

The 2010 North Ohio 7th & 8th Grade Invitational Swim Meet

December 11, 2010

Sponsored by Lakewood City Schools

HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY NOVEMBER 26, 2010
DECLARE ATTENDANCE ONLY - COACHES WILL PICK EVENTS

LOCATION: Lakewood High School Pool, 14100 Franklin Blvd., Lakewood, Ohio 44107

POOL: 8 lanes, 25 yard indoor pool, locker rooms, grandstand seating, Colorado timing system and scoreboard. Concessions will be available. There is some parking behind the school near the pool entrance Additional parking located on Franklin Blvd. across from Lakewood High School.

CONDUCT: The meet will be conducted according to the rules set forth in the OHSAA Rules and Regulations. **The meet is open to all 7&8 Grade middle school teams, USA Swimming clubs, and YMCA teams.** All swimmers must be in 7th or 8th grade. Any swimmer who turns 15 on or before 12-11-2010 is ineligible. Events will be contested in a 25-yard course. All events are timed finals. Any changes in relays should be made prior to the start of the meet. All events will be seeded together but **awards will be given 1st through 8th place for both 7th and 8th grade swimmers**, except the relays.

WARM-UP SCHEDULE There will be 3 warm ups sessions, **First - 8 to 8:30AM, Second – 8:30 to 9AM, and Third – 9 to 9:30AM.** Each team will be assigned a lane (s) and a session for warm-ups. The intent is to provide a reasonable warm-up and to minimize overcrowded lanes. The diving well will be available to swimmers for general warm-ups during the meet only under their coaches' direct supervision. The warm-up schedule and assignment will be emailed to all teams three days prior to the meet and posted at http://www.westlakewaves.com/7_8_invite_2010.html

STARTING TIME: The meet will start at 9:35.

ENTRY DEADLINE: The HEAT due date for entries is **MIDNIGHT on Friday November 26, 2010.** Please enter at www.hudsonheat.com/meetentry.htm

ENTRY FEES: The entry fee is a **\$20.00 per swimmer and includes meet entry fees, bus transportation to the meet (you are responsible for getting your swimmer home) and a pre-meet pasta dinner. The entry fee will be deducted from your HEAT escrow account.**

ENTRY LIMITATIONS. Swimmers may enter up to 2 individual events and 2 separate relays or 1 individual event and 3 relays. Like high school, 4 separate events total, and no more than 2 individual events. Every event (except relays) entered must have a time, No Times will not be accepted. All swimmers entries must come through their team, no entries from individuals will be accepted. Each team may enter up to 3 relays in each of the relay events. The 500's may be limited to maintain a reasonable timeline. Entries into the meet may be limited to maintain a reasonable timeline.

DECK ENTRIES: There will be no deck entries.

ELIGIBILITY: Swimmers must be currently attending school in 7th and 8th grade only. Any swimmer who turns 15 on or before 12-11-2010 is ineligible. All swimmers that attend a school that has a middle school swim team are not allowed to compete with another club for this meet. **Middle school teams, USA Swimming clubs, recreation teams & Y teams may enter the meet.**

ENTRY TIMES: There are no qualifying times. Swimmers must have a time for all events entered (except relays) even if the time is a coach's reasonable estimate.

SEEDING & CHECK IN: All events will be pre-seeded, except for the 500 freestyle. All Swimmers in the 500 must check in prior to the start of the meet.

AWARDS:

There will be trophies awarded to the high point team and runner-up team for both girls and boys.

Individual Events: Medals for 1st, 2nd and 3rd Ribbons for 4th thru 8th for both 7th and 8th grade.

Relay Events: Medals for first, second and third

Awards will be given to heat winners

SCORING:

Place	1	2	3	4	5	6	7	8
Individual Event Points	9	7	6	5	4	3	2	1
Relay Event Points	18	14	12	10	8	6	4	2

ADMISSION COST: Admission will be \$3 per person: Heat Sheets will be \$3.

RESULTS: Will be posted at http://www.westlakewaves.com/7_8_invite_2010.html . A TM back-up file will be emailed to all teams. Teams may request a backup file at the conclusion of the meet.

SAFETY/WARM-UP: OHSAA 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. Coaches are asked to manage their warm-up lanes. In each warm-up session, the first 20 minutes will be circle swimming and/or pace swimming, the final 10 minutes may be made sprint lanes at the coaches discretion with approval from the Safety Director. 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. The diving well will be open for coach supervised warm-up and warm-down during the meet. The seating area may not exceed capacity. Reasonable aisles and access must be maintains at all times in the seating area and on the pool deck

The spectator seating has a capacity of 450, for safety, if the area gets overcrowded the Lakewood high school staff may restrict access to the seating area. To avoid this, Swimmers will not be allowed in to the stands. We ask that all swimmers meet parents, etc in the hallways outside the pool. Coaches please inform your swimmers and parents.

Swimmers are not allowed in the stands, parents are not allowed on the pool deck, but everyone is allowed in the hallways. Thanks for your understanding of this safety concern.

COACHES: Coaches packet will be available at the scoring/computer table. There will be a coaches meeting prior to the start of the meet.

UNSUPERVISED SWIMMERS: Swimmers must have a coach present to participate in the warm-ups and the competition.

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.

Thank you to the Lakewood city schools and Lakewood Recreation, Thank you to the officials and all the parents volunteers for helping put this meet together for the 7th & 8th grade swimmers.

DIRECTIONS:

Lakewood High School is on the corner of Franklin and Bunts (w.140th) in Lakewood.

From I-90 go North from the Bunts/W140th exit to Franklin. Parking available around the school and across the street

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SCHEDULE OF EVENTS Saturday December 11, 2010

The meet will start at 9:35 AM.

Girls Event Number #	Event	Boys Event Number #
1	200 Medley Relay	2
3	200 Freestyle	4
5	100 Individual Medley	6
7	50 Freestyle	8
9	50 Butterfly	10
11	100 Freestyle	12
13	500 Freestyle	14
15	200 Freestyle Relay	16
17	50 Back	18
19	50 Breast	20
21	400 Freestyle relay	22