MICHIGAN INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION
- PRESENT THE

2017 BOYS & GIRLS MIDDLE SCHOOL MEET

Meet Manager: Damon Robertson – Holt Junior High.
Phone: (517) 402-2557 Email: coachdtr1@gmail.com

Location: Holt Sr. High School, 5885 W. Holt Rd, Holt MI 48842

Dates: **January 27, 2017 - Diving Competition - 4 pm Warm up 6:00 P.M. Start**
January 28, 2017 - Swimming Competition – Boys 9:00 A.M., Girls 2:00 P.M.

Eligibility: All 6, 7 & 8th graders who meet the minimum event requirements and Participate in **2 middle school swim meets are eligible.**
Coaches: You will need to provide an eligibility letter with your entry. Use the standard MHSAA sport eligibility form. This letter must be signed by the MS/JH Athletic director or Principal. The form is available at the MHSAA website

All times and scores must be achieved during the 2016-17 season in a middle school / junior high competition!

YOU MUST BE A MISCA MEMBER TO ENTER YOUR ATHLETES IN THE MEET. WE WILL BE CHECKING EVERYONES MEMBERSHIP IN ORDER TO GET ONTO THE POOL DECK THIS YEAR. This includes assistant coaches and diving coaches.

Register on-line before the meet - Fee is $45.00 Coaches can register at the meet for $60.00. Register at www.miscaonline.net

Time Schedule:
Friday: January 27, 2017 4:00- 5:55 pm Diving Warm – up
Friday January 27, 2017: 6:00 pm Diving Competition begins.
Saturday January 28, 2017: 8:00 am – 8:55 am Boys Swimming Warm –up
Saturday January 28, 2017: 9:00 am Boys Swimming Meet Starts
Saturday January 28, 2017: 1:00pm-1:55pm Girls Swimming Warm – up
Saturday January 28, 2017: 2:00 pm Girls Swimming meet Starts.

Format: **Swimming Format:** This year we will be allowing every swimmer who achieves the cutoff time to swim at the meet. Each school is still only allowed to enter 1 relay team per relay event. Each athlete may be entered in a maximum of 4 events, not more than 2 of which may be individual events.

DIVING FORMAT: The top 18 divers (18 boys and 18 girls) will do 6 dives. National Federation Rule 9 Sec. 4 Art 6. The required dive is your option (1.8 DD Max), and then must have 4 out of 5 categories represented after the required dive.

Awards: Medals will be given for 1st through 16th place finishes - No team scores will be kept.

Diving Entry: This is a 6 Dive meet and only scores from 6 dive meets will be accepted.

You are not allowed to use and composite or extrapolated scores to achieve a 6 dive total. It is recommended that if you dive in a league with less than 6 dives that you do exhibition rounds to make up the difference and get a score for entry to the meet.

After the actual divers are posted that made the event please submit your diving list by Thursday Night to Damon at coachdtr1@gmail.com. To do this email him the names and dive numbers for each of your divers. We will have diving sheets for you to sign when you get to the meet on Friday.

Entry Procedure: **Please use the provided event file available from the MISCA website to prepare your entries.** The entry procedure will be the same as for the High School MISCA meets and State Championship meets. Entries must be submitted by using Hy-Tek's Team Manager or Team Manager Lite, or compatible meet management software. Import the meet file into your Team Manager program. **All entries are due by Sunday January 22, 2017 at 11:59 pm by email.** *If you do not have Team Manager go to www.hy-tekltd.com/downloads.html to obtain a copy of Team Manager Lite to use for your entries.*

Additionally
1. Grade years must be included with your swimmers. (See doc on MISCA Website for how to do this)
2. You must use the Team Abbreviation listed on the MISCA Website.
3. If you do not your entry will be returned for you to redo.

No Entries will be accepted unless in hy-tek or similar compatible format. THIS INCLUDES DIVING ENTRIES

Email your entries to coachdtr1@gmail.com

Our goal is to send an email confirmation by 2pm on January 23 to let you know that your entries were received. **You must respond, via Email, to this confirmation no later than Tuesday January 24 by 4 pm to verify that your entries are correct, If you do not respond we will assume that everything is correct.**
If you do not receive a verification email by Monday at 2 pm contact the meet manager at the phone number or email address above. (Make sure to check your junk mail box before you call)

If you do not respond to the verification email, you waive the right to make any changes in your line-up**. By Wednesday evening January 25, a psych sheet will be posted on the MISCA website: www.miscaonline.net.** This will allow you to check and see if your divers have qualified for the meet**.**
NO CHANGES WILL BE ALLOWED AFTER THE PSYCH SHEET HAS BEEN POSTED!

Entry Fees: A fee of $5.00 per individual event and $12.00 per relay will be charged. **Checks should be made out to MISCA.** Fees are due upon arrival at the meet. Schools will be assessed meet fees for failure to show up **AFTER** confirmation of entries.

Spectators: $5 per person Heat sheets $2

Cut Off Times:

Event	Boys	Girls
200 Med Relay*	2:16.39	2:19.39
200 Freestyle	2:20.59	2:24.59
100 I.M.	1:12.09	1:13.99
50 Freestyle	27.39	28.89
Diving **	120 pts	150 pts
50 Butterfly	31.59	32.39
100 Freestyle	1:01.59	1:05.29
200 Free Relay*	2:01.09	2:04.49
100 Backstroke	1:14.59	1:14.89
100 Breaststroke	1:21.29	1:24.09
400 Free Relay *	4:40.99	4:44.59

*** Remember each school may only enter 1 relay each for girls and boys per relay event.**
**** Remember Diving is a 2 meet average for 6 dives. (See diving entry info above)**

IF YOU ARE NOT A MISCA MEMBER, GO TO THE WEBSITE AND FOLLOW THE DIRECTIONS ON THE WEBSITE TO SIGN UP ONLINE. ON DECK MEMBERSHIP REGISTRATION WILL BE ALLOWED AT THE MEET FOR AN ADDITIONAL $15 FEE.

IF YOU ARE NOT A MISCA MEMBER YOU WILL NOT BE ALLOWED ON THE POOL DECK. WE WILL BE CHECKING EVERY COACHES MEMBERSHIP AND ISSUEING DECK PASSES.

Directions:

From Grand Rapids: 96 East to Lansing exit 101 M L King Blvd. Right at light to Bishop Rd. left on Bishop to stop sign Grovenburg Rd. turn right follow Grovenburg Rd. to Holt Rd. turn left at stop light High School will be building on your right turn right at light pool entrance is on the east side of the building.

From Jackson: US 127 north to Holt Rd. exit turn left follow Holt Rd. West to 6th stop light turn left pool entrance is on East side of building.

From Flint : I 69 to Lansing to US 127 S. to Holt Rd. exit turn right go to 6th stop light turn left pool entrance is on East side of building.

From Detroit: 96 West to Lansing exit 101 MLK Blvd. Turn Left (south) to bishop Rd Turn Left on Bishop to stop sign at Grovenburg Rd. Turn Right follow Grovenburg Rd. to Holt Rd. turn left at stop light High School will be building on your right turn right at light pool entrance is on the east side of the building.