

2010 Peg Neal Pentathlon
Sponsored by
Lakewood Recreation Swim Team
October 23, 2010
Held under USA Swimming Sanction # LE 1063 S

HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY OCTOBER 8, 2010

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

POOL: 25 yards by 8 lanes, indoor pool, locker rooms, grandstand seating, Colorado timing and scoreboard. Concessions will be available. Parking located on Franklin Blvd. across from Lakewood High School.

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 9 feet, 0 inches. The depth at the turn end is 3 feet, 6 inches.

STARTING TIMES: Saturday morning warm-up is as follows: 10 & Under warm-up will be from 7:30 AM to 8:00 AM, 13-14 warm-up will be from 8:00 AM to 8:30 AM with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for the first half hour, 15 & over will warm-up the second half hour. Continuous warm-up will be available in the diving well after completion of warm-up period. Afternoon start times will be posted at www.lakewoodrecreation.com/LRST and at www.lakeerieswimming.com by October 20, 2010.

ENTRY DEADLINE: The due date for entries, electronic or otherwise, is October 13, 2010. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. Times may be upgraded until the entry deadline. Swimmers may be added until the entry deadline or the meet is closed whichever is first. Phone entries will not be accepted. Hard copy, meet summary sheet and check must be received by October 13, 2010. Late or incomplete entries will be rejected. Mail entries to Dave Wohlfeil, 2140 Elbur, Lakewood, OH. 44107, or e-mail entries to lrst.entries@att.net.

ENTRY DEADLINE: The HEAT due date for entries is MIDNIGHT on Friday October 8, 2010. Please enter at www.hudsonheat.com/meetentry.htm

ENTRY FEES: There is a single-fee (5 events) meet charge of \$20.00 per swimmer plus a \$2.00 per swimmer LESI surcharge. Entry fees will be deducted from your swimmer's escrow account

ENTRY LIMITATIONS: This meet is for swimmers who can and will swim in all five (5) events for their age group for that day. Swimmers must have a legal time in all 5 events in order to compete in this meet. If your swimmer is not legal in any single stroke please do not enter them in this meet. Every swimmer will be entered in all five (5) events for their age group that day.

DECK ENTRIES: Deck entries will only be accepted on a space available basis, and will be seeded at No Time. Deck entries, if space available: \$30.00. Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entries will close 35 minutes before the start of each session.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and have a legal time in all 5 events in order to compete in this meet. 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 23, 2010. On deck USA Swimming registration will **not** be available for swimmers or coaches.

QUALIFYING TIMES: Swimmers must have a legal time in all 5 events in order to compete in this meet.

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. Heats will be seeded slowest to fastest. All events are timed finals.

SEEDING & CHECK IN: All events will be deck seeded. Swimmers must check in for all their events no later than 30 minutes prior to the start of the session. Check-in sheets will be posted on the windows of the coaches' office. There will be no clerk of course. Heat and lane assignments will be posted around the pool deck and in the spectator area. Swimmers are responsible for reporting to their starting block for each event. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

SCORING: Each swimmer will compete in all five (5) events by age group, and then the Pentathlon winners will be determined by adding the five times for each swimmer. A swimmer must have successfully completed swims in all five events to be eligible for high point scoring.

AWARDS: Ribbons will be given for places 1 through 8 in each event. Plaques will be awarded to the top three swimmers (boys and girls) in each age group for each pentathlon track. Team Awards will be given for teams finishing 1st, 2nd and 3rd overall. Awards will be given to the coaches at the conclusion of the meet.

ADMISSION COST: \$3.00 per person. Psych sheets: \$2.00 each.

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 15 minutes of each warm up session shall be conducted as follows:

For an 8 lane pool:

- (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 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. The diving well will be open for warm-up and warm-down during the meet.

No recording devices, including cell phones, may 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, Patrick Burda, 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 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, Frank Campbell.

COACHES: Coaches packets will be available at the scoring table at the beginning of the 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: 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 East: Take 90 West and exit at Bunts. North on Bunts to Franklin Blvd. Left on Franklin and parking lot is on your right.

From West: Take 90 East and exit at Bunts. North on Bunts to Franklin Blvd. Left on Franklin and parking lot is on your right.

Emergency Information: Swimmers use exit doors behind the diving well. Spectators exit through lobby doors. Listen for instructions from the announcer, remain calm, and walk toward the nearest exit. Do not gather belongings, just leave.



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:

- 1st place – IMX towel
- 2nd place – IMX hoodie
- 3rd place – IMX drawstring bag

2010 Peg Neal Pentathlon
SCHEDULE OF EVENTS
October 23, 2010
Saturday AM

10 & under: 7:30 AM-8:00 AM: 13-14: 8:00 AM - 8: 30 AM, 8:35 meet start (Timed Finals)

Swimmers must have a legal time in all 5 events

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1		10 & Under 50 Back		2
3		13-14 100 Back		4
5		10 & Under 50 Fly		6
7		13-14 100 Fly		8
9		10 & Under 50 Free		10
11		13-14 100 Free		12
13		10 & Under 50 Breast		14
15		13-14 100 Breast		16
17		10 & Under 100 IM		18
19		13-14 200 IM		20

October 23, 2010
Saturday PM

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for first 30 minutes: 15 & over will warm-up for the second 30 minutes. Meet will begin 5 minutes after the conclusion of the second warm-up session. Start times will be listed at

www.lakewoodrecreation.com/LRST and www.lakeerieswimming.com by October 20, 2010.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
21		11-12 50 Back		22
23		15 & Over 100 Back		24
25		11-12 50 Fly		26
27		15 & Over 100 Fly		28
29		11-12 50 Free		30
31		15 & Over 100 Free		32
33		11-12 50 Breast		34
35		15 & Over 100 Breast		36
37		11-12 100 IM		38
39		15 & Over 200 IM		40

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.