

NEW YEAR STRETCH
SWIM YOUR OWN AGE MEET

Sponsored by

THE LAKE SHORE SWIM CLUB
January 9, 2010 – Girls Events
January 10, 2010 – Boys Events
Held under USA Swimming Sanction # LE 1001 S

HEAT entry deadline is Friday, December 18, 2009 at Midnight

LOCATION: Rocky River High School, 20951 Detroit Road, Rocky River, OH 44116. Corner of Wagar and Detroit Roads.

DIRECTIONS: I-90 west to Hilliard Boulevard exit. At end of ramp, turn right onto Westway Drive. Turn right onto Wagar Road. Turn right into school parking lot immediately past freeway overpass.

POOL: 25 yards by 6 lanes. Colorado electronic timing and scoreboard. Locker rooms, food and swimwear concessions and free parking.

POOL MEASUREMENTS: The competition course has not been certified in accordance with 104.2.C(4).

WATER DEPTH: The depth of the pool at the start end is 12 feet. The depth at the turn end is 3 feet, 6 inches.

STARTING TIMES: Saturday and Sunday morning session warm-ups are from 7:30 – 8:15 a.m., with the meet starting at 8:20 a.m. Afternoon 45-minute warm-up on Saturday and Sunday will begin 15 minutes after the conclusion of the morning session. Estimated warm-up times will be posted on the Lake Erie website (lakeeriewimming.com) by January 7, 2010.

At the discretion of the Meet Safety Director, warm ups may be split by age group or team following a review of entries received. The finalized warm-up plan will be posted on the Lake Erie website (lakeeriewimming.com) by January 7, 2010.

NOTE: THIS IS A TWO-SESSION MEET ON SATURDAY WITH GIRLS EVENTS AND A TWO-SESSION MEET ON SUNDAY WITH BOYS EVENTS.

ENTRY DEADLINE: The HEAT entry deadline is Friday, December 18, 2009 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 HEAT/LESI surcharge. Entry fees will be deducted from your swimmers HEAT Escrow Account.

ENTRY LIMITATIONS: Swimmers may enter up to 4 individual events per day, exclusive of relays. Swimmers should pay particular attention to event order and space events accordingly. Teams may enter 4 relays per relay event and individual swimmers may compete in 2 relays.

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 desk at \$7.00 per individual event and \$10.00 per relay. If a swimmer gets closed out of an event, a refund will be issued. Deck entry swimmers new to meet will be charged the \$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. 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, January 9, 2010. On deck USA Swimming registration will **not** be available.

QUALIFYING TIMES: Please see event listings. Swimmers must be slower than the qualifying time listed as of the entry deadline.

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.

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.

SEEDING & CHECK IN: All events 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 on tables in Wagar Gym. All swimmers should circle the number to the left of his or her name neatly and clearly. All 10 and under swimmers must report to the Clerk of Course when their event is called. Lane and heat assignments will be posted on the pool deck for the 11 and over swimmers. Relay cards will be available during warm-ups at the announcer's table and must be turned in upon call in order to be seeded. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. If a heat limitation is imposed in the 500 Free, swimmers will receive a refund.

AWARDS: Individual Events - Ribbons 1 through 8; Relays - Ribbons 1 through 3; Heat Winners - Ribbons to 10 and under only. **This is a swim your own age meet and individual events will be scored by age (8 & Under will be scored as 7 and under and 8 years old, 10 & Under scored as 9 and under and 10 years old, 11-12 events scored as 11 years old and 12 years old, 13 & Over events scored as 13 years old, 14 years old and 15 & over).**

ADMISSION COST: Cost per adult is \$3.00; cost for Psyche Sheets is \$3.00 per day. Parking is free.

RESULTS: Will be posted on 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. The final 20 minutes of a 45-minute warm-up shall be conducted as follows:

There is no diving during warm-up, except in designated sprint lanes. The final 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 and 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 LESI's Officials Chair, Chuck Kunsman (chuck163@yahoo.com), in advance of the meet if at all possible to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact Chuck Kunsman.

COACHES: Coaches packets will be available at the announcer's table.

