

2012 Snow Flake Fest Swim Your Own Age Meet
Hosted by Solon Stars Swim Club
Held under USA Swimming Sanction Number # LE 1205 S
January 28-29, 2012

HEAT ENTRY DEADLINE IS FRIDAY JANUARY 13, 2012 AT MIDNIGHT

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).

The depth of the pool at the start end is 6 feet. The depth at the turn end is 4 feet.

Starting Times:

Both Saturday and Sunday morning session warm-ups are from 7:30 – 8:15 a.m., with competition starting at 8:20 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.lakeerieswimming.com and www.solonstars.com on Wednesday January 25, 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 Friday, January 13, 2012 at MIDNIGHT. Please enter via the HEAT website or the Meet Invitation you received from the ACTIVE Online Meet Entry System. If you have any questions please contact Chuck Duchon at meetentry@hudsonheat.com

Entry Fees:

Individual events \$4.50 plus a \$2.00 per swimmer surcharge (for the Lake Erie Zone Team fund). Entry fees will be deducted from your swimmers escrow account. Please verify that you have adequate funds in the account.

Entry Limitations:

Each swimmer may enter 4 events for the day exclusive of relays.

Deck Entries:

Fees will be \$6.50 per individual event, \$ 12.00 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). 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 and the swimmer surcharge for that event.

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, January 28, 2012. On deck USA Swimming registration will be available (does not include coach registration).

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. The Lake Erie scratch rule (attached) will be in effect.

Seeding and Check In:

The meet 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 lobby. 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. Heat and Lane assignments will be posted in the lobby, by Clerk of Course and around the pool deck.

Clerk of Course:

A Clerk of Course will be provided for the morning sessions only.

Awards:

Individual events: Medals for 1st – 2nd place, Ribbons 3rd – 8th place.

Relay events: Ribbons for 1st – 3rd place

Events will be scored: 8 & U events (set up as multi aged and scored as 6 & U, 7,8); 10 & U events (set up as multi aged and scored as 9 & U, 10); 11-12 events (set up as multi aged and scored as 11,12); and 13 & O events (set up as multi aged and scored as 13, 14, 15 & O).

Heat winners will receive an award. All awards must be picked up at the meet. Awards will not be mailed unless specifically announced by the meet host.

Admissions:

Admission will be \$4.00; seniors (65 and over) and 8 & under children free. There is no smoking allowed anywhere in the building. Psych sheets will be \$3.00.

Results:

Final results will be available on the Lake Erie web site. Results will be available upon request.

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.
Continuous warm-up is available in the diving well throughout the meet.

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, in advance of the meet if at all possible to let him know of your availability. 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:

Coaches who are entering swimmers but will not be at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers unaccompanied by their coaches or for whom arrangements have not been made must contact the Meet Director or Meet Referee who will assist the athlete in finding coach supervision. 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.

Coaches:

Coaches' packets will be available from the Safety Director once the coach checks in.

Concessions:

A concession stand will be open throughout the meet.

Merchandise:

The sale of swimwear and accessories will be available.

Note:

We are grateful to the Solon Board of Education and the Solon High School staff for the use of this facility. **ONLY Athletes participating in the current session, Officials, Coaches who are current members of USA swimming, and Meet Workers will be permitted on deck.** All others must remain in the spectator areas. We ask all participants and spectators to clear their area of litter and personal belongings after each session.

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



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**

2012 Snow Flake Fest Swim Your Own Age Meet

SCHEDULE OF EVENTS

January 28, 2012

Saturday a.m. Session

7:30 a.m. warm-up, 8:20 a.m. start time (Timed Finals)

| Girls # | Qualifying Time | Age Group/Stroke | Qualifying Time | Boys # |
|---------|-----------------|---------------------------|-----------------|--------|
| 1 | | 8 & Under 100IM | | 2 |
| 3 | | 10 & Under 200 IM | | 4 |
| 5 | | 8 & Under 50 Breast | | 6 |
| 7 | | 10 & Under 100 Breast | | 8 |
| 9 | | 8 & Under 200 Free | | 10 |
| 11 | | 10 & Under 50 Back | | 12 |
| 13 | | 8 & Under 25 Back | | 14 |
| 15 | | 10 & Under 50 Fly | | 16 |
| 17 | | 8 & Under 25 Fly | | 18 |
| 19 | | 10 & Under 200 Free Relay | | 20 |
| 21 | | 8 & Under 100 Free Relay | | 22 |

January 28, 2012

Saturday 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.lakeerieswimming.com and www.solonstars.com on Wednesday January 25, 2012.

| Girls # | Qualifying Time | | Qualifying Time | Boys # |
|---------|-----------------|----------------------------|-----------------|--------|
| 23 | | 11 & 12 200 IM | | 24 |
| 25 | | 13 & Over 400 IM* | | 26 |
| 27 | | 11-12 100 Back | | 28 |
| 29 | | 13 and Over 100 Back | | 30 |
| 31 | | 11-12 50 Fly | | 32 |
| 33 | | 13 and Over 100 Fly | | 34 |
| 35 | | 11-12 50 Free | | 36 |
| 37 | | 13 and Over 200 Breast | | 38 |
| 39 | | 11-12 400 Free Relay | | 40 |
| 41 | | 13 and Over 400 Free Relay | | 42 |

* The 400 IM may be limited to the fastest 3 heats

2012 Snow Flake Fest Swim Your Own Age Meet

SCHEDULE OF EVENTS

January 29, 2012

Sunday a.m. Session

7:30 a.m. warm-up, 8:20 a.m. start time (Timed Finals)

| Girls # | Qualifyin g Time | Age Group/Stroke | Qualifyin g Time | Boys # |
|---------|---------------------|--|---------------------|--------|
| 43 | | 10 & Under 100 Fly | | 44 |
| 45 | | 8 & Under 50 Fly | | 46 |
| 47 | | 10 & Under 50 Breast | | 48 |
| 49 | | 8 & Under 25 Breast | | 50 |
| 51 | | 10 & Under 50 Free | | 52 |
| 53 | | 8 & Under 100 Free | | 54 |
| 55 | | 10 & Under 100 Back | | 56 |
| 57 | | 8 & Under 50 Back | | 58 |
| 59 | | 10 & Under 200 Mixed Medley Relay** | | |
| 60 | | 8 & Under 100 Mixed Medley Relay** | | |
| 61 | | 10 & Under 500 Free * | | 62 |

*** 500 Free may be limited to the 3 fastest heats**

**** Mixed Medley Relays must contain at least one swimmer from each gender**

January 29, 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.lakeeriewimming.com and www.solonstars.com
on Wednesday January 25, 2012.

| Girls # | Qualifying Time | | Qualifying Time | Boys # |
|---------|--------------------|---------------------------------------|--------------------|--------|
| 63 | | 11 & 12 50 Back | | 64 |
| 65 | | 13 & Over 200 Back | | 66 |
| 67 | | 11-12 100 Breast | | 68 |
| 69 | | 13 and Over 100 Breast | | 70 |
| 71 | | 11-12 100 Free | | 72 |
| 73 | | 13 and Over 100 Free | | 74 |
| 75 | | 11-12 100 Fly | | 76 |
| 77 | | 13 and Over 200 Fly | | 78 |
| 79 | | 11-12 200 Mixed Medley Relay | | 80 |
| 81 | | 13 and Over 200 Mixed Medley Relay | | 82 |

**** Mixed Medley Relays must contain at least one swimmer from each gender**

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.