



**At the Jenison High School Aquatics Center
Hosted by Jenison Area Wildcat Swimming (JAWS)**

Friday, March 19 Saturday, March 20 Sunday, March 21

READ THE PACKET CLOSELY

There are 'faster than' and 'slower than' cut times. If you enter an event and do not fall within this range you will be charged for the meet, but your entries will get kicked out!

**\$10 admin fee for all JAWS swimmers and JAWS will pay for all relays.
(If entered into only one event the admin fee is only \$5.00)**

Entries are due Sunday, Feb. 28, at 10:00 pm*
Fees are due Tuesday, March 2, 2010, by 9:00pm*

**All JAWS families are required to volunteer a
minimum of two sessions and donate assigned items
to concessions and hospitality!**

Parking: The Jenison HS Aquatics Center is located in a high school that will be in session Friday, March 19, 2010. The academic school day begins at 8:00 a.m. Parking will be based on a first come first served basis. The JAWS swim team recommends that when you drop your swimmer(s) off for warm-up at 7:15 a.m., that you park immediately! If you leave and try to park at 9 a.m. when the meet begins, you may have to park at a distance and walk to the building. **Carpooling is recommended for the Friday a.m. session if possible.** Ample parking will be available for all sessions other than the Friday morning session.

***COOLERS AND FOLD-UP CHAIRS WILL NOT BE ALLOWED IN THE SPECTATOR AREA. THE WALKWAY ABOVE THE SPECTATOR AREA MUST REMAIN CLEAR AT ALL TIMES. NO SITTING IN THE STAIRWELL, EITHER. THIS IS A FIRE HAZARD.**

Eligibility: All swimmers registered with Michigan Swimming who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

Times:

Thursday Practice Time:

7:00 – 9:00 p.m. Practice time available for any team to use the competition pool.

THIS IS FOR COACHES AND SWIMMERS, NO PARENTS ON THE DECK!

The \$15.00, all session wristband can be purchased from 7:00-9:00 p.m. on Thursday night.

Friday Preliminaries:

6:30 Balcony doors will open

7:00 – 7:20 a.m. General Meeting in the hospitality room on the pool deck

7:30 – 8:50 a.m. Warm-up

7:35 a.m. Scratch Box Closes for Friday Prelims,

Friday's 400 Medley Relay must be Checked In (by Coaches Only) to be seeded.

9:00 a.m. Events Start

10:00 a.m. Relays Declared - 400 Medley Relay

Swimmers in the 1000 Free on Friday must check in and confirm their intention to compete in order to be seeded

Friday Finals (No Finals Check In Required):

4:00 Balcony doors will open

4:30 – 5:20 p.m. Warm Up

5:30 p.m. Events Start

6:00 p.m. Scratch Box Closes for Sat Prelims,

Saturday's 800 Free Relay must be Checked In (by Coaches only) to be seeded.

Saturday Preliminaries:

7:00 a.m. Balcony doors will open

7:30 – 8:50 a.m. Warm Up

9:00 a.m. Events Start

10:00 a.m. Relays Declared - 800 Free Relay

Saturday Finals (No Finals Check In Required):

4:00 p.m. Balcony doors will open

4:30 – 5:20 p.m. Warm Up

5:30 p.m. Events Start

6:00 p.m. Scratch Box Closes for Sunday Prelims

**Sunday 1650 Swimmers must be Checked In to be seeded.*

**Sunday 400 Free Relay must be Checked In (by Coaches only) to be seeded.*

**See paragraph on downseeding for the 1650 and/or the 400 Free Relay.*

Sunday Preliminaries:

7:00 a.m. Balcony doors will open

7:30 a.m. – 8:50 a.m. Warm Up

9:00 a.m. Events Start

10:00 a.m. Relays Declared -400 Free Relay

Sunday Finals (No Finals Check In Required):

***Note that Sunday Session starts ½ hour earlier than Fri and Sat Finals Sessions**

3:30 p.m. Balcony doors will open

4:00 – 4:50 p.m. Warm Up

5:00 p.m. Events Start

Age Group: A swimmer's age on March 19, 2010, will determine his/her eligibility for a particular age group for the entire meet. You must swim your own age group.

