

A few things as we begin the Winter Session. The winter is considered Championship season because we will have the MTSL State Finals at Saginaw Valley on Feb. 19<sup>th</sup>. Below are some details for parents to be aware of.

1. A swimmer must swim in the age group based on their age on the day of the meet. Age groups are 8 and under, 9 and 10, 11 and 12, 13 and 14, 15 to 18. If a swimmer ages up into the older age group (meaning turns from 8-years-old to 9, 10 to 11 and so on) then they have to swim in that age group and they have to qualify based on that age groups time standards.  
Example: swimmer makes state time in the 9 and 10 age group but turns 11 on February 1<sup>st</sup>. The swimmer must make state times for the 11 and 12 age group and swim in the 11 and 12 age group at states.
2. As swimmers age up the events get longer. 8 and under swimmers are the only age group that does 25's. 9- to 11-year-old swimmers will do 50's of fly, back and breaststroke and 100 IM. Once a swimmer is 13 or older, they must do 100's of the strokes and 200 IM.
3. Requirements for swimming at the MTSL State Finals:
  - a. The swimmer must have competed in 2 MTSL swim meets
  - b. They must have made the state qualifying time for the age group they would be competing in at the State Finals. Here is a list of the qualifying times: [State Qualifying Times](#)
  - c. Swimmers must be a member of the Sea Lions for the winter session
  - d. Swimmers qualifying time can come from sea lions meets or middle school or high school meets.
  - e. If a swimmer qualifies in only 1 event, they are allowed to choose a bonus event so they can do 2 events at States.
  - f. A relay team must consist of 2 swimmers that qualified for the State meet in individual events. The other 2 relay members do not have to have a state cut time. All relays are boy or girls only. There are no mixed relays. All state meet relays will be selected by coaches.
  - g. **Important** – For middle school and high school swim team members – The MHSAA rules allow a swimmer to compete in 2 meets outside of their high school or middle school team during their season. Once they finish their middle or high school season they are allowed to swim in as many club meets as they choose.
4. If a swimmer does not make a state time their last swim meet can be the South MTSL Championship which is Feb. 11<sup>th</sup> in Standish. Swimmers can only swim events in which they have not made a state time. If a swimmer has made 1 state time, they can swim any other event besides that event. This meet has had some nice awards in the past and is great for swimmers that have not made a State cut time.
5. As we move further into the season officials will be calling more disqualifications (DQ's). Some officials call things tighter than others especially for the younger swimmers. DQ's happen to all swimmers but if a swimmer (or parent) is confused as to the reason for a DQ please let Coach Andy know. At some meets officials will tell the coaches the reason for the DQ. At big invitationals sometimes coaches will not be told of the infraction.

6. For swim meets please try to arrive 10 minutes before the time that warm up starts. Swimmers will be getting in the water at the time warm up starts. If they arrive to the pool at or after the time the warmup starts, they still need to get their events on their hands, put suits, cap and goggles on before getting in for warmup. This will cause them to miss much of the warmup time.