

SPRINT SPECTACULAR
Sponsored by
SOUTH WEST AQUATIC TEAM

OCTOBER 9 and 10, 2010
Held under USA Swimming Sanction #LE 1061 S

HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY SEPTEMBER 24, 2010

LOCATION: Lakewood High School Natatorium, 14100 Franklin Blvd, Cleveland, OH 44107-4516

POOL: 25 yards by 8 lanes, electronic timing and great seating with handicap access, continuous warm-up in the diving well, locker rooms. Food and swimwear concessions will be available, close parking.

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

WATER DEPTH: The average depth of the pool at the start is 9 feet and turn end is 3 feet 6 inches.

STARTING TIMES: Both Saturday and Sunday morning session warm-ups are from 7:45-8:30 am, with competition starting at 8:35 am. Afternoon warm-ups will begin 15 minutes after the conclusion of the am session and last for 45 minutes with competition starting 5 minutes after the end of warm-ups. Estimated afternoon warm-up times (for both days) will be posted on the Lakeerieswimming.com and Swim4Swat.org website by Wednesday, October 6, 2010. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team. The finalized warm up plan may be found at the above websites by October 6, 2010.

ENTRY DEADLINE: The HEAT due date for entries is MIDNIGHT on Friday September 24, 2010. Please enter at 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 5 individual events/day, exclusive of relays. Teams may enter 4 relays per relay event. Swimmers may compete in 2 relays/day.

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 @ \$5.00 per individual event and \$ 10.00 per relay. If swimmers get closed out of events, a refund will be issued at the announcer's table. The announcer will call the swimmer/coach to notify them. Deck entry swimmers new to the meet 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. 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 9, 2010. On deck USA Swimming registration will be available (does not include coach registration).

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. If anyone is closed out of an event due to heat limitations their fees will be refunded at the announcer's table.

SEEDING & CHECK IN: All 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 on the wall by the south coaches office. **All swimmers should circle the event number to the left of his or her name neatly and clearly.** All 10 and under swimmers must report to the Clerk of Course when their event is called. The clerk of course is set up between the diving well and the pump house, located on the east side of the deck. At that time lane and heat assignments will be given to the swimmers. Lane and heat assignments will be posted on the pool deck for the 11 and over swimmers. Relay cards will be available during warm-ups at the announcer's table and must be turned in upon call in order to be seeded. 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: Medals for first through third. Ribbons for fourth through eighth.

Relay Events: Medals for first through third.

Heat winners: Heat Winner Awards to 10 and under athletes on individual events.

ADMISSION COST: \$3.00 admission per spectator, children under 6 are free. \$4.00 for a psych sheet. A concession stand will be open during the meet and swimwear will be available for sale.

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 an 8 lane pool:

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).

Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool

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. A continuous warm-up pool will be available for swimming only, no diving into this pool at anytime.

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 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: Packets will be available outside of the Hospitality Room.

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.

EVACUATION PLAN:

DIRECTIONS: From the West: I-90 East to EXIT 165 toward Warren Rd/Bunts Rd/W 140TH ST., Stay Straight to go onto S Marginal Dr., Turn Left onto Warren Rd., Turn Right onto Franklin Blvd.

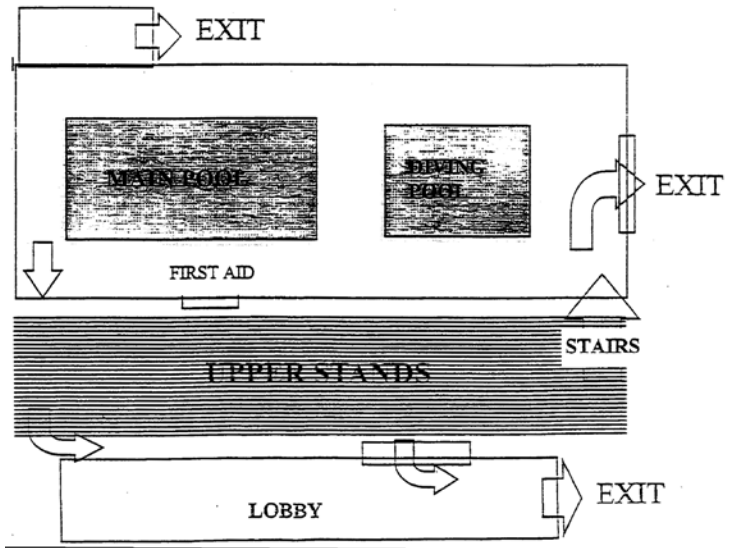
From the East: I-90 W toward Toledo, Take the W 140TH ST exit, EXIT 165B, toward Bunts Rd, Turn RIGHT onto W 140TH ST., W 140TH ST becomes Bunts Rd, End at Franklin Blvd.