Format: All Michigan Swimming, Inc. LSC individual events are offered in the 13/14 age group and Open Division in this three-day meet. All individual events are prelim – final events with two selected timed final exceptions (1000 Free and 1650 Free) with the preliminaries swum in the morning and the finals at night. All relays are timed finals.

Qualifying Period: The qualifying time must have been achieved on or since January 1, 2009.

Conversion/Entry Times: No time conversions are permitted. Times must be submitted in short course yards, short course meters, or long course meters. Entry times for individual and relay events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events and all Relays: A swimmer, if entered in two or more events on the day of the 1000 Free or the 1650 Free, may enter the 1000 Free and/or 1650 Free timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. Relays may enter at either fastest time or at the Q1 time standard. **THIS MUST BE DONE WITH YOUR ORIGINAL ENTRIES AND NOT CHANGED AT THE MEET.**

Proof of Times: Individual Event times from any meet in the SWIMS database or from Invitational Meets and League or Conference Championship Meets hosted by other leagues or high schools that have been run on approved meet management software and within the qualifying period may be used to enter this meet. Times from dual, inter-squad or intrasquad meets, other than those Sanctioned, Approved or Observed by USA Swimming, will not be accepted. The SWIMS database maintained by USA Swimming contains results of all Sanctioned, Observed and Approved meets held in the USA if the athlete was a member of USA Swimming at the time of the swim. If the time is in SWIMS it may be viewed from the USA Swimming website by selecting **Individual Times** under the **Times/Time Standards tool** and running a search using the athlete name.

All individual entries submitted for the 2010 13 and Over Short Course State Championships will be pre-verified for qualifying time eligibility at the Michigan Swimming Office by comparing the submitted entry time against the SWIMS database. If a qualifying time was swum at a meet that is contained within SWIMS, there is no need to submit a proof of time for that entry.

If a qualifying time is not in SWIMS, a proof of time must be submitted to the MS Office for that swim. **ACCEPTABLE PROOFS** include printed meet results which clearly identify the meet host, the location of the meet and the date the meet was held (swim date must be on or after January 1, 2009) as well as the name of the event and the names, clubs and times of other swimmers in the event but the **PREFERRED PROOF** is a locked Meet Manager backup of the meet results. TM export files will work but are NOT preferred. Computer printed award labels and/or time cards signed by a meet referee are not acceptable for proof purposes.

All proofs and a **Meet Entry Report** from Team Manager or Team Unify which includes the names and dates of the meets where the swimmers achieved the times being used must be received at the Michigan Swimming Office by the entry deadline **Monday, March 8, 2010**. It is preferred that clubs collect these and send them in one batch to the MS Office.

If a qualifying time cannot be pre-verified it will be rejected, the swimmer will not be entered in the event and the MS Office will notify the club's entry chair via the email address stated on the entry form of the rejected entry. **Mail or e-mail all proofs and the Meet Entry Report to the Michigan Swimming Office, PO BOX 1784, Midland, MI 48641-1784, or to JBCartmill@hughes.net.**

DO NOT MAIL THESE TO THE MEET ENTRY COORDINATOR!

Entry Limits: A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may swim no more than three individual events per day. A swimmer may swim no more than six individual events for the entire three day meet. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card dropped in the scratch box by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

Entry Fees Electronic: \$5.00 per individual event and all relay fees will be paid by JAWS. Please include a \$3.00 Michigan Swimming Athlete Surcharge and \$10.00 admin fee for each swimmer entered. Please make checks payable to JAWS.

