

Distance Animal Meet

Hosted by

THE YMCA OF WOOSTER SWIM TEAM (YWO)

February 12, 2012

Held under USA Swimming Sanction # LE 1208 S

HEAT ENTRY DEADLINE IS MIDNIGHT ON FRIDAY JANUARY 27, 2012

LOCATION: Wooster High School, Ellen Shapiro Natatorium, 515 Oldman Road, Wooster, OH, 44691
Pool office phone (330) 345-3131

POOL: The competitive swimming pool measures 8 lanes by 25 yards. Daktronics timing system and 8-lane digital readout scoreboard; ample locker room space and balcony seating for spectators. Continuous warm-up and warm-down will be available in non-competitive end of the pool. The facility is located on the west end of Wooster High School, with adjacent free parking in the west parking lot. Please enter through the doorways facing the west parking lot. Spectators may enter the facility on the stairway on the right of the hallway as you enter the building. Swimmers may proceed to the locker rooms which are located down the first hallway on the right past the stairs.

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 ends is 6 feet, 7 inches; the depth at the turn end is 13 feet.

STARTING TIMES: Warm-up will begin at 8:00 a.m. and last 45 minutes with the meet starting at 8:50 a.m. Continuous warm-up will be available in the non-competitive portion of the pool. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. Estimated warm-up times will be posted at www.lakeerieswimming.com by Friday, February 10, 2012.

ENTRY DEADLINE: The HEAT entry deadline is MIDNIGHT on Friday, January 27, 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 \$7.00 each plus a \$2.00 per swimmer surcharge. 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 may enter no more than 2 events. However, it is the expectation that coaches will take the responsibility for monitoring swimmer entries and events. **No break will be taken between events.** We reserve the right to limit entries to ensure a manageable meet.

DECK ENTRIES: Deck entries will be accepted on a space available basis only (post scratches) and will be seeded **at time**. Deck entries will be closed 35 minutes before the start of each session. The cost of deck entries is \$10.00 per individual event. Switching events constitutes a deck entry. Deck entry swimmers new to the meet must pay \$2.00 surcharge and provide proof of USA Swimming membership. **On-deck athlete USA Swimming registration will be available, however on-deck coach registration will not.**

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 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 February 12, 2012.

QUALIFYING TIMES: Except as indicated below for 10 & Under swimmers, swimmers may enter only those events offered at Championships for their age as of March 9, 2012, and their entry times must be slower than the qualifying time for Gold Championships for that age group. Exception: 10 & Under swimmers may enter the 200 breast, 200 back, and/or 200 fly if they are equal to

or faster than the NAG B time in the corresponding 100 stroke. See the attached time standard sheet. 10 & Unders who qualify must enter their best estimate of their time in the 200 strokes. All swimmers must enter with a time even if it is an estimated time. NT will NOT be accepted.

SLOWER THAN: These meets have times investigated after the meet if a protest is filed.

SWIMMERS WITH A DISABILITY: Swimmers with a disability who desire special seeding consideration should attach a note to their entry indicating what event(s) they wish to swim and the event(s) with which they would like to swim it (e.g., swim the 500 free with the 1650). Also include a list of any special accommodations that will be needed.

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. All events will be run slowest to fastest. **Swimmers who are 12 & under, and are entered in the 500 may be seeded in slower heats in order to assure that they are done within 4 hours.**

SEEDING & CHECK IN: Events will be deck-seeded. Check in sheets will be posted on the pool office windows. Swimmers should check-in before warm-up and no later than 30 minutes prior to the start of each session. Those swimmers who do not plan to arrive on time for check in may check in via email (pattyhdyer@gmail.com) no later than 7 p.m. on February 11, 2012. Swimmers checking in via email should bring a confirmation email with them to the meet. Heat and lane assignments will be posted on the pool office windows and at other announced locations. The LESI scratch rule will be in effect. In accordance with 102.1.4, events may be seeded together but scored separately. Swimmers who check in for an event and do not compete will be fined \$25 per event in accordance with the LESI scratch rule (attached) unless the referee determines that failure to compete was due to circumstances beyond the control of the swimmer.

COACHES: Coach's packets will be available in the pool office. There may be a coaches meeting 15 minutes prior to the start of the meet.

SCORING: None

AWARDS: Individual Events: Ribbons will be awarded for places 1-3 in each age group: 10 & under, 11-12, 13-14, and 15 & Over. Awards must be picked up at the meet.

ADMISSIONS: \$3.00 includes psych sheet. Heat and lane assignments will be posted on the balcony level after the events have been seeded. Parking is free.

RESULTS: The results will be posted at www.lakeerieswimming.com after 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. There is no diving during warm-up, except in designated sprint lanes. Circle swimming only for the first 25 minutes with specific warm-up the last 20 minutes. Specific warm-up will 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 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 through 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.

