

LESD Distance Pentathlon Meet
Hosted by
The Lake Erie Silver Dolphins
February 7, 2010
Held under USA Swimming Sanction # LE 1006 S

HEAT ENTRY DEADLINE IS MIDNIGHT FRIDAY JANUARY 15, 2010

LOCATION: The Holtrey Natatorium,
Hawken Upper School, 12465 County Line
Road, Gates Mills, Ohio, 44040.

CONTINGENCY: In case of time constraints the meet host reserves the right to A.) Run the meet in eight lanes rather than seven, B.) Run mixed gender events, and/or C.) Move the 200 and 400 I.M.'s to the end of the meet. If I.M.'s are moved to the end of the meet, ten minute warm ups will precede these events and all twelve and under swimmers will be seeded first in the 400 I.M. The finalized meet plan will be posted on lesd.org and lakeeriewimming.com by Tuesday, February 2, 2010.

POOL: The competitive swimming pool measures 8 lanes by 25 yards. The seating capacity for the spectators is 360, which includes handicapped seating for 6. Competition will occur in seven lanes, with one lane reserved for continuous warm-up and warm-down (unless contingency A above is used). Men's and Women's locker rooms are off the pool deck. Colorado timing system and scoreboard are available. Swimmer drop-off is on the horseshoe drive in front of the pool entrance and parking is across the street in the designated parking lot. Please do not park in front of the building unless you have a handicapped designation sticker for that reserved space.

POOL MEASUREMENTS: The competition course has not been certified in accordance with 104.2.2C (4).

WATER DEPTH: The depth of the pool at the start end is 13 feet, 6 inches. The depth at the turn end is 4 feet.

STARTING TIME: Sunday morning 45-minute warm-ups will begin at 8:00AM with competition starting at 8:50AM. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team. The finalized warm up plan may be found on lesd.org and lakeeriewimming.com by February 5, 2010.

ENTRY DEADLINE: **The HEAT Entry Deadline is MIDNIGHT on Friday January 15, 2010.**

ENTRY FEES: **\$20.00 for meet (all events entered) and a \$2.50/swimmer HEAT/LESI surcharge. Enter at www.directathletics.com Entry fees will be deducted from the swimmers escrow acct. If you have any questions please email Chuck Duchon meetentry@hudsonheat.com**

ENTRY LIMITATIONS: Swimmers must enter all five events and must choose between one of the two tracks: Track 1: 200IM, 100 fly, 100 breast, 100 back, and 100 free. Track 2: 400IM, 200 fly, 200 breast, 200 back and 200 free

DECK ENTRIES: Deck entries will be taken on a space available basis up to 35 minutes before the start of the session. Deck entry fees are \$25.00 for all five swims. Deck entry swimmers new to the meet must present proof of USA Swimming membership to enter and pay the \$2.00 Lake Erie surcharge fee.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and have met the time standard requirements. In order to be eligible to compete in this meet, 11 and over swimmers must have achieved a B time (displayed in schedule of events) for at

least 1 of the Pentathlon events for his/her chosen track. 10 and under swimmers must have achieved a B time (displayed in schedule of events) for at least 1 of the Pentathlon events for the shorter track. If 10 and under swimmers meet the qualifications for swimming the short track, they may choose to swim the long track. Swimmers should enter all events with real times even if they are slower than the qualifying time for that event. Coaches are encouraged only to enter swimmers who can reasonably handle the demands of the event. 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, February 7, 2010. On deck USA Swimming registration will be available for athletes but not for coaches.

QUALIFYING TIMES: 11 and over swimmers must have at least one "B" times in the chosen track to be eligible to compete in this meet. 10 and under swimmers must have at least one "B" times in the shorter track to be eligible to compete in this meet. The host team reserves the right to enter its own swimmers even if they have not achieved the qualifying times.

FASTER THAN: Swimmers should enter the meet only if they have achieved the qualifying times as listed above. 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. The host team reserves the right to enter its own swimmers even if they have not achieved the qualifying time.

SWIMMERS WITH A DISABILITY:

Swimmers with a disability who do not meet any of the qualifying time standards may contact the meet director to see if arrangements can be made to include the swimmer in one of the pentathlon tracks.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. All events will be swum as one age group but scored separately as 10 & under, 11-12, and 13-14, and 15 & O. Events will be contested in a 25-yard course. Events are timed final. Swimmers must choose between the tracks and may not mix events from the two tracks. The Lake Erie scratch rule (following) will be in effect.

SEEDING & CHECK IN: This is a deck seeded meet and swimmers must check in 30 minutes prior to the start of the meet. Check-in will be conducted as a Pentathlon for all events. There is no clerk of course. In accordance with 102.1.4 events will be seeded together but scored separately.

SCORING: The swimmer in each age group and gender with the highest placement in all five events (either Track 1, or Track 2) will receive a "Distance Pentathlon" prize. Swimmers must have competed in all 5 to be eligible for the overall winner.

