

LESI Gold Championships

March 12-14, 2010

Held under USA Swimming Sanction # LE 1012 S and Time Trials # LE 1012 TT

HEAT ENTRY DEADLINE IS MIDNIGHT ON MONDAY, FEBRUARY 22, 2010

LOCATION: CLEVELAND STATE UNIVERSITY, Robert F. Busbey Natatorium, 2451 Euclid Ave., Cleveland, OH (downtown Cleveland – Euclid Avenue at East 24th Street).

POOL: 25 yards by 10 lanes; Colorado electronic timing and ten lane digital readout scoreboard; continuous warm-up available.

POOL MEASUREMENTS: A) 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: Friday night warm-ups will begin at 4:30 pm and last 45 minutes with the meet starting at 5:20 p.m. All age groups, including Open will compete in a.m. sessions on Saturday and Sunday. Both Saturday and Sunday morning session warm-ups will be split as follows:

7:30-8:05 a.m. 13 and Over

8:05-8:30 a.m. 12 and Under

8:30-8:45 a.m. sprints for all ages.

Competition will begin at 8:50 a.m. on both Saturday and Sunday.

Finals on Saturday are estimated to begin at 6:00 PM after a 45-minute warm-up. Finals on Sunday are estimated to begin at 5:15 following a 45 minute warm-up. The finalized warm up plan and estimated warm up time lines can be found at the LESI website www.lakeerieswimming.com on Wednesday, March 10, 2010.

ATHLETE MEETING: There will be a brief meeting of all 13 & Over athletes held at the conclusion of Saturday morning 13 and Over warm ups(meeting will start at 8:10 AM). Athletes will be electing the Junior Athlete Representative to the Board of Directors and will be selecting the winner of the Athletes Award. Each athlete in attendance will have one vote.

ENTRY DEADLINE: HEAT Entry deadline is MIDNIGHT on Monday, February 22, 2010. Please declare attendance at www.directathletics.com Address questions to Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES: Individual events are \$4.50 each plus a \$2.50 per swimmer HEAT/LSC surcharge. Entry fees will be deducted from your swimmers HEAT excrow Account.

ENTRY LIMITATIONS: Swimmers may enter an unlimited number of events but may swim in no more than 3 individual events per day, including individual time trial events. Swimmers must scratch down to no more than 3 events with **no** refunds being issued for scratches. Swimmers may compete in no more than two (2) relays per day.

QUALIFYING TIMES: Please see the event listings. Exception: A swimmer who ages up from March 6 through March 12, 2010 (after Silver Champs and before Gold Champs) may enter an event at Gold Champs in which the swimmer had achieved the required time standard for Gold Champs in his/her former age group. NOTE, PLEASE SEND THE NAMES OF SWIMMER(S) THIS EFFECTS BY E-MAIL TO JULIE BARE, WHEN YOU SEND IN YOUR ENTRIES.

SEE PAGE 5 FOR ACCEPTABLE PROOF OF TIME & DOCUMENTATION

BONUS EVENTS: Swimmers entered in 12 & under events are eligible for bonus events. Two bonus events are permitted for every event for which the 12 and under swimmer qualifies and enters, with no limit, except that the total number of individual events in which a swimmer may compete cannot exceed 3 per day. Events in distance of 400 yards or longer are not eligible for bonus swims. There are no bonus events for swimmers aged 13 and over. Swimmers entering bonus events should be entered at their actual time. Please be certain to indicate that the event being entered is a bonus event.

RELAYS: All relays will be timed finals swum during the preliminary sessions. With the exception of the 800 Free Relay, there is no limit as to the number of relays a team may enter. For the 800 Free Relay, only two entries per team are permitted. Exception: More than two may be entered if all satisfy the time standard and proof of time is submitted along with the entry. Only two 800 Free Relays per team will be eligible to score. Swimmers may compete in no more than two relays per day.

DECK ENTRIES: Deck entries will be accepted on a space-available basis at \$7.00/individual event and \$14.00/relay up to 35 minutes prior to the start of the session and seeded at no time. Switching events constitutes a deck entry. Deck entrants who are new to the meet must present proof of USA Swimming registration to enter and pay the \$2.00 Lake Erie surcharge.

