

**2012 Last Chance Meet
Hosted by Solon Stars Swim Club
Held under USA Swimming Sanction Number #
February 19, 2012**

THE HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY FEBRUARY 10, 2012

Location: Solon High School Natatorium, 33600 Inwood Road, Solon, Ohio 44139

Pool: 25 yard/8 lanes, electronic timing with 8 lane board, locker rooms, elevated spectator area

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 6 feet. The depth at the turn end is 4 feet.

Starting Times:

Sunday morning session warm-ups will begin at 10:00 a.m. with competition starting at 10:50 a.m. There will be a 15-minute break at the conclusion of the morning session. Estimated warm-up times for the afternoon sessions will be posted on www.solonstars.com on Wednesday February 15, 2012. There will be a combined warm-up for 45 minutes (meet will start 5 minutes later). Continuous warm-up and warm-down will be available in the diving well after the warm up period. At the discretion of the Safety Director, warm ups may be split by gender or age group or team.

Entry Deadline:

The HEAT entry deadline is MIDNIGHT on Friday, February 10, 2012. Please enter via the HEAT website. If you have any questions on the new Online Meet Entry system please email Chuck Duchon at meetentry@hudsonheat.com.

Entry Fees:

Individual events \$3.00 (to cover facility rental and officials); a \$2.00 per swimmer surcharge (for the Lake Erie Zone Team fund). Entry fees will be deducted from your swimmers HEAT escrow account. Please verify that you have an adequate balance before submitting your entry.

Entry Limitations:

Each swimmer may enter 3 events for the day.

Deck Entries:

Fees will be \$ 3.00 per individual event. Deck entries will be accepted on a space available basis only. Deck entries will close 35 minutes prior to the start of each session. Deck entered swimmers, new to the meet, will pay the \$2.00 surcharge and must provide proof of USA Registration. Deck entries will be seeded at NO TIME (NT). If a swimmer attempts to deck enter an event and is closed out, he or she will receive a refund of the deck entry fee for that event.

Eligibility:

Swimmers must be current athlete members of USA Swimming, and be members of the Solon Stars, Hudson HEAT, Swimstrong, or B3 swim clubs. Swimmers must be 9 years old or older to participate in the meet. Coaches must be current coach members of USA Swimming. Age is as of the first day of the meet, February 19, 2012. On deck USA Swimming registration will not be available.

Qualifying times:

There are no qualifying time standards 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 e-mail accompanying the Hy-Tek 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. Heats will be swum slowest to fastest. There is no penalty for failure to show for an event. **Events may be combined.**

Each team is asked to provide 3-4 timers per session.

Seeding and Check In:

The meet will be deck seeded. All swimmers must check in with their coaches at least 30 minutes prior to the start of their session for all of their events. Check-in sheets will be given to the coaches. In accordance with 102.1.4, events may be seeded together but scored separately. Heat and Lane assignments will be posted around the pool deck.

Scoring:

The Meet will not be scored. All events are swum as time trials.

Awards: The satisfaction of a job well done.

Admissions:

Admission will be free.

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:

- (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.

Swimmers may be removed from warm-up for violating safety rules.

No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet.

No photograph or video recording devices are permitted behind the start end of the pool.

Directions:

Exit from Route 422 at Route 91 (SOM Center Road),
Go South on Route 91 past Aurora Road (Route 43)
Inwood Road is the 2nd light after Aurora Road
turn right on Inwood, travel to the end of the school near
the marquee, and turn left at the stop sign into the parking lot

SCHEDULE OF EVENTS

February 19, 2012
 Sunday a.m. Session

10:00 a.m. warm-up, 10:50 a.m. start time (Timed Finals)

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1		Open (9 & O) 400 IM		2
3		Open (9 & O) 200 Back		4
5		Open (9 & O) 200 Breast		6
7		Open (9 & O) 200 Fly		8
9		Open (9 & O) 500 Free		10
11	15:20.29	Open (9 & O) 1000 Free	15:10.09	12
13	25:36.19	Open (9 & O) 1650 Free	25:17.49	14

Events may be limited to 3 fastest heats or combined with other events.

February 19, 2012
 Sunday p.m. Session

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin at the completion of the 45-minute Warm-up. Estimated start times will be posted on www.solonstars.com on Wednesday February 15, 2012.

Girls #	Qualifying Time		Qualifying Time	Boys #
15		Open (9 & O) 200 IM		16
17		Open (9 & O) Under 50 Back		18
19		Open (9 & O) 100 fly		20
21		Open (9 & O) 50 Breast		22
23		Open (9 & O) 100 Free		24
25		Open (9 & O) 50 Fly		26
27		Open (9 & O) 100 Back		28
29		Open (9 & O) 200 Free		30
31		Open (9 & O) 100 Breast		32
33		Open (9 & O) 100 IM		34
35		Open (9 & O) 50 Free		36