

SPRINT SPECTACULAR

Sponsored by

B3 AQUATICS

OCTOBER 9, 2011

Held under USA Swimming Sanction #LE 1161 S

HEAT ENTRY DEADLINE IS MIDNIGHT ON SATURDAY SEPTEMBER 24, 2011

LOCATION: Hathaway Brown School, 19600 North Park Blvd, Shaker Heights, OH 44122. The pool is located across from the tennis courts off Sherbrook Road.

POOL: 25 yards by 8 lanes, electronic timing and handicap accessible seating, continuous warm-up in the diving well, locker rooms, close parking (street parking is available on Sherbrook Rd, the lot adjacent to the pool and the front lot near the main entrance).

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 6 feet 9 inches and turn end is 5 feet.

STARTING TIMES: The morning session warm-ups are from 7:45 - 8:30 a.m., with competition starting at 8:35 a.m. Afternoon warm-ups will begin 15 minutes after the conclusion of the morning session and last for 45 minutes with competition starting 5 minutes after the end of warm-ups. Estimated afternoon warm-up times will be posted on www.lakeeriewimming.com and www.b3aquatics.com websites by Wednesday, October 5, 2011. 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 5, 2011.

ENTRY DEADLINE: The HEAT entry deadline is MIDNIGHT on Saturday, September 24, 2011. Please enter via the HEAT website at www.hudsonheat.com. If you have any questions please contact Chuck Duchon at meetentry@hudsonheat.com.

ENTRY FEES: Individual events \$4.00 and relays \$8.00; plus a \$2.00 per swimmer LESI surcharge. Entry fees will be deducted from your escrow account.

ENTRY LIMITATIONS: Swimmers may enter up to 4 individual events.

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 and \$12 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, 2011. On deck USA Swimming registration will be available (does not include coach registration).

QUALIFYING TIMES: There are 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. All 25 yard events will start at the turn end of the pool where there are no starting blocks.

SEEDING & CHECK IN: All events will be pre-seeded. All 10 and under swimmers must report to the Clerk of Course when their event is called. The clerk of course will be in the gym. 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. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

CLERK OF COURSE: All 10 and under swimmers should report to the clerk of course when their event is on call.

AWARDS: Individual Events: Medals for first through third. Ribbons for fourth through eighth.
Heat winners: Heat Winner Awards to 10 and under athletes in individual events.

ADMISSION COST: \$3.00 admission per spectator, children under 5 are free. \$3.00 for a heat sheet

RESULTS: Will be posted on 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 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.

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, Sarah Tobin 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: Sarah Tobin: E-mail: sarah@b3aquatics.com

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

COACHES: Heat sheets will be available when you check in. Relay cards will be distributed during warm-ups for each session.

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.

MEET DIRECTOR: Sarah Tobin, sarah@b3aquatics.com; (440) 552-7023

SAFETY DIRECTOR: Julie Hertzler, jjhertzler@att.net

ENTRY PERSON: Sarah Tobin, sarah@b3aquatics.com; (440) 552-7023

EVACUATION PLAN:

Emergency Information

Spectator Emergency Evacuation Plan

In the event of an alarm or emergency evacuation:

Remain calm, walk to the nearest exit, and leave the building.

Do not use the elevators.

Do not attempt to go on deck or in the locker rooms.

Swimmers will be directed by their coach or meet workers to

The exits located on the south side of the pool (diving block side of the pool)



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

SPRINT SPECTACULAR

SCHEDULE OF EVENTS

October 9, 2011

Sunday AM Session

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

Girls #	Age Group/Stroke	Boys #
	8 & Under	
4	25 Free	5
9	25 Breast	10
14	25 Back	15
19	50 Free	20
24	25 Fly	25
	10 & Under	
1	50 Free	2
6	25 Breast	7
11	50 Back	12
16	25 Fly	17
21	50 Breast	22
26	25 Back	27
29	100 IM	30
	11 – 12	
	50 Free	3
	100 Breast	8
	100 Back	13
	100 Free	18
	50 Fly	23
	100 IM	28
31	10 & Under Girls 200 Free Relay 12 & Under Boys 200 Free Relay	32

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 www.b3aquatics.com and www.lakekerieswimming.com by October 5, 2011.

Girls #	Age Group/Stroke	Boys #
	11 – 12	
33	50 Free	
38	100 Breast	
43	100 Back	
48	100 Free	
53	50 Fly	
58	100 IM	
	13 – 14	
36	50 Free	37
41	100 Breast	42
46	100 Back	47
51	100 Free	52
56	100 Fly	57
	Open	
34	50 Free	35
39	100 Breast	40
44	100 Back	45
49	100 Free	50
54	100 Fly	55
59	200 IM	60
61	Open 200 Free Relay	62

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.