ELIGIBILITY: Swimmers must be current athlete members of LESI and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in each day. 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, March 12, 2010. On deck athlete registration will be available. There will be no on-deck registration for coaches.

FASTER THAN: Lake Erie Swimming mandates the following: 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. The \$1.00 fee for paper entries will be waived for swimmers with a disability.

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 pool.

Friday: All events are timed finals. Events 1 and 3 (Girls 12 and under 500 Free) will be swum together but scored separately for 10 and under and 11-12. Events 2 and 4 (Boys 12 and under 500 Free) will be swum together but scored separately for 10 and under and 11-12. Events 11, 13, and 15 (Girls 11 and over 400 I.M.) will be swum together but scored separately for 11-12, 13-14, and 15 and over. Events 12, 14, and 16 (Boys 11 and over 400 I.M.) will be swum together but scored separately for 11-12, 13-14, and 15 and over. Events 19, 21, 23 (Girls 11 and over 1650 Free) will be swum together but scored separately for 11-12, 13-14, and 15 and Over. Events 20, 22, 24 (Boys 11 and over 1650 Free) will be swum together but scored separately for 11-12, 13-14, and 15 and Over. The 1650 will be swum fastest to slowest, alternating women and men.

Saturday: All individual events will be preliminaries/finals except for the 11-12 200 back, the 13-14 500 free and all open events, which will be timed finals. The fastest-seeded heat of the 13-14 500 free will be swum at finals. Swimmers must declare at check-in that they will swim the 500 in the early session if they do not wish to swim the 500 at the finals session (See page 10 for more information). In preliminary events, the top ten qualifiers will advance to finals. There will be no consolation finals.

Sunday: All individual events for 10 & under, 11 – 12, and 13 – 14 will be prelims/finals. Open events and 13 and Over Events and the 1000 freestyle will be timed finals. The top ten qualifiers from prelims will advance to finals. There will be no consolation finals. Events 143, 145, 147 (Girls 11 and Over 1000 Free) will be swum together but

scored separately for 11-12, 13-14, and 15 and Over. Events 144, 146, 148 (Boys 11 and Over 1000 Free) will be swum together but scored separately for 11-12, 13-14, and 15 and Over. All heats of the 1000 Free will compete in the a.m. session and will be swum fastest to slowest.

All relays are timed finals and will be swum in prelims. Swimmers are advised not to enter both the 50 and 200 in the Butterfly or the 50 and 200 Backstroke since the 50/200 are back-to-back. The LESI 15-minute rule will **NOT** be applied to these events. There will be a break of 5 minutes preceding the 400 medley relays, but swimmers who compete in the 13 & Over 50 Breast will not receive additional rest.

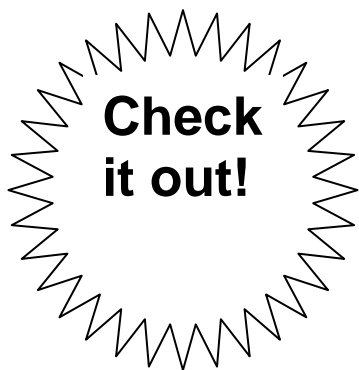
SEEDING & CHECK IN: This is a deck seeded meet. All swimmers must check in for all of their events no later than 30 minutes prior to the start of the session. FOR EVENTS 19, 20, 21, 22, 23 and 24(1650 FREE)- - AN OPTION OF CHECKING IN VIA E-MAIL IS AVAILABLE (juliebare@windstream.net) - CHECK IN MUST BE RECEIVED BY NOON ON FRIDAY AND SWIMMER MUST BRING CONFIRMATION OF CHECK-IN WITH THEM TO THE MEET. Heat and lane assignments will be posted. Relay cards for events 25-32 must be turned in by 8:30 AM on Saturday in order to be seeded. Relay cards for events 81-88 must be turned in by 8:20 AM on Sunday in order to be seeded. These events are the first events of the session for Saturday and Sunday respectively. All other relay cards must be turned in upon call in order to be seeded. The Lake Erie scratch rule (attached) will be in effect.

AWARDS:

Individual Events: Medals 1-5, Ribbons 6-10

Relay Events: Medals 1-3, Ribbons 4-10

High Point: Individual high point and runner up awards will be given in 10 & under, 11-12, 13-14, and 15-Over age groups.