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: Each swimmer must provide a person to count if desired. Only athletes entered in the meet, working coach, officials, and meet workers are allowed on deck. Other non-participants are

expected to remain in the spectator area. 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 or LES's Officials Chair, Frank Campbell, in advance of the meet if at all possible to let either 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 at frankacampbell@gmail.com

DIRECTIONS:

From the north: take I-71 south to S.R. 83. Travel south on S.R. 83 to Friendsville Road. At the Friendsville Road red light turn right. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

From the south: take I-71 north to S.R. 30. Travel east on S.R. 30 to S.R. 83. Take S.R. 83 north to Friendsville Road. Turn left at the Friendsville Road red light. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

From the east: take S.R. 30 or S. R. 250 west to S.R. 83 north. Take S.R. 83 north to Friendsville Road. Turn left at the Friendsville Road red light. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

From the west: take S. R. 30 east or S.R. 250 east to S. R. 83 north. Take S.R. 83 north to Friendsville Road. Turn left at the Friendsville Road red light. Travel to next light at Oldman Road. Turn right on Oldman Road. Destination will be on the right.

Motels

Amerihost Inn – East	2055 Lincoln Way, Wooster	330-262-5008
Best Western	243 E. Liberty, Wooster	330-264-7750
Days Inn	789 E. Milltown Rd., Wooster	330-345-1500
Econo Lodge	2137 Lincoln Way East, Wooster	330-264-8883
Hampton Inn	4253 Burbank Road, Wooster	330-345-4424
Hilton Garden Inn	959 Dover Road, Wooster	330-202-7701
Wooster Inn	801 E. Wayne Ave., Wooster	330-263-2660

Spectator Emergency Evacuation Plan: In the event of an alarm or an emergency requiring evacuation, spectators should remain calm, exit the balcony area using the stairwell leading to the hallway, and proceed to the west to the building exit. Swimmers should also remain calm, exit the pool deck through the locker rooms and proceed outside through the south or west building exits.

DISTANCE ANIMAL
Hosted by
YMCA OF WOOSTER SWIM TEAM (YWO)
February 12, 2012

Morning Session
8:00 am Warm-Up, 8:50 am meet start (Timed Finals)

Mixed Girls and Boys Will Swim Together	Slower Than (see attached sheet)	Event Description
1		11 and over 400 IM
2		Open 200 Back
3		Open 200 Breast
4		11 and over 1000 Free
5		Open 200 Fly
6		11 and over 1650 Free

Afternoon Session

Second session warm up will begin 15 minutes after the conclusion of the first session.
Estimated timeline will be posted on www.lakeerieswimming.com
by Friday, February 10, 2012.

Mixed Girls and Boys Will Swim Together	Slower Than (see attached sheet)	Event Description
7		Open 500 Free

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Time Standards

Swimmers must be SLOWER THAN the time standards listed below for their age as of March 9, 2012, except where specifically indicated below. Please read carefully. Please see QUALIFYING TIMES information in the preceding pages.

	EVENT	
10 AND U GIRLS		10 AND U BOYS
Slower than 6:48.39	500 FREE	Slower than 6:44.59
Equal to or faster than 1:45.69 in 100 Back	200 BACK	Equal to or faster than 1:42.89 in 100 Back
Equal to or faster than 1:59.99 in 100 Breast	200 BREAST	Equal to or faster than 1:55.69 in 100 Breast
Equal to or faster than 1:57.49 in 100 Fly	200 FLY	Equal to or faster than 1:55.19 in 100 Fly
SLOWER THAN		SLOWER THAN
11-12 GIRLS		11-12 BOYS
6:09.29	500 FREE	6:04.69
12:51.69	1000 FREE	12:42.89
21:39.59	1650 FREE	21:23.59
2:35.89	200 BACK	2:32.89
2:56.89	200 BREAST	2:52.89
2:38.59	200 FLY	2:35.29
5:36.09	400 IM	5:28.89
13-14 GIRLS		13-14 BOYS
5:52.99	500 FREE	5:35.19
12:07.59	1000 FREE	11:36.39
20:12.19	1650 FREE	19:15.69
2:27.29	200 BACK	2:18.19
2:46.79	200 BREAST	2:36.29
2:28.59	200 FLY	2:20.29
5:17.79	400 IM	5:00.49

15 & OVER GIRLS		15 & OVER BOYS
5:47.39	500 FREE	5:24.29
11:55.89	1000 FREE	11:12.19
19:58.89	1650 FREE	18:47.99
2:23.89	200 BACK	2:12.39
2:42.79	200 BREAST	2:30.09
2:24.49	200 FLY	2:13.39
5:09.89	400 IM	4:47.79

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.



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