

## THE MILE MEET

Hosted by

### THE YMCA OF WOOSTER SWIM TEAM (YWO)

October 23, 2011

Held under USA Swimming Sanction LE# 1164 S

**HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY 10/14/11**

**LOCATION:** Wooster High School, Ellen Shapiro Natatorium, 515 Oldman Road, Wooster, OH, 44691  
Pool Office Phone: (330) 345-3131

**POOL:** The competitive swimming pool measures 8 lanes by 25 yards. Daktronics timing system and 8-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. The facility is located on the west end of Wooster High School, with adjacent free parking in the west parking lot. Please enter through the doorways facing the west parking lot. Spectators may enter the facility on the stairway on the right of the hallway as you enter the building. Swimmers may proceed to the locker rooms which are located down the first hallway on the right past the stairs.

**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 6 feet, 7 inches; the depth at the turn end is 13 feet.

**STARTING TIMES:** Warm-up will begin at 8:00AM and will last 45 minutes. The meet will start at 8:50AM. Afternoon warm-ups will begin 15 minutes after the end of the morning session in the competition pool and last for 50 minutes. Afternoon warm-up times will be posted at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) by October 22, 2011.

**ENTRY DEADLINE: HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY 10/14/11. Please enter via the HEAT website at [www.hudsonheat.com](http://www.hudsonheat.com). If you have any questions contact Chuck Duchon at [meetentry@hudsonheat.com](mailto:meetentry@hudsonheat.com)**

**ENTRY FEES: Individual events \$5.00 each plus a \$2.00 per swimmer LESI surcharge. Entry fees will be deducted from your swimmers escrow account. Please verify that you have adequate funds.**

**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 up to 35 minutes before the start of the session and seeded at NT 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 23, 2011. 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 meet director.

**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 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:** Events will be deck seeded. Check in sheets will be posted on the pool office windows. All swimmers 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 (pattyhdyer@gmail.com) by Saturday October 22, 2011 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.** The Lake Erie scratch rule (attached) will be in effect.

**COACHES:** Please check in at pool office for your coach's packet. A coaches' meeting will be called at the discretion of the meet director.

**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:** \$2.00 includes psych sheet. Parking is free.

**RESULTS:** Will be posted 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 & 8: 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 & 7: sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3 through 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. Continuous warm-up will be available in the non-competition end of the pool.

**Use or audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.**

**UNSUPERVISED SWIMMERS:** Coaches who are entering swimmers but will not be at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers unaccompanied by their coaches or for whom arrangements have not been made must contact the Meet Director or Meet Referee who will assist the athlete in finding coach supervision. Any swimmer entered in the meet 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. When unaccompanied by a member coach, 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 (LES) officials in officiating this meet. Please contact the LES'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.

**DIRECTIONS:**

From the north: take I-71 south to S.R. 83. Travel south on S.R. 83 to Friendsville Road. At the Friendsville Road red light turn right. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

From the south: take I-71 north to S.R. 30. Travel east on S.R. 30 to S.R. 83. Take S.R. 83 north to Friendsville Road. Turn left at the Friendsville Road red light. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

From the east: take S.R. 30 or S. R. 250 west to S.R. 83 north. Take S.R. 83 north to Friendsville Road. Turn left at the Friendsville Road red light. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

From the west: take S. R. 30 east or S.R. 250 east to S. R. 83 north. Take S.R. 83 north to Friendsville Road. Turn left at the Friendsville Road red light. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

**Motels**

Amerihost Inn – East	2055 Lincoln Way, Wooster	330-262-5008
Best Western	243 E. Liberty, Wooster	330-264-7750
Days Inn	789 E. Milltown Rd., Wooster	330-345-1500
Econo Lodge	2137 Lincoln Way East, Wooster	330-264-8883
Hampton Inn	4253 Burbank Road, Wooster	330-345-4424
Hilton Garden Inn	959 Dover Road, Wooster	330-202-7701
Wooster Inn	801 E. Wayne Ave., Wooster	330-263-2660

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**Spectator Emergency Evacuation Plan:** In the event of an alarm or an emergency requiring evacuation, spectators should remain calm, exit the balcony area using the stairwell leading to the hallway, and proceed to the west to the building exit. Swimmers should also remain calm, exit the pool deck through the locker and proceed outside through the south or west building exits.



## **Attention All Swimmers!**

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

# **The Lake Erie IMX Challenge for SC '11-'12!**

**Start completing your events when '11-'12 Short Course Season begins!**

*\*You have until April 1, 2012 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 '11-'12 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 2011-2012 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 personalized hoodie**

**2<sup>nd</sup> place – IMX towel**

**3<sup>rd</sup> place – IMX t-shirt**

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## THE YMCA OF WOOSTER SWIM TEAM (YWO)

October 23, 2011

Warm-Up 8:00, Meet start 8:50 (Timed Finals)

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 begin 15 minutes after the conclusion of the morning session in the competition pool and will continue for 50 minutes. Afternoon warm-up times will be posted at [www.lakeeriewimming.com](http://www.lakeeriewimming.com) by October 22, 2011.

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). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
  - (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's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. 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.