

LAKE ERIE JUNIOR OLYMPIC CHAMPIONSHIP MEET

February 28 - March 1, 2020

Held under USA Swimming Sanction # LE 20060 SS..Time Trials # LE 20061 SS

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.

LOCATION:

CLEVELAND STATE UNIVERSITY, Robert F. Busbey Natatorium, 2451 Euclid Ave., Cleveland, OH (downtown Cleveland – Euclid Avenue at East 24th Street).

POOL:

25 yards by 10 lanes; Colorado electronic timing and ten lane digital readout scoreboard; continuous warm-up available. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The average depth of the pool at both the start and turn end is 12 feet.

RACING STARTS:

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.

ENTRY DEADLINE: The electronic due date for entries is

- **Monday, February 17, 2020 for existing cuts.**
- ONLY those qualifying at a Regional meet may be entered by 12:00 noon February 24,2020 WITH PROOF OF TIME FROM REGIONALS
- Hard copy and payment must be postmarked by February 24, 2020 and received by February 27,2020. Send entries to: crabtreeerin@hotmail.com. Payments and hard copy should be mailed to Carl Shallenberger 470 Castle Blvd, Akron Oh 44313

Please include signed CSU waiver forms (included below) for each athlete entered in the meet. Signed waiver forms may be presented to the meet directors at the meet; however, no swimmer will be permitted to compete until a signed waiver form has been presented to the meet directors.

ENTRY FEES:

Individual events are \$5.00 each; relays are \$8.00 each; \$3.00 per swimmer LSC surcharge. There is a \$1.00/swimmer handling fee for paper entries. Make checks payable to LESI.

VOLUNTEER ASSIGNMENTS:

This is a Lake Erie sponsored meet. Every club that participates in the meet is expected to provide volunteer meet workers. Volunteer assignments for each team will be posted on the LESI website, www.lakeerieswimming.com, by **Friday February 21, 2020**. Assignments will not be emailed to individual club members or coaches. Each team is required to fill all of their volunteer assignments. Should a club fail to fulfill its work responsibilities; a \$100 fine **per worker per session** will be levied and given to the club who supplies the replacement. Volunteer check in will be located in the back hallway on the pool level.

OFFICIATING OPPORTUNITY:

Anyone who is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LESI) officials in working this meet. Please contact the meet director or the Lake Erie Officials' Chair 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, Bob Martens, bobmartens15@gmail.com.

STARTING TIMES: The schedule for warm ups on Friday, Saturday and Sunday are set forth below.

Friday Night:

General warm up will begin at 4:30 pm and last 60 minutes.
Competition starts at 5:35 p.m.

Saturday and Sunday Preliminaries:

Warm-ups will begin at 7:15 a.m. and will be 90 minutes. Warm-ups may be divided by team at the discretion of the meet referee and the meet directors. The final warm up schedule will be posted on the Lake Erie Swimming website www.lakeerieswimming.com on Wednesday, February 26, 2020.
Competition starts at 8:50 a.m.

Saturday and Sunday Finals:

Warm-ups for both Saturday and Sunday finals will last 45 minutes and will not start before 4:30. Finals start times will be announced each morning during preliminaries. Every effort will be made to provide a minimum of three hours from the end of preliminary competition to the start of warm ups for the finals. The estimated warm up start times will be posted on the LESI website www.lakeerieswimming.com on Wednesday, February 26, 2020

TEAM SUPERVISION:

Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes.

RETURN TO PLAY LAW:

Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at http://www.NFHSlern.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement

ELIGIBILITY:

Swimmers must be current athlete members of LESI, be 14 years of age or younger, and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in for each day or session they attend. All coaches must display the deck pass issued by the meet host (**wristband is required to be worn by all coaches**). Age is as of the first day of the meet, February 28, 2020.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

ENTRY LIMITATIONS:

Swimmers may enter an unlimited number of events but may swim in no more than 3 individual events per day, including individual time trials and bonus events. Swimmers must scratch down to no more than 3 individual events with no refunds being issued for scratches. Teams may enter an unlimited number of relays, but no more than 2 relays per team per event are eligible to score.

