

Fabulous 50's Meet
Hosted by Medina Recreational Swim Team
Sunday-- February 7th, 2010
Held under USA Swimming Sanction # LE 1007 S

This is a SLOWER THAN "A" TIME STANDARD Meet.

HEAT ENTRY DEADLINE IS MIDNIGHT FRIDAY JANUARY 15, 2010

LOCATION: Medina Recreational Center, 855 Weymouth Rd, Medina, Oh, 44256

POOL: 25 yards by 8 lanes, ample locker room space, bleachers, 8 lane scoreboard, concessions and parking in the back of the recreational center.

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 12 feet, 6 inches. The depth at the turn end is 4 feet, 6 inches.

STARTING TIMES: Sunday: One session Warm up 10 & under: 8:00 a.m. 11 & Over Warm up: 8:30 a. m. Meet starts at 9:05 a.m.

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

ENTRY FEES: Individual events \$4.00; Relays: \$8.00; plus a \$2.50 per 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 may enter up to 3 individual events/day, exclusive of Relays.

DECK ENTRIES: Fees will be \$6.00 per individual event, \$ 10.00 per relay. Deck entries will be accepted on a space available basis only. Deck entries will close 35 minutes prior to the start of each session. Deck entered swimmers, new to the meet, will pay the \$2.00 surcharge and must provide proof of USA Registration. Deck entries will be seeded at NO TIME (NT).

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, February 7th, 2010. On deck USA Swimming registration will not be available including coach registration.

QUALIFYING TIMES: Please see event listings. Swimmers must be slower than the qualifying time (NAG "A") 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. Heats will be swum slowest to fastest. The Lake Erie scratch rule (attached) will be in effect.

SEEDING & CHECK IN: The meet will be pre-seeded for all individual events. Relays will be deck seeded. The relay cards for events 1 and 2 must be turned in by 8:35 AM in order to be seeded. The relay cards for events 35 and 36 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.

CLERK OF COURSE: There will be no Clerk of Course. All swimmers will need to report to the starting blocks for their events.

AWARDS: Individual events: Ribbons for 1st - 8th place.
Relay events: Ribbons for 1st – 3rd place
Heat winners will receive an award.

ADMISSION COST: \$3.00 for spectators, \$2.00 for heat/psych sheets. A concession stand will be open during the meet and a swimwear vendor will be available.

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. There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30-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 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 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 LES's Officials Chair, Chuck Kunsman, chuck163@yahoo.com in advance of the meet if at all possible to let him know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, Chuck Kunsman.

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

COACHES: Packets and sign-in will be at the awards area.

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: Anthony Petrucci anth@zoominternet.net 330-635-8556

SAFETY DIRECTOR: Steve Rhein srhein@mcrc.medinaoh.org 330-721-6943

ENTRY PERSON: Kevin Rytel kevinr417@yahoo.com 330-608-0504

DIRECTIONS: From Cleveland (North)

Take I-71 South to exit 222 - Rt 3. Turn right on Rt 3. Arrive at 855 Weymouth rd.

From South and West

Take I-71 North to exit 218 - Rt 18. Turn left on Rt 18 (West). Take Rt 18 to Foote Rd. Turn right on Foote Rd. Turn left on Weymouth Rd (Rt 3) arrive at 855 Weymouth rd

THE MEDINA RECREATION CENTER
SAFETY AND EMERGENCY INFORMATION
SPECTATOR-EMERGENCY EVACUATION PLAN

**IN THE EVENT OF AN ALARM OR EMERGENCY REQUIRING
EVACUATION:**

**PLEASE REMAIN CALM, WALK TO THE NEAREST EXIT AND
LEAVE THE BUILDING**

DO NOT USE ELEVATORS

**DO NOT ATTEMPT TO GO ON DECK OR INTO THE LOCKER
ROOMS**

EVACUATION ROUTES

COMPETITION POOL: Exit to the left through the doors at the back end of the pool or the double doors by the ticket office.

AEROBICS ROOMS: Exit the rooms and turn right toward the front of the building and out the 4 sets of double doors facing the front parking lot.

FIELD HOUSE COURTS 3 AND 4: Exit through any of the 3 emergency exit doors facing the back parking lot.

MRST Fabulous 50's Meet

SCHEDULE OF EVENTS

Girls #	Qualifying Time Slower Than	Age Group/Stroke	Qualifying Time Slower Than	Boys #
1	None	Open 200 Medley Relay <i>*See description below</i>	None	2
3	None	8 & Under 50 Freestyle	None	4
5	32.19	9-10 50 Freestyle	31.59	6
7	29.49	11-12 50 Freestyle	28.59	8
9	28.69	13 & Over 50 Freestyle	26.29	10
11	None	8 & Under 50 Backstroke	None	12
13	38.09	9-10 50 Backstroke	38.29	14
15	33.89	11-12 50 Backstroke	33.49	16
17	None	13 & Over 50 Backstroke	None	18
19	None	8 & Under 50 Butterfly	None	20
21	37.29	9-10 50 Butterfly	36.69	22
23	32.39	11-12 50 Butterfly	32.09	24
25	None	13 & Over 50 Butterfly	None	26
27	None	8 & Under 50 Breaststroke	None	28
29	41.99	9-10 50 Breaststroke	42.19	30
31	37.79	11-12 50 Breaststroke	37.29	32
33	None	13 & Over 50 Breaststroke	None	34
35	None	Open 200 Freestyle Relay <i>*See description below</i>	None	36

Each open gender relay must consist of at least one swimmer from each age group, 8 & under, 9-10, 11-12 & 13 & over.

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.