

2009 Solon Stars Fall Breakout Swim Meet
Hosted by Solon Stars Swim Club
Held under USA Swimming Sanction Number # LE 958 S

8 & UNDER – NO CUTOFF TIME STANDARDS
10 & UNDER, 11-12, & 13 & OVER – SLOWER THAN NAG “B” TIME STANDARDS
Sunday – November 15, 2009
At Solon High School Pool

HEAT ENTRY DEADLINE IS MIDNIGHT OCTOBER 23, 2009

TEAMS ATTENDING: CLSC, EM, GO, HEAT, HSC, LEA, LESD, NCS, PS, STRS, SWAT, USC, WEST, WHAT, YYN

Location: Solon High School Natatorium, 33600 Inwood Road, Solon, Ohio 44139

Pool: 25 yard/8 lanes, electronic timing with 8 lane board, locker rooms, elevated spectator area

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

Starting Times:

Sunday

Morning session: 7:30 a.m. to 8:30 a.m. warm-up divided as follows –

9-10 year old warm-up from 7:30 to 8:00; and 8 and under warm-up.8:00 to 8:30

(meet starts at 8:35 a.m.) There will be a 15-minute break at the conclusion of the morning session.

Afternoon session:

Estimated warm-ups time will be posted on www.lakeerieswimming.com and www.solonstars.com on Wednesday Nov. 11th. There will be a combined warm-up for 45 minutes (meet will start 5 minutes later). Continuous warm-up and warm-down will be available in the diving well after the warm up period. At the discretion of the Safety Director, warm ups may be split by gender or age group or team.

Entry Deadline:

The HEAT entry deadline is Friday, October 16, 2009 at MIDNIGHT. Please enter at www.cdireathletics.com Any questions please contact Chuck Duchon at meetentry@hudsonheat.com

Entry Fees:

Individual events \$4.50 plus a \$2.50 per swimmer HEAT/LESI surcharge. The entry fees will be deducted from the swimmers escrow account.

Entry Limitations:

Each swimmer may enter 5 events for the day exclusive of relays.

Deck Entries:

Fees will be \$6.50 per individual event, \$ 12.00 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. Swimmers registered in Lake Erie must be members of the clubs assigned to this meet. 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. Coaches must check in at the coaches table near the natatorium door to obtain a deck pass. Age is as of November 15, 2009. On deck USA Swimming registration will be available (does not include coach registration).

Qualifying times:

8 & under swimmers have no time standards applicable. 10 & under, 11-12, and 13 and over swimmers must be slower than NAG "B" time standards. Events listed as 13 & over will be scored separately for 13-14, 15-16, and 17 & over age groups. If the swimmer has no time, please include a time even if it is a practice time.

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 e-mail accompanying the Hy-Tek 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 and Lake Erie 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 and Check In:

The meet will be pre-seeded, except for all relays. These will be deck seeded. Relay cards 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:

A Clerk of Course will be provided for the morning session only.

Awards:

Individual events: Ribbons for 1st - 8th place.

Relay events: Ribbons for 1st - 4th place

Heat winners will receive an award. All awards must be picked up at the meet. Awards will not be mailed unless specifically announced by the meet host.

Admissions:

Admission will be \$4.00; seniors (65 and over) and 8 & under children free. There is no smoking allowed anywhere in the building. Heat sheets will be \$3.00.

Results:

Final results will be available on the Lake Erie web site. Results will be available to teams with a disk.

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, and 20 minutes of a 45-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 or 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 (LESI) officials in officiating this meet. Please contact LESI'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

Unsupervised Swimmers:

All swimmers must be under the supervision of a USA Swimming Coach during the meet. Any swimmer(s) without a coach present must report to Meet Director or Meet Referee prior to the start of warm-ups to be assigned to a coach.

Coaches:

Coaches' packets will be available from the Safety Director once they have checked in.

Concessions:

A concession stand will be open throughout the meet.

Merchandise:

The sale of swimwear and accessories will be available.

Note:

We are grateful to the Solon Board of Education and the Solon High School staff for the use of this facility. **ONLY Athletes participating in the current session, Officials, Coaches who are current members of USA swimming, and Meet Workers will be permitted on deck.** All others must remain in the spectator areas. We ask all participants and spectators to clear their area of litter and personal belongings after each session.

