

**CCS 11 & OVER SWIM MEET**  
Sponsored by  
**CANTON CITY SCHOOLS**  
**SUNDAY, JANUARY 24, 2010**  
Held under USA Swimming Sanction # LE 1004 S

**HEAT entry deadline is Friday, January 8, 2010 at Midnight.**

**LOCATION:** C.T. Branin Natatorium, 1715 Harrison Ave NW, Canton, OH 44708 (Next to the Pro Football Hall of Fame)

**POOL:** 25 yards by 8 lanes, Colorado Timing system with digital scoreboard and spectator seating for over 2000 people. The diving well will be available for continuous warm-up and warm-down during competition. Site of the training camp for the 1976 Olympic Swim Team and the Ohio High School State Swimming and Diving Championships. A snack bar will be open throughout the meet.

**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 depth of the pool at the start end is 9 feet, 0 inches. The depth at the turn end is 7 feet, 0 inches.

**STARTING TIMES:** Sunday morning warm-up will be 7:45 – 8:30 a.m., with competition starting at 8:35 am. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The meet will start after a 45-minute warm-up session. Estimated afternoon start times will be posted on the [lakeeriewimming.com](http://lakeeriewimming.com) and [ccsswimteam.com](http://ccsswimteam.com) websites by Thursday, Jan. 21st, 2010. At the discretion of the Safety Director, warm ups may be split by gender or age group or team.

**ENTRY DEADLINE:** HEAT entry deadline is Friday, January 8, 2010 at Midnight. Please enter via 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 \$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 four (4) individual events.

**DECK ENTRIES:** Will not be accepted.

**ELIGIBILITY:** Swimmers must be current athlete members of USA Swimming. Swimmers must be 11 or over in order to compete in 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 (wristband is required to be worn by all coaches) issued by the meet host. Age is as of the day of the meet, January 24, 2010. On deck USA Swimming registration will not be available.

**QUALIFYING TIMES:** No qualifying times for this meet.

**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 and will be timed finals. In regard to the 500 Free, this event may be limited to control the length of the meet. Teams will be notified of swimmers who are closed out Monday before the meet. They may either enter swimmers in another event or receive a refund.

**SEEDING & CHECK IN:** All individual events 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 on the pool deck. In accordance

with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

**AWARDS:** Awards will be given for 11-12 and 13-14 age groups. No awards will be given for the 15 and over age groups

**Individual Events:** Medals: First – Third Ribbons: Fourth - Eighth

**SCORING:** 11-12, 13-14, and 15 & Over.

**ADMISSION COST:** \$3.00 per spectator Psych Sheets \$2.00

**RESULTS:** Results will be posted on [www.lakeerieswimming.com](http://www.lakeerieswimming.com) web site.

**TIME TRIALS:** Will not be offered.

**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 shall be conducted as follows:

- a. Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the direction 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 or all of these lanes may be converted to spring 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. A continuous warm up pool will be available.

**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, Sam Seiple 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: Sam Seiple, [seiple@hotmail.com](mailto:seiple@hotmail.com)

Official's Chair: Chuck Kunsman: E-mail: [chuck163@yahoo.com](mailto:chuck163@yahoo.com)

**COACHES:** Packets and sign-in will be at the pool office.

**UNSUPERVISED SWIMMERS:** Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned 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:** Sam Seiple, Phone: 330-438-2739, [seiple@hotmail.com](mailto:seiple@hotmail.com)

**SAFETY DIRECTOR:** Ronald Walker, Phone: 330-478-0857 - [foots1860@aol.com](mailto:foots1860@aol.com)

**ENTRY PERSON:** Pam Volpe, Phone: 330-499-1153 - [pjvolpe@sbcglobal.net](mailto:pjvolpe@sbcglobal.net)

**DIRECTIONS:** From the North: Exit I-77 at Fulton Road exit. Continue across Fulton about 4 blocks to dead-end. Turn left toward I-77. Turn left into McKinley High School complex. The Natatorium is on your right. Find a place to park in McKinley parking lot.

From the South: Exit I-77 at 13<sup>th</sup> (Mercy Hospital) exit. Turn left under I-77 to second light (Broad Ave). Right on Broad to 17<sup>th</sup> Street. Right on 17<sup>th</sup> about three blocks. McKinley High School is on the left with parking lot in front. Turn left in the complex. The Natatorium is on your right. Find a place to park in McKinley parking lot.

### **Emergency Evacuation Procedure**

#### **Swimmers & Coaches on Deck:**

Exit through pool deck doors on the South and West Exit signs.

#### **Spectators: North Bleachers -**

Exit down the stairs on the north stairwells to the exit signs on the north end of the building.

#### **West Bleachers**

Exit down stairwells on the west side and exit out west exit signs.

#### **East Bleachers**

**Exit down east or north stairwells and exit north of south exit doors.**



## **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**

**CCS 11 & Over Meet**  
**Sunday - 7:45 AM Warm-Up, 8:35 meet start (Timed Finals)**  
**January 24, 2010, Morning Session.**

Event #		Age Group/Stroke		
		<b>11 &amp; 12 GIRLS</b>		
1		200 IM		
3		100 FLY		
5		200 BACK		
7		100 BREAST		
9		50 FREE		
11		200 FLY		
13		100 BACK		
15		200 BREAST		
17		100 FREE		
19		500 FREE**		
		<b>13 &amp; OVER BOYS *</b>		
2		200 IM		
4		100 FLY		
6		200 BACK		
8		100 BREAST		
10		50 FREE		
12		200 FLY		
14		100 BACK		
16		200 BREAST		
18		100 FREE		
20		500 FREE**		

\* 13 & Over events will be scored 13 -14, and 15 & Over.

**\*\*500 Frees may be limited to control the length of the meet**

**CCS 11 & Over Meet**  
**January 24, 2010, Afternoon Session.**  
**Afternoon Warm ups will start 15 minutes after**  
**the completion of the morning session.**

*Warm up times will be posted on [lakeeriewimming.com](http://lakeeriewimming.com) & [csswimteam.com](http://csswimteam.com) by Thursday, Jan. 21<sup>st</sup>.*

Event #	Age Group/Stroke		
	<b>11 &amp; 12 BOYS</b>		
21	200 IM		
23	100 FLY		
25	200 BACK		
27	100 BREAST		
29	50 FREE		
31	200 FLY		
33	100 BACK		
35	200 BREAST		
37	100 FREE		
39	500 FREE**		
	<b>13 &amp; OVER GIRLS*</b>		
22	200 IM		
24	100 FLY		
26	200 BACK		
28	100 BREAST		
30	50 FREE		
32	200 FLY		
34	100 BACK		
36	200 BREAST		
38	100 FREE		
40	500 FREE**		

**\* 13 & Over events will be scored 13 -14, and 15 & Over.**

**\*\*500 Frees may be limited to control the length of the meet**

**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.