[\\$10 admin fee for all JAWS swimmers and JAWS will pay for all relays.](#)
[\(If entered into only one event the admin fee is only \\$5.00\)](#)

Entries are due Sunday, Feb. 28, at 10:00 pm*
Fees are due Tuesday, March 2, 2010, by 9:00pm*

All JAWS families are required to volunteer a minimum of two sessions and donate assigned items to concessions and hospitality!

Entry Extension: NEW CUTS achieved at a meet occurring between March 8 and March 15 (including new cuts achieved at the MHSAA High School Boys State Meets and the any Day After Invitationals) must be received no later than Monday, March 15, 2010, at 6:00 p.m. Entries must be emailed on the attached form directly to the Meet Entry Chair at entries@jenisonaquatics.org. Include all relevant information in the email including the USA registered name, DOB, and USA ID #. Bring your entry fees to the meet and see the Clerk of Course immediately upon arrival.

Deck Entry: There are no deck entries for this meet.

Refunds: There are no refunds in full or in part!

Finals Info:

Individual Events: There will be two heats of individual finals in both the 13/14 and Open Divisions – each heat is comprised of a maximum of eight (8) swimmers. These will be referred to as “A, B” Finals or “Championship Finals and Consolation Finals.” These will swim in a B-Consolation, A-Championship Finals order. The fastest seeded heat (top eight) after scratches (if any) of the Open 1000 Free (male and female) will swim in the finals session on Friday night. The fastest seeded heat (top eight) after scratches (if any) of the Open 1650 Free (male and female) will swim in the finals session on Sunday night.

Relay Events: The fastest seeded heat (top eight) of all relays will swim in the evening finals session. The remainder of the relays swim in the prelims in the morning.

Order of Events: Note the order of events as stated in the schedule of events for Finals. Finals are not necessarily swum in the same order as they are swum in the Prelims. Always consult the heat sheet.

Scratch Rules/Individual Events: (1) All individual events will conform to the USA National Scratch Procedure **with the exception of the 1000 Free and the 1650 Free**. With these rules in effect you are no longer required to “check in” for any individual events – you are already “checked in” by virtue of your entry and thus expected to swim the event. If you are entered in an event you must swim the event or, if desired, scratch the event correctly in order to not be penalized. To scratch a preliminary or timed finals event you must drop a scratch card in a scratch box by the time stated. To scratch from a Finals event (that you have qualified for) you must scratch or declare your intention to scratch within 30 minutes after the qualifiers are announced pursuant to 207.7.9 (E). If you fail to scratch out of any individual event correctly and fail to compete in the event- you will be penalized.

(2) Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only Coaches and swimmers may use a scratch card to scratch an event.

(3) A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A Coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (ie. remove the swimmer from the entire meet).

Penalties for Failure to Compete:

Preliminary Events: If you fail to drop your scratch card by the time stated for the event and fail to compete, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day’s event. (See Meet Referee or his/her designee).

Finals: If you qualify for finals as a result of your preliminary swim and fail to properly scratch or properly declare your intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced and fail to compete in the finals at night, you will be barred from further competition for the remainder of the meet.

NOTE: If you declare that you may want to scratch an event but do not return to confirm that scratch within 30 minutes following the conclusion of your last event, you will be seeded into the Finals event and will be similarly penalized if you do not compete in Finals. (See Meet Referee or his/her designee)

1000 Free and 1650 Free Timed Final events: If, after you check in for the 1000 Free or the 1650 Free and (A) as a result of top 8 seeding and failing to properly scratch and failing to compete in the evening Finals, the swimmer will be barred from swimming any events for the remainder of the meet, or (B) as a result of being seeded in the heats that swim during the morning sessions and fail to compete, the swimmer will be barred from swimming any further preliminary individual or relay events that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day’s event. (See Meet Referee or his/her designee).

Scratch Deadlines:

Scratch deadline for Prelim Events: All prelim scratch times are listed very specifically above in the “Times” section.

Scratch deadline for all Final events: Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.7.9 D and E).

