

HEAT 10 & UNDER MEET

Sponsored by

Hudson Explorers Aquatic Team

January 23, 2010

Held under USA Swimming Sanction # LE 1003 S

The HEAT entry deadline is Friday, January 8, 2010 at Midnight.

THIS MEET IS SPLIT INTO 2 IDENTICAL SESSIONS. THE TEAMS HAVE BEEN ASSIGNED SESSIONS, PLEASE SEE PAGE 3.

LOCATION: Kent Roosevelt High School, 1400 N. Mantua St., Kent, OH 44240

POOL: 25 yards by 6 lanes, Colorado Timing system with digital scoreboard. Food and swimwear concessions will be open throughout the meet.

POOL MEASUREMENTS: 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 12 feet, 0 inches. The depth at the turn end is 4 feet, 0 inches.

STARTING TIMES: Morning session warm-up is from 7:30 – 8:00 a.m. for 8 & under swimmers and 8:00 – 8:30 for 9-10 year olds with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session with 8 & unders warming up the first 30 minutes and 9-10 year olds warming up the second 30 minutes. At the discretion of the Meet Safety Director, warm ups may be split by gender or age group or team. Estimated afternoon start times will be posted at www.lakeerieswimming.com and www.hudsonheat.com by January 20, 2010.

ENTRY DEADLINE: HEAT entry deadline is Friday, January 8, 2010 at Midnight. Please enter via Direct Athletics www.directathletics.com. If you have any questions contact Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES: Individual events \$4.00 plus a \$2.50 per swimmer LESI surcharge. Entry fees will be deducted from your swimmers HEAT Escrow Account.

ENTRY LIMITATIONS: Swimmers may enter up to 4 individual events and 1 relay event.

DECK ENTRIES: Deck entries will be taken on a space available basis up to 35 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$8.00 per individual event and \$ 12.00 per relay. Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and have met the time standard requirements. All 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 day

of the meet, January 23, 2010. On deck USA Swimming registration will **not** be available for swimmers or coaches.

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 email accompanying the Hy-Tek entry 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. Each swimmer/relay team shall report to the Clerk of Course in a timely manner.

SEEDING & CHECK IN: All individual events will be pre-seeded. All relays will be deck seeded. Relay cards must be turned in upon call in order to be seeded. Each swimmer/relay team shall report promptly to the Clerk of Course prior to the race in which the swimmer/relay team is entered. In accordance with 102.1.4, events may be seeded together but scored separately (For 8&U events – 6&U, 7, 8 - For 10&U events – 8&U, 9, 10). The Lake Erie scratch rule (attached) will be in effect.

AWARDS: Individual Events: Ribbons for 1st – 8th place
Relay Events: Ribbons for 1st – 3rd place
Heat Winners: Ribbon

ADMISSION COST: Cost Per Person: \$4.00. Cost for Heat Sheets: \$3.00. Parking is free.

RESULTS: Will be posted on www.lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

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 15 minutes of each 30 - minute warm-up shall be conducted as follows:

- (a) Lane 1 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).
- (b) Lanes 2 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3, 4, and 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 are to sprint one way and climb out at the far end of the pool. 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.

OFFICIATING OPPORTUNITY – Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES) officials in officiating this meet. Please contact the meet director or LES's Officials Chair, Chuck Kunsman, in advance of the meet if at all possible to let either know of your availability. The meet director's and Chuck's contact information is listed below. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, Chuck Kunsman.

Meet Director: Tom McDonnell E-mail: mcdonnelt@firstenergycorp.com
Official's Chair: Chuck Kunsman: E-mail: chuck163@yahoo.com

COACHES: Packets and sign-in will be at the admissions desk.

UNSUPERVISED SWIMMERS: Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

MEET DIRECTOR: Tom McDonnell mcdonnelt@firstenergycorp.com 330-384-5507

SAFETY DIRECTOR: Robin Patrick kpatrick3@neo.rr.com 330-678-8406

ENTRY PERSON: Chuck Duchon meetentry@hudsonheat.com 330-289-4045

DIRECTIONS:

From Cleveland: Take I-480 east, continue on Rt. 14 1.5 miles, turn right onto Rt. 43 and follow 5.3 miles.

