



2024 MHSAA Boys Division 3 Swimming and Diving Championships

Friday, March 8 and Saturday, March 9

Hosted by Holland Aquatic Center

LOCATION:

Holland Aquatic Center

550 Maple Ave

Holland, MI 49423

PHONE: (616) 393-7595

TIME SCHEDULE

Friday, March 8

- 9:00am Facility opens to officials, competitors and coaches
Packets may be picked up by coaches ONLY!
- 9:30am Doors open to spectators
- 10am-12pm Warm-up period for swimmers and divers
- 11:20am Coaches meeting in hospitality
- 12pm-3:30 (approx) Swimming Prelims
(Divers may continue to warm-up, remembering to silence the boards at the start of each heat.)
- 3:30-7pm (approx) Diving Prelims Begin
(Diving Preliminaries will commence immediately following the last heat of the 400 Free Relay.)

Saturday, March 9

- 9:00am Facility opens to competitors and coaches
- 9:30am Doors open to spectators
- 10am-12pm Warm-up period for swimmers and divers
- 11:20am Coaches meeting in hospitality
- 12pm-5pm (approx.) Swimming and Diving Finals

RULES:

MHSAA Rules will apply according to the 2023-2024 NFHS Swimming & Diving Rule Book.

- During the Prelims session, there will be a 10-minute break after the 200 Yard Medley Relay and before the first heat of the 200 Yard Freestyle. Also, there will be a 15-minute break between the last heat of the 50 Yard Freestyle and the first heat of the 100 Yard Butterfly as well as a 10-minute break between the last heat of the 200 Freestyle relay and 100 Backstroke.
- • During the Finals session, there will be a 10-minute break after the 200 Yard Medley Relay and before the first heat of the 200 Yard Freestyle, as well as a 15-minute break between the end of Diving and the 1st Heat of the 100 Yard Butterfly. Following the 200 Freestyle relay there will also be a 10-minute break before the 100 Backstroke. There will be a paralympic heats of both the 50 Freestyle and 100 Freestyle during the Saturday Finals session. No exceptions in formatting will be accepted.

ENTRIES & MEET INFORMATION

All swim entries are due **Monday, March 4, by Noon**. ALL entries must be in Hy-tek format (meet file available at www.MHSAA.com, software available on the Hy-tek website). Please send Hy-tek entries to Norm VerMeulen at norm@mlaswim.org. Please include an emergency phone number and contact information. ALL entries should include first and last name, 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 may be charged a late fee if the omission is on the team.

It is each coach's responsibility to send and confirm entries according to the following timeline & procedure:

SWIMMING ENTRY/CONFIRMATION PROCEDURE

- a. All entries are due by **Noon Monday, March 4**
- b. Coaches are advised to **use a non-school email** to prevent firewall issues, etc.
- c. Coaches must include
 1. Coaches contact info: Phone number and email address
 2. Appropriate MHSAA school name/abbreviation from MHSAA website (All codes are updated for use with Hy-Tek)
 3. Grades for all athletes (Numeric: 9-10-11-12)
 4. Appropriate/verifiable seed time
- d. By **Noon, Tuesday, March 5** state meet hosts will email back confirmation of receipt of entries and an entry report from what they receive.
- e. Coaches have until **9:00 p.m., Tuesday, March 5** to reply with any corrections to entry report – **MAY BE SUBJECT TO \$50 LATE FEE** at Meet Director's discretion.
- f. Psych sheet will be posted on the MHSAA website by **Noon, Wednesday, March 6. NO CHANGES TO ENTRIES WILL BE ALLOWED AFTER 12:00 P.M., WEDNESDAY.**
- g. Psych sheets will include relay names including alternates.

DIVING ENTRY/CONFIRMATION PROCEDURE

- a. All divers will be automatically entered into the State Meet via Regional Results.
- b. **Divers qualifying for Finals MUST be entered in the team's Hy-tek meet entry file.**
- c. Diving sheets will not be included in the Meet Packet that coaches will receive at check-in Friday.
- d. An anticipated start time for diving prelims is 3:30 p.m. Therefore, **confirmation and signing of final dive lists must be made at the Diving Scoring Table, with the Diving Manager prior to 2:30 p.m. on Friday.**
- e. No diving sheets should be faxed to Meet Management prior to the meet. All Diving lists will be generated on-site via eDive.

RELAY CARDS:

Relay cards will be available at the announcer's table at the beginning of warm-up each day. 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/cool-down on the West side of the bulkhead or in the 5-lane pool behind the blocks.

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.

Only two (2) coaches' passes per team will be issued (per MHSAA). No manager pass will be issued for teams with less than 5 qualifiers. **Extra coaches or manager passes can be purchased, by the head coach only, for \$15 per pass at the registration table.** Receipts will be provided upon request. Note: Athlete Deck Passes may not be used for access into the Spectator Seating area.