Additional \$50 Penalty: In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without have properly scratched that event, he/she shall be fined \$50 payable immediately to MS. The swimmer is not allowed to compete in any subsequent MS sanctioned events until the fine is paid.

Relay Entry:

A. Each team may enter no more than two (2) relays in a relay event and the relays must be designated as “A” and “B” with the entry.

B. A and/or B relays must originally be entered with a seed time and the seed time must be at or faster than the qualifying standard for the relay event. A and/or B relays may be entered without pre-proving the entry time, however, all relays missing a qualifying time standard must then prove that the qualifying

standard had been achieved during the qualifying period or pay a fine. (See proof of time paragraph). Therefore, it is highly suggested that all relay seed times as submitted on the entry have a provable aggregate time.

C. Both swimmers that are participating in the meet in an individual event(s) and “Relay Only Swimmers” are eligible to compete on an A or B relay. However, “Relay Only Swimmers” who are not entered in any individual event(s) in the meet must be listed with all necessary information on the attached form or in Hy-Tek’s Team Manager (see the next paragraph) or they will not be allowed to participate on any relay. Coaches should list all swimmers who could possibly participate on a relay on the “Relay Only Swimmers” form. This form must be submitted by the entry deadline. Relay only swimmers may not be added after the entry deadline.

Relay Check In: All relay check in times are listed very specifically above in the “Times” section.

Failure to check in the relay (to be seeded) by the time stated will result in the relay being scratched and the relay will not be allowed to swim. The coaches should declare the actual swimmers (when they check the relays in) that will swim on the relay by writing the names and the order they will swim on the relay card and returning the card to the designated Meet Personnel. Coaches may, at their discretion, delay the declaration of relay swimmers (Relays Declared) until a stated time.

Declaration Of Relay Swimmers: In addition to the relay check in requirement, the names and order of relay swimmers and alternates must initially be declared (**Relays Declared**) by accurately writing all the swimmers names and order on a relay card provided for that purpose. The names and order of four relay swimmers must be declared for seeding purposes by (1) 10 a.m. Friday for the 400 Medley Relays (2) 10 a.m. Saturday for the 800 Free Relays and (3) 10 a.m. Sunday for the 400 Free Relays. The order of relay swimmers may be changed (by Coaches Only) up to the start of the heat. If a Coach wishes to change the order of the four swimmers that will actually swim, the Coach must indicate the change to the Deck Referee or his/her designee sufficiently in advance to the start of the heat so as not to delay the heat. The Deck Referee or his/her designee in the Coach’s presence will alter the order of swimmers on the relay card. If the relay fails to actually swim in the final order as declared on the relay card - the relay will be disqualified.

Seeding:

Individual Events: (1) Individual events will be swum in preliminary/final format except for the 13/14 and Open 1000 Free and the 13/14 and Open 1650 Free will be swum in a Timed Finals format possibly using 16 lanes of competition. Other events may be swum using 16 lanes of competition based on the timeline of the meet. Whatever events will be using 16 lanes for competition will be clearly communicated with all coaches and swimmers.

(2) The Open 1000 and 1650 events will be seeded after check in closes. The fastest seeded heat (top 8) after scratches (if any) of the Open 1000 and 1650 Free will swim during the finals session. The remaining heats of the Open 1000 and 1650 events will swim in the morning session using 8 or 16 lanes for competition. All swimmers MUST check heat sheets for exact heat and lane assignments. Awards and scoring/place for this event are determined by all the athletes’ performances in all the heats (i.e. times achieved in the preliminary heats are used to determine the top 16 finishers even though the time was not achieved in the Finals).

(3) The 13/14 1000 Free and 13/14 1650 Free will be seeded after check in closes. All heats of these events will be swum during the morning sessions using 8 or 16 lanes for competition. Awards and scoring/place for these events are determined by all the athletes’ performances in all the heats.

(4) The final three heats of all prelim/final events will be circle seeded fastest to slowest. All swimmers MUST check heat sheets for heat and lane assignments.

Relay Events: (1) All relay events will be timed finals.