QUALIFYING TIMES:

Please see the event listings. Time standards are listed in yards, but swimmers may enter with non-conforming times provided they satisfy the 2017-2020 NAG single age A time for qualifying events (10U BB for 9U), or the 2017-2020 NAG single age BB time for bonus (no bonus for 9U). Non-conforming times should be marked "S" for short course meters or "L" for 50M course. Non-conforming times will be converted by MM.

SEE PAGE 6 FOR ACCEPTABLE PROOF OF TIME & DOCUMENTATION

BONUS EVENTS:

Swimmers are eligible for bonus events on Saturday and Sunday. Swimmers may swim up to two bonus events per qualifying event, with no more than 4 bonus events for the meet, provided that the swimmer has achieved the bonus time standards for the bonus events. Swimmers entering bonus events should be entered at their actual time. **There are no separate bonus events for 9U. Please be certain to indicate**

that the event being entered is a bonus event. Bonus events must be entered by the entry deadline.

RELAYS:

All relays will be timed finals swum during the preliminary sessions. Each team may bring two "relay only" swimmers per gender, per age group, per event. Only two relays per team per event are eligible to score. Scoring relays must be designated as A/B relays.

DECK ENTRIES:

All deck entries **MUST** have satisfied the event qualifying time and be able to show proof of time. Deck entries will be seeded with the athlete's time. Swimmers **MUST** be able to show proof of time in the DECKPASS app in order to deck enter an event or, provide a hard copy of the results signed by the referee if the time comes from a non-approved and non observed, high school, middle school, or YMCA meet. No deck entries for bonus events are permitted.

Deck entries will be taken up until 35 minutes prior to the meet start at \$10 per individual event and \$15 per relay. Swimmers new to the meet must provide proof of Lake Erie Swimming membership and pay the surcharge of \$3.00. On-deck registration will be available for athletes. There will be no on deck registration for coaches.

SEE PAGE 6 FOR ACCEPTABLE PROOF OF TIME & DOCUMENTATION

FASTER THAN:

Lake Erie Swimming mandates the following: Swimmers should enter an event only if they have achieved the listed time standard for that event, or bonus event. 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.

SWIMMERS WITH A DISABILITY:

Qualifying times for 50-yard events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided their time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free).

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.

MEET COMMITTEE:

Consists of the Technical Planning Chair, 1 of the Meet Directors, Meet Referee, Coaches Rep and an Athlete Rep.

SEEDING & CHECK IN:

This is a deck seeded meet. All swimmers must check in for all of their events no later than 30 minutes prior to the start of the session. Heat and lane assignments will be posted once the meet is seeded. Relay cards must be turned in upon call in order to be seeded. The Lake Erie scratch rule (attached) will be in effect.

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 pool.

Friday: All events are timed finals.

- Events 1 and 2 (10 and Under 200 IM) will be scored as 10 and Under.
- Events 5 and 6 (11-14 400 I.M.) will be scored separately as 11-12, 13 -14 yr old.
- Events 7 and 8 (10 and Under 500 Free) will be scored as 10 and Under.
- Events 11 and 12 (11-14 1650 Free) will be scored as 11-12, 13-14 yr old
- Events 5/6 (11 – 14 400 IM), and Events 11/12 (11 – 14 1650 freestyle) will be swum in this

order: ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, next ten fastest 11-14 year old girls, next ten fastest 11-14 year-old boys, etc.

Saturday and Sunday Preliminary Competition: All age groups will compete together by gender in the preliminary competition for individual events; however, the events will be scored separately and swum separately by age group (10 and Under, 11 -12, 13 -14) during the finals competition.

- Events designated as 12 and Under events will be swum together by gender in the preliminary but will be scored separately and swum separately by age group (10 and Under, 11 -12 yr old) for the finals competition.
- Events designated as 11 - 14 events will be swum together by gender during the preliminary competition but will be scored separately and swum separately by age group (11-12, 13-14) for the finals competition.
- The 500 Free will be timed final with the fastest seeded heat of each age group (11-12 girls, 11-12 boys, 13-14 girls & 13-14 boys) swimming at finals. Swimmers may indicate their preference to swim in the preliminary session. The swimmers should **CLEARLY** write "P" next to the event when they check-in if they desire to swim in preliminaries. The top 10 swimmers who state no preference shall be seeded to compete in the finals.
- The prelim heats of the 500 will be swum 11-14 fastest to slowest alternating girls and boys. The 500 will be scored 11-12, 13-14
- The 1000 free will be timed finals and superseded and will be swum in this order: ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, next ten fastest 11-14 year old girls, next ten fastest 11-14 year-old boys, etc.