AWARDS: The purpose of this meet is to encourage and reward participation in distance events, and the awards are offered in that spirit. First place in each event/age group will receive a T-shirt (no more than one shirt per swimmer). The top three swimmers in each event will also receive a cap. No more than one cap and one shirt per swimmer will be awarded,

RESULTS: Results will be available on the www.LESD.org website in WORD format as well as cfile for team use. Paper copies may be ordered for \$5.00 each at admissions or the deck entry table. Any team bringing a disk may at the end of the meet, receive results.

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 diving board end of the pool. Swimmers may be removed from warm-up for violating safety rules. Lane 8 will be designated for continuous warm-up / warm-down during the meet with no lane separating the warm-up/warm-down lane from the competition lanes.

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 (LESI) officials in officiating this meet. Please contact the meet director or LESI's Officials Chair, Chuck Kunsman (chuck163@yahoo.com), in advance of the meet to let either know of your availability. LESI is also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, Chuck Kunsman

UNSUPERVISED SWIMMERS: Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck

TIME TRIALS: None available.

ADMISSION COST: Admission is \$2.00 per person. Psych sheets will be available.

COACHES: Psych sheets will be available at the deck entry table.

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: Denise Steinbauer, 18185 Moss Pt. Bainbridge, 44023.
denisesteinbauer@msn.com ; 440-708-6211

SAFETY DIRECTOR: Scott Lane, P.O.Box 633, Gates Mills 44040
Scottandag.lane@adelphia.net; 440-423-0345

ENTRY PERSON: Beth Forsythe, 4977 Countryside Road, Lyndhurst, Ohio 44124;
wforsythe4@gmail.com ; 216-382-7086

DIRECTIONS: Hawken's Upper School is located at the corner of Mayfield and County Line Roads in Gates Mills. County Line Road is 3 miles east of I-271 and Route 91 (S.O.M. Center Road) and 2.8 miles west of Route 306 in Chesterland. If you are traveling east from Cleveland on Mayfield Road, turn left onto County Line. Hawken's driveway is the first on the right. The Holtrey Natatorium is the first building on the right. Parking is across the street.



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**

LESD Distance Pentathlon
 SCHEDULE OF EVENTS
 February 7, 2010

11 and over swimmers must have at least one "B" times in an event of their track to compete.
 **10 & under swimmers must have at least one "B" times in events in Track 1 to compete in either track.

SWIMMERS ARE PERMITTED TO ENTER ONLY ONE TRACK. DO NOT MIX!

Girls #	Qualifying "B" time 2009-2012 NAG	Age Group/Stroke	Qualifying "B" time 2009-2012 NAG	Boys #
		200IM/400IM		
<i>1</i>	3:42.69 200IM	10 & under Track 1	3:40.89 200IM	<i>2</i>
	3:03.79 200IM	11 -12 Track 1	3:03.09 200IM	
	2:55:49 200IM	13 & over Track 1	2:43.69 200IM	
<i>3</i>	** 400IM	10 & under Track 2	** 400 IM	<i>4</i>
	6:32.19 400IM	11 -12 Track 2	6:23.69 400IM	
	6:10.79 400IM	13 & over Track 2	5:50.59 400IM	
		100/200 fly		
<i>5</i>	1:57.49 100 fly	10 & under Track 1	1:55.19 100 fly	<i>6</i>
	1:27.19 100 fly	11 -12 Track 1	1:25.79 100 fly	
	1:19.09 100 fly	13 & over Track 1	1:13.29 100 fly	
<i>7</i>	** 200 fly	10 & under Track 2	** 200 fly	<i>8</i>
	3:04.99 200 fly	11 -12 Track 2	3:01.19 200 fly	
	2:53.39 200 fly	13 & over Track 2	2:43.69 200 fly	
		100/200 breast		
<i>9</i>	1:59.99 100 breast	10 & under Track 1	1:55.69 100 breast	<i>10</i>
	1:36.39 100 breast	11 -12 Track 1	1:35.09 100 breast	
	1:30.59 100 breast	13 & over Track 1	1:24.09 100 breast	
<i>11</i>	** 200 breast	10 & under Track 2	** 200 breast	<i>12</i>
	3:26.39 200 breast	11 -12 Track 2	3:21.69 200 breast	
	3:14.59 200 breast	13 & over Track 2	3:02.39 200 breast	
		100/200 back		
<i>13</i>	1:45.69 100 back	10 & under Track 1	1:42.89 100 back	<i>14</i>
	1:27.99 100 back	11 -12 Track 1	1:25.79 100 back	
	1:19.89 100 back	13 & over Track 1	1:14.89 100 back	
<i>15</i>	** 200 back	10 & under Track 2	** 200 back	<i>16</i>
	3:01.89 200 back	11 -12 Track 2	2:58.39 200 back	
	2:51.79 200 back	13 & over Track 2	2:41.29 200 back	
		100/200 free		
<i>17</i>	1:31.29 100 free	10 & under Track 1	1:29.19 100 free	<i>18</i>
	1:13.59 100 free	11 -12 Track 1	1:13.09 100 free	
	1:12.49 100 free	13 & over Track 1	1:06.99 100 free	
<i>19</i>	3:20.19 200 free	10 & under Track 2	3:09.89 200 free	<i>20</i>
	2:43.19 200 free	11 -12 Track 2	2:38.89 200 free	
	2:36.09 200 free	13 & over Track 2	2:26.09 200 free	

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.