TEAM SEATING:

- Small bag/camping chairs will be allowed on deck within designated areas.
 - Behind the deck drains (between the wall and the drain) to maintain adequate safety and walking areas around deck.
 - Keep locker room doors, emergency exit areas, as well as areas for staging, awards and officials free of chairs.
 - Chairs will not be allowed behind the diving boards.
 - Bag chairs must be removed from all deck areas between each session for cleanup
- Large bag/camping chairs will NOT be allowed on deck.
 - No "lounge" type chairs.
 - Avoid large chairs with armrests, etc.

ELIGIBILITY INFORMATION

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

Norm VerMeulen, Competitive Events Coordinator, Holland Aquatic Center,

550 Maple Ave, Holland, MI 49423,

norm@mlaswim.org

ADMISSION:

The MHSAA will provide tickets digitally via GoFan. There will be no on-site sale of tickets, and no cash sale.

Purchase of admission does NOT guarantee re-entry.

Friday Prelims: \$11.00

Saturday Finals: \$11.00

PROGRAMS:

Friday Prelims: \$5.00

Saturday Finals: \$5.00

CONCESSIONS:

A concession stand will be available in the spectator seating area throughout the meet.

PARKING:

There will be a \$10 parking fee to park in the Aquatic Center parking lot, only cash will be accepted.

For all school vans, please park on the surrounding side streets. There will NOT be a shuttle so please plan accordingly.

Any buses should park in the back loading dock area of the HAC off of 22nd street and be prepared to accept athletes in the case of an emergency.

The Aquatic Center is located directly across the street from the Holland Community Hospital. The Hospital Parking lots should **NOT** be used for swim meet parking for any reason.

T-SHIRT/APPAREL SALES:

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

THURSDAY NIGHT WARMUP:

HAC will open 8 competition lanes to teams for warm up on Thursday, March 7, from 6-8:30 p.m.

Meet packets may be picked up by coaches at this time.

All coaches and athletes will be charged \$12 to go on deck.

Diving boards will be open for warm up during this time.

If lanes fill, HAC staff may require athletes to wait for space to become available before entering the pool.

Starts off the blocks will not be allowed unless supervised by a coach and approved by the Meet Director

MEET STAFF:

Meet Director

Norm VerMeulen

Email: norm@mlaswim.org

Cell: 616-510-0053

Please call the Meet Director for emergency reasons only.

HOLLAND AQUATIC CENTER IMPORTANT FACILITY NOTES

The Holland Aquatic Center is a **PUBLIC FACILITY**.

Public Locker Rooms (Men's & Women's) are provided on the competition side of the building.

Private bathrooms and changing areas are also available. Bring all property out to the pool deck for safe keeping. The Holland Aquatic Center is not responsible for lost or stolen property. **DECK CHANGING IS STRICTLY FORBIDDEN.**

Please do not put locks on lockers as locker space is limited and individual lockers may not be available.

Deck Bleacher seating will be provided on the pool deck for team use. Teams are responsible to clean up their area before leaving the facility.

First Aid/Training Needs; Lifeguards are trained to handle water emergencies and first aid on deck.

Pool Deck Entry/Exit – Authorized entry only (deck pass required). **Athletes Entry/Exit** will be through the locker rooms.

Coaches may enter the pool deck via specified entrances and must accompany athletes on deck and at practice lanes.

Team Seating is available on a first-come basis by session. Belongings must be removed and athletes are requested to clean up after themselves following each session.

No Diving into practice lanes. Diving will only be permitted in specified lanes for warm up.

Diving warm ups will be available during specified times, please no diving during the start of a race. Only divers entered in the meet will be permitted on the boards.

Only approved meet personnel are permitted in the pool deck office, questions or concerns should be directed to the meet manager.

Athletes are required to shower before entry into the pool to protect water/air quality. No oils or rub down solutions are permitted to protect water/air quality. No rub down tables permitted on deck without approval. **No** shaving will be permitted on site as per National Federation rules.

No coolers or food are allowed on deck. Balloons are NOT allowed within the facility. **No** glass containers allowed in the locker rooms or on the pool deck.

Spectator Seating is limited and offered on an event session first-come, first-serve basis. Admission is required and does not guarantee re-entry. No saving of spectator seats. Unsafe or unruly behavior in the spectator area may require expulsion. **No Folding/Camp Chairs** in the spectator area. Small folding chairs allowed on deck in specified areas.

Vandalism or breaking rules may require expulsion from the facility for the remainder of the meet.

All signs, posters and banners must be attached to a cable provided on the north and west walls. No other signs may be placed anywhere in the facility or outside of the facility. Please remove all signs at the completion of the meet. Signs posted elsewhere will be removed. No lawn signs.

Noisemakers and flash photography are prohibited.

Lost and Found items are collected at the announcers table until the end of the meet.

Public Parking is limited within HAC's parking lot and the surrounding streets. Do not park within adjacent Holland Hospital parking lots.