From the Southeast: I-77 N via EXIT 20 toward Cleveland, Merge onto I-480 W via EXIT 156 toward Toledo, Merge onto Jennings Fwy/OH-176 N via EXIT 17A toward Cleveland, Take the I-90 E/I-71 N/I-490 E/I-90 W exit on the Left, Take the exit toward I-90 W/I-490 E, Merge onto I-90 W via the exit on the Left, Take the W 140TH ST exit, EXIT 165B, toward Bunts Rd., Turn Right onto W 140TH ST, W 140TH ST becomes Bunts Rd, End at 14100 Franklin Blvd Cleveland, OH 44107-4516

From the Southwest: Merge onto I-71 N toward Cleveland, Take the W 150TH ST exit, EXIT 240, Turn Left onto W 150TH ST., W 150TH ST becomes Warren Rd., Turn Right onto Franklin Blvd.

LAKWOOD HIGH SCHOOL POOL EMERGENCY EVACUATION PLAN

- = USE THE NEAREST SAFE EXIT
- = DO NOT GATHER BELONGINGS, JUST LEAVE
- = REMAIN CALM, WALK
- = LISTEN FOR INSTRUCTIONS FROM THE ANNOUNCERS
- = SWIMMERS: USE THE EXIT DOORS BEHIND THE DIVING WELL



SPRINT SPECTACULAR

SCHEDULE OF EVENTS

October 9, 2010

Saturday AM Session

7:45-8:30am Warm-ups, 8:35am Meet Start (Timed Finals)

Girls #	Age group/Stroke	Boys#
	11-12 50 FLY	1
2	10 & Under 25 FLY	3
4	8 & Under 25 FLY	5
	11-12 100 BACK	6
7	10 & Under 50 BACK	8
	11-12 100 BREAST	9
10	10 & Under 50 BREAST	11
12	8 & Under 100 IM	13
14	10 & Under 100 FREE	15
	11-12 50 FREE	16
17	8 & Under 25 FREE	18
19	10 & Under 25 FREE	20
	11-12 200 FREE RELAY	21
22	10 & Under 100 FREE RELAY	23

October 9, 2010

Saturday PM Session

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin 5 minutes after the completion of the 45-minute Warm-up. Estimated warm up times will be listed at <http://www.lakeerieswimming.com> by October 6, 2010.

Girls #	Age group/stroke	Boys#
24	11-12 100 BREAST	
25	13-14 100 BREAST	26
27	OPEN 100 BREAST	28
29	11-12 50 FLY	
30	13-14 50 FLY	31
32	OPEN 50 FLY	33
34	11-12 50 FREE	
35	13-14 50 FREE	36
37	OPEN 50 FREE	38
39	11-12 100 BACK	
40	13-14 100 BACK	41
42	OPEN 100 BACK	43
44	11-12 200 FREE RELAY	
45	13 AND OVER 200 FREE RELAY	46

SPRINT SPECTACULAR**SCHEDULE OF EVENTS****October 10, 2010****Sunday, AM Session**

7:45- 8:30 am Warm-up, 8:35 am meet start (Timed Finals)

Girls #	Age Group/Stroke	Boys #
47	10 and under 50 FLY	48
	11-12 100 FREE	49
50	8 & under 50 FREE	51
52	10 and under 50 FREE	53
	11-12 50 BACK	54
55	8 & under 25 BACK	56
57	10 & under 25 BACK	58
	11-12 50 BREAST	59
60	8 & under 25 BREAST	61
62	10 & under 25 BREAST	63
	11-12 100 IM	64
65	10 & under 100 IM	66
67	10 & under 100 MEDLEY RELAY	68
	11-12 200 MEDLEY RELAY	69

October 10, 2010**Sunday, PM Session**

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin 5 minutes after the completion of the 45-minute Warm-up. Estimated warm up times will be listed at <http://www.lakeerieswimming.com> by-October 6, 2010.

Girls #	Age Group/Stroke	Boys #
70	11-12 100 FREE	
71	13-14 100 FREE	72
73	OPEN 100 FREE	74
75	11-12 50 BACK	
76	13-14 50 BACK	77
78	OPEN 50 BACK	79
80	11-12 50 BREAST	
81	13-14 50 BREAST	82
83	OPEN 50 BREAST	84
85	13-14 100 FLY	86
87	OPEN 100 FLY	88
89	11-12 100 IM	
90	13-14 200 IM	91
92	OPEN 200 IM	93
94	11-12 200 MEDLEY RELAY	
95	13 AND OVER 200 MEDLEY RELAY	96

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.