

SPRINT SPECTACULAR
Sponsored by
SOUTH WEST AQUATIC TEAM

OCTOBER 10 and 11, 2009

Held under USA Swimming Sanction # LE 950 S

HEAT DEADLINE IS MIDNIGHT FRIDAY SEPTEMBER 18, 2009

LOCATION: Lakewood High School Natatorium, 14100 Franklin Blvd, Cleveland, OH 44107-4516

POOL: 25 yards by 8 lanes, electronic timing and great seating with handicap access, continuous warm-up in the diving well, locker rooms. Food and swimwear concessions will be available, close parking.

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

STARTING TIMES: Both Saturday and Sunday morning session warm-ups are from 7:45-8:30 am, with competition starting at 8:35 am. Afternoon warm-ups will begin 15 minutes after the conclusion of the am session and last for 45 minutes with competition starting 5 minutes after the end of warm-ups. Estimated afternoon warm-up times (for both days) will be posted on the Lakeerieswimming.com and Swim4Swat.org website by Wednesday, October 7, 2009. 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 at the above websites by October 7, 2009.

ENTRY DEADLINE: The HEAT Entry Deadline is MIDNIGHT on Friday September 18, 2009.

ENTRY FEES: Individual events \$4.00; a \$2.50 per swimmer HEAT/LESI surcharge. Enter at <http://www.directathletics.com/>. Entry fees will be deducted from the swimmers escrow account. If you have any questions please email Chuck Duchon at meetentry@hudsonheat.com

ENTRY LIMITATIONS: Swimmers may enter up to 5 individual events/day, exclusive of relays. Teams may enter 4 relays per relay event. Swimmers may compete in 2 relays/day.

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 @ \$5.00 per individual event and \$ 10.00 per relay. If swimmers get closed out of events, a refund will be issued at the announcer's table. The announcer will call the swimmer/coach to notify them. Deck entry swimmers new to the meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming. 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, October 10, 2009. On deck USA Swimming registration will be available (does not include coach registration).

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. If anyone is closed out of an event due to heat limitations their fees will be refunded at the announcer's table.

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 for events seeded on the deck. Check-in sheets will be posted on the wall by the south coaches office. **All swimmers should circle the event number to the left of his or her name neatly and clearly.** All 10 and under swimmers must report to the Clerk of Course when their event is called. The clerk of course is set up between the diving well and the pump house, located on the east side of the deck. At that time lane and heat assignments will be given to the swimmers. Lane and heat assignments will be posted on the pool deck for the 11 and over swimmers. Relay cards will be available during warm-ups at the announcer's table and 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. The Lake Erie scratch rule (attached) will be in effect.

AWARDS: Individual Events: -Medals for first through third. Ribbons for fourth through eighth.

Relay Events: Medals for first through third.

Heat winners: Ribbons to 10 and under athletes.

ADMISSION COST: \$3.00 admission per spectator, children under 6 are free. \$4.00 for a psyche sheet. A concession stand will be open during the meet and swimwear will be available for sale.

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 an 8 lane pool:

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).

Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool

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. A continuous warm-up pool will be available for swimming only, no diving into this pool at anytime.

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, Sue DeFauw or LESI'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: defauw@wowway.com or airmarkooh@roadrunner.com

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

COACHES: Packets will be available outside of 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: Sue DeFauw, defauw@wowway.com, (440) 572-5621 and Mark Oktavec, airmarkooh@roadrunner.com
(330) 273-0942

SAFETY DIRECTOR: Eric Funfgeld, allfiredup@yahoo.com, (330) 220-8124

ENTRY PERSON: Liz Hastings, lhast@msn.com (440) 260-7639

DIRECTIONS: From the West: I-90 East to EXIT 165 toward Warren Rd/Bunts Rd/W 140TH ST., Stay Straight to go
onto S Marginal Dr., Turn Left onto Warren Rd., Turn Right onto Franklin Blvd.

From the East: I-90 W toward Toledo, Take the W 140TH ST exit, EXIT 165B, toward Bunts Rd, Turn RIGHT onto
W 140TH ST., W 140TH ST becomes Bunts Rd, End at Franklin Blvd.

