

# NEW YEAR'S STRETCH MEET

Sponsored by

**THE LAKE SHORE SWIM CLUB**

January 7-8, 2012

Held under USA Swimming Sanction # LE 1201 S

## **HEAT ENTRY DEADLINE IS FRIDAY DECEMBER 23, 2011**

**LOCATION:** Rocky River High School, 20951 Detroit Road, Rocky River, OH 44116. Corner of Wagar and Detroit Roads.

**DIRECTIONS:** I-90 west to Hilliard Boulevard exit. At end of ramp, turn right onto Westway Drive. Turn right onto Wagar Road. Turn right into school parking lot immediately past freeway overpass.

**POOL:** 25 yards by 6 lanes. Colorado electronic timing and scoreboard. Locker rooms, food and swimwear concessions and free parking.

**POOL MEASUREMENTS:** The competition course has not been certified in accordance with 104.2.C(4).

**WATER DEPTH:** The depth of the pool at the start end is 12 feet. The depth at the turn end is 3 feet, 6 inches.

**STARTING TIMES:** Morning session: 7:30 a.m. to 8:30 a.m. warm-up divided as follows – 9-10 year olds warm-up from 7:30 to 8:00; and 8 & Under warm-up.8:00 to 8:30 (meet starts at 8:35 a.m.) There will be a 15-minute break at the conclusion of the morning session.

Afternoon session: Estimated warm-ups time will be posted on [www.lakeerieswimming.com](http://www.lakeerieswimming.com) on Wednesday, January 4, 2012. There will be a combined warm-up for 45 minutes (meet will start 5 minutes later).

**At the discretion of the Meet Safety Director, afternoon warm ups may be split by age group or team following a review of entries received.**

**ENTRY DEADLINE: The HEAT entry deadline is MIDNIGHT on Friday, December 23, 2011. Please enter via the HEAT website. Please note that this is a mandatory meet for Blue/Bronze/Silver/Gold 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 \$4.00 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 4 individual events per day, exclusive of relays. Swimmers should pay particular attention to event order and space events accordingly.

**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 desk at \$8.00 per individual event and \$10.00 per relay. If a swimmer gets closed out of an event, a refund will be issued. Deck entry swimmers new to meet will be charged the \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

**ELIGIBILITY:** Swimmers must be 2012 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, January 7, 2012.. On deck USA Swimming registration will **not** be available.

**QUALIFYING TIMES:** Please see event listings. Swimmers must be slower than the qualifying time listed as of the entry deadline. **Swimmers are required to submit a time for each event. If a swimmer does not have a time in an event, please submit an estimated time to help seed the meet as efficiently as possible.**

**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. All events are timed finals.

**SEEDING & CHECK IN:** All events will be deck-seeded. All swimmers must check in at least 30 minutes prior to the start of their session for all of their events. Check-in sheets will be posted on tables in Wagar Gym. All swimmers should circle the number to the left of his or her name neatly and clearly. All 10 and under swimmers must report to the Clerk of Course when their event is called. Lane and heat assignments will be posted on the pool deck for the 11 and over swimmers. Relay cards will be available during warm-ups at the announcer's table and 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. If a heat limitation is imposed in the 500 Free, swimmers will receive a refund.

**AWARDS:** Individual Events - Ribbons 1 through 8; Relays - Ribbons 1 through 3; Heat Winners - Ribbons to 10 and under only. **This is a swim your own age meet and individual events will be scored as follow:**

**8 & Under will be scored as 7 and under and 8 years old**

**10 & Under scored as 9 and under and 10 years old**

**11-12 events scored as 11 years old and 12 years old**

**13 & Over events scored as 13 years old, 14 years old and 15 & over**

**ADMISSION COST:** Cost per adult is \$3.00; cost for Psych Sheets is \$3.00 per day. Parking is free.

**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. The final 20 minutes of a 45-minute warm-up shall be conducted as follows:

There is no diving during warm-up, except in designated sprint lanes. The final warm-up shall be conducted as follows:

- (a) Lane 1 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 and 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) 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.

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.

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

**In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.**

**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 LESI's Officials Chair, Frank Campbell ([facampbell@sbcglobal.net](mailto:facampbell@sbcglobal.net)), in advance of the meet to express your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact Frank Campbell.

**COACHES:** Coaches packets 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 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.