(2) The fastest seeded heats (top eight) of the relay events will be swum during the finals sessions in the evening as stated in the schedule of events.

(3) Relays will be seeded slowest to fastest.

Down seeding: Down seeding will only be allowed for the 400 Free Relay and the 1650 Freestyle both swum on Sunday. Down seeding must be declared by the check-in deadline for these events. When you down seed you will be placed in the same relative order in prelims as your seeding would be in finals. Please note that we must have full heats in finals and therefore will only accommodate down seeding until we are jeopardizing the Final heats at night.

Protests: USA Swimming Rule 102.11 shall be used.

Marshaling: This is a self-marshaled meet. All swimmers will be expected to find their heat and lane independently. Heats will not be delayed. Heat cards will not be used. Heat sheets will be posted underneath the flag on the east side of the pool and underneath the scoreboard on the west side of the pool.

Time Trials: Time trials may be offered for all events each day immediately following the conclusion of the preliminary heats at the sole discretion of the Meet Referee and Meet Director if time permits, with the exception of the 1000/1650. Time trials for the 1000/1650 will be offered only on the day's those events are swum in prelims. Athletes swimming time trials for the 1000/1650's will be placed in the prelim events in the slowest open heats, open lanes, regardless of gender. Time trials are \$7.50 for an individual event and \$15 for a relay. Time trials are subject to the Michigan Swimming Championship Time Trial Rules which are reviewable in full on the MS website. Notable portions of the rule include (1) To participate in time trials the swimmer must be already participating in this Short Course State Meet, either in an individual event or a relay event (including relay only athletes) (2) Swimmers are limited to two time trials for the entire meet (3) Time trials count against the total number of individual events per day (no more than 3 individual per day) but not toward the total number of individual events for the entire meet (6). If an athlete has entered the maximum number of individual events allowed per day and wants to swim a time trial, the athlete must scratch an event using the scratch box by the stated deadline or not swim the time trial in order to assure the limit of swims per day is not exceeded.

Awards: Michigan Swimming, Inc. provides medals for 1st – 8th place finishers in both individual and relay events and ribbons for 9th – 16th in all individual events. JBL Engraving will be on site to engrave individual and relay medals. There are individual high point awards for 1st – 3rd place finishers in each age group. There is an overall Team State Champion and runner-up trophy.

Award Presentation: There will be a formal awards presentation in each session as described in the meet program and/or heat sheet. It is expected that athletes will appear on time for awards so as not to delay the meet. Rissley Photography will be at the meet for action photos. They can be purchased on site in the pool balcony.

Award Distribution: Awards for 9th – 16th place will be bagged for each team and available for immediate pickup at the end of the meet on Sunday evening. All awards not picked up by the coach will be available at the JAWS Sun & Fun meet in June. No awards will be mailed. No exceptions.

Timers: Participating clubs are no longer required to provide timers for any session of the USA state meet. However, without a volunteer timer for each swimmer in the 13/14 and Open 1000 Free and 1650 Free we will only be able to run one 8 lane course for the distance events as the host club will only have the necessary 18 timers. If each preliminary heat of the 13/14 and Open 1000 Free and 1650 Free are able to provide a volunteer timer we could utilize 16 lanes and get your swimmers done sooner.

Volunteers: **All JAWS families are required to volunteer a minimum of two sessions and donate assigned items to concessions and hospitality!**

Programs: Programs for the entire meet are \$8.00. Coupons for preliminary heat sheets will be located on the back page of the program. Return your heat sheet coupon, which you will find in our program, to the concession stand when announced that they are available. Preliminary heat sheets are \$2.00 (without a coupon). Final session heat sheets are \$1.00 and can be purchased at admissions. An evaluation form will also be located in the program. Please fill this out at your convenience and return it to admissions.