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: Julie Knurek email: jbkmom@wowway.com phone: (440) 821-1335

SAFETY DIRECTOR: Dawn Parris email: dawnparris@sbcglobal.net phone: 216-780-6767

ENTRY PERSON: Jodie Wohlfeil email: d_wohlfeil@att.net phone: 216-521-0735



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 March 16, 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**

NEW YEAR STRETCH – SWIM YOUR OWN AGE MEET
SCHEDULE OF EVENTS,
January 9, 2010 - Saturday – GIRLS EVENTS ONLY
Morning Session - Warm-up at 7:30; meet start 8:20

Girls #	Age Group / Stroke	Qualifying Time (slower than)
1	10 & Under 200 IM	3:42.69
2	10 & Under 50 Back	48:79
3	10 & Under 100 Back	1:45.69
4	8 & Under 25 Free	
5	10 & Under 50 Free	39.79
6	10 & Under 100 IM	1:44.99
7	10 & Under 25 Fly	
8	8 & Under 25 Breast	
9	10 & Under 50 Breast	53.59
10	8 & Under 25 Fly	
11	10 & Under 50 Fly	48.79
12	8 & Under 50 Free	
13	10 & Under 100 Free	1:31.29
14	10 & Under 100 Medley Relay	
	10 minute warm-up	
15	10 & Under 500 Free	8:30.49

Afternoon Session - 45 Minute warm-up 15 minutes after completion of morning session

Girls #	Age Group / Stroke	Qualifying Time (slower than)
16	11 & Over 200 IM	3:03.79 11-12 2:55.49 13-14 2:51.49 15 & Over
17	11-12 50 Back	39:59
18	13 & Over 200 Back	2:51.79 13-14 2:47.89 15 & Over
19	11 & Over 100 Free	1:13.59 11-12 1:12.49 13-14 1:10.89 15 & Over
20	11 & Over 100 Back	1:27.99 11-12 1:19.89 13-14 1:17.69 15 & Over
21	11-12 50 Free	34.29
22	11 & Over 200 Free	2:43.19 11-12 2:36.09 13-14 2:32.09 15 & Over
23	11 & Over 100 Fly	1:27.19 11-12 1:19.09 13-14 1:17.39 15 & Over
24	11-12 50 Fly	37.79
25	11 & Over 100 Breast	1:36.39 11-12 1:30.59 13-14 1:28.29 15 & Over
26	11 & Over 200 Breast	3:26.39 11-12 3:14.59 13-14 3:09.99 15 & Over
27	11 & Over 200 Medley Relay	

NEW YEAR STRETCH – SWIM YOUR OWN AGE MEET

SCHEDULE OF EVENTS,
January 10, 2010 - Saturday – BOYS EVENTS ONLY
Morning Session - Warm-up at 7:30; meet start 8:20

Boys #	Age Group / Stroke	Qualifying Time (slower than)
28	10 & Under 200 IM	3:40.89
29	10 & Under 50 Back	49.19
30	10 & Under 100 Back	1:42.89
31	8 & Under 25 Free	
32	10 & Under 50 Free	38:89
33	10 & Under 100 IM	1:41.29
34	10 & Under 25 Fly	
35	8 & Under 25 Breast	
36	10 & Under 50 Breast	53.59
37	8 & Under 25 Fly	
38	10 & Under 50 Fly	47.29
39	8 & Under 50 Free	
40	10 & Under 100 Free	1:29.19
41	10 & Under 100 Medley Relay	
	10 minute warm-up	
42	10 & Under 500 Free	8:25.79

Afternoon Session - 45 Minute warm-up 15 minutes after completion of morning session

Boys #	Age Group / Stroke	Qualifying Time (slower than)
43	11 & Over 200 IM	3:03.09 11-12 2:43.69 13-14 2:37.69 15 & Over
44	11-12 50 Back	39:49
45	13 & Over 200 Back	2:41.29 13-14 2:34.39 15 & Over
46	11 & Over 100 Free	1:13.09 11-12 1:06.99 13-14 1:04.39 15 & Over
47	11 & Over 100 Back	1:25.79 11-12 1:14.89 13-14 1:11.29 15 & Over
48	11-12 50 Free	33.39
49	11 & Over 200 Free	2:38.89 11-12 2:26.09 13-14 2:20.09 15 & Over
50	11 & Over 100 Fly	1:25.79 11-12 1:13.29 13-14 1:10.09 15 & Over
51	11-12 50 Fly	38.19
52	11 & Over 100 Breast	1:35.09 11-12 1:24.09 13-14 1:20.39 15 & Over
53	11 & Over 200 Breast	3:21.69 11-12 3:02.39 13-14 2:55.09 15 & Over
54	11 & Over 200 Medley Relay	

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.