

**Distance Animal Meet**  
**Sponsored by**  
**Lake Erie Swimming**  
**February 14, 2010**  
**Held under USA Swimming Sanction # LE 1008 S**

**HEAT entry deadline is Friday, January 29, 2010 at Midnight**

**LOCATION:** Busbey Natatorium, Cleveland State University  
2451 Euclid Ave. (Euclid Avenue at East 24<sup>th</sup> Street)  
(216) 687-4882 CSU pool office

**POOL:** 25 yards by 10 lanes; Colorado timing system and 10 lane digital readout scoreboard; ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in non-competitive end of the pool.

**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 average depth of the pool at both the start and turn end is 12 feet.

**STARTING TIMES:** Warm-up will begin at 8:00 a.m. and last 45 minutes with the meet starting at 8:50 a.m. Continuous warm-up will be available throughout the meet. Warm up for the second session will take place in the non-competitive end of the pool except for 15 minutes of starts in the competition pool. An updated timeline will be posted on the Lake Erie Swimming website by Friday, February 12, 2010 for approximate start times of each event.

**ENTRY DEADLINE:** **HEAT entry deadline is Friday, January 29, 2010 at Midnight. Please enter Direct Athletics: [www.directathletics.com](http://www.directathletics.com) If you have any questions contact Chuck Duchon at [meetentry@hudsonheat.com](mailto:meetentry@hudsonheat.com)**

**ENTRY FEES:** Individual events \$5.00 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 no more than 2 events. However, it is the expectation that coaches will take the responsibility for monitoring swimmer entries and events. **No break will be taken between events.** We reserve the right to limit entries to ensure a manageable meet.

**DECK ENTRIES:** Deck entries will be accepted on a space available basis only (post scratches) and will be seeded **at time**. Deck entries will be closed 35 minutes before the start of each session. The cost of deck entries is \$10.00 per individual event. Switching events constitutes a deck entry. Deck entry swimmers new to the meet must pay \$2.00 surcharge and provide proof of USA Swimming membership. **No on-deck athlete or coach USA Swimming registration will be available.**

**ELIGIBILITY:** Swimmers must be current athlete members of USA Swimming and have met the time standard requirements. 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 February 14, 2010. **Swimmers may enter only those events offered at Championships for their age as of March 5, 2010 and must be slower than the qualifying time for Gold Championships for that age group. Exception: 10 & Under swimmers may enter the 200 breast, 200 back, and/or 200 fly if they satisfy the qualifying time, even though these events are not offered for 10 & Un at Championships.**

**QUALIFYING TIMES:** Swimmers must be slower than the qualifying times for Lake Erie Swimming Gold Championship Meet for their age as of March 5, 2010. Exception: 10 & under swimmers entering the 200

strokes must be equal to or faster than the NAG B time in the corresponding 100 stroke. See the attached time standard sheet. **10 & Unders who qualify must enter their best estimate of their time in the 200 strokes.**

**SLOWER THAN:** These meets have times investigated after the meet if a protest is filed.

**SWIMMERS WITH A DISABILITY:** Swimmers with a disability who desire special seeding consideration should attach a note to their entry indicating what event(s) they wish to swim and the event(s) with which they would like to swim it (e.g., swim the 500 free with the 1650). Also include a list of any special accommodations that will be needed.

**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. All events will be run slowest to fastest.

**SEEDING & CHECK IN:** This meet is deck-seeded. Swimmers should check-in before warm-up and no later than 30 minutes prior to the start of each session. Heat and lane assignments will be posted at the starting block end of the pool and at other announced locations. Those swimmers who do not plan to arrive on time for check in may check in via email ([juliebare@windstream.net](mailto:juliebare@windstream.net)) no later than 7 p.m. on February 13, 2010. (Swimmers checking in via email should bring a confirmation email with them to the meet.) The LESI scratch rule will be in effect. In accordance with 102.1.4, events may be seeded together but scored separately. Swimmers who check in for an event and do not compete will be fined \$25 per event in accordance with the LESI scratch rule (attached) unless the referee determines that failure to compete was due to circumstances beyond the control of the swimmer. Swimmers who are 11-12 and are entered in the 1650 may be seeded in slower heats in order to assure that 12 & under swimmers are done within 4 hours.

