



**2020 MHSAA Girls Division III Swimming and Diving Championships**

Friday November 20th and Saturday November 21st

Hosted by Lake Orion High School

495 E. Scripps Rd. Lake Orion, MI 48360

**LOCATION:**

Lake Orion High School

495 E. Scripps Rd.

Lake Orion, MI 48360

PHONE: (248)-693-5420

See the MHSAA website link “Participating Schools” for additional details.

**Deck Admittance:** All athletes, coaches and officials must check in with the meet director upon arrival. Admittance onto the deck is limited to coaches who have passed all MHSAA requirements for the 2020-2021 swim and dive season. Teams will be allowed 2 coaches per session. **One coach per team is allowed on the pool deck, the other coach is responsible for marshalling their athletes from the team seating area to the competition area.** Swimmers will be limited to those participating only, 1 alternate per relay entry (max. 2) will be allowed on site with the team for 2020.

**TIME SCHEDULE**

**Friday, November 20th**

2:30 p.m. Facility opens to officials, diving competitors and coaches (limit 2)

*Packets may be picked up by coaches ONLY!*

3:00 p.m. – Warm-up period for divers

3:00 p.m. Open pool time for swimmers each school will have 30 min available to their team from 3pm to 5pm, these will be assigned by the meet manager

4:30 p.m. Deadline for sign-off on diving sheets with final dive order.

4:45 p.m. Coaches meeting in the commons outside the pool.

5:15 p.m. Pool Closes for swim warm up and diving boards closed until the start of competition

5:30 p.m. Diving Finals Begin (a 10-minute break will take place after the 5th round, diving boards will be open for the remaining 20 divers moving on to Semifinals. An additional 10-minute break will take place after the 8th round of competition for the remaining 16 divers)

8:30 p.m. Diving Awards presented at the conclusion of diving Friday night.

**Saturday, November 21st Meet will run on the following timeline, we will not start an event until the time listed**

11:00 a.m. Facility opens to competitors and coaches

11:30 a.m. – 1:50 pm Warm-up period for swimmers. Specific warm-up times will be sent with the final psych sheet posting.

11:30a-12:10p Group A Warm-up, 12:10p-12:50p Group B Warm-up, 12:50-1:30 Group C Warm-up, 1:30-1:50 Medley Relay specific Warm-up

1:30 p.m. Coaches meeting in the commons outside the pool

2:00 p.m. Swimming Finals Begin

- See timeline below

## 2020 MHSAA State Meet Event Timeline

2:00	HT 1 MEDLEY RELAY		
2:05	HT 2		
2:10	HT 3		
	<b>5 MIN BREAK</b>	<i>MEDLEY RELAYS Finish Warm down</i>	
2:15	<b>10 min Break</b>	<i>200 Free WU</i>	<i>MEDLEY RELAY AWARDS</i>
2:25	HT 1 200 Free		
2:29	HT 2	200 Free WARM DOWN	
2:33	HT 3		
	<b>10 min Break</b>	<i>200 IM WARM UP</i>	<i>200 Free AWARDS</i>
2:45	HT 1 200 IM		
2:49	HT 2	200 IM WARM DOWN	
2:54	HT 3		
	<b>10 min Break</b>	<i>50 Free WARM UP</i>	<i>200 IM AWARDS</i>
3:05	HT 1 50 Free		
3:07	HT 2	50 Free WARM DOWN	
3:09	HT 3		
	<b>10 min Break</b>	<i>Finish 50 warm down</i>	
3:20	<b>15 min Break</b>	<i>100 FLY WARM UP</i>	<i>50 AWARDS</i>
3:35	HT 1 100 Fly		
3:38	HT 2	100 FLY WARM DOWN	
3:41	HT 3		
	<b>10 min Break</b>	<i>100 Free WARM UP</i>	<i>100 FLY AWARDS</i>
3:50	HT 1 100 Free		
3:53	HT 2	100 Free WARM DOWN	
3:58	HT 3		
	<b>10 min Break</b>	<i>500 Free WARM UP</i>	<i>100 Free AWARDS</i>
4:10	HT 1 500 Free		
4:17	HT 2	500 Free WARM DOWN	
4:24	HT 3		
	<b>10 min Break</b>	<i>200 Free Relay WU</i>	<i>500 Free AWARDS</i>
4:35	HT 1 200 Free Relay		
4:40	HT 2	200 Free Relay WARM DOWN	
4:45	HT 3		
	<b>5 MIN BREAK</b>	<i>200 FREE RELAYS finish Warm down</i>	
4:50	<b>10 min Break</b>	<i>100 Back WU</i>	<i>200 FREE RELAY AWARDS</i>
5:00	HT 1 100 Back		
5:03	HT 2	100 Back WARM DOWN	
5:07	HT 3		
	<b>10 min Break</b>	<i>100 Breast WU</i>	<i>100 Back AWARDS</i>
5:20	HT 1 100 Breast		
5:23	HT 2	100 Breast WARM DOWN	
5:27	HT 3		
	<b>10 min Break</b>	<i>400 Free Relay WU</i>	<i>100 Breast AWARDS</i>
5:40	HT 1 400 Free Relay		
5:45	HT 2		
5:50	HT 3		
5:55			<i>400 FREE AWARDS</i>
6:05			<i>TEAM AWARDS</i>

