

**Freestyle Frenzy**  
**Sponsored by**  
**South West Aquatic Team**  
**October 31, 2010**  
**Held under USA Swimming Sanction #LE 1066 S**

**HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY OCTOBER 15, 2010**

**LOCATION:** Cleveland State University, Robert F Busbey Natatorium, 2452 Euclid Ave., Cleveland, Ohio 44103 (Euclid Ave at East 24<sup>th</sup> St.)

**POOL:** 25 yards by 10 lanes, Colorado electronic timing and digital readout scoreboard, spacious locker rooms and spectator sections. Continuous warm up pool will be available adjacent to competition 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 average water depth at both the start end and the turn end of the pool is 12 feet.

**STARTING TIMES:** Afternoon warm ups will begin 15 minutes after the conclusion of the morning High School Tune Up Meet. Warm ups will last 45 minutes. Estimated afternoon start times will be posted at <http://www.lakeerieswimming.com> and [swim4swat.org](http://swim4swat.org) by October 28<sup>th</sup> 2010. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team.

**ENTRY DEADLINE:** The HEAT due date for entries is MIDNIGHT on Friday October 15, 2010. Please enter at [www.hudsonheat.com/meetentry.htm](http://www.hudsonheat.com/meetentry.htm)

**ENTRY FEES:** Individual events \$4.00; Relays: \$8.00; plus a \$2.00 per swimmer LESI surcharge. Entry fees will be deducted from your swimmer's escrow account

**ENTRY LIMITATIONS:** Swimmers may enter up to 3 individual events/day, exclusive of relays. Teams may enter 4 relays per relay event. The open mixed 500 Free Relay must consist of at least one swimmer of the opposite gender.

**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 @ \$6.00 per individual event and \$ 10.00 per relay. Deck entries will be eligible for awards. Deck entry swimmers new to the meet will be charged a \$2.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entry swimmers who are closed out of events will receive a refund in the deck entry office.

**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, October 31<sup>st</sup>, 2010. On deck USA Swimming registration will be available (does not include coach registration).

**QUALIFYING TIMES:** Please see event listings. Swimmers must be slower than NAG BB for 13-14. Enter short course times only. Meet management will convert non-conforming times to yards.

**SLOWER THAN:** These meets have times investigated after the meet if a protest is filed. Swimmers may not compete in an event in which they are faster than the listed time standard as of the meet entry deadline.

**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. The 500 freestyle may be limited to the fastest 4 seeded heats of mixed men and women with the fastest heats swimming first. Teams will be notified of swimmers closed out of the 500 freestyle by Monday, Oct. 25. Swimmers may enter another event or receive a refund.

**SEEDING & CHECK IN:** All 25's and 50's will be pre-seeded. All other 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. Relay cards must be turned in upon call in order to be seeded. There will be no marshalling of swimmers, all swimmers must report to the blocks on time for their events. 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: First Place for each age group 10 & under, 11-12, 13-14 and 15 & over except for the 25 free which will be awarded 8&U and 9-10.  
Relay Events: First Place for each age group 10 & under, 11-12, 13-14 and 15 & over.

**ADMISSION COST:** \$3.00 per spectator, children under 6 are free. Psych Sheets are \$4.00. Concession stand will be open during the meet and apparel 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 20 minutes of a 45 minute warm-up shall be conducted as follows:

*For a 10 lane pool:*

- (a) Lanes 1 & 10 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 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-8 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. There is a continuous warm-up pool available after the start of the competition.

**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 director, Mark Oktavec, [airmarkooh@roadrunner.com](mailto:airmarkooh@roadrunner.com), 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 director's and Frank's contact information are 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.

**COACHES:** Packets and sign in will be in the pool 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.

**DIRECTIONS:** From I77 north follow signs to East 22<sup>nd</sup> Street exit, follow East 22<sup>nd</sup> North to Euclid or Chester Ave.

From I90 East or West, exit at Chester Avenue and park on Chester or Euclid. Parking is available in garages or metered street spaces.

From the Ohio Turnpike take I77 or I71 north to I90 East (See above)

**EVACUATION PLAN:**

1. Use nearest safety exit.
2. Do not gather belongings. **JUST LEAVE!**
3. Remain calm, walk & remain quiet.
4. Listen for instructions from the announcer.
5. Once outside the building, proceed to the Stillwell Hall, the next building west of the Natatorium (the scoreboard in on the west wall).



## **Attention All Swimmers!**

*USA Swimming and Lake Erie Swimming team up to present:*

# **The Lake Erie IMX Challenge for SC '10-'11!**

**Start completing your events when '10-'11 Short Course Season begins!**

**\*You have until April 1, 2011 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 '10-'11 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 2010-2011 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:**

- 1<sup>st</sup> place – IMX towel**
- 2<sup>nd</sup> place – IMX hoodie**
- 3<sup>rd</sup> place – IMX drawstring bag**

**Freestyle Frenzy**  
**Sponsored by**  
**South West Aquatic Team**  
**October 31, 2010 Afternoon Session**  
**SCHEDULE OF EVENTS**

Competition will begin after a 45 minute warm up.  
 Estimated warm up start time will be listed at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) and [swim4swat.org](http://swim4swat.org)  
 by October 28, 2010

<b>Girls #</b>	<b>Qualifying time must be slower than NAG BB 13-14</b>	<b>Age Group/Stroke</b>	<b>Qualifying time must be slower than NAG BB 13-14</b>	<b>Boys #</b>
1		10 & Under 25 free		2
3	30.99	Mixed Open 50 Free	28.49	4
5	1:07.39	Mixed Open 100 Free	1:02.19	6
7	2:24.99	Mixed Open 200 Free	2:15.69	8
9		Mixed Open 200 Free Relay*		10
11	6:22.39	Mixed Open 500 Free	6:03.19	12

**\*Mixed relays must consist of at least one swimmer of the opposite gender**

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 \_\_\_\_\_ (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 \_\_\_\_\_

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

As consideration for my participation in the \_\_\_\_\_, (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

**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.