

Youngstown Long Course Season Opener
Sponsored by Penguin Swimming
May 8th, 2010
Held under USA Swimming Sanction # LE 1030 L

HEAT ENTRY DEADLINE IS MIDNIGHT ON WEDNESDAY APRIL 28, 2010

LOCATION: Youngstown State University, Beeghley Center, Spring St., Youngstown, OH 44555

POOL: 50 Meter by 8 Lanes, Colorado electronic timing and eight lane digital readout scoreboard with touch pads at both ends. Parking will be available in the M24 Lot located on the West side of 5th Ave. YSU charges \$5.00 for parking.

POOL MEASUREMENTS: A) 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 pool is 16 feet deep at start end of the competition pool and 3 feet 6 inches deep at turn end.

STARTING TIMES: Saturday morning session warm-up: 8:10 AM – 8:55 AM, with the meet starting at 9:00 AM. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. Warm ups are 45 minutes. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team. The finalized warm up plan including estimated afternoon start times may be found at <http://www.lakeeriewimming.com> by May 5th, 2010.

ENTRY DEADLINE: The HEAT due date for entries is MIDNIGHT on Wednesday, April 28, 2010. Please enter via Direct Athletics. If you have any questions please email Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES: Individual events are \$4.00 each; relays are \$8.00 each, plus a \$2.50 per swimmer HEAT/LESI surcharge, all in US dollars. The meet entry fees will be deducted from your swimmers Escrow Account

ENTRY LIMITATIONS: Swimmers may enter up to 5 individual events per 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 office @ \$5.00 per individual event and \$10.00 per relay. Deck entry swimmers will be refunded their money if they are closed out of events. Deck entry swimmers new to 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. 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, May 8th, 2010. On deck USA Swimming registration will **not** be available.

QUALIFYING TIMES: No time standards. All entry times must be in long course meters. All non-conforming times must be converted to long course meters.

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.

SEEDING & CHECK IN: All individual and relay events will be deck-seeded. All swimmers must check in at least 30 minutes prior to the start of their session for events seeded on the deck. Check-in sheets will be posted on the pool deck wall by the stairs which lead to the balcony. 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.

AWARDS: Individual Events: Medals for 1st, 2nd and 3rd; ribbons for places 4-8.
Relay Events: Ribbons for 1st, 2nd and 3rd
All individual events are 12 and under or Open but will be awarded separately for 8&under, 9-10, 11-12, 14 & under and 15&Over. All relay events will be awarded 12 and under and 13 and over.

ADMISSION COST: \$3.00 admission charge for spectators and \$2.00 for psych sheets. YSU charges \$5.00 for parking.

RESULTS: Will be posted on <http://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) 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.

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, Matt Anderson, 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: mlanderson04@ysu.edu

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

COACHES: Packets and sign-in for coaches will be available in the deck-entry office on deck between the stairs. There may be a coaches meeting during warm-ups if necessary.

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: Matt Anderson; mlanderson04@ysu.edu; 330-317-0086

SAFETY DIRECTOR: Greg McAtee; tigger_mac@hotmail.com; 330-503-2853

MEET ENTRY CHAIR: Matt Anderson; mlanderson04@ysu.edu; 330-317-0086

Directions:

From I-80: Take the exit for OH-193/BELMONT AVE. Make a right on Belmont and proceed south about 1.5 miles to the light at Gypsy Lane. Make a left on Gypsy; at the fourth traffic light, make a right onto Fifth Avenue. Go about 1.6 miles on Fifth until you cross the overpass for Rt. 422. Spring St is the first stop light past the stadium. Beeghley Center is to the left on Spring St. (no outlet). Parking is to the Right.

From the southeast (Pittsburgh): Take the PA Turnpike to Exit 234 on the Ohio Turnpike. >From there, take I-680 approximately 10 miles to Exit 6B (Rt. 62 and Hubbard). Follow signs for YSU and take Rt. 422 West. Take the second exit (Fifth Avenue) and turn left on Fifth. Spring St is the first stop light past the stadium. Beeghley Center is to the left on Spring St. (no outlet). Parking is to the Right.

HOTELS:

Youngstown area (5 miles north of campus):

Hampton Inn
4400 Belmont Ave.
Youngstown, OH 44505
330-759-9555

Quality Inn & Suites
4055 Belmont Ave.
Youngstown, OH 44505
330-759-3180

Niles/Austintown area (8 miles west of campus):

Comfort Inn & Suites
5425 Clarkins Dr.
Austintown, OH 44515
330-792-9740

Best Western Meander Inn
870 N Canfield Niles Rd
Youngstown, OH 44515
(330) 544-2378

Fairfield Inn Youngstown
801 N Canfield Niles Rd
Youngstown, OH 44515
(330) 505-2173

Hampton Inn Youngstown West
880 N Canfield Niles Rd
Youngstown, OH 44515
(330) 544-0660

Boardman/Poland area (10 miles south of campus):

Fairfield Inn
7397 Tiffany South
Poland, OH 44514
330-726-5979

Hampton Inn
7395 Tiffany South

Boardman, OH 44512
330-758-5191

Holiday Inn
7410 South Ave.
Boardman, OH 44512
330-726-1611

Residence Inn
7396 Tiffany South
Boardman, OH 44512
330-726-1747

Red Roof Inn
1051 Tiffany South
Boardman, OH 44512
330-758-1999

**Youngstown Long Course Season Opener
SCHEDULE OF EVENTS**

Saturday, May 8th, 2010

AM Session

8:10 AM warm-up (45 minutes), 9:00 AM meet start (Timed Finals)

Girls #	No Qualifying Time	Age Group/Stroke	No Qualifying Time	Boys #
1		12 & Under 200 Free		2
3		12 & Under 50 Breast		4
5		12 & Under 50 Free		6
7		12 & Under 50 Back		8
9		12 & Under 200 Free Relay		10
11		12 & Under 50 Fly		12
13		12 & Under 200 IM		14
15		12 & Under 100 Free		16
17		12 & Under 200 Medley Relay		18

*All AM Session events are 12 and under but will be awarded separately for 8 and under, 9-10, and 11-12.

Saturday, May 8th, 2010

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 start times will be listed at <http://www.lakeerieswimming.com> by May 5th, 2010.

Girls #	No Qualifying Time	Age Group/Stroke	No Qualifying Time	Boys #
19		Open 200 Free		20
21		Open 100 Breast		22
23		Open 50 Free		24
25		Open 100 Back		26
27		Open 400 Free Relay		28
29		Open 100 Fly		30
31		Open 200 IM		32
33		Open 100 Free		34
35		Open 400 Medley Relay		36

*All PM Session events are Open but will be awarded separately for 14 & under and 15 & 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 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.

EMERGENCY PROTOCOL BEEGHLY NATATORIUM

- * Use the nearest safe exit.
- * Do not gather belongings, just leave.
- * Remain calm, walk and remain quiet.
- * Listen to instructions from the announcer.

