

# Lake Erie Swimming Mile Meet

Hosted by

Lake Erie Swimming

October 24, 2010

Held under USA Swimming Sanction LE# 1064 S

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

**LOCATION:** Busbey Natatorium, Cleveland State University  
2451 Euclid Avenue (Euclid Ave. at East 24<sup>th</sup> Street)  
(216) 687-4882 CSU Pool Office

**POOL:** The competitive swimming pool measures 10 lanes by 25 yards. Colorado timing system and 10-lane digital readout scoreboard; ample locker room space and balcony seating for spectators. Continuous warm-up and warm-down will be available in non-competitive end of the 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 depth of the pool at both the starting and turn end is 12 feet.

**STARTING TIMES:** Warm-up begins at 8:00AM and will last 45 minutes. The meet starts at 8:50AM. Afternoon warm-ups will be in the non-competition pool, with 20 minutes of specific warm-up in the competition pool at the conclusion of the first session. Afternoon warm-up times will be posted at [www.lakeeriewimming.com](http://www.lakeeriewimming.com) by October 21, 2010.

**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 \$5.00; plus a \$2.00 per swimmer LESI surcharge. Entry fees will be deducted from your swimmer's escrow account

**ENTRY LIMITATIONS:** Swimmers may enter one (1) individual event. **We reserve the right to limit entries to ensure a manageable meet.**

**DECK ENTRIES:** Will be taken on a space available basis only at a cost of \$10.00. Deck entry swimmers 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 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 October 24, 2010. On deck USA Swimming registration will **not** be available.

**QUALIFYING TIMES:** Please see event listings. Swimmers must be equal to or faster than the qualifying times listed for their age group. **NT's will not be accepted.** Please enter at either yards or long course meter times. Do not convert times. Meet management will convert non-conforming times. 10 and under swimmers must meet qualifying times as stated for the 500Y/400L free. They should, however, be entered at a time for the 1650. If the swimmer has met the 10 and under qualifying time and also has a mile time, then enter the swimmer at their mile time. **If a 10 and under swimmer qualifies for the meet, but has not swum the mile, then coaches should estimate a mile entry time based on a time trial for this event held during a team practice.** The meet host reserves the right to limit the number of heats in events.

**FASTER THAN:** Swimmers should enter this event only if they have achieved the listed time standard. 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.

**SWIMMERS WITH A DISABILITY:** Swimmers with a disability, who wish to enter the mile meet, should contact the entry person.

**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. This is a timed final meet. The event is deck seeded and all heats run on a slowest to fastest order. The age groups/genders will be seeded together for this event, but will be scored (awarded) separately. No clerk of course will be provided and swimmers **must** provide their own counters if desired. The Lake Erie scratch rule (attached) will be in effect. No time trials.

**SEEDING & CHECK IN:** Deck seeded. Check in at the sign-in table. You must check in 30 minutes prior to the start of the session in order to be seeded. You can also check in by e-mail by sending an e-mail to the entry person ([juliebare@windstream.net](mailto:juliebare@windstream.net)) by Saturday October 23, 2010 no later than 8:00 PM. Please bring a copy of the e-mail reply to the meet. Swimmers who fail to check in by the deadline will be scratched and may swim in the slow heat only if there is space available. **If a swimmer checks in and does not swim, he/she will be fined.**

**SCORING:** None

**AWARDS:** Awards will be given to the first three places in each age group, and must be picked up at the meet.

**ADMISSION:** \$1.00 includes psych sheet.

**RESULTS:** Will be posted on the on [www.lakeerieswimming.com](http://www.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 will be conducted as follows.

- (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 rules.

**No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet.**

**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:** Each swimmer **must** provide a person to count if desired. 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.

**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 LESI's Officials Chair, Frank Campbell ([facampbell@sbcglobal.net](mailto:facampbell@sbcglobal.net)), in advance of the meet to let him know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, Frank Campbell.

**PARKING:** CSU charges for event parking. Parking lots are available at the corner off Chester and E. 22<sup>nd</sup> Street or on Euclid Ave. and E. 24<sup>th</sup> Street. Meter parking is free on Sunday on Chester Avenue.

**DIRECTIONS:** Take I-77 North, follow signs to I-90 east to E. 22<sup>nd</sup> street exit, follow E. 22<sup>nd</sup> 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)

**PLEASE NOTE:**

Each swimmer must have a completed CSU waiver form on file at CSU. If you have swimmers that did not complete a CSU waiver form last year, please copy the enclosed form and send the completed sheets with your entry.

We are grateful to Cleveland State University and Wally Morton for the opportunity to hold this meet in CSU's fine facility. We ask all participants and spectators to clear their area of litter and personal belongings after each session. Swim meet participants and spectators must remain in designated areas: the pool, the spectator area, the main lobby, and the locker rooms. Other areas of the physical education building are off limits. Note: NATATORIUM RULES FORBID "SHAVING DOWN" IN THE POOL OR LOCKER ROOM AREAS.

**EMERGENCY INFORMATION**

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 coach or meet workers to STILLWELL HALL ON THE WEST SIDE OF THE BUILDING (the scoreboard is on the west wall of the pool).

**LAKE ERIE SWIMMING MILE MEET  
 SCHEDULE OF EVENTS**

**Sunday: Warm-Up 8:00, Meet start 8:50**

Girls	Qualifying Time	Age Group/Stroke 1650 freestyle	Qualifying Time	Boys
1	23:34.19Y 24:06.39L	13 and 14	22:28.29Y 23:14.99L	1
	23:18.79 Y 23:53.09L	15 & over	21:55.89Y 22:25.59L	

Y= Yards L=Long course meters

1650 freestyle will be swum as one event for girls and boys, swimming slowest to fastest. Swimmers must be equal to or faster than the qualifying times listed above for their age group.

Afternoon warm-ups will be in the non-competition end of the pool with 20 minutes of specific warm-up in the competition pool at the conclusion of the first session. Afternoon warm-up times will be posted at [www.lakeeriewimming.com](http://www.lakeeriewimming.com) by October 21, 2010

Girls	Qualifying Time	Age Group/Stroke 1650 freestyle	Qualifying Time	Boys
2	8:30.49Y 7:37.29L 500Y/400L	*10 & Under	8:25.79Y 7:38.49L 500Y/400L	2
	25:16.19Y 26:04.19L	11 and 12	24:57.49Y 25:56.49L	

Y= Yards L=Long course meters

\* See Qualifying Times in the meet information  
 1650 freestyle will be swum as one event for girls and boys, swimming slowest to fastest. Swimmers must be equal to or faster than the qualifying times listed above for their age group.

If a 10 and under swimmer qualifies for the meet, but has not swum the mile, then coaches should estimate a mile entry time based on a time trial for this event held during a team practice. Any 10 and under who does not have the necessary qualifying time in the 400/500 in the SWIMS database will be removed from the meet.

**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 \_\_\_\_\_, (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

