

2010 LAKE ERIE LONG COURSE CHAMPIONSHIPS

Sponsored by Lake Erie Swimming

July 30 – August 1, 2010

HEAT entry deadline is midnight, Friday, July 16, 2010

Held under USA Swimming Sanction # LE 1041 L and Time Trials LE 1041 TT

LOCATION: Busbey Natatorium, Cleveland State University, Euclid Ave. at E. 24th Street, Cleveland, Ohio

POOL: 50 meters by 9 lanes, Colorado electronic timing and scoreboard. CSU has spacious locker rooms, deck area, and spectator seating. There will be continuous warm-up available in the adjacent 25-yard pool.

POOL MEASUREMENTS: The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

WATER DEPTH: The depth of the pool at the start end is 12 feet. The depth at the turn end is 4 feet.

STARTING TIMES:

FRIDAY: Warm-ups will be from 4:45 – 5:30 p.m. with the meet starting at 5:35 p.m.

SATURDAY & SUNDAY AM:

Warm-ups will be from 8:00 – 8:45 a.m. with the meet starting at 8:50 a.m.

SATURDAY & SUNDAY PM:

Warm-ups will begin 15 minutes after the conclusion of the morning session.

There will be a 45-minute warm-up. Estimated afternoon start times will be posted on www.lakeerieswimming.com by July 28, 2010.

ENTRY DEADLINE: HEAT entry deadline is midnight, Friday, July 16, 2010. Please check the meet eligibility report posted on the HEAT Meet Information page to confirm the events your swimmers is eligible to enter. Send entries to Chuck Duchon at meetentry@hudsonheat.com .

ENTRY FEES: Individual events \$4.00; Relays: \$8.00; plus a \$2.50 per swimmer HEAT/LESI surcharge. Meet entry fees will be deducted from your swimmers escrow account.

ENTRY LIMITATIONS: Swimmers may enter as many events as they qualify for, but can only swim in 3 individual events/day exclusive of relays(no refunds for events scratched). Swimmers may swim one (1) time trial event per day; this will not be considered part of the three-event limit above. Swimmer can swim up to two relays per day.

DECK ENTRIES: Deck entries will be accepted on a space available basis only up to 35 minutes before the start of each session and seeded at NT. Deck entrants should sign up in the deck entry office at \$8.00 per individual event and \$16.00 per relay. Deck entries will not be eligible to place or score. If you are closed out of an event, you will receive a refund. Deck entry swimmers new to the meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

ELGIBILITY: 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. **No** on-deck USA Swimming registration will be accepted. Only those coaches with swimmers in the meet are permitted on deck. Age is as of the first day of the meet, July 30, 2010. Please complete the CSU waiver for each swimmer.

QUALIFYING TIMES: Please see the chart for qualifying times. Swimmers must be equal to or faster than the listed qualifying times. Enter at either long course meters (L) times, short course meters (S), or short course yards (Y). Converted times may not be used. Meet management will convert non-conforming times.

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 50-meter course. All events are timed finals. **The 1500 free will be swum fastest to slowest, alternating women's and men's.**

SEEDING & CHECK IN: All events are deck-seeded according to current USA Swimming Rules. All swimmers must check in at least 30 minutes prior to the start of their session for all their events. Check in sheets will be posted on the windows of the instructional pool. Those swimmers who do not plan to arrive by 4:45 PM on Friday may check in (**for the 1500 free only**) via email (d_wohlfeil@att.net) no later than 7 p.m. on July 29, 2010. (Swimmers checking in via email **must** bring a confirmation email with them to the meet.) 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. Heat and lane assignments will be posted on deck. Swimmers will be responsible for reporting to the starting blocks on time. There will be **NO** clerk of course.

SCORING: 1st – 9th

INDIVIDUAL: 10-8-7-6-5-4-3-2-1

RELAYS: 20-16-14-12-10-8-6-4-2

AWARDS: Awards will be given for places 1-12 (individual and relays). High point and Runner-up awards will be given in the 10 and under, 11-12, 13-14 and 15 and over age divisions. Those athletes competing in the open events will have the points earned in those events revert to their age group. Only Lake Erie swimmers are eligible for high point awards.

Team Awards will be given to Lake Erie teams finishing 1st, 2nd and 3rd overall.

ADMISSION: \$3.00; psych sheets \$2.00

RESULTS: Final results will be posted on the Lake Erie Website (lakeerieswimming.com). Teams may request a backup at the conclusion of the meet.