Meet Director: Sharon Badertscher, dcwombat@juno.com, 440-708-1285

Safety Director: Michael Braverman, mickeyd13@windstream.net

Entry Person: Carol Telljohann, telljohann@sbcglobal.net, 440-248-8756

Directions:

Exit from Route 422 at Route 91 (SOM Center Road),
Go South on Route 91 past Aurora Road (Route 43)
Inwood Road is the 2nd light after Aurora Road
turn right on Inwood, travel to the end of the school near
the marquee, and turn left at the stop sign into the parking lot

Bronze Breakout meet
SCHEDULE OF EVENTS
November 15, 2009

Morning Session

Sunday AM: 7:30 AM warm-up (9-10 year olds),

8:00 AM warm-up (8 & under).

Meet begins at 8:35 AM

Must slower than the listed cut time.

Girls #	Qualifying Time Slower Than	Age Group/Stroke	Qualifying Time Slower Than	Boys #
1	1:31.29	10 & Under 100 Freestyle	1:29.19	2
3		8 & Under 50 Freestyle		4
5	48.79	10 & Under 50 Backstroke	49.19	6
7		10 & Under 25 Breaststroke		8
9		8 & Under 25 Backstroke		10
11		10 & Under 25 Butterfly		12
13		8 & Under 25 Freestyle		14
15	53.59	10 & Under 50 Breaststroke	53.59	16
17	1:45.69	10 & Under 100 Backstroke	1:42.89	18
19		8 & Under 25 Breaststroke		20
21		10 & Under 25 Freestyle		22
23		8 & Under 25 Butterfly		24
25	1:44.99	10 & Under 100 I.M.	1:41.29	26
27		10 & Under 100 Free Relay		28

**November 15, 2009
Sunday Afternoon 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 start times will be listed at www.lakeerieswimming.com and www.solonstars.com
on November 11, 2009.

Girls #	Qualifying Time Slower Than	Age Group/Stroke	Qualifying Time Slower Than	Boys #
29	13 &14: 33.39 15&16: 32.69 17 &18: 32.39	13 & Over 50 Free	13 &14: 30.69 15&16: 29.49 17 &18: 28.59	
31	37.79	11 & 12 50 Butterfly	38.19	32
33	13 &14: 1:19.09 15 &16: 1:17.39 17 & O: 1:16.39	13 & Over 100 Butterfly	13 &14: 1:13.29 15 &16: 1:10.09 17 & O: 1:08.39	34
35		13 & Over 50 Breaststroke		36
37	39.59	11 & 12 50 Backstroke	39.49	38
39	13 & 14: 1:19.89 15 & 16: 1:17.69 17 & O: 1:17.19	13 & Over 100 Backstroke	13 & 14: 1:14.89 15 & 16: 1:11.29 17 & O: 1:09.09	40
41		13 & Over 50 Butterfly		42
43	13 & 14: 2:55.49 15 & 16: 2:51.49 17 & O: 2:49.49	13 & Over 200 I.M. IMX EVENT	13 & 14: 2:43.69 15 & 16: 2:37.69 17 & O: 2:33.59	44
45	44.09	11 & 12 50 Breaststroke	44.29	46
47	13 & 14: 1:30.59 15 & 16: 1:28.29 17 & O: 1:27.79	13 & Over 100 Breaststroke	13 & 14: 1:24.09 15 & 16: 1:20.39 17 & O: 1:18.79	48
49		13 & Over 50 Backstroke		50
51	34.29	11 & 12 50 Freestyle	33.39	52
53	13 & 14: 1:12.49 15 & 16: 1:10.89 17 & O: 1:09.89	13 & Over 100 Freestyle	13 & 14: 1:06.99 15 & 16: 1:04.39 17 & O: 1:02.59	54
55	1:26.29	11 & 12 100 I.M.	1:23.69	56
57		11 & Over 200 Free Relay		58

Events listed as 13 & over will be scored per relevant age group: 13-14, 15-16, and 17 & 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 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 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.