

**SwimStrong “Splash Out Cancer”
Odd-Age Meet
Sponsored by
SwimStrongsville
November 7th & 8th, 2009
Held under USA Swimming Sanction # LE 956 S**

HEAT DEADLINE IS FRIDAY MIDNIGHT OCTOBER 16, 2009

LOCATION: Walter F. Ehrnfelt Recreation and Senior Complex, 18100 Royalton Road, Strongsville OH 44136

POOL: 25 yards by 8 lanes, electronic timing and great seating with handicap access, continuous warm-pool, locker rooms. Food and swimwear concessions available close parking.

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

STARTING TIMES: Both Saturday and Sunday morning session warm-up will be 7:45 – 8:30 a.m., with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The meet will start after a 45-minute warm-up session. Estimated afternoon start times will be posted on the lakeeriewimming.com web site by Thursday, Nov. 5th, 2009. 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.cdirectathletics.com Any questions please contact Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES: Individual events \$4.50 (\$1 of which goes to American Cancer Society) plus a \$2.50 per swimmer HEAT/LESI surcharge. The entry fees will be deducted from the swimmers escrow account.

ENTRY LIMITATIONS: Swimmers may enter up to 4 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 in the deck entry table @ \$7.00 per individual event (\$1 to ACS) and \$ 12.00 per relay (\$1 to ACS). Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration. If the swimmer is closed out of an event, a refund will be issued.

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 7, 2009. On deck USA Swimming registration **will not** be available (including coach registration).

QUALIFYING TIMES: No qualifying times for this meet.

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. **Swimmers in the 11 & under age groups and the 12 & over age groups are advised not to enter both the 25/50 and 200 of the same stroke in the butterfly, breaststroke, or backstroke. These events are back-to-back in the meet program and there will be no rest in between. This includes events 61-66, 73-76, and 87-90.**

SEEDING & CHECK IN: Individual and relay events will be deck-seeded. Check-in sheets will be posted by session as well as by event in the downstairs lobby outside of the pool. All swimmers **must** check in for **all** events that they will be swimming. All swimmers must check in 30 minutes prior to the start of the session. In accordance with 102.1.4, events may be seeded together but

scored separately. The Lake Erie scratch rule (attached) will be in effect. There will be a Clerk of Course for the morning session **only**. The clerk of course will be located behind the water slide. Relay cards must be turned in upon call in order to be seeded.

AWARDS: Individual Events: 1 – 3 Medals, 4-10 Ribbons Relay Events: 1 – 3 Medals, 4-5 Ribbons
Heat winner awards for AM sessions *No Awards for 14 & Over Age Group

ADMISSION COST: \$3.00 for spectators, \$4.00 for psyche sheets. A concession stand will be open during the meet and a swimwear vendor 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 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 all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee

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, Laura Fiffick, 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: lfiffick@swimstrongsville.org

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

COACHES: Packets and sign in will be available in 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: Laura Fiffick lfiffick@swimstrongsville.org (440) 572-1868

SAFETY DIRECTOR: Kim Windnagel kwindnagel@swimstrongsville.org (440) 238-2876

ENTRY PERSON: Tom Dickey tdickey@swimstrongsville.org (216) 496-2759

DIRECTIONS: I-71 to Route 82 (Royalton Road West) exit. Exit west on Route 82, past SouthPark Mall. Turn right at the light by the entrance of Target and follow the directions/signs to the Walter F. EhrnFelt Recreation Center and Complex. Watch for designated parking for this meet.

THE WALTER F. EHRNFELT RECREATION AND SENIOR COMPLEX
SAFETY AND EMERGENCY INFORMATION

SPECTATOR-EMERGENCY EVACUATION PLAN

IN THE EVENT OF AN ALARM OR EMERGENCY REQUIRING EVACUATION:

PLEASE REMAIN CALM, WALK TO THE NEAREST EXIT AND LEAVE THE
BUILDING

DO NOT USE ELEVATORS

DO NOT ATTEMPT TO GO ON DECK OR INTO THE LOCKER ROOMS

EVACUATION ROUTES

AQUATIC CENTER: Use any of the four (4) doors on the north end of the facility facing the woods or the double set of doors on the east end of the aquatic center next to the steam room.

BLEACHERS: Exit through the doors at the top of the bleachers into the main lobby and exit through the front doors.

CULTURAL CENTER: Exit through either of the two sets of double doors facing Southeast (SE) and Southwest (SW) into the parking lot.

