

**SwimStrong “Splash Out Cancer”
Odd-Age Meet
Sponsored by
SwimStrongsville
November 5th & 6th, 2011
Held under USA Swimming Sanction LE# 1166 S**

HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY 10/21/11

LOCATION: Walter F. Ehrnfelt Recreation and Senior Complex, 18100 Royalton Road, Strongsville OH 44136

POOL: 25 yards by 8 lanes, electronic timing and great seating with handicap access, continuous warm-pool, locker rooms. Food and swimwear concessions available close parking.

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 4 feet, 6 inches. The depth at the turn end is 13 feet, 0 inches.

STARTING TIMES: Warm-ups for all sessions will be split in two 30 minute segments by team. Swimmers must warm up with their team during the assigned period. Both Saturday and Sunday morning session warm-up will be 7:45 – 8:45 a.m., with competition starting at 8:50 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session, with competition starting after the two 30 minute segments by team. Warm up assignments by team and estimated afternoon start times will be posted on the lakeeriewimming.com web site by Thursday, Nov. 3rd, 2011.

ENTRY DEADLINE: HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY 10/21/11. Please enter via the HEAT website at www.hudsonheat.com. If you have any questions contact Chuck Duchon at meetentry@hudsonheat.com

ENTRY FEES: Individual events \$4.50 (\$1 of which goes to Seidman Cancer Center); Relays: \$8.00 (\$1 to SCC); 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 up to 4 individual events/day, exclusive of relays.

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 at the deck entry table @ \$7.00 per individual event (\$1 to SCC) and \$ 12.00 per relay (\$1 to SCC). Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration. If the swimmer is closed out of an event, a refund will be issued.

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 the first day of the meet, November 5, 2011. On deck USA Swimming registration **will not** be available (including coach registration).

QUALIFYING TIMES: No qualifying times for 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. All events are timed finals. **Swimmers in the 11 & under age groups and the 12 & over age groups are advised not to enter both the 25/50 and 200 of the same stroke in the butterfly, breaststroke, or backstroke. These events are back-to-back in the meet program and there will be no rest in between. This includes events 61-66, 73-76, and 87-90**

SEEDING & CHECK IN: The first two events of each session will be pre-seeded. All other individual and relay events will be deck-seeded. Check-in sheets will be posted by session as well as by event in the downstairs lobby outside of the pool. All swimmers **must** check in for **all** deck-seeded events that they will be swimming. All swimmers must check in 30 minutes prior to the start of the session.

In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. There will be a Clerk of Course for the morning session **only**. The clerk of course will be located behind the water slide. Relay cards must be turned in upon call in order to be seeded.

AWARDS: Individual Events: 1 – 3 Medals, 4-10 Ribbons Relay Events: 1 – 3 Medals, 4-5 Ribbons
Heat winner awards for AM sessions *No Awards for 14 & Over Age Group

ADMISSION COST: \$3.00 for spectators, \$4.00 for psych sheets. A concession stand will be open during the meet and a swimwear vendor will be available.

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 a 30-minute warm up, and 20 minutes of a 45-minute warm-up shall 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 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

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

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 meet director, John Henkels, or LESI'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.

Meet Director's E-mail: jhenkels@swimstrongsville.org

Official's Chair: Frank Campbell: E-mail: facampbell@sbcglobal.net

COACHES: Packets and sign in will be available at the announcer's table.

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: I-71 to Route 82 (Royalton Road West) exit. Exit west on Route 82, past SouthPark Mall. Turn right at the light by the entrance of Target and follow the directions/signs to the Walter F. EhrnFelt Recreation Center and Complex. Watch for designated parking for this meet.

THE WALTER F. EHRNFELT RECREATION AND SENIOR COMPLEX
SAFETY AND EMERGENCY INFORMATION

SPECTATOR-EMERGENCY EVACUATION PLAN

IN THE EVENT OF AN ALARM OR EMERGENCY REQUIRING EVACUATION:

PLEASE REMAIN CALM, WALK TO THE NEAREST EXIT AND LEAVE THE
BUILDING

DO NOT USE ELEVATORS

DO NOT ATTEMPT TO GO ON DECK OR INTO THE LOCKER ROOMS

EVACUATION ROUTES

AQUATIC CENTER: Use any of the four (4) doors on the north end of the facility facing the woods or the double set of doors on the east end of the aquatic center next to the steam room.

BLEACHERS: Exit through the doors at the top of the bleachers into the main lobby and exit through the front doors.

CULTURAL CENTER: Exit through either of the two sets of double doors facing Southeast (SE) and Southwest (SW) into the parking lot.

AUXILIARY GYM: Exit through any of the exit doors facing Southwest (SW).

