



## Frozen Mint City Invitational

Saturday, February 1, 2025

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We are pleased to announce the 2025 Frozen Mint City Invitational scheduled for Saturday, February 1, 2025 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 27.**

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. We may pass out candy to heat winners, please have kids throw wrappers in trash, not on the floor. 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](mailto: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	
12:00 p.m.*	Warm-up	11 & Over
12:45 p.m.	Start	

\*This time may be adjusted slightly in the week prior to the meet, once all swimmers are registered. See website for final afternoon start time.

[sisealions.com](http://sisealions.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 1, 2025.

**Awards:** Trophies for 1<sup>st</sup> place, medals with lanyards for 2<sup>nd</sup> through 3<sup>rd</sup> place, and ribbons for 4<sup>th</sup> through 12<sup>th</sup> place. Relays will receive medals for 1<sup>st</sup> place, and ribbons for 2<sup>nd</sup> through 6<sup>th</sup> place. Awards will be given to the coaches at the end of the meet.

**Entry Fee:** \$6.00 per individual event, \$16.00 per relay. Swimmers may swim up to a maximum of five events: three individual and two relay. 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 Tuesday at 11:59 p.m., **January 28, 2025.** 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  
Mobile: 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 \$3.00

**Concessions:** Snacks will be available in the balcony seating area. Pepperoni pizzas and cheese pizzas will be delivered between sessions and slices will be sold in the balcony snack area.

**T-Shirts:** Custom printed shirts available.

**Website:** For updates and information, and for a digital program, please visit:  
[sjsealions.com](http://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

<u>Event No.</u>		
1	8 & Under	100 Medley Relay
2	9-10	200 Medley Relay
3,4	8 & Under	100 IM
5,6	9-10	100 IM
7,8	8 & Under	25 free
9,10	9-10	50 Freestyle
11,12	8 & Under	25 fly
13,14	9-10	50 Butterfly
15,16	8 & Under	50 Free
17,18	9-10	100 Freestyle
19,20	8 & Under	25 back
21,22	9-10	50 Backstroke
23,24	8 & Under	25 Breast
25,26	9-10	50 Breaststroke
27	8 & Under	100 Free Relay
28	9-10	200 Free Relay

**Most individual events will be gender and age-group specific but some events may be combined. Awards will be given with the gender and age-groups broken out. All relays are mixed gender.**



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## Afternoon Events

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

<u>Event No.</u>		
29	11 & 12	200 Med Relay
30	13 & 14	200 Med Relay
31	15 & Over	200 Med Relay
32,33	11-12	200 Freestyle
34,35	13-14	200 Freestyle
36,37	15 & Over	200 Freestyle
38,39	11-12	100 IM
40,41	13-14	200 IM
42,43	15 & Over	200 IM
44,45	11-12	50 Free
46,47	13-14	50 Free
48,49	15 & Over	50 Free
50,51	11-12	50 Fly
52,53	13-14	100 Fly
54,55	15 & Over	100 Fly
56,57	11-12	100 Free
58,59	13-14	100 Free
60,61	15 & Over	100 Free
62	13-18	500 Freestyle
63,64	11-12	50 Back
65,66	13-14	100 Back
67,68	15 & Over	100 Back
69,70	11-12	50 Breast
71,72	13-14	100 Breast
73,74	15 & Over	100 Breast
75	11 & 12	200 Free Relay
76	13 & 14	200 Free Relay
77	15 & Over	200 Free Relay

**Most individual events will be gender and age-group specific but some events may be combined. Awards will be given with the gender and age-groups broken out. All relays are mixed gender.**