## 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**

**SCHEDULE OF EVENTS**  
**January 7, 2012 – Saturday**  
**Girls and Boys 10 & Under**  
**Morning Session - Warm-up at 7:30; meet start 8:35**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
1	3:20.19	10 & Under 200 Free	3:09.89	2
3		8 & Under 25 Breast		4
5	1:59.99	10 & Under 100 Breast	1:55.69	6
7	48.79	10 & Under 50 Fly	47.29	8
9		8 & Under 25 Backstroke		10
11	1:45.69	10 & Under 100 Backstroke	1:42.89	12
13	39.79	10 & Under 50 Freestyle	38.89	14
15		10 & Under 100 Medley Relay		16

**Swimmers are required to submit a time for ALL events. If a swimmer does not have a time for an event, please submit an estimated time.**

**Afternoon Session - 45 Minute warm-up 15 minutes after completion of morning session**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
17	13-14 2:55.49 15 & O 2:51.49	13 & Over 200 I.M.	13-14 2:43.69 15 & O 2:37.69	18
19	3:03.79	11-12 200 I.M.	3:03.09	20
21	13-14 1:12.49 15 & O 1:10.89	13 & Over 100 Freestyle	13-14 1:06.99 15 & O 1:04.39	22
23	1:13.59	11-12 100 Freestyle	1:13.09	24
25	13-14 2:53.39 15 & O 2:48.59	13 & Over 200 Butterfly	13-14 2:43.69 15 & O 2:35.59	26
27	1:27.19	11-12 100 Butterfly	1:25.79	28
29	13-14 1:19.89 15 & O 1:17.69	13 & Over 100 Backstroke	13-14 1:14.89 15 & O 1:11.29	30
31	39.59	11-12 50 Backstroke	39.49	32
33	13-14 1:30.59 15 & O 1:28.29	13 & Over 100 Breaststroke	13-14 1:24.09 15 & O 1:20.39	34
35	3:26.39	11-12 200 Breaststroke	3:21.69	36
		<b>10 minute Warm Up</b>		
37	13-14 6:51.79 15 & O 6:45.29	13 & Over 500 Freestyle	13-14 6:31.09 15 & O 6:18.39	38

**SCHEDULE OF EVENTS**  
**January 8, 2012 – Sunday**  
**Girls and Boys 10 & Under**  
**Morning Session - Warm-up at 7:30; meet start 8:35**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
39	3:42.69	10 & Under 200 IM	3:40.89	40
41		8 & Under 25 Freestyle		42
43	1:31.29	10 & Under 100 Freestyle	1:29.19	44
45	48.79	10 & Under 50 Backstroke	49.19	46
47		8 & Under 25 Butterfly		48
49	1:57.49	10 & Under 100 Butterfly	1:55.19	50
51	53.59	10 & Under 50 Breaststroke	53.59	52
53		8 & Under 50 Freestyle		54
		<b>10 minute Warm Up</b>		
55	8:30.49	10 & Under 500 Freestyle	8:25.79	56

**Swimmers are required to submit a time for ALL events. If a swimmer does not have a time for an event, please submit an estimated time.**

**Afternoon Session - 45 Minute warm-up 15 minutes after completion of morning session**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
57	2:43.19	11-12 200 Freestyle	2:38.89	58
59	13-14 2:36.09 15 & O 2:32.09	13 & Over 200 Freestyle	13-14 2:26.09 15 & O 2:20.09	60
61	37.79	11-12 50 Butterfly	38.19	62
63	13-14 1:19.09 15 & O 1:17.39	13 & Over 100 Butterfly	13-14 1:13.29 15 & O 1:10.09	64
65	1:36.39	11-12 100 Breaststroke	1:35.09	66
67	13-14 3:14.59 15 & O 3:09.99	13 & Over 200 Breaststroke	13-14 3:02.39 15 & O 2:55.09	68
69	34.29	11-12 50 Freestyle	33.39	70
71	13-14 33.39 15 & O 32.69	13 & Over 50 Freestyle	13-14 30.69 15 & O 29.49	72
73	1:27.99	11-12 100 Backstroke	1:25.79	74
75	13-14 2:51.79 15 & O 2:47.89	13 & Over 200 Backstroke	13-14 2:41.29 15 & O 2:34.39	76
77		11 & Over 200 Medley Relay		78

**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.