

SPIRE LESD Distance Pentathlon Meet
Hosted by
The SPIRE Lake Erie Silver Dolphins
February 5, 2012
Held under USA Swimming Sanction # LE 1207 S

HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY JANUARY 20, 2012

LOCATION: SPIRE Aquatic Center, 1822 South Broadway, Geneva, OH 44041.

POOL: The competitive swimming pool measures 10 lanes by 50 meters Olympic size pool, with 2 moveable bulkheads for subdivision of the pool. The competition will take place in 10 lane 25 yard pool. The seating capacity for spectators is 1,200, in addition to handicapped seating and elevator access to the spectator stands. Competition will occur in 10 lanes. The far end of the pool will be used for a continuous warm-up and warm-down. Men's and Women's locker rooms are off the pool deck but are not accessible to parents during the meet. Parents who wish to accompany their children to the locker rooms should utilize the restrooms in the lobby. Colorado timing system and scoreboard are available. There will be a designated area for parking adjacent to the Aquatic and Fitness building. Swimmer drop-off is on the south entrance of the Aquatic Center, denoted by signage. Please do not park in front of the building unless you have a handicapped designation sticker for that reserved space; handicap parking is located next to the swimmer drop-off entrance.

POOL MEASUREMENTS: The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

WATER DEPTH: The depth of the pool at the start end is 14 feet. The depth at the turn end is 14 feet.

STARTING TIME: Sunday morning 45-minute warm-ups will begin at 8:00AM with competition starting at 8:50AM. 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 on lesd.org and lakeeriewimming.com by Monday, January 31, 2012.

ENTRY DEADLINE: The HEAT entry deadline is MIDNIGHT on Friday, January 20, 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: \$20.00 for meet (all events entered) and a \$2.00 per swimmer surcharge for Lake Erie. 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: Swimmers must enter all five events and must choose between one of the two tracks: Track 1: 200IM, 100 fly, 100 breast, 100 back, and 100 free. Track 2: 400IM, 200 fly, 200 breast, 200 back and 200 free

DECK ENTRIES: Deck entries will be taken on a space available basis up to 35 minutes before the start of the session. Deck entry fees are \$27.00 for all five swims. Deck entry swimmers must present proof of USA Swimming membership to enter.

ELIGIBILITY: Swimmers must be current 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. 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, February 5, 2012. On deck USA Swimming registration will be available for athletes but not for coaches. 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 swimmer's legal guardian to ensure compliance with this requirement.

QUALIFYING TIMES: 11 and over swimmers must have at least one "B" times in the chosen track to be eligible to compete in this meet. 10 and under swimmers must have at least one "B" times in the shorter track to be eligible

to compete in either track. The host team reserves the right to enter its own swimmers even if they have not achieved the qualifying times. Swimmers should enter all events with real times even if they are slower than the qualifying time for that event. NT will not be accepted. Converted times will be accepted.

FASTER THAN: Swimmers should enter the meet only if they have achieved the qualifying times as listed above. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time or a fine of \$10.00 for each swim listed in the notice. Failure to resolve time verification issues within one week of receipt of notice shall result in debit to the team's account in the amount of the fine. Unattached swimmers will receive similar notice. The host team reserves the right to enter its own swimmers even if they have not achieved the qualifying time.

SWIMMERS WITH A DISABILITY: Swimmers with a disability who do not meet any of the qualifying time standards may contact the meet director to see if arrangements can be made to include the swimmer in one of the pentathlon tracks.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. All events will be swum as one age group but scored separately as 10 & under, 11-12, and 13 & over. Events will be contested in a 25-yard course. Events are timed finals. Swimmers must choose between the tracks and may not mix events from the two tracks. The Lake Erie scratch rule (following) will be in effect.

SEEDING & CHECK IN: This is a deck seeded meet and swimmers must check in no later than 30 minutes prior to the start of the meet. Check-in will be conducted as a Pentathlon for all events. There is no clerk of course. In accordance with 102.1.4 events may be seeded together but scored separately.

SCORING: Each swimmer will compete in all five (5) events by age group per track. The overall Pentathlon winners will be determined by adding the five times for each swimmer and the lowest score wins. A swimmer must have successfully completed swims in all five events to be eligible for high point scoring.

AWARDS: Ribbons will be given for 1st thru 3rd in each event. High point awards will be given to top swimmers (boys and girls) in each age group for each pentathlon track.