FINALS:

- Finals will be conducted with a Championship final for all age groups.
- A Consolation final heat will be offered for all 13/14 events **AND** all 11/12 events **except** for the 200 breast, 200 back and 200 fly.
- **Consolations will be conducted in any 10U 50-yard event where 20 or more athletes competed in the event in prelims.**
- A ready room will be employed for the Championship final only. **Swimmers should report to the ready room when their events are called.** Swimmers in the Championship final will be paraded to the blocks. Swimmers in the Consolation final should report to the blocks for their race.

AWARDS:

Individual Events: Medals 1-5, Ribbons 6-10

Relay Events: Medals 1-5

Awards on Friday and the Finals sessions on Saturday and Sunday will be presented at the completion of each event cycle. Awards for timed final events swum in prelims, including relays, will be presented during prelims at the completion of the event cycle.

High Point: All age groups (10 and Under, 11-12 yr old, 13 -14 yr old) will have individual high point and runner up awards for both girls and boys.

Team Awards: Combined Male and Female Score 1st, 2nd, 3rd. First place male and first place female team by age group (10U, 11-12, 13-14)

SCORING:

INDIVIDUAL: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1

RELAYS...double

ADMISSION:

Children 5 and under and senior citizens 65 & older admitted for free to all sessions.

Friday: \$3.00

Saturday and Sunday preliminaries: \$5.00

Saturday and Sunday finals: no charge.

Psych sheets will be available for free download from the Lake Erie website and will not be sold at the meet.

Finals heat sheets will be available for free on Meet Mobile and will not be sold at the meet.

PARKING:

CSU charges for parking, typically \$10.00 per day; however, meters are available and parking on Chester Avenue is free on Saturday and Sunday.

RESULTS:

Results will be available on the www.lakeerieswimming.com.

TIME TRIALS:

Time trials will be held Saturday and Sunday after the preliminary sessions at the discretion of the meet referee and meet director. Time trial entry fees are \$10.00 individual event \$15.00 relay. Time Trial entries close 90 minutes prior to the end of the session. Time Trial events are open to swimmers entered in the meet, including relay-only swimmers. Time Trial events count toward the daily event limitation. Swimmers can swim one time trial per day.

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 and throughout the meet. All entry into the pool for warm-up is feet first from the starting block end of the pool. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge.

The final 30 minutes of a 90 minute warm-up or 25 minutes of a 60 minute warm-up or 20 minutes of a 40-45 minute warm-up shall be conducted as follows:

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

(c) Lanes 3-8 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. Feet first entry only into the continuous warm-up lanes.

Warm Ups may be divided by team at the discretion of the meet referee and the meet directors. The final warm up schedule will be posted on the Lake Erie Swimming website www.lakeerieswimming.com on Wednesday, February 26,2020.

CAMERA ZONES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DECK CHANGES:

Deck changes are prohibited.

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Absolutely no shaving down is allowed in the Cleveland State Facility.

INITIAL DISTANCE:

In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.

COACHES AND VOLUNTEERS:

Check in for coaches and volunteers will be located in the back hallway on the pool level.

NOTE:

Only athletes entered in the meet, working coaches, officials, and working meet volunteers are allowed on deck. All others must remain in the spectator areas. Only athletes competing in the meet will be permitted in the locker rooms. Parent, Guardians, and Spectators should not plan to meet their swimmers on the pool deck or in the locker rooms before, during or after the meet, as they will be denied access to those areas. Please meet your swimmer in the upstairs lobby.

DIRECTIONS:

From I-77 NORTH, follow signs to I-90 east to E. 22nd street exit, follow E. 22nd north (left) to Euclid or Chester. From I-90 east or west, exit at Chester Ave., park on Chester or Euclid.

From Ohio Turnpike, take I-77 or I-71 north to I-90 east (see above).