From Warren/Niles: Take I-80 west to Exit 187 and merge onto Rt. 14 east, follow 2.5 miles and turn right onto Rt. 43 and follow 5.3 miles.

From Canton: Take I-77 north to Rt. 8 north, exit and merge onto Front St./Rt. 59, follow 6.5 miles. Turn left onto River St. (Rt. 43), continue on Gougler Ave., make a slight right onto N. Mantua St. and follow 1 mile.

AM SESSION

CCS	RYD
CFYN	SHSH
CLSC	STRS
HSC	SWIM
MRST	UN
NCS	VSC
NEON	
PAC	

PM SESSION

EM	PCP	WYRS
FAST	PS	YYN
GO	SAS	
LEA	SWAT	
LESD	USC	
LRST	VFYT	
LSSC	WEST	
NEWS	WHAT	



Attention All Swimmers!

USA Swimming and Lake Erie Swimming team up to present:

The Lake Erie IMX Challenge for SC '09-'10!

Start completing your events when '09-'10 Short Course Season begins!

***You have until April 1, 2010 to complete your event list.**

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11-year olds; 12-year olds:

200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

- In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the '09-'10 season.
- A swimmer's times will count for the entire season-so if a swimmer ages up during a season the IMX score on the *My USA Swimming* page will show a score for his/her lower age group and their new age group.
- In order to check the progress, swimmers can create a web account to be able to access their personal *My USA Swimming* page! If a swimmer has already swum the event combo for his/her age level, the IMX score and ranking now appears in a special section of the swimmer's *My USA Swimming* page.

All swimmers participating and legally completing each IMX event for their single age group for the 2009-2010 Short Course Season will receive an IMX cap!

Top Three male and female swimmers in the Lake Erie district with the highest IMX score per single age group will receive the following at the LE Awards Banquet:

- 1st place – IMX towel**
- 2nd place – IMX hoodie**
- 3rd place – IMX drawstring bag**

10 & UNDER MEET
SCHEDULE OF EVENTS
January 23, 2010
A.M. Events

7:30 Warm-up, 8:35 meet start (Timed Finals)

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1	n/a	10 & U 200 IM	n/a	2
3	n/a	8 & U 25 Breast	n/a	4
5	n/a	10 & U 100 Breast	n/a	6
7	n/a	8 & U 50 Back	n/a	8
9	n/a	10 & U 50 Back	n/a	10
11	n/a	8 & U 100 Free	n/a	12
13	n/a	10 & U 200 Free	n/a	14
15	n/a	8 & U 25 Fly	n/a	16
17	n/a	10 & U 50 Fly	n/a	18
19	n/a	10 & U 100 Fly	n/a	20
21	n/a	8 & U 25 Free	n/a	22
23	n/a	10 & U 50 Free	n/a	24
25	n/a	10 & U 100 IM	n/a	26
27	n/a	8 & U 100 Free Relay	n/a	28
29	n/a	10 & U 100 Free Relay	n/a	30

10 & UNDER MEET
SCHEDULE OF EVENTS
January 23, 2010
P.M. Events

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. Competition will begin at the completion of the 60-minute warm-up. Estimated start times will be listed at www.lakeerieswimming.com and www.hudsonheat.com.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
31	n/a	10 & U 200 IM	n/a	32
33	n/a	8 & U 25 Breast	n/a	34
35	n/a	10 & U 100 Breast	n/a	36
37	n/a	8 & U 50 Back	n/a	38
39	n/a	10 & U 50 Back	n/a	40
41	n/a	8 & U 100 Free	n/a	42
43	n/a	10 & U 200 Free	n/a	44
45	n/a	8 & U 25 Fly	n/a	46
47	n/a	10 & U 50 Fly	n/a	48
49	n/a	10 & U 100 Fly	n/a	50
51	n/a	8 & U 25 Free	n/a	52
53	n/a	10 & U 50 Free	n/a	54
55	n/a	10 & U 100 IM	n/a	56
57	n/a	8 & U 100 Free Relay	n/a	58
59	n/a	10 & U 100 Free Relay	n/a	60

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.