## **RULES:**

M.H.S.A.A. rules will apply according to the 2020-2021 NFHS Swimming &, Diving Rules Book.

## **ENTRIES & MEET INFORMATION**

All swim entries are due **Monday, November 16th, by Noon**. ALL entries must be in Hy-tek format (meet file available at [www.MHSAA.com](http://www.MHSAA.com), software available on the Hy-tek website). Please send Hy-tek entries to [d3stateentries@gmail.com](mailto:d3stateentries@gmail.com), include an emergency phone number, and contact information. ALL entries should include the first and last name of each athlete, and grade (in number format...9-10-11-12). Use the school abbreviations supplied on the MHSAA website.

**Diving entries for divers who have qualified via Regionals MUST be included with the Hy-tek meet entry file. For any diver advancing to Finals that was NOT included in the team's entry file, that team will be charged a late fee if the omission is on the team.**

**Please see below for a detailed timeline of the entry procedure to be followed by meet management. It is each coach's responsibility to send and confirm entries according to this timeline.**

## **SWIMMING ENTRY/CONFIRMATION PROCEDURE**

- All entries are due by **12:00 p.m.** the **Monday** before the state meet.
- Coaches are warned to **use a non-school email** to prevent firewall issues, etc.
- Coaches must include
  - Coaches contact info: Phone number and email address
  - Appropriate MHSAA school name/abbreviation from MHSAA website
    - (All codes are updated for use with Hy-Tek)
  - Grades for all athletes (Numeric: 9-10-11-12)
  - Appropriate/verifiable seed time
- By **12:00 p.m., Tuesday**, state meet hosts will email back confirmation of receipt of entries and an entry report from what they receive.
- Coaches have until **9:00 p.m. Tuesday** to reply with any corrections to the entry report – **MAY BE SUBJECT TO \$50 LATE FEE** at Meet Director's discretion.
- Psych sheets will be posted on the MHSAA website by **12:00 p.m., Wednesday**. **NO CHANGES TO ENTRIES WILL BE ALLOWED AFTER 12:00 P.M. on WEDNESDAY.**
- Psych sheets will include relay names including alternates.

## **DIVING ENTRY/CONFIRMATION PROCEDURE**

- All divers will be automatically advanced to the State Meet via Regional Results.
- **Divers qualifying for Finals MUST be entered in the team's Hy-tek meet entry file.**
- Diving sheets will not be included in the Meet Packet that coaches will receive at check-in Friday.
- An anticipated start time for diving prelims is 5:30 p.m. Therefore, **confirmation and signing of final dive lists must be made at the Diving Scoring Table, with the Diving Manager prior to 4:30 p.m. on Friday.**
- No diving sheets should be faxed to Meet Management prior to the meet. All Diving lists will be generated on-site via eDive.

## **RELAY ENTRY & RELAY CARDS:**

Each team is permitted one (1) alternate swimmer for each relay entry, with a maximum of two (2) alternates per team. Relay cards will be in each team's meet packet. They will be due back to the announcer's table as follows:

- 200 Medley Relay: Due immediately following the coaches meeting.
- 200 Freestyle Relay: Due at the conclusion of the break prior to the 100 Butterfly.
- 400 Freestyle Relay: Due at the conclusion of the 500 Freestyle.

## **WARM-UP & COOL-DOWN:**

Swimmers may warm-up in the 4-lane pool north of the competition pool. Cool-down will be in lanes 10 & 11 on the south side of the pool.

## **NO DIVING IN THE WARM-UP COOL-DOWN AREA.**

## **DECK PASSES:**

Deck passes will be issued to all qualifying athletes by the host and must be visible at all times. Each team is permitted one (1) alternate swimmer for each relay entry, with a maximum of two (2) alternates per team. Only two (2) coaches' passes per team will be issued (per MHSAA). No manager pass will be issued. \*No extra passes will be available for purchase.