Admissions: \$5.00 per person, per day (one time fee for prelims and finals), under ten are free. The option to purchase a wrist band for \$15.00 (all session pass) on Thursday night (during the open lap swimming time) and all day on Friday will be available. There is no discount with the wristband, but you will not have to wait in line for any sessions if you have the wristband affixed to your wrist. The wristband must be worn on one of your wrists. No exceptions. Please do not abuse this family friendly policy.

Bag tags: Bag tags will be available for pick up near the admissions table during all prelim sessions. If bag tag distribution is at admissions, signs will be posted, and bag tags may not be available until after the morning rush.

Scoring: Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1st-16th respectively.
Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1st –16th respectively. Relay points affect team scoring only and are not counted toward individual high point.

Results: Complete meet results will be posted as soon as possible after each heat on www.jenisonaquatics.org (Live Time results). Results will also be posted following the conclusion of the meet on the Michigan Swimming Website at www.uss-michigan.com. Results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive).

Concessions/Hospitality: Full concessions will be available in the pool balcony for swimmers and spectators. Food and beverages in plastic containers will be allowed on the deck. NO glass containers will be allowed on the pool deck and will be confiscated if found. Violators of the No Glass rule face ejection from the meet (either spectator or athlete) in the discretion of the Meet Referee. You may also expose yourself to further sanctions from Michigan Swimming, Inc. [Glass on deck or in the pool] can close down the meet.] Trash receptacles will be available all over the pool deck and balcony area. Please use them ☺!

Lost and Found: Articles may be turned in to a designated lost and found area on the pool deck. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

Safety: Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach have the athlete's insurance cards and signed releases allowing them to direct medical care.

Deck Personnel: Only swimmers, registered and certified coaches and meet officials/workers are allowed on the deck. *NO PARENTS ON DECK EXCEPT IN CASES OF MEDICAL EMERGENCY.*

- Facility Items:**
- (A) First Aid supplies will be kept with the lifeguard on duty and at concessions
 - (B) No smoking is allowed in the building or on the grounds.
 - (C) No glass or coolers are allowed anywhere in the aquatics center.
 - (D) No folding chairs/bag chairs/camping chairs will be allowed in the balcony.
 - (E) No bare feet allowed outside of the pool area.
 - (F) An Emergency Action Plan is available for review near the Clerk of the Course.

Swim Vendor: Different Strokes Swim Shop
Email: dsss@different-strokes.com Phone 1-800-828-2623
Web site: www.different-strokes.com

Photographer: Rissley Photography
Email: info@rissleyphoto.net Phone: 616-558-9278
Web site: www.rissleyphoto.net

Engraving: JBL Engraving
Email: jbl@jbl-enterprises.com Phone: 616-530-8647
Web site: www.jbl-enterprises.com

Food vendor: Maui Wowi Fruit Smoothies

State Meet Apparel: Pre-order form is below. VERY LIMITED apparel (tshirts only) will be sold at the meet at an increased price (w/ no option of personalization). Colors and sizes will be VERY LIMITED. **ORDER NOW!**



