009	Start 6:00 P.M.	
9		400 Yard IM		10
1		1650 Yard Freestyle		2
Warm Up 8:00 A.M.		Saturday AM - March 28, 2009	Start 9:00 A.M.	
3		100 Yard Freestyle		4
5		200 Yard Backstroke		6
7		50 Yard Fly		8
9		400 Yard IM		10
		10 Minute Break		
11		200 Yard Freestyle Relay		12
Annual Meeting of Michigan LMSC - To Start 20 Minutes After Event 12 200 Free Relay				
Warm Up 1:00 P.M.		Saturday - PM March 28, 2009	Start 2:00 P.M.	
13		200 Yard Fly		14
15		50 Yard Backstroke		16
17		100 Yard Breast		18
		10 Minute Break		
		200 Yard Mixed Medley Relay		20
21		500 Yard Freestyle		22
Warm Up 8:00 A.M.		Sunday - AM March 29, 2009	Start 9:00 A.M.	
23		200 Yard Freestyle		24
25		100 Yard Fly		26
27		50 Yard Breast		28
29		200 Yard IM		30
		10 Minute Break		
31		200 Yard Medley Relay		32
Sunday - PM March 29, 2009				
Warm Up is One Hour after Event #32 is Completed. Competition starts One Hour after Warm Up				
33		200 Yard Breast		34
35		100 Yard Backstroke		36
37		50 Yard Freestyle		38
39		100 Yard IM		40
		10 Minute Break		
		200 Yard Mixed Freestyle Relay		42
43		1000 Yard Freestyle		44

Hotels/Accommodations Near Lake Orion High School

0.8 mi.

Best Western Palace Inn
2755 Lapeer Rd.
Lake Orion, MI 48360
Phone: (248) 391-2755
<http://www.bwpalaceinn.com/>

3.11 mi.

Springhill Suites
4919 Interpark Dr..
Orion Township, MI 48359
Phone: (248) 475-4700
<http://www.marriott.com/hotels/travel/dtwra-springhill-suites-detroit-auburn-hills/>

4.9 mi.

Holiday Inn Express
3990 Baldwin Rd.
Auburn Hills, MI 48326
Phone: (248) 322-7000
http://www.hiexpress.com/h/d/ex/1/en/hotel/dttbr?&cm_mmc=mdpr-_-googlemaps-_-ex-_-dttbr&dp=true

7.2 mi.

Wingate by Wyndham
2200 Featherstone Rd.
Auburn Hills, MI 48326
Phone: (248) 334-3324
http://www.wingatehotels.com/Wingate/control/Booking/property_info?propertyId=09243

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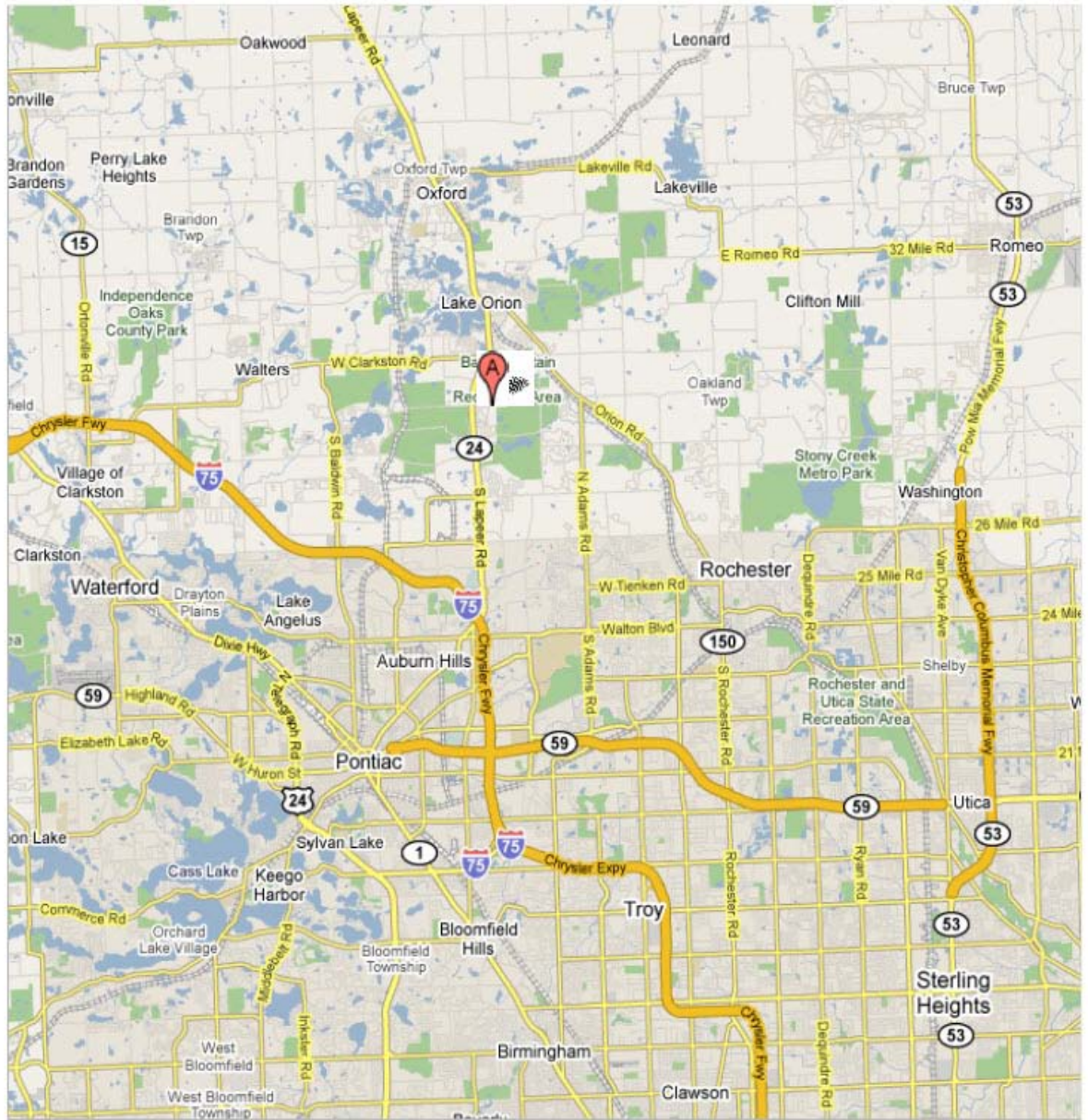

7.2 mi.

Staybridge Suites
2050 Featherstone Rd.
Auburn Hills, MI 48326
Phone: (248) 322-4600
<http://www.staybridgesuites.com/>



Address 495 E Scripps Rd
Lake Orion, MI 48360

Get Google Maps on your phone
Text the word "GMAPS" to 466453



Google Link:

http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=495+E+Scripps+Rd,+Lake+Orion,+MI+48360&ll=37.0625,-95.677068&sspn=47.167389,67.939453&ie=UTF8&ll=42.701614,-83.213882&spn=0.344146,0.530777&z=11