

Swim Strongsville (SWIM) VS Hudson Explorers Aquatic Team (HEAT)

Middle School Dual Meet

December 29th, 2009

Held under USA Swimming Sanction # LE 970 SD

HEAT DUE DATE IS MIDNIGHT on December 25, 2009

LOCATION: Ada Cooper Miller Natatorium, East Woods School 120 N. Hayden Pkwy., Hudson, Ohio 44236

POOL: 6 lanes, 25-meter indoor pool, locker rooms, bleacher seating, Electronic timing system and scoreboard.

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

STARTING TIMES:

Date: December 29th, 2009 Split pool warm-ups will begin at 5:15 PM, with the meet starting at 6:00 PM. There will be a 15 minute break open for warm ups after the 100 Fly.

ENTRY DEADLINE: The HEAT due date for entries, electronic or otherwise, is MIDNIGHT on December 25th, 2009. Events and swimmers may be added until the event starts. Declare meet attendance at Direct Athletics. Coaches will do actual lineup.

ENTRY FEES: \$5 per swimmer **ADMISSION COST:** NONE

ENTRY LIMITATIONS: Swimmers may enter 2 individual events/day exclusive of relays. Swimmers may compete in 3 relays with a max of 4 events total. There will be one or more heats for each event.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming. Coaches must be current coach members of USA Swimming. Age is as of the first day of the meet, December 29th, 2009.

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- meter course. All events are timed finals. This will be a pre seeded meet. There is No penalty for failure to show for an event. **Events may be combined.**

SCORING: Top 5 swimmers in an individual event can score and top 3 teams in relay events. INDIVIDUAL: 6-4-3-2-1-0; RELAYS: 8-4-2

AWARDS: All participants can have pizza, snacks and beverages after the competition

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. Coach may control the warm-ups in their team's lane, as they prefer. **No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet.**

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: Katherine Kleinert (330) 608-8121

KathK121@aol.com

SAFETY DIRECTOR: Matt Davis (330) 653-1264

DavisM@hudson.edu

ENTRY PERSON: Chuck Duchon (330) 289-4045

cduchon@neo.rr.com

SCHEDULE OF EVENTS

Tuesday, December 29th, 2009

5:15 PM Warm-Up, 6:00 PM meet start (Timed Finals)

GIRLS	EVENT	BOYS
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 IM	6
7	50 Freestyle	8
9	100 Butterfly	10
	15 minute open warm up	
11	100 Freestyle	12
13	400 Freestyle	14
15	200 Freestyle Relay	16
17	100 Backstroke	18
19	100 Breaststroke	20
21	400 Freestyle Relay	22