SPLASH OUT CANCER
and
Odd-Age Group Meet
for
The Seidman Cancer Center
Sponsored by
SwimStrong

Did you know that about 1.6 million new cancer cases are expected to be diagnosed in 2011 and about 572,000 Americans will die of cancer this year? That's more than 1,500 people per day!! Maybe you're lucky enough to never have known someone who has cancer or has died of cancer, but cancer is the second most common cause of death in the U.S., exceeded only by heart disease. In America, cancer accounts for 1 of every 4 deaths. We hope that you will join SwimStrong in our battle to **Splash Out Cancer**. Since millions of small actions added together can change the world for the better, you CAN make a difference!! 100% of the proceeds from the sale of **Splash Out Cancer** swim caps and t-shirts and a gift basket raffle will be donated to the Seidman Cancer Center.

Thank You for your help!!

Operation H₂O
Helping Others
with
2 Parts Heart
1 Part Obsession



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:

1st place – IMX personalized hoodie

2nd place – IMX towel

3rd place – IMX t-shirt

SwimStrong “Splash Out Cancer” Odd-Age Meet

SCHEDULE OF EVENTS

Saturday November 5th, 2011

Morning Session

Saturday AM: 7:45 AM warm-up, Meet begins at 8:50 AM

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
1		11 & Under 200 Freestyle		2
3		10-11 50 Butterfly		4
5		8-9 50 Butterfly		6
7		7 & Under 25 Butterfly		8
9		10-11 100 Backstroke		10
11		8-9 100 Backstroke		12
13		7 & Under 50 Backstroke		14
15		10-11 50 Breaststroke		16
17		8-9 100 Breaststroke		18
19		7 & Under 25 Breaststroke		20
21		10-11 100 Freestyle		22
23		8-9 100 Freestyle		24
25		7 & Under 50 Freestyle		26
27		11 & Under 200 Backstroke		28
29		11 & Under 200 Medley Relay		30

Saturday November 5th, 2011

Afternoon 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 two 30-minute warm-up.

Estimated start times will be listed at www.lakeeriewimming.com and www.swimstrongsville.org
on November 3rd, 2011.

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
31		12 & Over 200 Freestyle		32
33		14 & Over 100 Breaststroke		34
35		12-13 50 Breaststroke		36
37		14 & Over 100 Backstroke		38
39		12-13 100 Backstroke		40
41		14 & Over 100 Freestyle		42
43		12-13 100 Freestyle		44
45		12 & Over 200 Butterfly		46
47		12-13 100 Breaststroke		48
49		12 & Over 200 Medley Relay		50

SwimStrong “Splash Out Cancer” Odd-Age Meet
SCHEDULE OF EVENTS
Sunday November 6th, 2011
Morning Session

Sunday AM: 7:45 AM warm-up, Meet begins at 8:50 AM

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
51		10-11 200 Individual Medley		52
53		8-9 200 Individual Medley		54
55		10-11 50 Freestyle		56
57		8-9 50 Freestyle		58
59		7 & Under 25 Freestyle		60
61		**11 & Under 200 Breaststroke		62
63		**8-9 50 Breaststroke		64
65		**7 & Under 50 Breaststroke		66
67		10-11 50 Backstroke		68
69		8-9 50 Backstroke		70
71		7 & Under 25 Backstroke		72
73		**11 & Under 200 Butterfly		74
75		**8-9 25 Butterfly		76
77		11 & Under 200 Freestyle Relay		78

****Swimmers in the 11 & under age groups and the 12 & over age groups are advised not to enter both the 25/50 and 200 of the same stroke in the butterfly, breaststroke, or backstroke. These events are back-to-back in the meet program and there will be no rest in between.**

Sunday November 6th, 2011
Afternoon 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 two 30-minute warm-up.

Estimated start times will be listed at www.lakeeriewimming.com and www.swimstrongsville.org
on November 3rd, 2011.

Girls #	Qualifying Time None	Age Group/Stroke	Qualifying Time None	Boys #
79		14 & Over 200 Individual Medley		80
81		12-13 200 Individual Medley		82
83		14 & Over 50 Freestyle		84
85		12-13 50 Freestyle		86
87		**12 & Over 200 Backstroke		88
89		**12-13 50 Backstroke		90
91		14 & Over 100 Butterfly		92
93		12-13 50 Butterfly		94
95		12 & Over 200 Breaststroke		96
97		12 & Over 200 Freestyle Relay		98

****Swimmers in the 11 & under age groups and the 12 & over age groups are advised not to enter both the 25/50 and 200 of the same stroke in the butterfly, breaststroke, or backstroke. These events are back-to-back in the meet program and there will be no rest in between.**

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.