AUXILIARY GYM: Exit through any of the exit doors facing Southwest (SW).



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**

SPLASH OUT CANCER
and
Odd-Age Group Meet
for
The American Cancer Society
Sponsored by
SwimStrongsville

Did you know that about 1.6 million new cancer cases are expected to be diagnosed in 2010 and about 570,000 Americans will die of cancer this year? That's more than 1,500 people per day!! Maybe you're lucky enough to never have known someone who has cancer or has died of cancer, but cancer is the second most common cause of death in the U.S., exceeded only by heart disease. In America, cancer accounts for 1 of every 4 deaths. We hope that you will join SwimStrongsville in our battle to **Splash Out Cancer**. Since millions of small actions added together can change the world for the better, you CAN make a difference!! 100% of the proceeds from the sale of **Splash Out Cancer** swim caps and t-shirts and a gift basket raffle will be donated to the local chapter of the American Cancer Society.

Thank You for your help!!

H₂O
2 Parts Heart
1 Part Obsession

SwimStrong “Splash Out Cancer” Odd-Age Meet

SCHEDULE OF EVENTS

Saturday November 7th, 2009

Morning Session

Sunday AM: 7:45 AM warm-up, Meet begins at 8:35 AM

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
1		11 & Under 200 Freestyle		2
3		10-11 50 Butterfly		4
5		8-9 50 Butterfly		6
7		7 & Under 25 Butterfly		8
9		10-11 100 Backstroke		10
11		8-9 100 Backstroke		12
13		7 & Under 50 Backstroke		14
15		10-11 50 Breaststroke		16
17		8-9 100 Breaststroke		18
19		7 & Under 25 Breaststroke		20
21		10-11 100 Freestyle		22
23		8-9 100 Freestyle		24
25		7 & Under 50 Freestyle		26
27		11 & Under 200 Backstroke		28
29		11 & Under 200 Medley Relay		30

Saturday November 7th, 2009

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.lakeerrieswimming.com and www.swimstrongsville.org
on November 5th, 2009.

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
31		12 & Over 200 Freestyle		32
33		14 & Over 100 Breaststroke		34
35		12-13 50 Breaststroke		36
37		14 & Over 100 Backstroke		38
39		12-13 100 Backstroke		40
41		14 & Over 100 Freestyle		42
43		12-13 100 Freestyle		44
45		12 & Over 200 Butterfly		46
47		12-13 100 Breaststroke		48
49		12 & Over 200 Medley Relay		50

SwimStrong “Splash Out Cancer” Odd-Age Meet
SCHEDULE OF EVENTS
Sunday November 8th, 2009
Morning Session

Sunday AM: 7:45 AM warm-up, Meet begins at 8:35 AM

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
51		10-11 200 Individual Medley		52
53		8-9 200 Individual Medley		54
55		10-11 50 Freestyle		56
57		8-9 50 Freestyle		58
59		7 & Under 25 Freestyle		60
61		**11 & Under 200 Breaststroke		62
63		**8-9 50 Breaststroke		64
65		**7 & Under 50 Breaststroke		66
67		10-11 50 Backstroke		68
69		8-9 50 Backstroke		70
71		7 & Under 25 Backstroke		72
73		**11 & Under 200 Butterfly		74
75		**8-9 25 Butterfly		76
77		11 & Under 200 Freestyle Relay		78

****Swimmers in the 11 & under age groups and the 12 & over age groups are advised not to enter both the 25/50 and 200 of the same stroke in the butterfly, breaststroke, or backstroke. These events are back-to-back in the meet program and there will be no rest in between.**

Sunday November 8th, 2009
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.lakeeriewimming.com and www.swimstrongsville.org on November 5th, 2009.

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
79		14 & Over 200 Individual Medley		80
81		12-13 200 Individual Medley		82
83		14 & Over 50 Freestyle		84
85		12-13 50 Freestyle		86
87		**12 & Over 200 Backstroke		88
89		**12-13 50 Backstroke		90
91		14 & Over 100 Butterfly		92
93		12-13 50 Butterfly		94
95		12 & Over 200 Breaststroke		96
97		12 & Over 200 Freestyle Relay		98

****Swimmers in the 11 & under age groups and the 12 & over age groups are advised not to enter both the 25/50 and 200 of the same stroke in the butterfly, breaststroke, or backstroke. These events are back-to-back in the meet program and there will be no rest in between.**

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.