Team Awards for Gold Championships

Combined Senior and Age Group: 1st \$100, 2nd \$50, 3rd \$25 for travel fund
Senior: (Open and 13 & Over) 1st \$100, 2nd \$50 for travel fund
Age Group (14 and under): 1st \$100, 2nd \$50 for travel fund

Team Awards by Age Group
\$75 Pizza Party for first place for each of these divisions: 11-12 Girls, 11-12 Boys, 10U Girls, and 10U Boys

SCORING: INDIVIDUAL...11-9-8-7-6-5-4-3-2-1
RELAYS...22-18-16-14-12-10-8-6-4-2

ADMISSION: \$2.00 for preliminaries and \$1.00 for finals. Psych sheets will be sold for \$1.00 on Friday; \$3.00 on Saturday; and \$3.00 on Sunday. Heat sheets for finals will be sold for \$1.00. CSU also charges for parking, however meters are available and parking on Chester is free on Saturday and Sunday.

RESULTS: Results will be available on www.lakeeriewimming.com.

TIME TRIALS: Time trials will be held Saturday and Sunday after the morning sessions at the discretion of the meet referee. Time trial entry fees are \$7.00 individual event/\$14.00 relay. Time Trial entries close 90 minutes prior to the end of the session. Time Trial events are open to swimmers entered in an individual event in the meet. Time Trial events count toward the daily event limitation.

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 warm-up on Friday shall be conducted as follows:

- (a) Lanes 1 & 10 is push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).

LAKE ERIE SWIMMING GOLD AND SILVER CHAMPIONSHIPS

PROOF OF TIME & DOCUMENTATION

Times Accepted for Proof of Time

1. Any time that has been entered into SWIMS provides acceptable proof of time. Times from meets that are sanctioned or approved or swims that have been observed by USA Swimming certified officials for compliance with USA Swimming technical rules (see note following this paragraph) are automatically entered into SWIMS. No additional documentation will be required.
2. Times from non-approved and non-observed high school, middle school, or YMCA meets are acceptable as proof of time **if a hard copy of the score sheet/result is sent to Pam Cook (preferably with the referee signature)**
3. Times from summer league meets are not acceptable.

******NOTE**

The above policy to accept non-approved and non-observed times from high school, middle school and YMCA meets is only for short course Silver and Gold Championships. It is not good for the following:

- Long course championships
- Any other USA Swimming sanctioned meet (unless the meet information specifies differently)



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**

**LESI Gold Championship Meet
FRIDAY, March 12, 2010**

**Friday Schedule of Events (Timed Finals)
4:30 p.m. Warm-Up 5:20p.m. Meet Start**

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys #
1	6:09.29	11-12 500 Freestyle*	6:04.69	2
3	6:48.39	10 & Under 500 Freestyle*	6:44.59	4
5	8:30 qualifying time applied IF 3+ entered	Open 800 Free Relay	8:00 qualifying time applied IF 3+ entered	6
7	2:56.89	11-12 200 Breast	2:52.89	8
9	2:55.99	10 & Under 200 I.M.	2:55.29	10
11	5:36.09	11-12 400 I.M.**	5:28.89	12
13	5:17.79	13-14 400 I.M.**	5:00.49	14
15	5:09.89	15 & Over 400 I.M.**	4:47.79	16
17	2:38.59	11-12 200 Fly	2:35.29	18
19	21:41.69	11-12 1650 Freestyle***	21:23.59	20
21	20:12.19	13-14 1650 Freestyle***	19:15.69	22
23	15 over 19:58.89	15 & Over 1650 Free***	15 over 18:47.99	24
All Friday events are timed finals.				

***Events 1 and 3** will be swum together but scored 10 and under and 11-12.

***Events 2 and 4** will be swum together but scored 10 and under and 11-12.

****Events 11, 13, and 15** will be swum together but scored 11-12, 13-14, and 15 and over.

****Events 12, 14, and 16** will be swum together but scored 11-12, 13-14, and 15 and over.

*****Events 19, 21, 23** will be swum together but scored 11-12, 13-14, and 15 and over.

*****Events 20, 22, 24** will be swum together but scored 11-12, 13-14, and 15 and over.

Events 19-24 will be swum fastest to slowest, alternating women and men.

