

## **Sundae Splash Meet**

**Sponsored by**

**Twinsburg Fitness Center & University Swim Club**

**December 13, 2009**

**Held under USA Swimming Sanction # LE 962 S**

**HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY NOVEMBER 20, 2009**

**Teams Participating: CCS, CFYN, FAST, GO, HEAT, HSC, LSSC, NCS, NEON, PAC, PS, SAS, STRS, SWAT, USC, VFYT, WHAT, WYRS, YYN**

**LOCATION: Twinsburg Fitness Center 10084 Ravenna Road, Twinsburg, OH 44087**

**POOL:** 25 yards by 6 lanes, Colorado Timing System, scoreboard, locker rooms and balcony seating. Parking in front and rear of building.

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

**STARTING TIMES:** Sunday morning session warm-ups are from 7:45 – 8:30 a.m., with competition starting at 8:35 a.m. Sunday afternoon session: A 45-minute warm-up will begin 15 minutes after the conclusion of the morning session. An estimated afternoon warm up time will be posted at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) and [www.universityswimclub.org](http://www.universityswimclub.org) December 10, 2009 after 12:00(noon). The finalized warm up plan may be found [at lakeerieswimming.com](http://at.lakeerieswimming.com) by December 10, 2009. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team. There will be a continuous warm-up pool available during the meet.

**ENTRY DEADLINE: The HEAT Entry deadline is MIDNIGHT on Friday, November 20, 2009. Please enter at Direct Athletics. If you have any questions contact Chuck Duchon at [meetentry@hudsonheat.com](mailto:meetentry@hudsonheat.com)**

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

**ENTRY LIMITATIONS:** Swimmers may enter up to 5 individual events/day, exclusive of relays.

**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 at the deck entry table. @ \$6.00 per individual event and \$ 10.00 per relay. If the swimmer is closed out of an event, a refund will be issued. 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 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 13, 2009. On deck USA Swimming registration will not be available.

**QUALIFYING TIMES:** Please see event listings. Swimmers must be slower than the qualifying time listed as of the entry deadline. 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 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's will be limited to the fastest 3 heats. Those closed out of the 500 can enter another event if they qualify or receive a refund.

**SEEDING & CHECK IN:** Individual events will be pre-seeded, except for the 500 free. The 500 free will be seeded on the deck. All relay events will be seeded on the deck. All swimmers must check in at least 30 minutes prior to the start of their session for events seeded on the deck. The afternoon swimmers will be expected to report to the blocks on time for their heats/events. Check-in sheets will be posted on the pool deck for the 500 yard swim only. 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. The Lake Erie scratch rule (attached) will be in effect.

**Clerk of Course:** A clerk of course will be provided in the morning session only. This will be located on the gym courts.

**AWARDS:** Individual Events: Ribbons for 1<sup>st</sup> – 10<sup>th</sup>  
Relay Events: Ribbons for 1<sup>st</sup> – 3<sup>rd</sup>  
All heat winners will receive a free Sundae!!

**ADMISSION COST:** \$3 for spectators, \$2 for heat sheet.

**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:

- (a) Lane 1 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 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3, 4, and 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 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.

**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, Tracy Trapp 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: [ttrapp@twinsburg.oh.us](mailto:ttrapp@twinsburg.oh.us)

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

**COACHES:** Packets and Sign in will be located on the pool deck.

**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:** Tracy Trapp, [ttrapp@twinsburg.oh.us](mailto:ttrapp@twinsburg.oh.us) , 330 405 5757

**SAFETY DIRECTOR:** Stephanie Zurca, [szurca@gmail.com](mailto:szurca@gmail.com) , 317 403 3188

**ENTRY PERSON:** Dave Poduska, [poduska@ieee.org](mailto:poduska@ieee.org), 440 241 5776

**DIRECTIONS: From the South:** Route 8 north, Get off at route 82. Make a right on 82, left on Route 91, take a left on Ravenna. The Twinsburg Fitness Center is connected to the Twinsburg High School about 1 mile on the left. There is a traffic light. The fitness center is connected to the HS in the back.

**From the West:** 480 East; Get off at the 1<sup>st</sup> Twinsburg exit (Route 82). Take a left on route 82, take a left on route 91, take a left on Ravenna. The Twinsburg Fitness Center is connected to the Twinsburg High School about 1 mile on the left. There is a traffic light. The fitness center is connected to the HS in the back.



## **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**

Sundae Splash Meet  
 SCHEDULE OF EVENTS  
**December 13, 2009**  
**Sunday / AM Session**

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

*Must be slower than the listed cut time.*

<b>Girls #</b>	<b>Qualifying Time</b>	<b>Age Group/Stroke</b>	<b>Qualifying Time</b>	<b>Boys #</b>
3	None	8 & Under 25 Free	None	4
7	None	8 & Under 25 Back	None	8
11	None	8 & Under 25 Breast	None	12
15	None	8 & Under 25 Fly	None	16
19	None	8 & Under 100 IM	None	20
1	39.79	10 & Under 50 Free	38.89	2
5	3:20.19	10 & Under 200 Free	3:09.89	6
9	1:45.69	10 & Under 100 Back	1:42.89	10
13	53.59	10 & Under 50 Breast	53.59	14
17	None	10 & Under 25 Fly	None	18
21	3:42.69	10 & Under 200 IM	3:40.89	22
23	None	10 & Under 100 Free Relay	None	24

**December 13, 2009**  
**Sunday / PM Session**

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin at the completion of the 45-minute warm-up. Estimated warm up times will be listed at [www.lakeeriewswimming.com](http://www.lakeeriewswimming.com) by Monday, December 10, 2009

*Must be slower than the listed cut time.*

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
25	1:13.59	11-12 100 Free	1:13.09	26
29	2:43.19	11-12 200 Free	2:38.89	30
33	1:27.99	11-12 100 Back	1:25.79	34
37	44.09	11-12 50 Breast	44.29	38
41	37.79	11-12 50 Fly	38.19	42
45	3:03.79	11-12 200 IM	3:03.09	46
27	33.39	13&Over 50 Free	30.69	28
31	1:19.89	13&Over 100 Back	1:14.89	32
35	1:30.59	13&Over 100 Breast	1:24.09	36
39	None	13&Over 50 Fly	None	40
43	2:55.49	13&Over 200 IM	2:43.69	44
47	None	11&Over 200 Free Relay	None	48
49	6:51.79	13&Over 500 Free	6:31.09	50

**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.