



Frozen Mint City Invitational

Saturday, February 5, 2022

We are pleased to announce the 2022 Frozen Mint City Invitational scheduled for Saturday, February 5, 2022 at the St. Johns High School pool in St. Johns, MI. Detailed information and entry forms are enclosed. Please note entries are due by **Monday, January 31, 2022.**

There are a number of things we want coaches, parents, and swimmers to know in advance of the meet so it can run as smoothly as possible and be fun for everyone. We ask for your cooperation in enforcing the following:

1. Swimmers should remain in the designated areas in the building unless accompanied by a parent or coach. Footwear is required in all areas other than the pool deck.
2. Only swimmers, coaches, and authorized personnel will be allowed on the pool deck during the meet.
3. All concessions should remain in the areas designated. Please – no food on the pool deck.
4. Please do not leave valuables unattended or unlocked. St. Johns Sea Lions and St. Johns High School are not responsible for lost or stolen items.
5. Awards will be given to the coaches at the end of the meet.
6. The morning session will have a supervised marshalling area. The afternoon session will be self-marshaled.
7. Relays may be mixed.

We look forward to your participation in this meet. If you have any questions, please contact Meet Coordinator and SJSL Board President, Suzie Fromson at 269-408-6387. stjohnssealions@gmail.com See you soon!



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- Location:** The Iceberg, home of the Sea Lions
St. Johns High School Pool
501 W. Sickels, St. Johns, MI 48879
- Facility:** 25-yard, 8-lane pool with starting platforms. Daktronics Timing System with electronic starter.
- Time:**
- | | | |
|------------|---------|------------|
| 8:45 a.m. | Warm-up | 10 & Under |
| 9:30 a.m. | Start | |
| 11:30 a.m. | Warm-up | 11 & Over |
| 12:15 p.m. | Start | |
- Rules:** Meet will follow MTSL Rules of Operation. The no-false-start rule will be in effect. Swimmers are to swim the age they will be on February 5, 2022.
- Awards:** Trophies for 1st place, medals w/lanyards for 2nd through 3rd place, and ribbons for 4th through 12th place. Relays will receive medals for 1st place, and ribbons for 2nd through 6th place. Awards will be given to the coaches at the end of the meet, or mailed following the meet.
- Entry Fee:** \$5.00 per individual event, \$12.00 per relay. Swimmers may swim a maximum of four events: three individual and one relay; or two individual and two relays. We request that each team provide only one check covering the total amount for that team prior to the meet. **Please make checks payable to St. Johns Sea Lions.** No deck entries will be allowed.
- Entry Deadline:** The entry chairperson must receive entries no later than Monday at 11:59 p.m., **January 31, 2022**. E-mail entries in Hy-Tek or text format will be acknowledged by e-mail upon receipt.
- Entry Chairperson:** Suzie Fromson, SJSL Board
800 South US 27, P.O. Box 108
St. Johns, MI 48879
Cell phone: 269-408-6387
E-mail: stjohnssealions@gmail.com

- Admission:** \$5.00 admission fee per adult; children 10 & under free, \$3.00 senior citizens. \$10 limit for members of same household.
Programs will be available for \$2.00
- Concessions:** Will be available.
- T-Shirts:** May be available, will confirm prior to meet.
- Website:** For updates and information, and for a digital program, please visit:
sjsealions.com

Directions to St. Johns High School:

From the north: take US 127 to the first St. Johns exit, which is Business 27. Proceed south to M-21 and turn right (west). Drive past the courthouse and turn left (south) at the blinker light (Lansing Street). Turn right on Sickels, and the high school parking lot is directly west of the high school. The pool is on the west side of the school.

From the south: take US 127 to the second St. Johns exit (M-21). Turn left (west) on M-21 and continue west through the intersection of M-21 and Business 27. Drive past the courthouse and turn left (south) at the blinker light (Lansing Street). Turn right on Sickels, and the high school parking lot is directly west of the high school. The pool is on the west side of the school.

From the west: take M-21 into St. Johns and turn right (south) at the blinker light (Lansing Street). Turn right on Sickels, and the high school parking lot is directly west of the high school. The pool is on the west side of the school.

From the east: take M-21 into St. Johns. Continue west through the intersection of M-21 and Business 27. Drive past the courthouse and turn left (south) at the blinker light (Lansing Street). Turn right on Sickels, and the high school parking lot is directly west of the high school. The pool is on the west side of the school.



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Morning Events

8:45 am warm-up/9:30 am start

Event No.

1	8 & Under	100 Medley Relay
2	9-10	200 Medley Relay
3	8 & Under	100 IM
	9-10	100 IM
4	8 & Under	25 free
5	9-10	50 Freestyle
6	8 & Under	25 fly
7	9-10	50 Butterfly
8	8 & Under	50 Free
9	9-10	100 Freestyle
10	8 & Under	25 back
11	9-10	50 Backstroke
12	8 & Under	25 Breast
13	9-10	50 Breaststroke
14	8 & Under	100 Free Relay
15	9-10	200 Free Relay

Events will be swum combined gender and age-group. Awards will be given with the gender and age-group broken out. All relays are mixed gender.



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Afternoon Events

11:30am warm-up/12:15pm start

<u>Event No.</u>		
16	11 & 12	200 Med Relay
	13 & 14	200 Med Relay
	15 & Over	200 Med Relay
17	11-12	200 Freestyle
	13-14	200 Freestyle
	15 & Over	200 Freestyle
18	11-12	100 IM
19	13-14	200 IM
	15 & Over	200 IM
20	11-12	50 Free
	13-14	50 Free
	15 & Over	50 Free
21	11-12	50 Fly
22	13-14	100 Fly
	15 & Over	100 Fly
23	11-12	100 Free
	13-14	100 Free
	15 & Over	100 Free
24	13-14	500 Freestyle
	15 & Over	500 Freestyle
25	11-12	50 Back
26	13-14	100 Back
	15 & Over	100 Back
27	11-12	50 Breast
28	13-14	100 Breast
	15 & Over	100 Breast
29	11 & 12	200 Free Relay
	13 & 14	200 Free Relay
	15 & Over	200 Free Relay

Events will be swum combined gender and age-group. Awards will be given with the gender and age-group broken out. All relays are mixed gender.