LESI Gold Championship Meet Saturday, March 13, 2010

Schedule of Events AM Prelim Session
7:30 am Warm-Up, 8:10 am Athlete Meeting, 8:50 am Meet Start

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys#
25*		*10 & Under 200 Med Relay		26*
27*		*11-12 200 Med Relay		28*
29*		*13-14 200 Med Relay		30*
31*		Open 200 Med Relay		32*
33	1:26.69	10-U 100 Fly	1:25.59	34
35	1:13.19	11-12 100 Fly	1:11.69	36
37	1:07.79	13-14 100 Fly	1:02.89	38
39*	1:06.29	*Open 100 Fly	1:00.09	40*
41	41.99	10-U 50 Breast	42.19	42
43	37.79	11-12 50 Breast	37.29	44
45	2:46.79	13-14 200 Breast	2:36.29	46
47*	2:42.79	*Open 200 Breast	2:30.09	48*
49	1:22.19	10-U 100 Back	1:21.29	50
51	1:14.19	11-12 100 Back	1:12.29	52
53	1:08.49	13-14 100 Back	1:04.19	54
55*	1:06.59	*Open 100 Back	1:01.09	56*
57	32.19	10-U 50 Free	31.59	58
59	29.49	11-12 50 Free	28.59	60
61	28.69	13-14 50 Free	26.29	62
63*	27.99	*Open 50 Free	25.29	64*
65	2:37.59	11-12 200 I.M.	2:35.59	66
67	2:30.49	13-14 200 I.M.	2:20.29	68
69*	2:26.99	*Open 200 I.M.	2:15.09	70*
71*	2:35.89	11-12 200 Back	2:32.89	72*
73*		*13-14 400 Free Relay		74*
75*		*Open 400 Free Relay		76*
77**	5:52.99	13-14 500 Free **	5:35.19	78**
79*	5:47.39	*Open 500 Free	5:24 .29	80*
* Denotes Timed Finals				
**Timed Finals, however, fastest seeded Heat will swim at Finals (SEE PAGE 10 FOR MORE INFORMATION)				

FINALS SCHEDULE: One Championship Heat at Finals:

77,78,33,34,35,36,37,38,41,42,43,44,45,46,49,50,51,52,53,54,57,58,59,60,61,62,65,66,67,68

LESI Gold Championship Meet Sunday, March 14, 2010

Schedule of Events AM Prelim Session 7:30 am Warm-Up, 8:50 Meet Start

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys#
81*		*10 & Under 200 Free Relay		82*
83*		*11-12 Free Relay		84*
85*		*13-14 200 Free Relay		86*
87*		*Open 200 Free Relay		88*
89	37.29	10-U 50 Fly	36.69	90
91	32.39	11-12 50 Fly	32.09	92
93	2:28.59	13-14 200 Fly	2:20.29	94
95*	2:24.49	*Open 200 Fly	2:13.39	96*
97*	* ^	*13 & Over 50 fly ^	* ^	98*
99	1:33.39	10-U 100 Breast	1:31.79	100
101	1:22.19	11-12 100 Breast	1:20.49	102
103	1:17.59	13-14 100 Breast	1:12.29	104
105*	1:15.69	*Open 100 Breast	1:08.89	106*
107	2:36.39	10-U 200 Free	2:31.89	108
109	2:19.89	11-12 200 Free	2:16.19	110
111	2:13.79	13-14 200 Free	2:05.29	112
113*	2:10.39	*Open 200 Free	2:00.09	114*
115	38.09	10-U 50 Back	38.29	116
117	33.89	11-12 50 Back	33.49	118
119	2:27.29	13-14 200 Back	2:18.19	120
121*	2:23.89	*Open 200 Back	2:12.39	122*
123*	* ^	*13 & Over 50 Back ^	* ^	124*
125	1:11.89	10-U 100 Free	1:10.79	126
127	1:03.09	11-12 100 Free	1:02.69	128
129	1:02.19	13-14 100 Free	57.39	130
131*	1:00.79	*Open 100 Free	55.19	132*
133	1:22.59	10-U 100 I.M.	1:21.09	134
135	1:13.99	11-12 100 I.M.	1:11.49	136
137*	* ^	*13 & Over 50 Breast^	* ^	138*
139*		*Open 400 Med Relay		140*
141*		*13 - 14 400 Med Relay		142*
143*	12:51.69	*11-12 1000 Freestyle	12:42.89	144*
145*	12:07.59	*13-14 1000 Freestyle	11:36.39	146*
147*	11:55.89	15 & Over 1000 Freestyle	11:12.19	148*
* Denotes Timed Finals				
^ Swimmers must have a NAG A time in the 100 in order to enter the 50 of that stroke.				

