

THE SHAKER SHARK INVITATIONAL AGE GROUP AND SENIOR MEET

Sponsored by
THE SHAKER SHARKS
December 4 – 6, 2009

Held under USA Swimming Sanction #LE 960 S; Time Trials #LE 960 TT

The HEAT Entry deadline is MIDNIGHT on Friday, November 13, 2009.

LOCATION:

Busbey Natatorium, Cleveland State University
2451 Euclid Avenue (Euclid Avenue at East 24th Street)
(216) 687-4882 CSU Pool Office

POOL:

25 yards by 10 lanes, Colorado timing system and 10 lane digital readout scoreboard with ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in non-competitive end of the pool.

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.

STARTING TIMES:

Friday night: Warm-up will be 4:30 – 5:15 p.m., with the meet starting at 5:20 p.m.

Saturday and Sunday: Morning session (11 and over) warm-up will be 7:30 – 8:15 a.m., with boys and girls combined. Competition will start at 8:20 a.m.

Afternoon warm-up (10 and under) will begin 15 minutes after the conclusion of the morning session. Warm-ups will be 45 minutes with girls and boys combined. The meet will begin 50 minutes after the start of warm-ups. At the discretion of the Meet Safety Director, warm-ups may be split by gender, age group or team. Estimated afternoon start times will be posted on www.lakeerieswimming.com and www.shakerswimming.com websites by Wednesday, December 2, 2009.

Saturday finals: Warm-ups will not begin before 5:30 p.m. with the meet beginning 45 minutes after the start of warm-ups. Estimated start times will be posted on the www.lakeerieswimming.com and www.shakerswimming.com websites by Wednesday, December 2, 2009.

ENTRY DEADLINE:

The HEAT Entry deadline is MIDNIGHT on Friday, November 13, 2009. Please enter at Direct Athletics. If you have any questions contact Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES:

Individual events \$4.00 plus a \$2.50 per swimmer HEAT/LESI surcharge. The entry fee will be deducted from your HEAT escrow account.

ENTRY LIMITATIONS:

Swimmers 9 & older may compete in 3 individual events/day exclusive of relays and time trials on Sunday. However, on Saturday swimmers 9 & older may compete in 3 individual events exclusive of relays (time trial events count toward the daily event limitation on Saturday only). Swimmers entered exclusively in 8 and under events (timed finals events) may compete in 4 individual events/day exclusive of relays and time trials on both Saturday and Sunday. If an 8 and under swimmer competes in a prelim/final event, he or she may only compete in 3 events on Saturday. Swimmers may compete in as many relays as needed per day. Age as of December 4, 2009.

TIME TRIALS:

Time trials may be offered between the morning and afternoon sessions both Saturday and Sunday at the discretion of the meet director and meet referee. Cost will be \$7.00 per individual event and \$12.00 per relay. Time trials (limit one per day per swimmer) **will not be** considered part of the 3 event per day rule on Sunday. On Saturday, 9 & older swimmers may only compete in 3 individual events per day including time trials. Swimmers can sign-up for a time trial event in the deck entry office. Time trials will be **limited** to swimmers entered in an individual event at the meet. Swimmers must sign-up for time trials by 10:30 a.m. on the day they wish to swim. The meet director reserves the right to limit the number of time trials.

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, December 4, 2009.

DECK ENTRIES:

Deck entries will be accepted on a space available basis only and will be seeded **at no time (NT)**. Deck entries will be closed 35 minutes before the start of each session. The cost of deck entries is \$7.00 per individual event and \$12.00 per relay. Switching events constitutes a deck entry. Deck entry swimmers new to the meet must pay the \$2.00 surcharge and provide proof of USA Swimming membership. **NO on deck athlete or coach USA Swimming registration will be available. Non-athlete registration will be available.**

QUALIFYING TIMES:

Please see event listings. Swimmers must be equal to or faster than the qualifying times listed. All times are to be in yards. You may use a converted time by using Hy-Tek.