TIME TRIALS: Time Trials will be offered at the conclusion of each session at the discretion of the Referee. Time trials (limit one (1) per day per swimmer) are not considered part of the three (3) meet events per day rule. The cost of time trials is \$6.00 per individual event and \$10.00 per relay. The meet director reserves the right to limit the number of time trials after consulting with the meet referee. Time trials are intended for those very close to zone or national cut-off times. Only swimmers entered in the meet may swim time trials. Time trial entries will close 90 minutes prior to the conclusion of the each session.

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) Lanes 1, 8 & 9 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 & 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 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-ups and warm-down will be available in the 25 yard instructional pool, adjacent to the competition pool.

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 (LES) officials in officiating this meet. Please contact the meet directors, Dave or Jodie Wohlfeil, or LES's Officials Chair, Frank Campbell, in advance of the meet if at all possible to let either know of your availability. The meet directors' and Frank'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, Frank Campbell.

Meet Directors' E-mail: d_wohlfeil@att.net

Official's Chair: Frank Campbell: E-mail: facampbell@sbcglobal.net

COACHES: Coaches packets will be available in the deck entry office.

UNSUPERVISED SWIMMERS: Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck. **Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.**

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 DIRECTORS: Dave & Jodie Wohlfeil d_wohlfeil@att.net (216) 521-0735

SAFETY DIRECTOR: Chuck Kunsman chuck163@yahoo.com (216) 731-3621

ENTRY PERSON: Julie Bare juliebare@windstream.net (440) 338-8659

DIRECTIONS:

From 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).

PARKING:

CSU normally charges \$6 for event parking. The parking garage is adjacent to the pool and may be entered from Chester and/or Euclid Avenues. Meter parking is free on Saturday and Sunday on Chester Ave.

Spectator Emergency Evacuation Plan

In the event of an alarm or an emergency requiring evacuation:

Remain calm, walk to the nearest exit, and leave the building.

Do not use the elevators. Do not attempt to go on deck or in the locker rooms.

Swimmers will be directed by their coaches or meet workers to STILLWELL HALL ON THE WEST SIDE OF THE BUILDING (the scoreboard is on the west wall of the pool).

2010 LAKE ERIE LONG COURSE CHAMPIONSHIPS

SCHEDULE OF EVENTS

Friday Night - 4:45 Warm-Up, 5:35 meet start (Timed Finals)
July 30, 2010

Swimmers must be equal to or faster than the qualifying times listed on the chart.

Girls #	Qualifying Time (See Chart)	Age Group/Stroke	Qualifying Time (See Chart)	Boys #
1		11-12 200 fly		2
3		11 & over 400 IM*		4
5		12 & under 400 free**		6
7		11 & over 1500 free*		8

*Scored separately for 11-12, 13-14, and 15 & over

**Scored separately for 10 & under, 11-12

NOTE:

The 1500 free will be swum fastest to slowest, alternating women's and men's.

2010 LAKE ERIE LONG COURSE CHAMPIONSHIPS
Saturday AM – 8:00 Warm-Up, 8:50 meet start (Timed Finals)
July 31, 2010

Swimmers must be equal to or faster than the qualifying times listed on the chart.

Girls #	Qualifying Time (See Chart)	Age Group/Stroke	Qualifying Time (See Chart)	Boys #
9	None	12 & U 400 Med Relay	None	10
11		11-12 200 Breast		12
13		10 & Under 100 Breast		14
15		11-12 100 Free		16
17		10 & U 200 Free		18
19	None	11-12 50 Breast	None	20
21	None	10 Under 50 Free	None	22
23	None	11-12 50 Fly	None	24
25	None	10 & Under 50 Back	None	26
27		11-12 100 Back		28
29		10 & Under 100 Fly		30
31		11-12 200 Free		32
33	None	10 & U 200 Free Relay	None	34
35	None	11- 12 200 Free Relay	None	36

**Saturday PM - Meet will start 50 minutes after the start of
Warm-ups (Timed Finals)**

Swimmers must be equal to or faster than the qualifying times listed on the chart.

Girls #	Qualifying Time (See Chart)	Age Group/Stroke	Qualifying Time (See Chart)	Boys #
37		Open 200 Free		38
39		13-14 200 IM		40
41		Open 200 Breast		42
43		13-14 100 Breast		44
45	None	Open 50 Free	None	46
47		13-14 100 Free		48
49		Open 100 Back		50
51		13-14 200 Back		52
53		Open 200 Fly		54
55		13-14 100 Fly		56
57	None	Open 400 Free Relay	None	58
59	None	13-14 400 Free Relay	None	60
61		13 & over 400 Free*		62

*Scored separately for 13-14 and 15 & over

2010 LAKE ERIE LONG COURSE CHAMPIONSHIPS

Sunday AM – 8:00 Warm-Up, 8:50 meet start (Timed Finals) August 1, 2010

Swimmers must be equal to or faster than the qualifying times listed on the chart.

