

LESI BRONZE CHAMPIONSHIPS

Sponsored by

Hudson Explorers Aquatic Team

February 28, 2010

Held under USA Swimming Sanction # LE 1010 S

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

LOCATION: Ocasek Natatorium, Univ. of Akron, 382 Carroll Street, Akron, OH

POOL: 25 yards by 8 lanes, Colorado Timing system with digital scoreboards. Spectator seating for over 2,000 people. Continuous warm-up and warm-down during competition. A snack bar will be open throughout the meet.

POOL MEASUREMENTS: The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

WATER DEPTH: The depth of the pool at the start end is 14 feet, 0 inches. The depth at the turn end is 8 feet, 0 inches.

STARTING TIMES: Morning session warm-up is from 7:45 – 8:30 a.m. for all swimmers, with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session and last for 45 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 February 25, 2010.

ENTRY DEADLINE: The HEAT dues date is MIDNIGHT on Friday, February 12, 2010. Please enter at www.directathletics.com. Address questions to Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES: Individual events \$4.50 plus a \$2.50 per swimmer HEAT/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 swimmers must be members in good standing of Lake Erie LSC for this meet.** 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 issued (wristband is required to be worn by all coaches) by the meet host. Age is as of the day of the meet, February 28, 2010. On deck USA Swimming registration will **not** be available for swimmers or coaches.

QUALIFYING TIMES: Please see event listings. A swimmer must have a legal time in the event they are entering. **NO "NT" entries will be accepted.** Swimmers times will be verified before they are entered into the meet, this includes deck entered swimmers. Swimmers must be slower than the qualifying time listed as of the entry deadline. **Exception: 500 free, see qualifying times on page 8.** All entries **MUST** be entered in short course yards. **NO CONVERTED TIMES WILL BE ACCEPTED.**

SLOWER THAN: These meets have times investigated after the meet if a protest is filed. Swimmers may not compete in an event in which they are faster than the listed time standard as of the meet entry deadline.

FASTER THAN: Swimmers should enter an event only if they have achieved the listed time standard for that event. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time or a fine of \$10.00 for each swim listed in the notice. Failure to resolve time verification issues within one week of receipt of notice shall result in debit to the team's account in the amount of the fine. Unattached swimmers will receive similar notice. Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free).

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 promptly to the blocks on time for their heats/events.

SEEDING & CHECK IN: All individual events as well as all relays will be deck-seeded. All swimmers must check in at least 30 minutes prior to the start of their session. Check-in sheets will be posted in the racquetball courts in the main hallway of the facility. Any swimmer failing to sign in will not be seeded. Heat and lane assignments will be posted behind the blocks and in the main hallways on both levels of the facility. **All events except the relays will be seeded together but awards will be given for each individual age classification. The ages will be as follows: AM session – 10 & under girls, 11-12 boys, 13 & over boys. The PM session will be 10 & under boys, 11-12 girls, 13 & over girls.** Relay cards must be turned in upon call in order to be seeded. In accordance with 102.1.4, events will be seeded together but scored separately. 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

ADMISSION COST: Cost Per Person: \$4.00. Cost for Psych Sheets: \$3.00. Parking is free; please download a parking permit at www.lakeerieswimming.com or www.hudsonheat.com.

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 20 minutes of each 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 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. Continuous warm-up and warm-down during competition. 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 main entrance of the ONAT.

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 rpatrik3@neo.rr.com 330-678-8406

ENTRY PERSON: Linda Zucca lzuca@aol.com 330-656-1260

DIRECTIONS:

From I-77: Follow I-77 to Rt. 8 north. Exit Rt. 8 at the Carroll Street/Buchtel St. exit. Turn left onto Carroll Street; natatorium will be on your left.

From Rt. 8 South: Exit at Buchtel St. /Carroll St. /Exchange St. Turn right onto Carroll Street, natatorium will be on your left.

Bronze Championship

Kick Out Hunger Food Drive

For *The Emergency Assistance Center*

The Hudson Explorers Aquatic Team would like for you to join us in **Kicking Out Hunger**. After the holiday season, food banks just like *The Emergency Assistance Center* face a critical shortage of everyday food items; with your help, we can keep their shelves stocked this year.

A collection will be held on February 28, 2010 during the Bronze Championship meet. Please drop off your donations in the racquetball court just outside the pool deck when you arrive at the meet. We are asking for every swimmer that participates in the Bronze Championship meet to bring in two **canned goods or nonperishable food items**.

Examples of items needed are:

Peanut Butter
Jelly (plastic only)
Macaroni and Cheese
Canned Soup
Ramen Noodles
Canned Ravioli

Pork and Beans
Spaghetti
Spaghetti Sauce (Plastic only)
Canned Tuna
Rice
Cold Cereal

Please Check All Expiration Dates

Monetary donations can be made by making a check out to **The Emergency Assistance Center**. Checks can be left at the admissions table or mailed to: 10333 Northfield Road, Unit 74D Northfield, Ohio 44067.

Thank You for your donations!!