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. Qualifying times for 50-yard/meter 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. Friday and Sunday events are timed finals. All relays are timed finals. Individual events on Saturday are prelims/finals except all 8 & under events will be timed finals. The top 10 swimmers (1 championship heat) will advance to finals. Heats may be limited in events 400 yards and over. These events will be filled on a first come, first serve basis (not time). Entry chairs will receive an email by November 25 if a swimmer is closed out of an event. Entry chairs will have until November 29 to choose another event for the swimmer who was closed out of an event. A refund will be given if a swimmer cannot get into another event or if the entry chair does not respond by November 29. Events may be consolidated, but scored separately, to help control the length of a session and to afford more swimmers the opportunity to participate. In accordance with 102.1.4, events may be seeded together by scored separately. The Lake Erie scratch rule (attached) will be in effect.

SEEDING & CHECK IN:

This meet is a deck-seeded meet. **Swimmers should check-in before warm-ups and must check in at least 30 minutes prior to the start of the session.** Swimmers who fail to check in for their events will not be seeded. Swimmers entered in the 1000 free will have until 6:00 p.m. on Friday to check in for the 1000 free. Relay cards must be turned in upon call in order to be seeded. All afternoon swimmers must report to the Clerk-of-Course when their event is on call. Morning swimmers – heat and lane assignments will be posted at the starting block end of the pool and at other announced locations

AWARDS:

Individual Events: Medals for 1-3, ribbons 4 - 10
Relay Events: Medals 1 – 3, ribbons 4-10

The meet will not be scored.

ADMISSION: \$3.00 per day

PSYCHE SHEETS: \$3.00 per day

RESULTS:

Will be posted on www.lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

PARKING:

CSU charges for event parking. Parking lots are available at the corner of Chester and E. 22nd Street or on Euclid Ave and E. 24th Street. Meter parking is free after 6:30 p.m. on Friday and all day Saturday and Sunday on Chester Avenue.

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 the 45 minute warm-up shall be conducted as follows:

- (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 rules. Continuous warm-up 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.

COACHES:

Coaches' packets will be available in the deck entry office. If needed, coaches' meetings will be held.

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. No exceptions.

CONCESSIONS:

Concessions will be available throughout the meet. Smoking is prohibited in the building.

MERCHANDISE: Swimville USA will be the merchandise vendor.

MEET DIRECTOR: Sarah Tobin, (216) 295-4163 shakerswimming@msn.com

SAFETY DIRECTOR: Tina McCauley (330) 418-0658 mccauley_t@shaker.org

ENTRY PERSON: Sarah Tobin, (216) 295-4163 shakerswimming@msn.com
Please mail entries to: Shaker Swimming, Attn: Sarah Tobin, P.O. Box 201009, Shaker Heights, OH 44120

DIRECTIONS: Take I-77 North, follow signs to I-90 east to E. 22nd street exit, follow E. 22nd north (left) to Euclid or Chester. From I-90 east or west, exit at Chester Ave, park on Chester or Euclid. From Ohio Turnpike, take I-77 or I-71 north to I-90 east (see above)

PLEASE NOTE: Each swimmer must have a completed CSU waiver form on file at CSU. If you have swimmers that did not complete a CSU waiver form last year, please copy the enclosed form and send the completed sheets with your entry.

We are grateful to Cleveland State University and Wally Morton for the opportunity to hold this meet in CSU's fine facility. We ask all participants and spectators to clear their area of litter and personal belongings after each session. Swim meet participants and spectators must remain in designated areas: the pool, the spectator area, the main lobby, and the locker rooms. Other areas of the physical education building are off limits. Note: NATATORIUM RULES FORBID "SHAVING DOWN" IN THE POOL OR LOCKER ROOM AREAS.



