

**High School Tune Up**  
**Sponsored by**  
**South West Aquatic Team**  
**November 1, 2009**  
**Held under USA Swimming Sanction # LE 954 S**

**HEAT DEADLINE IS MIDNIGHT FRIDAY OCTOBER 16, 2009**

**LOCATION:** Cleveland State University, Robert F Busbey Natatorium, 2452 Euclid Ave., Cleveland, Ohio 44103 (Euclid Ave at East 24<sup>th</sup> St.)

**POOL:** 25 yards by 10 lanes, Colorado electronic timing and digital readout scoreboard, spacious locker rooms and spectator sections. Continuous warm up pool will be available adjacent to competition 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.

**STARTING TIMES:** Warm ups are 7:45 - 8:30 AM with competition starting at 8:35. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team. Finalized warm up plan will be posted on [www.lakeerieswimming.com](http://www.lakeerieswimming.com) and [swim4swat.org](http://swim4swat.org) by October 29<sup>th</sup>, 2009.

**ENTRY DEADLINE:** The HEAT entry deadline is Friday, October 16, 2009 at MIDNIGHT. Please enter at [www.directathletics.com](http://www.directathletics.com) If you have 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 the swimmers escrow account

**ENTRY LIMITATIONS:** Swimmers may enter up to 4 individual events/day, exclusive of relays. Swimmers may compete in 2 relays/day. Teams may enter 4 relays per relay event.

**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 in the deck entry office @ \$6.00 per individual event and \$ 10.00 per relay. Deck entries will be allowed to score. Deck entry swimmers new to the meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entry swimmers who are closed out of events will receive a refund in the deck entry office.

**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, November 1<sup>st</sup>, 2009. On deck USA Swimming registration will be available (does not include coach registration).

**QUALIFYING TIMES:** Please see event listings. Swimmers must be equal to or faster than NAG BB for 13-14. Enter short course times only. Meet management will convert non-conforming times to yards.

**FASTER THAN:** Swimmers should enter an event only if they have achieved the listed time standard for that event. 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. SWAT reserves the right to enter its own swimmers without regard to qualifying times. Qualifying times for 50-yard 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).

**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. The 500 freestyle may be limited to the fastest 4 seated heats of each women and men with the fastest heats swimming first alternating women and men. Teams will be notified of swimmers closed out by the Monday before the meet. Swimmers may enter another event or receive a refund.

**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. Check-in sheets will be posted. Relay cards must be turned in upon call in order to be seeded. There will be no marshalling of swimmers, all swimmers must report to the blocks on time for their events. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

**SCORING:** INDIVIDUAL: 10-9-8-7-6-5-4-3-2-1;

RELAYS...20-18-16-14-12-10-8-6-4-2

**AWARDS:** Individual Events: 1<sup>st</sup> – 3<sup>rd</sup> Place for each event

Relay Events: 1<sup>st</sup> – 3<sup>rd</sup> Place for each event

Team Scoring and Awards Combined: 1<sup>st</sup> place \$60.00, 2<sup>nd</sup> \$25.00, 3<sup>rd</sup> \$15.00.

**ADMISSION COST:** \$3.00 per spectator, children under 6 are free. Psyche Sheets are \$4.00. Concession stand will be open during the meet and apparel 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 20 minutes of a 45 minute warm-up shall be conducted as follows:

*For a 10 lane pool:*

- (a) Lanes 1 & 10 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 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-8 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 procedures. There is a continuous warm-up pool available after the start of the competition.

**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, Mark Oktavec, [airmarkooh@roadrunner.com](mailto:airmarkooh@roadrunner.com), 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.

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

**COACHES:** Packets and sign in will be at the meet entries 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.

<b>MEET DIRECTOR:</b>	Mark Oktavec	<a href="mailto:airmarkooh@roadrunner.com">airmarkooh@roadrunner.com</a>	216-509-3621
<b>SAFETY DIRECTOR:</b>	Eric Funfgeld	<a href="mailto:allfiredup@yahoo.com">allfiredup@yahoo.com</a>	440-289-6379
<b>ENTRY PERSON:</b>	Liz Hasting	<a href="mailto:lhast@msn.com">lhast@msn.com</a>	440-241-9203

**DIRECTIONS:** From I77 north follow signs to East 22<sup>nd</sup> Street exit, follow East 22<sup>nd</sup> North to Euclid or Chester Ave.

- From I90 East or West, exit at Chester Avenue and park on Chester or Euclid.

- From the Ohio Turnpike take I77 or I71 north to I90 East (See above)

**EVACUATION PLAN:**

1. Use nearest safety exit.
2. Do not gather belongings. **JUST LEAVE!**
3. Remain calm, walk & remain quiet.
4. Listen for instructions from the announcer.
5. Once outside the building, proceed to the Stillwell Hall, the next building west of the Natatorium (the scoreboard in on the west wall).