The Emergency Assistance Center is a food bank located in Northfield, OH. They provide assistance to residents living in Northern Summit County and can be found on the web at www.theemergencyassistancecenter.org. If you have any questions, please contact HEAT parent Karen Crane at karenkrane815@hotmail.com



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**

BRONZE CHAMPIONSHIPS
SCHEDULE OF EVENTS
February 28, 2010
A.M. Events

7:45 Warm-up, 8:35 meet start (Timed Finals)

Event #	Age Group/Stroke
1	Girls 10 & U 200 Free
2	Boys 11 & O 200 Free
3	Girls 10 & U 50 Breast
4	Boys 11-12 50 Breast
5	Girls 10 & U 100 Fly
6	Boys 11 & O 100 Fly
7	Girls 10 & U 50 Free
8	Boys 11 & O 50 Free
9	Girls 10 & U 100 Back
10	Boys 11 & O 100 Back
11	Girls 10 & U 100 IM
12	Boys 11-12 100 IM
13	Girls 10 & U 100 Breast
14	Boys 11 & O 100 Breast
15	Girls 10 & U 50 Fly
16	Boys 11-12 50 Fly
17	Girls 10 & U 100 Free
18	Boys 11 & O 100 Free
19	Girls 10 & U 50 Back
20	Boys 11-12 50 Back
21	Girls 10 & U 200 IM
22	Boys 11 & O 200 IM
23	Girls 10 & U 200 Free Relay
24	Boys 11-12 200 Free Relay
25	Boys 13 & O 200 Free Relay
26	Mixed 500 Free

***** SWIMMERS MUST BE SLOWER THAN THE QUALIFYING TIME ON THE ATTACHED SHEET FOR THEIR AGE AS OF THE MEET ENTRY DEADLINE OF FEBRUARY 18, 2010 *****
Exception: 500 free, see qualifying times on page 8.

BRONZE CHAMPIONSHIPS
SCHEDULE OF EVENTS
February 28, 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 45-minute warm-up. Start times will be listed at www.lakeerieswimming.com and www.hudsonheat.com.

Event #	Age Group/Stroke
27	Boys 10 & U 200 Free
28	Girls 11 & O 200 Free
29	Boys 10 & U 50 Breast
30	Girls 11-12 50 Breast
31	Boys 10 & U 100 Fly
32	Girls 11 & O 100 Fly
33	Boys 10 & U 50 Free
34	Girls 11 & O 50 Free
35	Boys 10 & U 100 Back
36	Girls 11 & O 100 Back
37	Boys 10 & U 100 IM
38	Girls 11-12 100 IM
39	Boys 10 & U 100 Breast
40	Girls 11 & O 100 Breast
41	Boys 10 & U 50 Fly
42	Girls 11-12 50 Fly
43	Boys 10 & U 100 Free
44	Girls 11 & O 100 Free
45	Boys 10 & U 50 Back
46	Girls 11-12 50 Back
47	Boys 10 & U 200 IM
48	Girls 11 & O 200 IM
49	Boys 10 & U 200 Free Relay
50	Girls 11-12 200 Free Relay
51	Girls 13 & O 200 Free Relay
52	Mixed 500 Free

***** SWIMMERS MUST BE SLOWER THAN THE QUALIFYING TIME ON THE ATTACHED SHEET FOR THEIR AGE AS OF THE MEET ENTRY DEADLINE OF FEBRUARY 18, 2010 *****
Exception: 500 free, see qualifying times on page 8.

FOR THE BRONZE CHAMPIONSHIPS – SWIMMERS MUST BE SLOWER THAN THE QUALIFYING TIME BELOW FOR THEIR AGE AS OF FEBRUARY 18, 2010

10 & U GIRLS	11-12 GIRLS	13-14 GIRLS	15 & O GIRLS	EVENT	10 & U BOYS	11-12 BOYS	13-14 BOYS	15 & O BOYS
3:20.19	2:43.19	2:36.09	2:32.09	200 FREE	3:09.89	2:38.89	2:26.09	2:20.09
53.59	44.09	N/A	N/A	50 BREAST	53.59	44.29	N/A	N/A
1:57.49	1:27.19	1:19.09	1:17.39	100 FLY	1:55.19	1:25.79	1:13.29	1:10.09
39.79	34.29	33.39	32.69	50 FREE	38.89	33.39	30.69	29.49
1:45.69	1:27.99	1:19.89	1:17.69	100 BACK	1:42.89	1:25.79	1:14.89	1:11.29
1:44.99	1:26.29	N/A	N/A	100 IM	1:41.29	1:23.69	N/A	N/A
1:59.99	1:36.39	1:30.59	1:28.29	100 BREAST	1:55.69	1:35.09	1:24.09	1:20.39
48.79	37.79	N/A	N/A	50 FLY	47.29	38.19	N/A	N/A
1:31.29	1:13.59	1:12.49	1:10.89	100 FREE	1:29.19	1:13.09	1:06.99	1:04.39
48.79	39.59	N/A	N/A	50 BACK	49.19	39.49	N/A	N/A
3:42.69	3:03.79	2:55.49	2:51.49	200 IM	3:40.89	3:03.09	2:43.69	2:37.69

FOR THE 500 FREE ONLY:

GIRLS

10 & U: Equal to or faster than 8:39.49 and slower than 7:39.49

11-12: Equal to or faster than 7:40.09 and slower than 6:40.09

13 & O: Equal to or faster than 7:22.39 and slower than 6:22.39

BOYS

10 & U: Equal to or faster than 8:35.19 and slower than 7:35.19

11-12: Equal to or faster than 7:35.09 and slower than 6:35.09

13 & O: Equal to or faster than 7:03.19 and slower than 6:03.19

“N/A” DESIGNATES THAT THERE IS NO TIME STANDARD FOR THE STROKE AT THE INDICATED AGE GROUP

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.