

MRST 11 & OVER SWIM MEET
Sponsored by
The Medina Makos
SUNDAY, JANUARY 22, 2012
Held Under USA Swimming Sanction # LE 1204 S

HEAT ENTRY DEADLINE IS FRIDAY 12/30/11 AT MIDNIGHT

LOCATION: Medina Recreational Center, 855 Weymouth Rd, Medina, Oh, 44256

POOL: 25 yards by 8 lanes, ample locker room space, bleachers, 8 lane scoreboard, concessions and parking in the back of the recreational center.

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

STARTING TIMES: Sunday morning warm-up will be 7:45 – 8:30 a.m., with competition starting at 8:35 am. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The meet will start after a 45-minute warm-up session. Estimated afternoon start times will be posted on the lakeeriewimming.com and medinaswimteam.com websites by Thursday, Jan. 19th, 2012. 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 Friday, 12/30/11 at MIDNIGHT. Please enter via the HEAT website. If you have any questions please contact Chuck Duchon - meentry@hudsonheat.com

ENTRY FEES: Individual events \$4.00 plus a \$2.00 per swimmer LESI Surcharge. Entry fees will be deducted from your escrow account. PLEASE VERIFY YOUR BALANCE BEFORE SUBMITTING YOUR ENTRIES. Entry fees are not refundable

ENTRY LIMITATIONS: Swimmers may enter four (4) individual events exclusive of relays..

DECK ENTRIES: Fees will be \$6.00 per individual event, \$ 10.00 per relay. 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).

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming. Swimmers must be 11 or over in order to compete in this meet. 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 day of the meet, January 22, 2012. On deck USA Swimming registration will not be available.

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 and will be timed finals. In regard to the 500 Free, this event may be limited to control the length of the meet. Teams will be notified of swimmers who are closed out Monday before the meet. They may either enter swimmers in another event or receive a refund.

SEEDING & CHECK IN: All individual events will be deck seeded. All swimmers must check-in at least 30 minutes prior to the start of their session. Check-in sheets will be posted in the gym. The 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.

CLERK OF COURSE: There will be no Clerk of Course. All swimmers will need to report to the starting blocks for their events.

AWARDS: Awards will be given for 11-12 and 13-14 age groups. No awards will be given for the 15 and over age groups.

Individual events:	Medals for 1 st -3 rd
	Ribbons for 4 th - 8 th place.
Relay events:	Ribbons for 1 st -3 rd

SCORING: 11-12, 13-14, and 15 & Over.

ADMISSION COST: \$3.00 per spectator. Psych Sheets \$2.00

RESULTS: Results will be posted on www.lakeerieswimming.com web site.

TIME TRIALS: Will not be offered.

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:

- Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the direction 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 spring 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.

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 (LES) officials in officiating this meet. Please contact the meet director, Anthony Petruzzi or LES'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.

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 (North)

Take I-71 South to exit 222 - Rt 3. Turn right on Rt 3. Arrive at 855 Weymouth rd.

From South and West

Take I-71 North to exit 218 - Rt 18. Turn left on Rt 18 (West). Take Rt 18 to Foote Rd. Turn right on Foote Rd. Turn left on Weymouth Rd (Rt 3) arrive at 855 Weymouth rd

THE MEDINA RECREATION CENTER

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

COMPETITION POOL: Exit to the left through the doors at the back end of the pool or the double doors by the ticket office.

AEROBICS ROOMS: Exit the rooms and turn right toward the front of the building and out the 4 sets of double doors facing the front parking lot.

FIELD HOUSE COURTS 3 AND 4: Exit through any of the 3 emergency exit doors facing the back parking lot.



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

MRST 11 & Over Meet
Sunday - 7:45 AM Warm-Up, 8:35 meet start (Timed Finals)
January 22, 2012, Morning Session.

Event #		Age Group/Stroke		
		11 & 12 GIRLS		
1		200 Medley Relay		
3		200 IM		
5		100 FLY		
7		200 BACK		
9		100 BREAST		
11		50 FREE		
13		200 FLY		
15		100 BACK		
17		200 BREAST		
19		100 FREE		
21		200 Free Relay		
23		500 FREE**		
		13 & OVER BOYS *		
2		200 Medley Relay		
4		200 IM		
6		100 FLY		
8		200 BACK		
10		100 BREAST		
12		50 FREE		
14		200 FLY		
16		100 BACK		
18		200 BREAST		
20		100 FREE		
22		200 Free Relay		
24		500 FREE**		

* 13 & Over events will be scored 13 -14, and 15 & Over.

****500 Frees may be limited to control the length of the meet**

MRST 11 & Over Meet
January 22, 2012, Afternoon Session.
Afternoon Warm ups will start 15 minutes after
the completion of the morning session.

Warm up times will be posted on lakeeriewinning.com & medinaswimteam.com by Thursday, Jan 19th.

Event #	Age Group/Stroke		
	11 & 12 BOYS		
25	200 Medley Relay		
27	200 IM		
29	100 FLY		
31	200 BACK		
33	100 BREAST		
35	50 FREE		
37	200 FLY		
39	100 BACK		
41	200 BREAST		
43	100 FREE		
45	200 Free Relay		
47	500 FREE**		
	13 & OVER GIRLS*		
26	200 Medley Relay		
28	200 IM		
30	100 FLY		
32	200 BACK		
34	100 BREAST		
36	50 FREE		
38	200 FLY		
40	100 BACK		
42	200 BREAST		
44	100 FREE		
46	200 Free Relay		
48	500 FREE**		

* 13 & Over events will be scored 13 -14, and 15 & Over.

**500 Frees may be limited to control the length of the meet

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