**AWARDS:** Individual Events: 1-10 in each age group: Distance Animal Caps (blue – 1<sup>st</sup>, red – 2<sup>nd</sup>, white – 3<sup>rd</sup>) will be awarded for their place respectively and ribbons will be awarded for 4<sup>th</sup>-10<sup>th</sup> place. Awards will be given in the following age groups: 10 & under, 11-12, 13-14, and 15 & Over.

**ADMISSIONS:** \$2.00, heat sheets will be posted on the balcony level after the events have been seeded.

**RESULTS:** The results will be posted on the Lake Erie web site.

**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. Circle swimming only for the first 25 minutes with specific warm-up the last 20 minutes. **All swimmers must be under the supervision of a USA Swimming Coach. Any swimmer(s) without a coach present must report to the Meet Director or the Meet Referee prior to the start of warm-ups to be assigned to a coach.** Specific warm-up will be conducted as follows:

- (a) Lanes 1 & 10 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 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-8 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.

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

**COACHES:** Coach's packets will be available in the deck entry office. There may be a coaches meeting 15 minutes prior to the start of the meet.

**MEET DIRECTOR:** Julie Knurek

[jbkmom@wowway.com](mailto:jbkmom@wowway.com)

(440)734-0085

**SAFETY DIRECTOR:** Marilyn Duman

[dumanswims@aol.com](mailto:dumanswims@aol.com)

(440) 234-3362

**ENTRY PERSON:** Julie Bare

[juliebare@windstream.net](mailto:juliebare@windstream.net)

(440) 338-8659

**DIRECTIONS:**

Take I-77 North, follow signs to I-90 east to E. 22<sup>nd</sup> street exit, follow E. 22<sup>nd</sup> north (left) to Euclid or Chester.

From I-90 east or west, exit at Chester Ave, park on Chester or Euclid.

From Ohio Turnpike, take I-77 or I-71 north to I-90 east (see above)

**PARKING:** CSU normally charges \$6 for event parking. The parking garage is adjacent to the pool and may be entered from Chester and/or Euclid Avenues. Meter parking is free all day Sunday on Chester Avenue.

**PLEASE NOTE:**

Each swimmer must have a completed CSU waiver form on file at CSU. If you have swimmers that did not complete a CSU waiver form last year, please copy the enclosed form and send the completed sheets with your entry.

## Schedule of Events

### *Sunday - 8:00 am Warm-Up, 8:50 am meet start (Timed Finals)*

Mixed, Girls and Boys will swim together	Slower than (see attached sheet)	Age Group/Stroke	Slower than (see attached sheet)	
1		11 and over 400 IM		
2		Open 200 Back		
3		Open 200 Breast		
4		11 and over 1000 Free		
5		Open 200 Fly		
6		11 and over 1650 Free		

Second session warm up will begin in the non-competitive pool with 15 minutes of starts in the competition pool. Estimated timeline will be posted on lakeerieswimming.com by Friday, February 12, 2010.

Mixed, Girls and Boys will swim together	Slower than (see attached sheet)	Age Group/Stroke	Slower than (see attached sheet)	
7		Open 500 free		

**\*\*\* SWIMMERS MUST BE SLOWER THAN THE QUALIFYING TIME  
FOR THE LESI GOLD CHAMPIONSHIP MEET FOR THEIR AGE AS OF  
MARCH 5, 2010**

**Exception: 10 & Unders entering the 200 Breast, 200 Butterfly, or 200 Back must be equal to or faster than the NAG B time standard for the corresponding 100 stroke, and must enter their best estimated time for the 200.**

**For the Distance Animal Meet, swimmers must be SLOWER THAN the time standards listed below for their age as of March 5, 2010, except as noted.**

