

Lake Erie Silver Championships
Sponsored by
Firestone Akron Swim Team
March 5 – 7, 2010
Held under USA Swimming Sanction # 1011 S

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

LOCATION: Ocasek Natatorium, University of Akron (corner of Carroll and Spicer)

POOL: 25 yards by 8 lanes including a Colorado timing system and scoreboard with continuous warm-up in the non-competition 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 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: Friday night warm-up will begin at 4:45 p.m. and last for 45 minutes with the meet starting at 5:35 p.m. Both Saturday and Sunday morning session warm-up will be from 7:40 – 8:25 a.m. with competition starting at 8:30 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The afternoon session warm up will be 45-minutes. There will be a 5 minute break between the end of warm-up and the beginning of competition. Estimated afternoon warm-up times will be posted on the Lake Erie Swimming website by Thursday, March 4, 2010, at www.lakeerieswimming.com

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 \$4.00 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 3 individual events/day exclusive of relays. Swimmers may compete in no more than 9 individual events for the meet. **If a swimmer qualifies for Gold Championships in an event; they CANNOT compete in that same event at this meet. All relay swimmers MUST be entered in an individual event.**

DECK ENTRIES: Deck entries will be offered on a space available basis **and seeded at NT.** Deck entries will close 35 minutes prior to the beginning of each session. Deck entry fees will be: \$8.00 for individual events and \$16.00 for relays. Deck entry swimmers, new to the meet, will pay the \$2.00 surcharge and must provide proof of USA Registration.

ELIGIBILITY: This is a **CLOSED** competition. All 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. 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, March 5, 2010. On deck USA Swimming registration will **not** be available.

QUALIFYING TIMES: Please see event listings for the time standards. ALL entries **MUST** be entered in short course yards. **NO CONVERTED TIMES WILL BE ACCEPTED.**

Swimmers should enter an event only if their time falls within the range of the listed time standard for that event as of the entry deadline. 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).

"Slower Than" 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.

Exception: A swimmer who ages up from March 1 through March 5, 2010 (after Bronze Champs and before Silver Champs) may enter an event at Silver Champs in which the swimmer had achieved the required time standard for Silver Champs in his/her former age group.

SEE PAGE 4 FOR ACCEPTABLE PROOF OF TIME & DOCUMENTATION

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. All events will be deck seeded and all heats run on a slowest to fastest order except for the 1650's which will be swum fastest to slowest, alternating girls and boys. The Lake Erie scratch rule (attached) will be in effect. Individual events for 11 & over will be awarded for 11-12, 13-14, and 15 & over and those for 12 & under will be awarded for 11-12, 10 & under.

SEEDING & CHECK IN: All events will be seeded on the deck. Swimmers should check in for all of their day's events prior to the start of warm-up, but no later than 30 minutes before the start of the session. Check in sheets will be posted on the pool deck. Heat and lane assignments will be posted. It is the responsibility of each swimmer to report to the blocks on time for his/her event. There will be NO CLERK OF COURSE. Relay cards 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.

AWARDS: Individual Events: Ribbons 1 - 8
Relay Events: Ribbons 1 - 3
Heat winner: Ribbons for 10 & unders ONLY.

ADMISSION COST: \$2.00 per Person: \$3.00 for Psyche Sheet

Parking Pass can be downloaded at: www.zipsrec.uakron.edu

Results: Final results will be posted on the Lake Erie Swimming web site at lakeeriewimming.com

TIME TRIALS: Will not be offered at this 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 a 45-minute warm-up will 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. 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, Cindy Virdo, 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's E-mail: cvirdo@aol.com

Official's Chair: Chuck Kunsman: E-mail: chuck163@yahoo.com

COACHES: Packets for coaches will be available in the hospitality room.

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: Cindy Virdo, (330) 873-3321, Cvirdo@aol.com

SAFETY DIRECTOR: Ernie Dontis, (330) 864-2505, edontis@neo.rr.com

ENTRY PERSON: Cindy Virdo, (330) 873-3321, Cvirdo@aol.com

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.

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 send 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**

SCHEDULE OF EVENTS

**Friday Night - 4:45 Warm-Up, 5:35 meet start (Timed Finals)
March 5, 2010**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
1	Time standards below		12 & Under 500 Free	Time standards below		2
5	3:03.79	2:37.59	11-12 200 IM	3:03.09	2:35.59	6
7	3:04.99	2:38.59	11-12 200 Fly	3:01.19	2:35.29	8
9	3:01.89	2:35.89	11-12 200 Back	2:58.39	2:32.89	10
3	Time standards below		11 & Ov 400 IM*	Time standards below		4
11	Time standards below		11 & Ov 1650 Free*	Time standards below		12

Events 200 yards and longer may be seeded together, but will be awarded separately. Individual events for 11 & over will be awarded for 11-12, 13-14, and 15 & over and those for 12 & under will be awarded for 11-12, 10 & under. The 1650's will be swum fastest to slowest, alternating girls and boys.