RESULTS: Meet results in WORD format will be available on www.LESD.org or www.lakeerieswimming.com
Teams may email Marie Salibra at marie@salibra.net for a complete meet backup.

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 warm-up shall be conducted as follows:

(a) Lanes 1 & 10 is 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 & 9 are sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.

(c) Lanes 3-8 are 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. Continuous warm-up is available.

Use of audio or visual recording, including a cell phone, is not allowed 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 Jim Elmore jelmore3@gmail.com or LES's Officials Chair, Frank Campbell (facampbell@sbcglobal.net), in advance of the meet to let either know of your availability. LES is 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.

TIME TRIALS: None available.

ADMISSION COST: Admission is \$3.00 per person. Psych sheets will be available.

COACHES: Psych sheets will be available at the deck entry table.

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:

Go East on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a left at the light heading north. SPIRE entrance will be on your right.

From Erie:

Go West on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

From Pittsburgh:

Take PA Turnpike to OH Turnpike. Take first exit marked 680 towards Youngstown. The road will take you around Youngstown and then exit 680 onto Route 711 at exit 3a. Route 711 then turns into Route 11. Stay on Route 11 about 40 miles until you hit I-90 and take that west for two exits to the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.



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**

Sunday, February 5, 2012

11 and over swimmers must have at least one "B" time in an event of their track to compete.

**10 & under swimmers must have at least one "B" time in an event in Track 1 to compete in either track.

SWIMMERS ARE PERMITTED TO ENTER ONLY ONE TRACK. DO NOT MIX!

Girls #	Qualifying "B" time 2009-2012 NAG	Age Group/Stroke	Qualifying "B" time 2009-2012 NAG	Boys #
		200IM/400IM		
1	3:42.69 200IM	10 & under Track 1	3:40.89 200IM	2
	3:03.79 200IM	11 –12 Track 1	3:03.09 200IM	
	2:55.49 200IM	13 & over Track 1	2:43.69 200IM	
3	** 400IM	10 & under Track 2	** 400 IM	4
	6:32.19 400IM	11 –12 Track 2	6:23.69 400IM	
	6:10.79 400IM	13 & over Track 2	5:50.59 400IM	
		100/200 fly		
5	1:57.49 100 fly	10 & under Track 1	1:55.19 100 fly	6
	1:27.19 100 fly	11 –12 Track 1	1:25.79 100 fly	
	1:19.09 100 fly	13 & over Track 1	1:13.29 100 fly	
7	** 200 fly	10 & under Track 2	** 200 fly	8
	3:04.99 200 fly	11 –12 Track 2	3:01.19 200 fly	
	2:53.39 200 fly	13 & over Track 2	2:43.69 200 fly	
		100/200 free		
9	1:31.29 100 free	10 & under Track 1	1:29.19 100 free	10
	1:13.59 100 free	11 –12 Track 1	1:13.09 100 free	
	1:12.49 100 free	13 & over Track 1	1:06.99 100 free	
11	3:20.19 200 free	10 & under Track 2	3:09.89 200 free	12
	2:43.19 200 free	11 –12 Track 2	2:38.89 200 free	
	2:36.09 200 free	13 & over Track 2	2:26.09 200 free	
		100/200 breast		
13	1:59.99 100 breast	10 & under Track 1	1:55.69 100 breast	14
	1:36.39 100 breast	11 –12 Track 1	1:35.09 100 breast	
	1:30.59 100 breast	13 & over Track 1	1:24.09 100 breast	
15	** 200 breast	10 & under Track 2	** 200 breast	16
	3:26.39 200 breast	11 –12 Track 2	3:21.69 200 breast	
	3:14.59 200 breast	13 & over Track 2	3:02.39 200 breast	
		100/200 back		
17	1:45.69 100 back	10 & under Track 1	1:42.89 100 back	18
	1:27.99 100 back	11 –12 Track 1	1:25.79 100 back	
	1:19.89 100 back	13 & over Track 1	1:14.89 100 back	
19	** 200 back	10 & under Track 2	** 200 back	20
	3:01.89 200 back	11 –12 Track 2	2:58.39 200 back	
	2:51.79 200 back	13 & over Track 2	2:41.29 200 back	

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).
 - (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 shall be fined twenty-five dollars (\$25.00) by LESI. 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.