Meet Directors: Kat Torok	kattorok5@gmail.com	(216)299-4458
Erin Crabtree	crabtreeerin@hotmail.com	(330)338-7916
Carl Shallenberger	firestoneninja@gmail.com	(330)289-9220
Kristin MacPhail	kgmacphail@gmail.com	

Entry Chair: Erin Crabtree crabtreeerin@hotmail.com

*Please note: 3 "e"s in the email address

SPECTATOR EMERGENCY EVACUATION PLAN

In the event of an alarm or an emergency requiring evacuation:
Remain calm, walk to the nearest exit, and leave the building.
Do not use the elevators.
Do not attempt to go on deck or into the locker rooms.

Swimmers will be directed by their coaches or meet workers to STILLWELL HALL ON THE WEST SIDE OF THE BUILDING (the scoreboard is on the west wall of the pool).

PROOF OF TIME & DOCUMENTATION

Times Accepted for Proof of Time

1. Any time that has been entered into SWIMS provides acceptable proof of time. Times from meets that are sanctioned or approved or swims that have been observed by USA Swimming certified officials for compliance with USA Swimming technical rules (see note following this paragraph) are automatically entered into SWIMS. No additional documentation will be required.
2. Times from non-approved and non-observed high school, middle school, YMCA or Collegiate meets are acceptable as proof of time if a hard copy of the score sheet/result is sent to Pam Cook. **A hard copy of meet results with the referee signature must be sent to Pam by the entry due date in order to be accepted.**
3. Swimmers MUST be able to show proof of time in the DECKPASS app in order to deck enter an event or, provide a hard copy of the results signed by the referee if the time comes from a non-approved and non observed, high school, middle school, or YMCA meet.
4. Times from summer league meets are not acceptable.

LAKE ERIE JUNIOR OLYMPIC CHAMPIONSHIP MEET

FRIDAY February 28, 2020
Friday Schedule of Events (Timed Finals)
4:30 p.m. Warm-Up 5:35 p.m. Meet Start

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys #
1	2:52.39 - 10 yr old 3:15.29 – 9/under	10 & Under 200 IM	2:50.99 10 yr old 3:13.19 9/under	2
3	n/a	13-14 200 Medley Relay	n/a	4
5	5:41.79 - 11 yr old 5:29.29 – 12 yr old 5:20.09 – 13 yr old 5:13.29 – 14 yr old	*11 -14 400 IM	5:42.09 – 11 yr old 5:19.79 – 12 yr old 5:03.19 – 13 yr old 4:52.99 – 14 yr old	6
7	6:43.99 – 10 yr old 7:34.49 – 9/under	10 & Under 500 Freestyle	6:37.09 – 10 yr old 7:26.79 – 9/under	8
9	n/a	13-14 200 Free Relay	n/a	10
11	22:25.99 – 11 yr old 21:20.59 – 12 yr old 20:36.99 – 13 yr old 20:04.79 – 14 yr old	*11 - 14 1650 Freestyle	22:14.79 – 11 yr old 20:52.99 – 12 yr old 19:46.89 – 13 yr old 19:08.69 – 14 yr old	12

All events are timed finals.
 Event 1 and Event 2 will be scored 10 and Under
 Event 5 and Event 6 will be scored 11-12, 13 -14.
 Event 7 and Event 8 will be scored 10 and Under.
 Event 11 and Event 12 will be scored 11 -12, 13 -14

*Events 5/6 (11 – 14 400 IM) & Events 11/12 (11 – 14 1650 freestyle) will be swum in this order: ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, next ten fastest 11-14 year old girls, next ten fastest 11-14 year-old boys, etc.

