

**2010 Last Chance Dual Meet
Hudson HEAT v. Solon Stars
Hosted by Solon Stars Swim Club
Held under USA Swimming Sanction Number #
February 21, 2010**

The HEAT due date is MIDNIGHT on Friday, February 12, 2010

Location: Solon High School Natatorium, 33600 Inwood Road, Solon, Ohio 44139

Pool: 25 yard/8 lanes, electronic timing with 8 lane board, locker rooms, elevated spectator area

Pool Measurement: The competition course has not been certified in accordance with 104.2.2C (4).

Water Depth: The depth of the pool at the start end is 6 feet. The depth at the turn end is 4 feet.

Starting Times:

Sunday morning session warm-ups will begin at 9:00 a.m. with competition starting at 9:50 a.m. There will be a 15-minute break at the conclusion of the morning session. Estimated warm-up times for the afternoon sessions will be posted on www.solonstars.com on Wednesday February 17, 2010. There will be a combined warm-up for 45 minutes (meet will start 5 minutes later). Continuous warm-up and warm-down will be available in the diving well after the warm up period. At the discretion of the Safety Director, warm ups may be split by gender or age group or team.

Entry Deadline:

The HEAT due date is MIDNIGHT on Friday, February 12, 2010. Enter via Direct Athletics. Send questions email Chuck Duchon at meetentry@hudsonheat.com

Entry Fees:

Individual events are \$3.50 plus a \$2.50 per swimmer HEAT/LESI surcharge. Entry fees will be deducted from your swimmers escrow account.

Entry Limitations:

Each swimmer may enter 4 events for the day exclusive of relays.

Deck Entries:

Fees will be \$ 4.00 per individual event. Deck entries will be accepted on a space available basis only. Deck entries will close 35 minutes prior to the start of each session. Deck entered swimmers, new to the meet, will pay the \$2.00 surcharge and must provide proof of USA Registration. Deck entries will be seeded at NO TIME (NT). If a swimmer attempts to deck enter an event and is closed out, he or she will receive a refund of the deck entry fee for that event.

Eligibility:

Swimmers must be current athlete members of USA Swimming. Coaches must be current coach members of USA Swimming and must check in for each meet or session they attend. All coaches must display the deck pass (wristband is required to be worn by all coaches) issued by the meet host. Age is as of the first day of the meet, February 21, 2010. On deck USA Swimming registration will not be available.

Qualifying times:

There are no qualifying time standards for this meet.

Swimmers with a disability:

Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the e-mail accompanying the Hy-Tek file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

Conduct:

The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. Events will be contested in a 25-yard course. All events are timed finals. Heats will be swum slowest to fastest. The Lake Erie Scratch Rule will be in effect. **Events may be combined.**

Seeding and Check In:

The meet will be deck seeded. All swimmers must check in at least 30 minutes prior to the start of their session for all of their events. Check-in sheets will be posted in the lobby. Relay cards must be turned in upon call in order to be seeded. In accordance with 102.1.4, events may be seeded together. Heat and Lane assignments will be posted around the pool deck.

Scoring:

In the afternoon session, the top eight finishers in each age group (8 and U, 9-10, 11-12, 13-14, 15 and O) will score 8-7-6-5-4-3-2-1. The top 3 relays will score 8-7-6. The events in the morning session will not be scored.

Awards: All participants can have pizza, snacks and beverages after the competition. Heat winners will receive an award.

Admissions:

Admission will be free.

Safety/Warm-Up:

Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes. The final 20 minutes of a 45-minute warm-up shall be conducted as follows:

- (a) Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the discretion of the Meet Referee or his/her designee).
- (b) Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3-6 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers may be removed from warm-up for violating safety rules.

No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet.

Meet Director: Sharon Badertscher, dcwombat@juno.com, 440-708-1285

Safety Director: Michael Braverman, mickeyd13@windstream.net, 440-543-4485

Entry Person: Dave Poduska, poduska@ieee.org, 440-241-5776

Directions:

Exit from Route 422 at Route 91 (SOM Center Road),
Go South on Route 91 past Aurora Road (Route 43)
Inwood Road is the 2nd light after Aurora Road
turn right on Inwood, travel to the end of the school near
the marquee, and turn left at the stop sign into the parking lot

SCHEDULE OF EVENTS

February 21, 2010

Sunday a.m. Session

9:00 a.m. warm-up, 9:50 a.m. start time (Timed Finals)

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1		11 and Over 400 IM		2
3		Open 200 Back		4
5		Open 200 Breast		6
7		Open 200 Fly		8
9		Open 200 Free		10
11		Open 500 Free		12
13		11 and Over 1000 Free		14
15		11 and Over 1650 Free		16

Events may be limited to 3 fastest heats or combined with other events.

February 21, 2010

Sunday p.m. Session

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin at the completion of the 45-minute Warm-up.

Estimated start times will be posted on www.solonstars.com

on Wednesday February 17, 2010.

Girls #	Qualifying Time	Qualifying Time	Boys #
17		Open 200 IM	18
19		Open 100 IM	20
21		Open 50 Back	22
23		Open 100 Back	24
25		Open 50 Fly	26
27		Open 100 fly	28
29		Open 50 Breast	30
31		Open 100 Breast	32
33		Open 50 Free	34
35		Open 100 Free	36
37		Mixed Age 200 medley relay*	38
39		Family 200 free relay**	40

*Mixed Age Relays must contain one 10 and Under swimmer, one 11 or 12, and one 13 or older swimmer. The last swimmer may be from any age group.

**Family Relay must be made up of members of no more than 2 families. (ex. All swimmers from Family A; or 2 swimmers from Family A and 2 swimmers from Family B; or 3 swimmers from Family A and one swimmer from Family B.)

LAKE ERIE SWIMMING, INC.
INDIVIDUAL AND RELAY SCRATCH RULE

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

- A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized.
- B. Events Seeded on the Deck –
- (1) Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, and/or fax) for swimmers who do not plan to arrive before the scratch deadline.
 - (2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Clerk of Course or Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer, except as noted in "Exceptions for Failure to Compete" (below).
 - (3) Any agent of a team (coach, parent, swimmer, etc.) who checks in a swimmer for any event when that swimmer is not present at the meet may cause a fine of \$2.00 per swimmer per day to be levied against that team.
 - (4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- C. Scratching from Bonus Finals, Consolation Finals, and Finals
- (1) Any swimmer qualifying for C, B, or A (bonus, consolation, or final race) in an individual event who fails to compete in said race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer shall be fined twenty-five dollars (\$25.00) by LESI. A declared false start or deliberate delay of the meet is not permitted and will be regarded as a failure to compete.
 - (2) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
 - (3) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - (4) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- D. Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if
- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - (2) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
 - (3) The Referee determines that failure to compete is caused by circumstances beyond the control of the swimmer.