**Qualifying Period: January 1, 2009 to entry deadline
September 2009; rev January 2010**

13-14 WOMEN				13-14 MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
30.59	29.79	26.69	50 Freestyle	25.29	28.49	29.29
1:05.99	1:05.09	57.79*	100 Freestyle	55.09	1:03.49	1:05.39
2:22.99	2:21.29	2:05.09*	200 Freestyle	2:01.09	2:16.89	2:20.09
4:59.89	4:54.89	5:32.99*	400/500 Freestyle	5:25.09	4:49.79	4:59.59
10:20.99	10:06.49	11:35.99*	800/1000 Freestyle	11:19.99*	9:59.79	10:20.19
19:54.09	19:20.49	19:35.99*	1500/1650 Freestyle	19:17.99*	19:11.69	19:50.99
1:16.99	1:15.39	1:05.99*	100 Backstroke	1:04.09	1:13.89	1:16.09
2:44.29	2:40.89	2:21.59*	200 Backstroke	2:18.69*	2:38.79	2:43.49
1:27.79	1:24.79	1:13.99	100 Breaststroke	1:12.49	1:23.99	1:26.99
3:09.89	3:03.29	2:41.99	200 Breaststroke	2:38.09	3:04.79	3:11.49
1:16.59	1:16.19	1:05.59*	100 Butterfly	1:03.39*	1:16.09	1:15.99
2:57.99	3:02.69	2:27.99*	200 Butterfly	2:30.69	3:01.19	3:04.49
2:44.69	2:39.59	2:22.69	200 IM	2:17.39	2:38.29	2:42.69
5:55.39	5:46.09	5:03.89*	400 IM	4:59.99*	5:43.59	5:53.79
4:31.99	4:22.79	4:05.89	400 Free Relay	3:59.99	4:22.19	4:31.59
9:43.49	9:24.29	8:55.99	800 Free Relay	8:45.99	9:24.49	9:48.69
5:22.59	5:11.39	4:35.99	400 Medley Relay	4:30.99	5:18.49	5:29.89

OPEN WOMEN				OPEN MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.49	28.89	25.89	50 Freestyle	23.49	25.79	26.49
1:03.69	1:02.79	55.99*	100 Freestyle	50.89*	56.49	58.09
2:17.99	2:15.39	2:01.29*	200 Freestyle	1:51.89	2:05.19	2:08.09
4:53.19	4:45.79	5:25.29*	400/500 Freestyle	5:03.99*	4:26.49	4:35.49
10:08.09	9:48.09	11:20.99*	800/1000 Freestyle	10:40.19	9:25.49	9:44.79
19:30.99	18:52.39	18:58.89	1500/1650 Freestyle	18:10.49	18:13.69	18:50.99
1:15.39	1:13.29	1:04.59	100 Backstroke	59.19	1:08.09	1:09.59
2:40.99	2:36.39	2:18.59*	200 Backstroke	2:09.19*	2:28.19	2:31.89
1:24.49	1:21.59	1:13.09*	100 Breaststroke	1:06.69	1:16.99	1:19.69
3:02.89	2:56.49	2:39.69*	200 Breaststroke	2:27.99*	2:52.49	2:58.69
1:11.29	1:10.49	1:02.99	100 Butterfly	57.09	1:05.39	1:05.29
2:48.89	2:45.89	2:23.39	200 Butterfly	2:15.99*	2:35.89	2:41.49
2:38.99	2:33.69	2:18.29*	200 IM	2:06.99*	2:21.09	2:25.99
5:43.99	5:36.79	4:54.29*	400 IM	4:40.99*	5:19.39	5:25.99
4:17.69	4:08.49	3:52.89	400 Freestyle Relay	3:31.99*	3:46.69	3:54.89
9:23.49	9:04.59	8:29.99	800 Freestyle Relay	7:47.99*	8:32.69	8:49.89
5:08.69	4:57.99	4:25.99	400 Medley Relay	4:08.99*	4:39.19	4:48.19

* = standard revised this year

13 & Over Michigan Swimming State Championships at the Jenison High School Aquatics Center Hosted by Jenison Area Wildcat Swimming (JAWS)

Friday, March 19 Saturday, March 20 Sunday, March 21

SCHEDULE OF EVENTS

Friday Prelims

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 1-24

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
1	13-14 400 IM	2
3	Open 400 IM	4
5	13-14 100 Breast	6
7	Open 100 Breast	8
9	13-14 200 Free	10
11	Open 200 Free	12
13	13-14 100 Fly	14
15	Open 100 Fly	16
17	13-14 400 Med Relay	18
19	Open 400 Med Relay	20
21	Open 1000 Free	22
23	13-14 1000 Free	24

Friday Finals

Warm-up: 4:30 – 5:20 p.m.

Events: 5:30 p.m.