Girls #	Qualifying Time (See Chart)	Age Group/Stroke	Qualifying Time (See Chart)	Boys #
63	None	12 & U 400 Free Relay	None	64
65		11-12 200 IM		66
67		10 & U 200 IM		68
69		11-12 100 Breast		70
71	None	10 & U 50 Breast	None	72
73	None	11-12 50 Free	None	74
75	None	10 & U 50 Fly	None	76
77	None	11-12 50 Back	None	78
79		10 & U 100 Back		80
81		11-12 100 Fly		82
83		10 & U 100 Free		84
85		11-12 200 Back		86
87	None	10 & U 200 Med Relay	None	88
89	None	11 – 12 200 Med Relay	None	90

Sunday PM -Meet will start 50 minutes after the start of Warm-ups (Timed Finals)

Swimmers must be equal to or faster than the qualifying times listed on the chart.

Girls #	Qualifying Time (See Chart)	Age Group/Stroke	Qualifying Time (See Chart)	Boys #
91		Open 200 IM		92
93		13-14 200 Free		94
95		Open 100 Breast		96
97		13-14 200 Breast		98
99		Open 100 Free		100
101	None	13-14 50 Free	None	102
103		Open 200 Back		104
105		13-14 100 Back		106
107		Open 100 Fly		108
109		13-14 200 Fly		110
111	None	Open 400 Med Relay	None	112
113	None	13-14 400 Med Relay	None	114
115		11 & over 800 Free*		116

**Scored separately for 11-12, 13-14, and 15 & over

LAKE ERIE SWIMMING
2010 LONG COURSE CHAMPIONSHIP TIME STANDARDS

Girls			Event	Boys		
Short Course Yards	Short Course Meters	Long Course Meters		Long Course Meters	Short Course Meters	Short Course Yards
			10 & Under			
None	None	None	50 Free	None	None	None
1:31.29	1:40.89	1:43.99	100 Free	1:41.59	1:38.49	1:29.19
2:58.29	3:16.99	3:23.59	200 Free	3:13.99	3:08.89	2:50.89
7:39.49 (500)	6:42.09	6:51.59	400 Free	6:52.69	6:38.39	7:35.19 (500)
None	None	None	50 Back	None	None	None
1:45.69	1:56.79	2:02.39	100 Back	1:58.09	1:53.69	1:42.89
None	None	None	50 Breast	None	None	None
1:59.99	2:12.59	2:17.49	100 Breast	2:13.59	2:07.79	1:55.69
None	None	None	50 Fly	None	None	None
1:57.49	2:09.79	2:12.59	100 Fly	2:09.79	2:07.29	1:55.19
3:19.39	3:40.29	3:46.49	200 IM	3:44.79	3:38.89	3:18.09
			11-12			
None	None	None	50 Free	None	None	None
1:13.59	1:21.29	1:25.79	100 Free	1:23.29	1:20.79	1:13.09
2:31.49	2:47.39	2:50.79	200 Free	2:47.79	2:42.99	2:27.49
6:40.09 (500)	5:50.09	6:00.09	400 Free	5:54.39	5:45.79	6:35.09 (500)
13:55.99(1000)	12:11.59	12:33.69	800 Free	12:28.59	12:03.29	13:46.49(1000)
23:27.89(1650)	23:19.69	24:12.39	1500 Free	24:05.29	23:02.49	23:10.49(1650)
None	None	None	50 Back	None	None	None
1:27.99	1:37.29	1:38.89	100 Back	1:39.19	1:34.79	1:25.79
2:48.89	3:06.69	3:15.29	200 Back	3:11.09	3:02.99	2:45.59
None	None	None	50 Breast	None	None	None
1:36.39	1:46.59	1:49.99	100 Breast	1:49.19	1:44.99	1:35.09
3:11.69	3:31.79	3:40.59	200 Breast	3:37.49	3:26.89	3:07.29
None	None	None	50 Fly	None	None	None
1:27.19	1:36.29	1:38.69	100 Fly	1:37.49	1:34.79	1:25.79
2:51.79	3:09.79	3:14.19	200 Fly	3:13.39	3:05.89	2:48.29
2:50.69	3:08.59	3:14.79	200 IM	3:13.89	3:07.09	2:49.39
6:04.19	6:42.39	6:55.89	400 IM	6:51.79	6:33.69	5:56.29