**TEAM SEATING:**

- Team seating will be assigned in the High School Commons area.
- Diving participants will be allowed to sit on deck and will be assigned a seating arrangement.
- Swimmers/Teams will be assigned a seating area off deck, in the high school commons area. The swimming events will be live streamed to monitors in the area.

**ELIGIBILITY INFORMATION**

NOTE: Please mail or scan/email all athlete eligibility information to:

Sharon Rosen, Athletic Secretary at Lake Orion High School,  
495 E. Scripps Rd. Lake Orion, MI 48360

[Sharon.Rosen@lok12.org](mailto:Sharon.Rosen@lok12.org)

**Special Facility Notes in preparation for Finals for 2020****Facility Procedure for Diving Finals:**

- **All Athletes, Coaches, Officials and Volunteers must wear a mask. Divers participants may remove their mask when diving only. Divers may take their mask off prior to their dive, while on deck (next to dive only). After exiting the pool, divers will be required to put their mask on again, until their next round of dives.**
- **Physical distancing marks will be placed on the pool deck with at least 6 feet of distance between participants. Divers may not congregate and must adhere to the distancing markers on deck.**
- All Divers must follow the assigned diving order for competition, this order will be kept throughout the entirety of the diving competition.
- Divers will be assigned seating with their team only. Each team will have a section blocked off for their team only. The host site will designate seating sections, each team will be assigned the section by lot. Teams from other schools will not be allowed to sit together in any circumstance.
- Athletes may not congregate after the conclusion of this event.
- Hand sanitizer will be readily available for participants for this meet, locker rooms will be sanitized before and after the competition by our custodial staff.
- Coaches panel will consist of 7 judges, these judges will be assigned a designated chair and will have an assigned judging terminal. The judging panel will be closed off to competitors during the competition and all judges will be 6 feet apart.
- A boxed meal will be provided to the judges and officials for the meet in lieu of a hospitality room.

**Facility Procedure for Swimming Finals:**

- **All Athletes, Coaches, Officials and Volunteers must wear a mask. Swimming participants may remove their mask when swimming only. Swimmers may take their mask off when warming up and one heat prior to their event. After exiting the pool, swimmers will be required to put their mask on again, until their next swim or when they enter the warm down area.**
- All teams will have assigned seating off deck. Each team will have a specific space in the commons for their team. Physical distancing will be required when on deck and in common areas.
- All teams will be assigned warm up times.
- Bathroom facilities will be available. Athletes may not congregate after the conclusion of this event.
- Hand sanitizer will be readily available for participants for this meet, locker rooms will be sanitized before and after the competition by our custodial staff.
- Seating arrangements, marshalling plans and an updated timeline for swimming will be posted once the entries close and the psych sheets are posted.

**PARKING:**

All busses must park in the north parking lot. School Vans will be allowed to enter the parking lot with appropriate meet credentials only. Please make sure your coach is picking up essential meet items on Friday evening. If you cannot make the Friday night packet pickup, please contact the meet manager to find a time to pick up your credentials.

**T-SHIRT/APPAREL SALES:**

A vendor booth will be set-up on site for the sale of T-shirts and other apparel.

**MEET STAFF:**

Meet Director - John Pearson; Swimming Manager - Tony Rennpage; Pool/Facilities Manager – Amy Kuiper

Email: [d3stateentries@gmail.com](mailto:d3stateentries@gmail.com)

Cell: 586 337 7520 (John); 313 399 7008 (Tony) - Please call the Meet Director/Swimming Manager for emergency reasons only.

**CONDUCT AT THE EVENT:** Please let the coaches coach, players play, and officials officiate. Negative outbursts towards officials, coaches and players does not have any bearing on the outcome of the contest. Cheer positively for your team. Security will be present for the duration of the tournament. Unruly individuals will be removed from the school grounds. Good Sports Are Winners!

**Lake Orion Natatorium Facility Notes**

- No one will be permitted on deck without the proper deck pass or credentials.
- No glass containers allowed in the locker rooms, or on the pool deck.
- No coolers allowed.
- No food on deck.
- Teams will be assigned locker rooms coaches and officials will have private changing facilities from their team. **DECK CHANGING IS STRICTLY FORBIDDEN.**
- No diving, feet first entry only for warm up and cool down
- Only approved meet personnel are permitted in the pool deck office, questions or concerns should be directed to the event manager.
- Noisemakers and flash photography are strictly prohibited.
- Lost and Found. Lost articles will be collected and held in the Lifeguard office. All found items will be held for a maximum of 48 hours.

**Lake Orion High School is a smoke free facility.**

**Tobacco products of any kind are prohibited on Lake Orion Public School property**

