



Frozen Mint City Invitational

Saturday, February 3, 2024

We are pleased to announce the 2024 Frozen Mint City Invitational scheduled for Saturday, February 3, 2024 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 29, 2023.**

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. Water (in non-glass bottles) is fine.
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!



Frozen Mint City Invitational

Saturday, February 3, 2024

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 | |
| 12:00 p.m.* | Warm-up | 11 & Over |
| 12:45 p.m. | Start | |

*This time may be adjusted slightly in the week prior to meet, once all swimmers are registered. See website for final afternoon start time.
<https://www.sjsealions.com/>

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 3, 2024.

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 29, 2024**. 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; FREE admission children 10 & under and senior citizens. \$10 limit for members of same household.
Programs will be available for \$2.00

Concessions: Will be available in cafeteria.

T-Shirts: Custom printed shirts available.

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

12:00 pm warm-up/12:45 pm start

Event No.

| | | |
|-----------|-----------|----------------|
| 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 |
| 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 |
| 13-14 | | 100 Free |
| 15 & Over | | 100 Free |
| 24 | 13-14 | 500 Freestyle |
| | 15 & Over | 500 Freestyle |
| | 25 | 11-12 |
| 26 | 13-14 | 100 Back |
| | 15 & Over | 100 Back |
| | 27 | 11-12 |
| 28 | 13-14 | 100 Breast |
| | 15 & Over | 100 Breast |
| | 29 | 11 & 12 |
| 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.