LAKE ERIE JUNIOR OLYMPIC CHAMPIONSHIP MEET

Saturday, February 29, 2020
Schedule of Events AM Prelim Session

Girls #	Qualifying Time Equal To or Faster Than	Bonus Events Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Bonus Events Equal To or Faster Than	Boys #
13	1:39.09 – 9/under 1:24.09 – 10 yr old 1:14.59 – 11 yr old 1:11.49 – 12 yr old 1:07.59 – 13 yr old 1:06.09 – 14 yr old	1:39.09 – 10/under 1:21.69 – 11 yr old 1:18.29 – 12 yr old 1:13.19 – 13 yr old 1:11.59 – 14 yr old	14U 100 Butterfly	1:37.09 – 9/under 1:22.69 – 10 yr old 1:14.69 – 11 yr old 1:09.59 – 12 yr old 1:03.69 – 13 yr old 1:01.29 – 14 yr old	1:37.09 – 10/under 1:22.09 – 11 yr old 1:16.49 – 12 yr old 1:08.99 – 13 yr old 1:06.39 – 14 yr old	14
15	47.49 – 9/under 41.79 – 10 yr old 38.49 – 11 yr old 36.89 – 12 yr old	47.49 – 10/under 41.69 – 11 yr old 39.99 – 12 yr old	12 and Under 50 Breaststroke	46.59 – 9/under 40.99 – 10 yr old 38.99 – 11 yr old 36.19 – 12 yr old	46.59 – 10/under 42.59 – 11 yr old 39.59 – 12 yr old	16
17	2:57.39 – 9 /under 2:35.59 – 10 yr old 2:22.09 – 11 yr old 2:17.89 – 12 yr old 2:13.89 – 13 yr old 2:11.29 – 14 yr old	2:57.39 – 10 /under 2:33.89 – 11 yr old 2:29.39 – 12 yr old 2:25.09 – 13 yr old 2:22.19 – 14 yr old	14U 200 Freestyle	2:47.99 – 9/under 2:29.39 – 10 yr old 2:21.39 – 11 yr old 2:12.69 – 12 yr old 2:06.89 – 13 yr old 2:02.29 – 14 yr old	2:47.99 – 10/under 2:33.19 – 11 yr old 2:23.79 – 12 yr old 2:17.39 – 13 yr old 2:12.49 – 14 yr old	18
19	1:30.89 – 9/under 1:20.09 – 10 yr old 1:14.59 – 11 yr old 1:12.39 – 12 yr old	1:30.89 10/under 1:20.89 – 11 yr old 1:18.39 – 12 yr old	12 and Under 100 IM	1:28.79 – 9/under 1:18.89 – 10 yr old 1:14.69 – 11 yr old 1:09.09 – 12 yr old	1:28.79 – 10/under 1:21.09 – 11 yr old 1:14.99 – 12 yr old	20
21	3:01.39 – 11 yr old 2:53.79 – 12 yr old 2:48.79 – 13 yr old 2:44.79 – 14 yr old	3:16.49 – 11 yr old 3:08.29 – 12 yr old 3:02.89 – 13 yr old 2:58.49 – 14 yr old	11 -14 200 Breaststroke	2:59.39 – 11 yr old 2:47.59 – 12 yr old 2:37.19 – 13 yr old 2:32.19 – 14 yr old	3:14.39 – 11 yr old 3:01.49 – 12 yr old 2:50.29 – 13 yr old 2:44.89 – 14 yr old	22
23	1:30.69 – 9/under 1:19.29 – 10 yr old 1:14.09 – 11 yr old 1:11.79 – 12 yr old 1:08.49 – 13 yr old 1:06.59 – 14 yr old	1:30.69 – 10/under 1:20.99 – 11 yr old 1:18.49 – 12 yr old 1:14.19 – 13 yr old 1:12.09 – 14 yr old	14U 100 Backstroke	1:29.29 – 9/under 1:18.89 – 10 yr old 1:14.29 – 11 yr old 1:09.79 – 12 yr old 1:04.59 – 13 yr old 1:01.79 – 14 yr old	1:29.29 – 10/under 1:21.19 – 11 yr old 1:16.29 – 12 yr old 1:09.99 – 13 yr old 1:06.99 – 14 yr old	24
25	n/a	n/a	*13-14 400 Free Relay	n/a	n/a	26
27	n/a	n/a	*10 and Under 200 Free Relay	n/a	n/a	28
29	n/a	n/a	*11-12 200 Free Relay	n/a	n/a	30
31	6:24.09 – 11 yr old 6:06.69 – 12 yr old 5:58.09 – 13 yr old 5:51.19 – 14 yr old	6:56.09 – 11 yr old 6:37.29 – 12 yr old 6:27.99 – 13 yr old 6:20.39 – 14 yr old	*11 – 14 500 Freestyle	6:18.59 – 11 yr old 5:57.69 – 12 yr old 5:41.59 – 13 yr old 5:30.79 – 14 yr old	6:50.09 – 11 yr old 6:27.49 – 12 yr old 6:09.99 – 13 yr old 5:58.29 – 14 yr old	32

* Denotes Timed Final

All age groups will compete together by gender in the preliminary competition; however, the events will be scored separately and swum separately by age group (10 and Under, 11-12, 13-14) at the finals competition.