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**

SHAKER SHARK INVITATIONAL AGE GROUP AND SENIOR MEET

SCHEDULE OF EVENTS

*Friday Night - 4:30 Warm-Up, 5:20 meet start (Timed Finals)
December 4, 2009*

All swimmers must be equal to or faster than the times listed

Girls #	Cutoff Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & UNDER		
3	3:42.69	200 IM	3:40.89	4
9	8:30.49	500 free	8:25.79	10
		11-12		
5	3:03.79	200 IM	3:03.09	6
11	7:10.79	500 free	7:05.49	12
		11 & Over		
1	6:32.19	400 IM	6:23.69	2
7	3:04.99	200 fly	3:01.19	8
		13 & Over		
13	14:08.89	1000 free	13:32.49	14

SHAKER SHARK INVITATIONAL AGE GROUP AND SENIOR MEET

*Saturday AM - 7:30 Warm-Up, 8:20 meet start (Prelims/Finals)
December 5, 2009*

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		11 – 12		
15	1:13.59	100 free	1:13.09	16
19		50 breast		20
23	1:27.99	100 back	1:25.79	24
27		50 fly		28
31	1:26.29	100 IM	1:23.69	32
35		200 Free Relay		36
		11 & Over		
25	3:26.39	200 breast	3:21.69	26
33		200 Medley Relay		34
		13 & Older		
17	2:36.09	200 free	2:26.09	18
21	1:19.89	100 back	1:14.89	22
29		50 free		30

** Timed Finals – swim in morning session only

Saturday PM – Estimated warm-up times will be posted on lakeerieswimming.com and Shakerswimming.org by Wednesday, December 2, 2009.

Meet will begin 50 minutes after the start of warm-ups. (Timed Finals)

December 5, 2009

Girls #	Cut off Time	Age Group/Stroke	Cut off Time	Boys #
		8 & Under		
39		100 free		40
43		50 fly		44
47		25 free		48
51		50 back		52
55		25 breast		56
		10 & Under		
37	1:31.29	100 free	1:29.19	38
41		50 breast		42
45	1:45.69	100 back	1:42.89	46
49		50 fly		50
53	1:44.99	100 IM	1:41.29	54
57		200 Free Relay		58

Order of Events for Finals:

37, 38, 15, 16, 17, 18, 41, 42, 19, 20, 21, 22, 45, 46, 23, 24, 25, 26, 49, 50, 27, 28, 29, 30, 53, 54, 31, 32

SHAKER SHARK INVITATIONAL AGE GROUP AND SENIOR MEET

Sunday AM - 7:30 Warm-Up, 8:20 meet start (Timed Finals)

December 6, 2009

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cut off Time	Boys #
		11 – 12		
59	2:43.19	200 free	2:38.89	60
63		50 back		64
67	1:36.39	100 breast	1:35.09	68
71	1:27.19	100 fly	1:25.79	72
75		50 free		76
79		200 Medley Relay		80
		11 & Over		
73	3:01.89	200 back	2:58.39	74
81		400 Free Relay		82
		13 & Older		
61	2:55.49	200 IM	2:43.69	62
65	1:30.59	100 breast	1:24.09	66
69	1:19.09	100 fly	1:13.29	70
77	1:12.49	100 free	1:06.99	78
83	6:51.79	500 free	6:31.09	84

Sunday PM – Estimated warm-up times will be posted on lakeerieswimming.com and Shakerswimming.org by Wednesday, December 2, 2009.

Meet will begin 50 minutes after the start of warm-ups. (Timed Finals)

December 6, 2009

Girls #	Cut off Time	Age Group/Stroke	Cut off Time	Boys #
		8 & Under		
87		100 IM		88
91		25 fly		92
95		50 breast		96
99		50 free		100
103		25 back		104
107		100 free relay		108
		10 & Under		
85	3:20.19	200 free	3:09.89	86
89		50 back		90
93	1:59.99	100 breast	1:55.69	94
97		50 free		98
101	1:57.49	100 fly	1:55.19	102
105		200 Medley Relay		106

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.

Participant's Name (Please print)

Participant's Phone

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**.

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, 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.