

Spring Relay Meet
Sponsored by
SwimStrongsville
May 23rd, 2010
Held under USA Swimming Sanction #

HEAT ENTRY DEADLINE IS MIDNIGHT FRIDAY, MAY 14, 2010

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.

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

WATER DEPTH: The depth of the pool at the start end is 5 feet. The depth at the turn end is 13 feet.

STARTING TIMES: Warm ups will begin at 8:00am and last for 45 minutes. The meet will begin at 8:50 am.

ENTRY DEADLINE: HEAT Entry deadline is MIDNIGHT Friday, May 14, 2010. Declare attendance via Direct Athletics. Please note that the coaches will pick the relays. If you have any questions please contact Chuck Duchon meetentry@hudsonheat.com. Please do NOT contact the Meet Hosts.

ENTRY FEES: NONE.

ADMISSION COST: NONE

ENTRY LIMITATIONS. Swimmers may enter 3 relays. There will be one heat for each event. Each team will have 2 relays/event.

ELIGIBILITY: Swimmers must be athlete members of USA Swimming. Coaches must be current coach members of USA Swimming. Age is as of the first day of the meet, May 23rd, 2010.

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. This will be a pre seeded meet. There is No penalty for failure to show for an event.

SCORING: Relays: 14-12-10-8-6-4-2-1, Boys and Girls scored separately

AWARDS: None

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.

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.

SCHEDULE OF EVENTS

Sunday May 23rd, 2010 – Warm-Up, 8:00 am. Meet start, 8:50 am (Timed Finals)

Girls #	Age Group/Stroke 11 & Under age group	Boys #
1	200 Medley Relay	2
7	250 Crescendo Relay	8
13	100 Backstroke Relay	14
19	100 Freestyle Relay	20
25	100 Medley Relay	26
31	100 Butterfly Relay	32
37	100 Breaststroke Relay	38
43	200 Freestyle Relay	44

Girls #	Age Group/Stroke 12-14 age group	Boys #
3	200 Medley Relay	4
9	500 Crescendo Relay	10
15	200 Backstroke Relay	16
21	200 Freestyle Relay	22
27	100 Medley Relay	28
33	200 Butterfly Relay	34
39	200 Breaststroke Relay	40
45	400 Freestyle Relay	46

Girls #	Age Group/Stroke 15 & Over Age group	Boys #
5	400 Medley Relay	6
11	850 Crescendo Relay	12
17	200 Backstroke Relay	18
23	200 Freestyle Relay	24
29	200 Medley Relay	30
35	200 Butterfly Relay	36
41	200 Breaststroke Relay	42
47	400 Freestyle Relay	48

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).