° 11 – 14 500 Freestyle

- The 500 Free will be timed final and superseded with the fastest ten seeded of each age group (11-12 girls, 11–12 boys, 13–14 girls & 13-14 boys) swimming at finals. Swimmers may indicate their preference to swim in the preliminary session. The swimmers should CLEARLY write “P” next to the event when they check-in if they desire to swim in preliminaries. The top 10 swimmers who state no preference shall be seeded to compete in the finals.
- The 500 will be scored 11-12, 13-14.
- The prelim heats of the 500 will be swum 11-14 fastest to slowest alternating girls and boys.

FINALS WILL BE CONDUCTED IN EVENT ORDER WITH HEATS BY DESCENDING AGE GROUP. One Championship final heat for all age groups, with an additional consolation final heat for all 13/14 year events, all 11/12 events except the 200 breaststroke, 200 butterfly and 200 backstroke; **consolation heats will be swim in 10U 50 yard events where there were a minimum of 20 competitors in prelims.**

The final projected warm up and start times for finals will be posted on the Lake Erie Swimming website www.lakeeriewimming.com on Wednesday, February 26, 2020.

LAKE ERIE JUNIOR OLYMPIC CHAMPIONSHIP MEET

Sunday, March 1, 2020

AM Prelim Session

Girls #	Qualifying Time Equal To or Faster Than	Bonus Events Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Bonus Events Equal To or Faster Than	Boys #
33	35.19 – 9/under 31.39 – 10 yr old 30.09 – 11 yr old 29.09 – 12 yr old 28.69 – 13 yr old 27.99 – 14 yr old	35.19 – 10/under 32.49 – 11 yr old 31.49 – 12 yr old 31.09 – 13 yr old 30.29 – 14 yr old	14U 50 Freestyle	34.49 – 9/under 30.99 – 10 yr old 29.79 – 11 yr old 27.89 – 12 yr old 26.79 – 13 yr old 25.69 – 14 yr old	34.49 – 10/under 32.29 – 11 yr old 30.29 – 12 yr old 28.99 – 13 yr old 27.89 – 14 yr old	34
35	2:42.99 – 11 yr old 2:34.59 – 12 yr old 2:30.19 – 13 yr old 2:26.19 – 14 yr old	2:56.59 – 11 yr old 2:47.39 – 12 yr old 2:42.69 – 13 yr old 2:38.29 – 14 yr old	11 -14 200 Butterfly	2:42.89 – 11 yr old 2:30.99 – 12 yr old 2:21.39 – 13 yr old 2:15.99 – 14 yr old	2:56.49 – 11 yr old 2:43.59 – 12 yr old 2:33.19 – 13 yr old 2:27.39 – 14 yr old	36
37	41.89 – 9/under 36.69 – 10 yr old 33.99 – 11 yr old 32.99 – 12 yr old	41.89 – 10/under 36.89 – 11 yr old 35.69 – 12 yr old	12 and Under 50 Backstroke	42.39 – 9/under 37.09 – 10 yr old 34.69 – 11 yr old 32.39 – 12 yr old	42.39 – 10/under 37.79 – 11 yr old 35.29 – 12 yr old	38