From the Southeast: I-77 N via EXIT 20 toward Cleveland, Merge onto I-480 W via EXIT 156 toward Toledo, Merge
onto Jennings Fwy/OH-176 N via EXIT 17A toward Cleveland, Take the I-90 E/I-71 N/I-490 E/I-90 W exit on the Left, Take the exit
toward I-90 W/I-490 E, Merge onto I-90 W via the exit on the Left,
Take the W 140TH ST exit, EXIT 165B, toward Bunts Rd., Turn Right onto W 140TH ST, W 140TH ST becomes Bunts Rd, End at
14100 Franklin Blvd Cleveland, OH 44107-4516

From the Southwest: Merge onto I-71 N toward Cleveland, Take the W 150TH ST exit, EXIT 240, Turn Left onto W
150TH ST., W 150TH ST becomes Warren Rd., Turn Right onto Franklin Blvd.



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**

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SCHEDULE OF EVENTS

October 10, 2009

Saturday AM Session

7:45-8:30am Warm-ups, 8:35am Meet Start (Timed Finals)

Girls #	Age group/Stroke	Boys#
2	8 & Under 25 FREE	3
10	8 & Under 25 FLY	11
17	8 & Under 100 IM	18
4	10 & Under 25 FREE	5
7	10 & Under 50 BACK	8
12	10 & Under 50 BREAST	13
15	10 & Under 25 FLY	16
19	10 & Under 100 FREE	20
22	10 & Under 100 FREE RELAY	23
	11-12 50 FREE	1
	11-12 100 BACK	6
	11-12 100 BREAST	9
	11-12 50 FLY	14
	11-12 200 FREE RELAY	21

October 10, 2009

Saturday PM Session

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin 5 minutes after the completion of the 45-minute Warm-up. Estimated warm up times will be listed at www.lakeerieswimming.com by October 8, 2009.

Girls #	Age group/stroke	Boys#
24	11-12 100 BREAST	
29	11-12 50 FLY	
34	11-12 50 FREE	
39	11-12 100 BACK	
44	11-12 200 FREE RELAY	
25	13-14 100 BREAST	26
30	13-14 50 FLY	31
35	13-14 50 FREE	36
40	13-14 100 BACK	41
45	13 AND OVER 200 FREE RELAY	46
27	OPEN 100 BREAST	28
32	OPEN 50 FLY	33
37	OPEN 50 FREE	38
42	OPEN 100 BACK	43

SPRINT SPECTACULAR

SCHEDULE OF EVENTS

October 11, 2009

Sunday, AM Session

7:45- 8:30 am Warm-up, 8:35 am meet start (Timed Finals)

Girls #	Age Group/Stroke	Boys #
50	8 & under 50 FREE	51
55	8 & under 25 BACK	56
60	8 & under 25 BREAST	61
47	10 and under 50 FLY	48
52	10 and under 50 FREE	53
57	10 & under 25 BACK	58
62	10 & under 25 BREAST	63
65	10 & under 100 IM	66
67	10 & under 100 MEDLEY RELAY	68
	11-12 100 FREE	49
	11-12 50 BACK	54
	11-12 50 BREAST	59
	11-12 100 IM	64
	11-12 200 MEDLEY RELAY	69

October 11, 2009

Sunday, PM Session

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin 5 minutes after the completion of the 45-minute Warm-up. Estimated warm up times will be listed at www.lakeerieswimming.com by-October 8, 2009.

Girls #	Age Group/Stroke	Boys #
70	11-12 100 FREE	
75	11-12 50 BACK	
80	11-12 50 BREAST	
89	11-12 100 IM	
94	11-12 200 MEDLEY RELAY	
71	13-14 100 FREE	72
76	13-14 50 BACK	77
81	13-14 50 BREAST	82
85	13-14 100 FLY	86
90	13-14 200 IM	91
95	13 AND OVER 200 MEDLEY RELAY	96
73	OPEN 100 FREE	74
78	OPEN 50 BACK	79
83	OPEN 50 BREAST	84
87	OPEN 100 FLY	88
92	OPEN 200 IM	93

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.