

## HEAT WINTER BREAKOUT MEET

Sponsored by

**THE HUDSON EXPLORERS AQUATIC TEAM**

**DECEMBER 11, 2011**

**Held under USA Swimming Sanction LE # 1172 S**

**TEAMS ATTENDING: CCS, CFYN, CLEV, FAST, GO, HEAT, HSC, NCS, NEON, PA, PAC, PS, USC, VFYT, WHAT, WYRS, YYN, YWOO**

**HEAT entry deadline is MIDNIGHT on Friday, November 18, 2011. Please note that this is a mandatory meet for Green/Red/White swimmers. We have published a list of "Coach Selected" events for those groups but your swimmer will NOT be entered in the meet automatically.**

**YOU MUST ENTER YOUR SWIMMER IN THE EVENTS HE/SHE WILL SWIM.**

**Please note cut-times when selecting your events**

**LOCATION:** Kent Roosevelt High School, 1400 N. Mantua St., Kent, OH 44240

**POOL:** 25 yards by 6 lanes, Colorado Timing system with digital scoreboard. Food and swimwear concessions will be open throughout the meet.

**POOL MEASUREMENT:** 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 12 feet, 0 inches. The depth at the turn end is 4 feet, 0 inches.

**STARTING TIMES:** Sunday morning session warm-up is from 7:45 – 8:30 a.m., with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session and will last 45 minutes. An estimated afternoon warm up time will be posted at [Lakeerieswimming.com](http://Lakeerieswimming.com) on Thursday, December 8, 2011 after 12:00(noon). The finalized warm up plan may be found at [lakeerieswimming.com](http://lakeerieswimming.com) by December 8, 2011. At the discretion of the Meet Safety director, warm ups may be split by gender, age group or team.

**ENTRY DEADLINE:** The HEAT entry deadline is MIDNIGHT on Friday, November 18, 2011. Please enter via the HEAT website. Please note that this is a mandatory meet for Green/Red/White swimmers. We have published a list of "Coach Selected" events for those groups but your swimmer will NOT be entered in the meet automatically. **YOU MUST ENTER YOUR SWIMMER IN THE EVENTS HE/SHE WILL SWIM.** Please note cut-times when selecting your events. If you have any questions please contact Chuck Duchon at [meetentry@hudsonheat.com](mailto:meetentry@hudsonheat.com)

### **ENTRY FEES:**

**Individual events \$4050 plus a \$2.00 per swimmer LESI surcharge. Entry fees will be paid from your swimmers escrow account. Please verify your balance BEFORE you submit your entries.**

**ENTRY LIMITATIONS:** Swimmers may enter up to 5 individual events, 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 in the deck entry office @ \$6.00 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, December 11, 2011. On deck USA Swimming registration will be available (does not include coach registration).

**QUALIFYING TIMES:** Please see event listings. Swimmers must be slower than the qualifying time listed as of the entry deadline. **If the swimmer has no time, please include a time even if it is a practice time.**

**SLOWER THAN:** These meets have times investigated after the meet if a protest is filed. Swimmers may not compete in an event in which they are faster than the listed time standard as of the meet entry deadline.

**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. The 500 yard events may be limited to the fastest three heats of each gender. 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 except the relays and the 500 free will be pre-seeded. **There will be clerk of course for the A.M. session only and only for individual events, swimmers should report to the clerk of course when their event is called.** All relays and 500 yard events will be deck-seeded. The afternoon swimmers will be expected to report to the blocks on time for their heats/events. Relay cards 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: Ribbons for first through tenth.

Relay Events: Ribbons for first through third.

Heat winners: Ribbons to all athletes.

**ADMISSION COST:** \$4.00 for spectators, 65 & Over and children under 8 are free, \$3.00 for heat sheets. 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. In this six-lane pool, the final 20 minutes of a 45-minute warm-up shall be conducted as follows:

Lanes 1 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 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool

Lanes 3, 4, and 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. The separate warm-up pool may also be used for general warm-ups. It will also be staffed with Safety Marshals during warm-ups.

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. During the meet, a continuous warm-up pool will be available for swimming only, no diving into this pool at anytime.

**Use of audio or visual recording devices, including a cell phone, is not permitted 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, Tom McDonnell 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 are 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: Cindy Sapochetti Email: [meetdirector@hudsonheat.com](mailto:meetdirector@hudsonheat.com)  
Official's Chair: Frank Campbell Email: [facampbell@sbcglobal.net](mailto:facampbell@sbcglobal.net)

**COACHES:** Packets will be available at the Coach Sign-In Table in the Cafeteria.

**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 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 swimmers 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 Cleveland: Take I-480 east, continue on Rt. 14 1.5 miles, turn right onto Rt. 43 and follow 5.3 miles.

From Warren/Niles: Take I-80 west to Exit 187 and merge onto Rt. 14 east, follow 2.5 miles and turn right onto Rt. 43 and follow 5.3 miles.

From Canton: Take I-77 north to Rt. 8 north, exit and merge onto Front St./Rt. 59, follow 6.5 miles. Turn left onto River St. (Rt. 43), continue on Gougler Ave., make a slight right onto N. Mantua St. and follow 1 mile.



## **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**

HEAT WINTER BREAKOUT MEET  
 SCHEDULE OF EVENTS  
 December 11, 2011  
 Sunday AM Session

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

*Must be slower than the listed cut time.*

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
3	None	8 & Under 25 Breast	None	4
7	None	8 & Under 25 Back	None	8
11	None	8 & Under 25 Free	None	12
15	None	8 & Under 25 Fly	None	16
19	None	8 & Under 100 IM	None	20
1	3:20.19	10 & Under 200 Free	3:09.89	2
5	53.59	10 & Under 50 Breast	53.59	6
9	1:45.69	10 & Under 100 Back	1:42.89	10
13	39.79	10 & Under 50 Free	38.89	14
17	None	10 & Under 25 Fly	None	18
21	3:42.69	10 & Under 200 IM	3:40.89	22
23	None	10 & Under 100 Free Relay	None	24

**December 11, 2011**

**Sunday PM Session**

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin after the completion of the 45-minute Warm-up. Estimated warm up times will be listed at [www.lakeeriewimming.com](http://www.lakeeriewimming.com) by December 8, 2011.

***Must be slower than the listed cut time.***

<b>Girls #</b>	<b>Qualifying Time</b>	<b>Age Group/Stroke</b>	<b>Qualifying Time</b>	<b>Boys #</b>
25	2:43.19	11-12 200 Free	2:38.89	26
29	44.09	11-12 50 Breast	44.29	30
33	1:27.99	11-12 100 Back	1:25.79	34
37	1:13.59	11-12 100 Free	1:13.09	38
41	37.79	11-12 50 Fly	38.19	42
45	3:03.79	11-12 200 IM	3:03.09	46
27	1:30.59	13&Over 100 Breast	1:24.09	28
31	1:19.89	13&Over 100 Back	1:14.89	32
35	33.39	13&Over 50 Free	30.69	36
39	None	13&Over 50 Fly	None	40
43	2:55.49	13&Over 200 IM	2:43.69	44
47		11&Over 200 Free Relay		48
49	6:51.79	13&Over 500 Free	6:31.09	50

**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.