	EVENT	
<b>10 AND U GIRLS</b>		<b>10 AND U BOYS</b>
Slower than 6:48.39	<b>500 FREE</b>	Slower than 6:44.59
Equal to or faster than 1:45.69 in 100 Back	<b>200 BACK</b>	Equal to or faster than 1:42.89 in 100 Back
Equal to or faster than 1:59.99 in 100 Breast	<b>200 BREAST</b>	Equal to or faster than 1:55.69 in 100 Breast
Equal to or faster than 1:57.49 in 100 Fly	<b>200 FLY</b>	Equal to or faster than 1:55.19 in 100 Fly
<b>SLOWER THAN 11-12 GIRLS</b>		<b>SLOWER THAN 11-12 BOYS</b>
6:09.29	<b>500 FREE</b>	6:04.69
12:51.69	<b>1000 FREE</b>	12:42.89
21:39.59	<b>1650 FREE</b>	21:23.59
2:35.89	<b>200 BACK</b>	2:32.89
2:56.89	<b>200 BREAST</b>	2:52.89
2:38.59	<b>200 FLY</b>	2:35.29
5:36.09	<b>400 IM</b>	5:28.89
<b>13-14 GIRLS</b>		<b>13-14 BOYS</b>
5:52.99	<b>500 FREE</b>	5:35.19
12:07.59	<b>1000 FREE</b>	11:36.39
20:12.19	<b>1650 FREE</b>	19:15.69
2:27.29	<b>200 BACK</b>	2:18.19
2:46.79	<b>200 BREAST</b>	2:36.29
2:28.59	<b>200 FLY</b>	2:20.29
5:17.79	<b>400 IM</b>	5:00.49
<b>15 &amp; OVER GIRLS</b>		<b>15 &amp; OVER BOYS</b>
5:47.39	<b>500 FREE</b>	5:24.29
11:55.89	<b>1000 FREE</b>	11:12.19
19:58.89	<b>1650 FREE</b>	18:47.99
2:23.89	<b>200 BACK</b>	2:12.39
2:42.79	<b>200 BREAST</b>	2:30.09
2:24.49	<b>200 FLY</b>	2:13.39
5:09.89	<b>400 IM</b>	4:47.79



## 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:**

- 1<sup>st</sup> place – IMX towel
- 2<sup>nd</sup> place – IMX hoodie
- 3<sup>rd</sup> place – IMX drawstring bag

**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.

**Cleveland State University  
Release and Waiver of Liability**

As consideration for my participation in the \_\_\_\_\_, (the "event") I hereby for myself, family, heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University and its Board of Trustees, officers, employees and agents from any and all liabilities, demands, claims, damages, losses, costs (including attorney's fees), actions and causes of action arising out of or in connection with my participation in the above listed event and/or the use of Cleveland State University facilities, furnishings, or equipment during this event, except to the extent such liabilities, demands, claims, damages, losses, costs (excluding attorney's fees), actions and causes of action are attributable to the negligent actions of Cleveland State University or its Trustees, officers, employees, or agents while acting within the course of their employment, as set forth in Ohio Revised Code Section 2743.02. I also acknowledge that Cleveland State University and its Trustees, officers, employees and agents assume no responsibility for any bodily injury, death, loss, illness or accident to myself or others or damage to personal property which may arise out of my participation in this event.

I fully understand and hereby acknowledge that participation in this event involves many risks, including the risks of serious bodily injury and death. In consideration of being allowed to participate in the event listed above, I voluntarily accept and assume all responsibility for and risk of such personal injury arising from such participation.

I understand that any University personnel or agents participating in this event are not necessarily medically trained to care for any physical or medical problems that may occur during this event. I release all such personnel from any claim whatsoever on account of first aid or service rendered to me during my participation in this event.

By placing my signature below, I acknowledge that I have adequate medical and hospitalization insurance for any injuries that I may incur as a result of participating in this event. I attest and verify that I am 18 years of age or older, that I have had a recent physical examination and that I have no known health problems or conditions that could prevent me from successfully participating in this activity.

**IF APPLICANT IS LESS THAN 18 YEARS OF AGE, THE PARENT'S CONSENT, RELEASE AND WAIVER OF LIABILITY ON THE BACK OF THIS FORM MUST ALSO BE COMPLETED AND SIGNED.**

\_\_\_\_\_  
Participant's Name (Please print) Participant's Phone

\_\_\_\_\_  
Participant's Address

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY** and my signature below confirms my full understanding and voluntary acceptance of such **RELEASE AND WAIVER OF LIABILITY**.

\_\_\_\_\_  
Participant's Signature Date