39	2:39.99 – 11 yr old 2:34.79 – 12 yr old 2:30.59 – 13 yr old 2:27.19 – 14 yr old	2:53.29 – 11 yr old 2:47.69 – 12 yr old 2:43.09 – 13 yr old 2:39.39 – 14 yr old	11 -14 200 IM	2:41.99 – 11 yr old 2:30.89 – 12 yr old 2:22.49 – 13 yr old 2:17.19 – 14 yr old	2:56.39 – 11 yr old 2:44.19 – 12 yr old 2:34.39 – 13 yr old 2:28.59 – 14 yr old	40
41	1:19.99 – 9/under 1:10.49 – 10 yr old 1:05.49 – 11 yr old 1:03.09 – 12 yr old 1:01.99 – 13 yr old 1:00.89 – 14 yr old	1:19.99 – 10/under 1:10.89 – 11 yr old 1:08.29 – 12 yr old 1:07.09 – 13 yr old 1:05.99 – 14 yr old	14U 100 Freestyle	1:18.79 – 9/under 1:09.69 – 10 yr old 1:05.19 – 11 yr old 1:00.89 – 12 yr old 58.39 – 13 yr old 56.29 – 14 yr old	1:18.79 – 10/under 1:10.59 – 11 yr old 1:05.89 – 12 yr old 1:03.29 – 13 yr old 1:00.99 – 14 yr old	42
43	41.79 – 9/under 36.19 – 10 yr old 32.59 – 11 yr old 31.59 – 12 yr old	41.79 – 10/under 35.39 – 11 yr old 34.19 – 12 yr old	12 and Under 50 fly	40.49 – 9/under 35.39 – 10 yr old 33.39 – 11 yr old 31.19 – 12 yr old	40.49 – 10/under 36.59 – 11 yr old 34.19 – 12 yr old	44
45	2:38.39 – 11 yr old 2:31.49 – 12 yr old 2:27.39 – 13 yr old 2:23.89 – 14 yr old	2:51.69 – 11 yr old 2:44.09 – 12 yr old 2:39.69 – 13 yr old 2:35.79 – 14 yr old	11 -14 200 Backstroke	2:38.69 – 11 yr old 2:27.99 – 12 yr old 2:20.09 – 13 yr old 2:14.69 – 14 yr old	2:51.89 – 11 yr old 2:40.39 – 12 yr old 2:31.69 – 13 yr old 2:25.89 – 14 yr old	46
47	1:44.99 – 9/under 1:31.89 – 10 yr old 1:24.39 – 11 yr old 1:20.69 – 12 yr old 1:17.69 – 13 yr old 1:16.49 – 14 yr old	1:44.99 – 10/under 1:31.79 – 11 yr old 1:27.69 – 12 yr old 1:24.19 – 13 yr old 1:22.89 – 14 yr old	14U 100 Breaststroke	1:40.59 – 9/under 1:28.99 – 10 yr old 1:23.79 – 11 yr old 1:17.59 – 12 yr old 1:12.59 – 13 yr old 1:09.89 – 14 yr old	1:40.59 – 10/under 1:31.39 – 11 yr old 1:24.59 – 12 yr old 1:18.69 – 13 yr old 1:15.69 – 14 yr old	48
49	n/a	n/a	*13-14 400 Medley Relay	n/a	n/a	50
51	n/a	n/a	*10 and Under 200 Medley Relay	n/a	n/a	52
53	n/a	n/a	*11-12 200 Medley Relay	n/a	n/a	54
55	13:17.69 – 11 yr 12:41.19 – 12 yr 12:18.39 – 13 yr 12:07.49 – 14 yr	14:24.09 – 11 yr 13:44.69 – 12 yr 13:19.89 – 13 yr 13:08.09 – 14 yr	*11 -14 1000 Freestyle	13:11.69 – 11 yr 12:27.89 – 12 yr 11:49.39 – 13 yr 11:26.39 – 14 yr	14:17.59 – 11 yr 13:30.19 – 12 yr 12:48.49 – 13 yr 12:23.49 – 14 yr	56

* Denotes Timed Final

All age groups will compete together by gender in the preliminary competition; however, the events will be scored separately and swum separately by age group (10 and Under, 11-12, 13-14) at the finals competition.

° The 1000 free will be timed finals and superseded and swum in this order: ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, next ten fastest 11-14 year old girls, next ten fastest 11-14 year-old boys, etc.