Event order: 21-22, 5-16, 1-4, 17-20

Saturday Prelims

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 25-48

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
25	13-14 200 IM	26
27	Open 200 IM	28
29	13-14 50 Free	30
31	Open 50 Free	32
33	13-14 200 Breast	34
35	Open 200 Breast	36
37	13-14 100 Back	38
39	Open 100 Back	40
41	13-14 500 Free	42
43	Open 500 Free	44
45	13-14 800 Free Relay	46
47	Open 800 Free Relay	48

13 & Over Michigan Swimming State Championships at the Jenison High School Aquatics Center Hosted by Jenison Area Wildcat Swimming (JAWS)

Friday, March 19 Saturday, March 20 Sunday, March 21

Saturday Finals

Warm-up: 4:30 – 5:20 p.m.

Events: 5:30 p.m.

Event order: 25-48

Sunday Prelims

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 25-48

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
49	13-14 200 Back	50
51	Open 200 Back	52
53	13-14 100 Free	54
55	Open 100 Free	56
57	13-14 200 Fly	58
59	Open 200 Fly	60
61	13-14 400 Free Relay	62
63	Open 400 Free Relay	64
65	Open 1650 Free	66
67	13-14 1650 Free	68

Sunday Finals:

Note that this session starts ½ hour earlier than Fri and Sat

Warm-up: 4:00 – 4:50 p.m.

Events: 5:00 p.m.

Event Order: 65-66, 49-64



Orders must be RECEIVED by March 10, not postmarked by March 10, in order to be processed.

Swimmer's Name: _____ Team: _____ Phone: _____

Optional personalization w/ up to eleven (11) letters for the BACK of each apparel item (preorders only):

Item #1 _____

Item #2 _____

Item #3 _____

Label your items accordingly and clearly below.

Very limited Ts will be sold at the meet, NO SWEATSHIRTS WILL BE SOLD AT THE STATE MEET!

All apparel has state logo Screened on front and optional personalization on back.	S	M	L	X L	X L	Price	Optional personalization \$10 per apparel item	Total Price
Tangerine Tshirt (Gildan, 100% cotton) with cream and Carolina blue logo. (personalization is C. blue)						\$15.00 (XL \$16) \$18 at the meet (\$20).	Write up to 11 characters above, add \$10 to the total. Item # _____	
Carolina blue Tshirt (Gildan, 100% cotton) with brown and cream logo. (personalization is brown)						\$15.00 (XL \$16) \$18 at the meet (\$20).	Write up to 11 characters above, add \$10 to the total. Item # _____	
Brown Tshirt (Gildan, 100% cotton) with Carolina blue and cream logo. (personalization is C. blue)						\$15.00 (XL \$16) \$18 at the meet (\$20).	Write up to 11 characters above, add \$10 to the total. Item # _____	
Carolina blue Hoody Sweatshirt (Gildan 50/50) with brown and cream logo.						\$32.00 (XL \$35) \$36 at the meet (\$38).	Write up to 11 characters above, add \$10 to the total. Item # _____	
Brown Hoody Sweatshirt (Gildan, 50-50) with Carolina blue and cream logo.						\$32.00 (XL \$35) \$36 at the meet (\$38).	Write up to 11 characters above, add \$10 to the total. Item # _____	
							Total	\$

Pictures of the logo and colors of the apparel will be on our website soon: www.jenisonaquatics.org

Questions: Kristine Byrnes kambyrnes@yahoo.com (prefer email communication if possible) (616) 726-2440

Note to Swimmers and Parents: Complete this order form and send to *your team representative* by the deadline specified by *your team*, with your check payable to *your team*. Your order can be picked up at the meet from **ONLY your team** rep on Thursday night (during open pool time) or during the meet in the balcony concourse.

Note to Team Rep: Please gather your team's orders and send **all order forms with one check payable to: JAWS** to be received by **March 10, 2010, 5pm** to:

TEAM NAME: _____

TEAM REP: _____

TEAM REP PHONE #: _____

JAWS T Shirt Orders
c/o Kristine Byrnes
1704 Southlawn
Jenison, MI 49428