*Time cuts are as follows for the 400 IM, 1650 Free and 500 Free:

	400 IM	1650	500
10 & Un Girls:			7:39.49 – 6:48.39
10 & Un Boys:			7:35.19 – 6:44.59
11 – 12 Girls:	6:04.19 – 5:36.09	23:27.89 – 21:39.59	6:40.09 – 6:09.29
11 – 12 Boys:	5:56.29 – 5:28.89	23:10.49 – 21:23.59	6:35.09 - 6:04.69
13 – 14 Girls:	5:44.29 – 5:17.79	21:53.19 – 20:12.19	
13 – 14 Boys:	5:25.49 – 5:00.49	20:51.99 – 19:15.69	
15 & Ov Girls:	5:35.69 – 5:09.89	21:38.89 – 19:58.89	
15 & Ov Boys:	5:11.79 – 4:47.79	20:21.89 – 18:47.99	

**Saturday AM – 7:40 Warm-Up, 8:30 meet start (Timed Finals)
March 6, 2010**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
15	1:57.49	1:26.69	10 & Under 100 Fly	1:55.19	1:25.59	16
19	1:45.69	1:22.19	10 & Under 100 Back	1:42.89	1:21.29	20
23	53.59	41.99	10 & Under 50 Breast	53.59	42.19	24
27	39.79	32.19	10 & Under 50 Free	38.89	31.59	28
31	3:20.19	2:36.39	10 & Under 200 Free	3:09.89	2:31.89	32
35	1:44.99	1:22.59	10 & Under 100 IM	1:41.29	1:21.09	36
39			10 & Under 200 Medley Relay			40
13	2:43.19	2:19.89	11-12 200 Free	2:38.89	2:16.19	14
17	1:27.99	1:14.19	11-12 100 Back	1:25.79	1:12.29	18
21	44.09	37.79	11-12 50 Breast	44.29	37.29	22
25	34.29	29.49	11-12 50 Free	33.39	28.59	26
29	1:27.19	1:13.19	11-12 100 Fly	1:25.79	1:11.69	30
33	3:26.39	2:56.89	11-12 200 Breast	3:21.69	2:52.89	34
37			11-12 200 Medley Relay			38

Saturday PM – Estimated afternoon warm-up times will be posted on www.lakeeriewimming.com.

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
41			13 & Ov 200 Medley Rel			42
45	1:19.09	1:07.79	13-14 100 Fly	1:13.29	1:02.89	46
49	3:14.59	2:46.79	13-14 200 Breast	3:02.39	2:36.29	50
53	1:19.89	1:08.49	13-14 100 Back	1:14.89	1:04.19	54
57	1:12.49	1:02.19	13-14 100 Free	1:06.99	57.39	58
61	2:55.49	2:30.49	13-14 200 IM	2:43.69	2:20.29	62
63			13 & Ov 400 Free Relay			64
43	1:17.39	1:06.29	15 & Ov 100 Fly	1:10.09	1:00.09	44
47	3:09.99	2:42.79	15 & Ov 200 Breast	2:55.09	2:30.09	48
51	1:17.69	1:06.59	15 & Ov 100 Back	1:11.29	1:01.09	52
55	1:10.89	1:00.79	15 & Ov 100 Free	1:04.39	55.19	56
59	2:51.49	2:26.99	15 & Ov 200 IM	2:37.69	2:15.09	60
65	Time Standards Below		13 & Ov 500 Free	Time Standards Below		66

Events 200 yards and longer may be seeded together, but will be awarded separately.

500 Free

13 – 14 Girls 6:22.39 – 5:52.99

13 – 14 Boys 6:03.19 – 5:35.19

15 & Ov Girls 6:16.29 – 5:47.39

15 & Ov Boys 5:51.29 – 5:24.29

**Sunday AM - 7:40 Warm-Up, 8:30 meet start (Timed Finals)
March 7, 2010**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
67	3:42.69	2:55.99	10 & Under 200 IM	3:40.89	2:55.29	68
71	1:31.29	1:11.89	10 & Under 100 Free	1:29.19	1:10.79	72
75	48.79	38.09	10 & Under 50 Back	49.19	38.29	76
79	1:59.99	1:33.39	10 & Under 100 Breast	1:55.69	1:31.79	80
83	48.79	37.29	10 & Under 50 Fly	47.29	36.69	84
87			10 & Under 200 Free Relay			88
69	1:26.29	1:13.99	11-12 100 IM	1:23.69	1:11.49	70
73	1:13.59	1:03.09	11-12 100 Free	1:13.09	1:02.69	74
77	39.59	33.89	11-12 50 Back	39.49	33.49	78
81	1:36.39	1:22.19	11-12 100 Breast	1:35.09	1:20.49	82
85	37.79	32.39	11-12 50 Fly	38.19	32.09	86
89			11-12 200 Free Relay			90

Individual events for 11 & over will be awarded for 11-12, 13-14, and 15 & over and those for 12 & under will be awarded for 11-12, 10 & under.

Sunday PM –Estimated afternoon warm-up times will be posted on www.lakeeriewimming.com.

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
91			13 & Ov 200 Free Relay			92
95	2:51.79	2:27.29	13-14 200 Back	2:41.29	2:18.19	96
99	1:30.59	1:17.59	13-14 100 Breast	1:24.09	1:12.09	100
103	2:53.39	2:28.59	13-14 200 Fly	2:43.69	2:20.29	104
107	2:36.09	2:13.79	13-14 200 Free	2:26.09	2:05.29	108
111	33.39	28.69	13-14 50 Free	30.69	26.29	112
113			13 & Ov 400 Medley Rela			114
93	2:47.89	2:23.89	15 & Ov 200 Back	2:34.39	2:12.39	94
97	1:28.29	1:15.69	15 & Ov 100 Breast	1:20.39	1:08.89	98
101	2:48.59	2:24.49	15 & Ov 200 Fly	2:35.59	2:13.39	102
105	2:32.09	2:10.39	15 & Ov 200 Free	2:20.09	2:00.09	106
109	32.69	27.99	15 & Ov 50 Free	29.49	25.29	110

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.