**High School Tune Up**  
**Sponsored by**  
**South West Aquatic Team**  
**November 1, 2009 Morning Session**

**SCHEDULE OF EVENTS**

Warn Up from 7:45- 8:30 AM. Meet starts at 8:35 AM

<b>Girls #</b>	<b>Qualifying time must be equal to or faster than NAG BB 13-14</b>	<b>Age Group/Stroke</b>	<b>Qualifying time must be equal to or faster than NAG BB 13-14</b>	<b>Boys #</b>
1		Open 200 Medley Relay		2
3	2:24.99	Open 200 Freestyle	2:15.69	4
5	2:42.99	Open 200 IM	2:31.99	6
7	30.99	Open 50 Freestyle	28.49	8
		Ten Minute Break		
9	1:13.49	Open 100 Butterfly	1:08.09	10
11	1:07.39	Open 100 Freestyle	1:02.19	12
13	6:22.39	Open 500 Freestyle	6:03.19	14
15		Open 200 Free Relay		16
17	1:14.19	Open 100 Back	1:09.59	18
19	1:24.09	Open 100 Breaststroke	1:18.09	20
		5 Minute Break		
21		Open 400 Free Relay		22



## **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**

Cleveland State University

Parent's Consent, Release and Waiver of Liability

IF APPLICANT IS LESS THAN 18 YEARS OF AGE, BOTH SIDES OF THIS FORM MUST BE COMPLETED AND SIGNED.

I hereby give my consent for my minor child, \_\_\_\_\_ to participate in \_\_\_\_\_ (the "event"). If my child becomes ill or is injured while participating in this event, please contact either of the following:

Daytime

Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Evening

Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

In the event that reasonable attempts to contact the above-mentioned persons are unsuccessful or impractical, I hereby give my consent for emergency medical treatment to be administered to my child and/ or the transfer of my child to a treatment facility. I also release all such personnel from any claim whatsoever on account of first aid or service rendered to my child during participation in the event listed above.

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY**, including the paragraph relating to no known health problems or conditions and my consent to emergency treatment. In consideration for my child 's participation in the event listed above, I do hereby agree to assume all the risks and responsibilities surrounding such participation and do hereby also for and on behalf of myself, my minor child, my heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University, its Board of Trustees, officers, employees, and agents from any and all liabilities, demands, claims, damages, losses, costs (including attorney's fees), actions and causes of action arising out of my child's participation in this event.

\_\_\_\_\_  
Parent's/Legal Guardian's Signature

Date

( \_\_\_\_\_ )

Parent's/Legal Guardian's Name (please print)

Parent's/Legal Guardian's Phone

Parent's/Legal Guardian's Address \_\_\_\_\_

**Cleveland State University**  
**Release and Waiver of Liability**

As consideration for my participation in the \_\_\_\_\_, (the "event") I hereby for myself, family, heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University and its Board of Trustees, officers, employees and agents from any and all liabilities, demands, claims, damages, losses, costs (including attorney's fees), actions and causes of action arising out of or in connection with my participation in the above listed event and/or the use of Cleveland State University facilities, furnishings, or equipment during this event, except to the extent such liabilities, demands, claims, damages, losses, costs (excluding attorney's fees), actions and causes of action are attributable to the negligent actions of Cleveland State University or its Trustees, officers, employees, or agents while acting within the course of their employment, as set forth in Ohio Revised Code Section 2743.02. I also acknowledge that Cleveland State University and its Trustees, officers, employees and agents assume no responsibility for any bodily injury, death, loss, illness or accident to myself or others or damage to personal property which may arise out of my participation in this event.

I fully understand and hereby acknowledge that participation in this event involves many risks, including the risks of serious bodily injury and death. In consideration of being allowed to participate in the event listed above, I voluntarily accept and assume all responsibility for and risk of such personal injury arising from such participation.

I understand that any University personnel or agents participating in this event are not necessarily medically trained to care for any physical or medical problems that may occur during this event. I release all such personnel from any claim whatsoever on account of first aid or service rendered to me during my participation in this event.

By placing my signature below, I acknowledge that I have adequate medical and hospitalization insurance for any injuries that I may incur as a result of participating in this event. I attest and verify that I am 18 years of age or older, that I have had a recent physical examination and that I have no known health problems or conditions that could prevent me from successfully participating in this activity.

**IF APPLICANT IS LESS THAN 18 YEARS OF AGE, THE PARENT'S CONSENT, RELEASE AND WAIVER OF LIABILITY ON THE BACK OF THIS FORM MUST ALSO BE COMPLETED AND SIGNED.**

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Participant's Name (Please print)

Participant's Phone

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Participant's Address

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY** and my signature below confirms my full understanding and voluntary acceptance of such **RELEASE AND WAIVER OF LIABILITY**.

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Participant's Signature

Date

**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 prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing in a timed final event or in a preliminary heat when finals are scheduled 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 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.
- C. Scratching from Consolation Finals and Finals
  - (1) Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final 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.
  - (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.
  - (4) It is determined by the Referee that there were no alternates for the consolation final or final race in which the swimmer failed to compete, and that the swimmer's failure to compete did not affect any other swimmer's ability to compete in the consolation final or final race.