Events 143, 145, 147 will be swum together but scored 11-12, 13-14, and 15 and Over.

Events 144, 146, 148 will be swum together but scored 11-12, 13-14, and 15 and Over.

All heats of the 1000 Free will compete in the a.m. session and be swum fastest to slowest.

Swimmers are advised not to enter both the 50 and 200 in the Butterfly or the 50 and 200 Backstroke since the 50/200 are back-to-back. The LESI 15-minute rule will NOT be applied to these events. There will be a break of 5 minutes preceding the 400 medley relays, but swimmers who compete in the 13 & Over 50 Breast will not receive additional rest.

FINALS SCHEDULE: One Championship Heat at Finals: 89, 90, 91, 92, 93, 94, 99, 100, 101,102,103, 104,107, 108, 109,110,111,112, 115,116,117,118,119,120,125,126,127,128,129,130,133,134,135,136

IMPORTANT INFORMATION

FRIDAY – all events are timed finals. Swimmers who have checked in for an individual event that is 400 yards or longer will be fined \$25.00 for failure to compete unless the Referee determines that a failure to compete was beyond a swimmer's control.

SATURDAY - All events other than relays, the 11-12 200 backstroke, the 13-14 500 yard freestyle and all open events are preliminary/final events. **The top ten finishers in each of the 10-Under, 11-12, and 13-14 preliminary events are automatic qualifiers and must compete in finals or declare an intention to scratch within 30 minutes of the announced results.** Failure to compete in a final for which a swimmer has not declared an intention to scratch will result in the swimmer's **immediate removal** from all remaining events in the meet. If the failure to compete occurs in the swimmer's last scheduled event of the meet, that swimmer will be fined \$25.00. Swimmers may declare their intention to scratch from finals at the announcer's table. As scratches are received, alternates will be notified that they have moved into finals. Alternates who have received such notification must either scratch from finals or compete. Failure to compete after indicating that a desire to swim shall result in the same penalty listed above. There is no penalty to an alternate who is moved into finals but has not received prior notification and declared a desire to swim.

The 13-14 500 yard freestyle events are timed finals, with the fastest-seeded heat swimming at the finals session. Swimmers who do not want to swim the 500 at the finals session should indicate their desire to swim the 500 during the prelim session by putting a "P" next to their names on the check-in sheet. The fastest ten swimmers who have not indicated a "P" next to their names at check-in will be seeded into the finals session. Failure of any swimmer to compete in the 500 freestyle (at either session) after checking in for it will result in a \$25 fine to that swimmer unless the Referee determines that failure of the swimmer to compete was beyond the swimmer's control.

SUNDAY – All Open events, 13 & Over 50 strokes, relays, and the 1000 yard freestyle are timed finals. All other events are preliminary/finals. The top ten finishers in the 10-Under, 11-12, 13-14 preliminary events **are automatic qualifiers and must compete in finals or declare an intention to scratch within 30 minutes of the posted results.** Failure to compete in a final for which a swimmer has not declared an intention to scratch will result in the swimmer's **immediate removal** from all remaining events in the meet. If the failure to compete occurs in the swimmer's last scheduled event, that swimmer will be fined \$25.00. Swimmers may declare their intention to scratch from finals at the announcer's table. As scratches are received, alternates will be notified that they have moved into finals. Alternates who have received such notification must either scratch from finals or compete. Failure to compete after indicating a desire to swim shall result in the same penalty listed above. There is no penalty to an alternate who is moved into finals but has not received prior notification and declared a desire to swim.

All heats of the 1000 yard freestyle will be swum in the preliminary session. Swimmers who check in for the 1000 and fail to compete will be fined \$25.00 unless the Referee determines that the failure to compete was beyond a swimmer's control.

**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

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.