LAKE ERIE SWIMMING
2010 LONG COURSE CHAMPIONSHIP TIME STANDARDS

Girls			Event	Boys		
Short Course Yards	Short Course Meters	Long Course Meters		Long Course Meters	Short Course Meters	Short Course Yards
			13-14			
None	None	None	50 Free	None	None	None
1:12.49	1:20.19	1:22.09	100 Free	1:16.99	1:13.99	1:06.99
2:13.79	2:27.89	2:31.79	200 Free	2:23.29	2:18.39	2:05.29
5:52.99 (500)	5:08.89	5:16.59	400 Free	5:02.79	4:53.39	5:35.19 (500)
12:07.59 (1000)	10:36.79	10:47.99	800 Free	10:29.39	10:09.49	11:36.39 (1000)
20:12.19 (1650)	20:05.09	20:39.79	1500 Free	19:55.69	19:08.99	19:15.69 (1650)
1:19.89	1:28.29	1:30.79	100 Back	1:26.89	1:22.79	1:14.89
2:27.29	2:42.79	2:47.39	200 Back	2:40.69	2:32.79	2:18.19
1:30.59	1:40.09	1:43.89	100 Breast	1:34.89	1:32.89	1:24.09
2:46.79	3:04.29	3:11.99	200 Breast	3:01.99	2:52.69	2:36.29
1:19.09	1:27.39	1:29.19	100 Fly	1:22.89	1:20.99	1:13.29
2:28.59	2:44.19	2:48.29	200 Fly	2:38.79	2:34.99	2:20.29
2:30.49	2:46.29	2:51.49	200 IM	2:42.39	2:34.99	2:20.29
5:17.79	5:51.19	6:00.99	400 IM	5:44.49	5:31.99	5:00.49
			Open/15 & over			
None	None	None	50 Free	None	None	None
1:10.89	1:18.29	1:20.09	100 Free	1:13.59	1:11.19	1:04.39
2:13.79	2:27.89	2:31.79	200 Free	2:23.29	2:18.39	2:05.29
5:52.99 (500)	5:08.89	5:16.59	400 Free	5:02.79	4:53.39	5:35.19 (500)
12:07.59 (1000)	10:36.79	10:47.99	800 Free	10:29.39	10:09.49	11:36.39 (1000)
20:12.19 (1650)	20:05.09	20:39.79	1500 Free	19:55.69	19:08.99	19:15.69 (1650)
1:17.69	1:25.79	1:28.99	100 Back	1:22.39	1:18.79	1:11.29
2:27.29	2:42.79	2:47.39	200 Back	2:40.69	2:32.79	2:18.19
1:28.29	1:37.59	1:41.09	100 Breast	1:32.99	1:28.79	1:20.39
2:46.79	3:04.29	3:11.99	200 Breast	3:01.99	2:52.69	2:36.29
1:17.39	1:25.49	1:26.59	100 Fly	1:18.99	1:17.49	1:10.09
2:28.59	2:44.19	2:48.29	200 Fly	2:38.79	2:34.99	2:20.29
2:30.49	2:46.29	2:51.49	200 IM	2:42.39	2:34.99	2:20.29
5:17.79	5:51.19	6:00.99	400 IM	5:44.49	5:31.99	5:00.49

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 or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing 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 or Administrative Official 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.
 - (4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- C. Scratching from Bonus Finals, Consolation Finals, and Finals
- (1) Any swimmer qualifying for C, B, or A (bonus, consolation, or final race) in an individual event who fails to compete in said 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. A declared false start or deliberate delay of the meet is not permitted and will be regarded as a failure to compete.
 - (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.

**Cleveland State University
Release and Waiver of Liability**

As consideration for my participation in the Long Course Champs (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

Cleveland State University
Parent's Consent, Release and Waiver of Liability

IF APPLICANT IS LESS THAN 18 YEARS OF AGE, BOTH SIDES OF THIS FORM MUST BE COMPLETED AND SIGNED.

I hereby give my consent for my minor child, _____ to participate in Long Course Champs (the "event"). If my child becomes ill or is injured while participating in this event, please contact either of the following:

Daytime

Name _____ Phone (____) _____

Name _____ Phone (____) _____

Evening

Name _____ Phone (____) _____

Name _____ Phone (____) _____

In the event that reasonable attempts to contact the above-mentioned persons are unsuccessful or impractical, I hereby give my consent for emergency medical treatment to be administered to my child and/ or the transfer of my child to a treatment facility. I also release all such personnel from any claim whatsoever on account of first aid or service rendered to my child during participation in the event listed above.

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY**, including the paragraph relating to no known health problems or conditions and my consent to emergency treatment. In consideration for my child 's participation in the event listed above, I do hereby agree to assume all the risks and responsibilities surrounding such participation and do hereby also for and on behalf of myself, my minor child, my heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University, 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 my child's participation in this event.

Parent's/Legal Guardian's Signature Date

(____)

Parent's/Legal Guardian's Name (please print) Parent's/Legal Guardian's Phone

Parent's/Legal Guardian's Address