FINALS WILL BE CONDUCTED IN EVENT ORDER WITH HEATS BY DESCENDING AGE GROUP. One Championship final heat for all age groups, with an additional consolation final heat for all 13/14 year events, all 11/12 events except the 200 breaststroke, 200 butterfly and 200 backstroke; **consolation heats will be swim in 10U 50 yard events where there were a minimum of 20 competitors in prelims.**

The final projected warm up and start times for finals will be posted on the Lake Erie Swimming website www.lakeerieswimming.com on Wednesday, February 26, 2020

LAKE ERIE JUNIOR OLYMPIC CHAMPIONSHIP MEET

February 28 - March 1, 2020

ENTRY SUMMARY SHEET

TEAM: _____ TEAM CODE (up to 4 letters) _____

TEAM CONTACT NAME: _____

TEAM CONTACT E-Mail _____

Team Contact PHONE #: DAY: _____/_____

EVENING: _____/_____

HEAD COACH: _____ E-mail _____

- | |
|--|
| <p><input type="checkbox"/> Swimmers will be without a coach on deck:
€ Fri. PM, € Sat. AM € Sat. Finals € Sun. AM € Sun Finals
€ I have arranged for my swimmer/s to be supervised by _____.
€ We will have a coach at the meet</p> |
|--|

_____ (Total # of swimmers) X \$3.00 (LESI Surcharge) =	\$ _____
_____ (Total # of paper entry swimmers) X \$1.00 Surcharge)* =	\$ _____
*paper entries limited to 5 swimmers or less	
_____ (Total # of individual events) X \$5.00/event =	\$ _____
_____ (Total # of relay events) X \$8.00/relay entry =	\$ _____

TOTAL AMOUNT REMITTED \$ _____

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING, AND THAT EVERY COACH REPRESENTING OUR TEAM WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: _____ (coach or team representative) DATE: _____

Make checks payable to LESI and mail to: Carl Shallenberger, 470 Castle Blvd, Akron Oh 44302. Please note that all entries submitted with this sheet should be covered by a single check. **DEADLINE FOR RECEIPT IS February 27, 2020.** Late entries will not be accepted. This sheet must accompany all entries.

**Cleveland State University
Release and Waiver of Liability**

As consideration for my participation in the _____, (the "event") I hereby for myself, family, heirs, executors, administrators and assigns waive, release and forever discharge Cleveland State University and its Board of Trustees, officers, employees and agents from any and all liabilities, demands, claims, damages, losses, costs (including attorney's fees), actions and causes of action arising out of or in connection with my participation in the above listed event and/or the use of Cleveland State University facilities, furnishings, or equipment during this event, except to the extent such liabilities, demands, claims, damages, losses, costs (excluding attorney's fees), actions and causes of action are attributable to the negligent actions of Cleveland State University or its Trustees, officers, employees, or agents while acting within the course of their employment, as set forth in Ohio Revised Code Section 2743.02. I also acknowledge that Cleveland State University and its Trustees, officers, employees and agents assume no responsibility for any bodily injury, death, loss, illness or accident to myself or others or damage to personal property which may arise out of my participation in this event.

I fully understand and hereby acknowledge that participation in this event involves many risks, including the risks of serious bodily injury and death. In consideration of being allowed to participate in the event listed above, I voluntarily accept and assume all responsibility for and risk of such personal injury arising from such participation.

I understand that any University personnel or agents participating in this event are not necessarily medically trained to care for any physical or medical problems that may occur during this event. I release all such personnel from any claim whatsoever on account of first aid or service rendered to me during my participation in this event.

By placing my signature below, I acknowledge that I have adequate medical and hospitalization insurance for any injuries that I may incur as a result of participating in this event. I attest and verify that I am 18 years of age or older, that I have had a recent physical examination and that I have no known health problems or conditions that could prevent me from successfully participating in this activity.

IF APPLICANT IS LESS THAN 18 YEARS OF AGE, THE PARENT'S CONSENT, RELEASE AND WAIVER OF LIABILITY ON THE BACK OF THIS FORM MUST ALSO BE COMPLETED AND SIGNED.

Participant's Name (Please print)

Participant's Phone

Participant's Address

I have read and fully understand the entire **RELEASE AND WAIVER OF LIABILITY** and my signature below confirms my full understanding and voluntary acceptance of such **RELEASE AND WAIVER OF LIABILITY**.

Participant's Signature

Date

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's club or the unattached 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.