

## 2023 Jim Scullion Age Group Showdown

Sponsored by

Lakewood Rangers Swim Team

January 14<sup>th</sup> & 15<sup>th</sup>, 2023

Held under USA Swimming Sanction # LE 23038 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.

In granting for this sanction, Lakewood Rangers Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and Lakewood Recreation Department.

**RISK OF EXPOSURE TO COVID 19:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LAKE ERIE SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

**LOCATION:** Lakewood High School Pool, 14100 Franklin Blvd., Lakewood, OH 44107

**POOL:** 25 yards by 8 lanes, indoor pool, diving well for continuous warm-up, locker rooms, grandstand seating, Colorado timing system and scoreboard. Concessions will be available. Parking is located on Franklin Blvd. across from Lakewood High School. The competition course has not been certified in accordance with 104.2.2C(4). The depth of the pool at the start end is 9 feet, 0 inches. The depth at the turn end is 3 feet, 6 inches.

### **COVID PROTOCOLS:**

Athlet, Coaches, Officials, Volunteers and spectators will adhere to the Covid protocols required by Lakewood High School at the time of the meet.

**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 without the use of the backstroke ledge. 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.

**STARTING TIMES:** Both Saturday and Sunday morning sessions: 11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.: 13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 10 & under warm-ups will be for the first half hour: 11-12 boys will warm-up the second half hour. Continuous warm-up will be available in the diving well after completion of warm-up period. Warm-ups for finals will last 45 minutes and may be split if the Safety Director deems necessary. Afternoon start times and estimated finals start times and warm-up plan will be posted on [Lakeerieswimming.com](http://Lakeerieswimming.com) and on [lakewoodrecreation.com/LRST](http://lakewoodrecreation.com/LRST) by Wednesday, January 11, 2023.

**ENTRY DEADLINE:** The due date for entries, electronic or otherwise, is Wednesday, January 5, 2022. The meet will be closed before the entry deadline if the sessions are full, so mail early. The host team reserves the right to limit the number of heats in the 500 Free events (see Conduct). Times may be upgraded until the entry deadline. Swimmers may be added until the entry deadline or the meet is closed whichever is first. Phone entries will not be accepted. Hard copy, meet summary sheet and check must be received by Wednesday, January 4, 2023. Entries will be accepted from the New Year Stretch Meet on January 7-8, 2023 for swimmers achieving their time standards **at that meet only**. New Year Stretch entries must be received by 12:00 noon on January 9, 2023. Late or incomplete entries will be rejected. Mail entries to: Dave Wohlfeil, 2140 Elbur Ave., Lakewood, OH. 44107 or e-mail entries to: [rst.entries@att.net](mailto:rst.entries@att.net).

**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. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

**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 <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement

**ENTRY FEES:** Individual events \$8.00; Relays: \$12.00; plus a \$3.00 per swimmer LESI surcharge. There is a \$2.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Lakewood Board of Education.

**ENTRY LIMITATIONS:** Swimmers may enter up to 3 individual events, exclusive of relays on Saturday. Swimmers may enter up to 4 individual events, exclusive of relays on Sunday.

**DECK ENTRIES:** Deck entries will be taken on a space available basis up to 35 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$12.00 per individual event and \$20.00 per relay. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. If a swimmer is closed out of an event, they will be given the option of a refund or to enter an alternate event.

**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 the first day of the meet, January 14, 2023. On deck USA Swimming registration will **not** be available for athletes or coaches.

**All 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.**

**QUALIFYING TIMES:** Please see event listings. Swimmers must be equal to or faster than the qualifying time listed as of the entry deadline. Swimmers should enter an event only if they have achieved the listed time standard for that event. All times are to be in yards. There are no qualifying times for 10 & Unders.

**PROOF OF TIME:** Swimmers should enter an event only if they have achieved the listed time standard for that 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. Proofs of time shall be from an observed swim or from a sanctioned or approved competition only. A fine of \$10.00 for each swim listed in the notice for which acceptable proof of time is not provided will be levied against the team or unattached swimmer.

**SWIMMERS WITH A DISABILITY:** Qualifying times for 50-yard/meter 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 his/her 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) she/he wishes to swim, the

entry times, the day/session she/he wishes to swim the event(s), and the manner in which she/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 and the Lake Erie Swimming Policy & Procedures. Events will be contested in a 25-yard course. Saturday individual events for 10 & under, 11-12, and 13 & over will be prelim/final format unless otherwise noted. Prelim heats will be circle seeded. Finals will swim the consolation heat first, followed by the championship heat. The top 8 swimmers in the 11-12 and 13 & over age groups will qualify for Championship finals and the next 8 swimmers will advance to consolation finals. The 10 & under age group will swim the championship heat only. Sunday events are timed finals. Heats will be seeded slowest to fastest. The 500 freestyle events may be limited to the 3 fastest heats. A swimmer who is closed out of an event due to heat limitations will be permitted to enter another event or receive a refund.

**SEEDING & CHECK IN:** Individual events will be deck-seeded. All relay events will be seeded on the deck. All swimmers must check in at least 30 minutes prior to the start of their session. Check-in sheets will be posted on deck. Relay cards must be turned in upon call in order to be seeded. There will be **no** clerk of course. Heat and lane assignments will be posted around the pool deck and spectator area. Swimmers are responsible for reporting to their starting block for each event. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

**CLERK OF COURSE:** There will be no Clerk of Course. Swimmers will be responsible to report to the blocks on call.

**SCORING:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**AWARDS:** Individual Events: Medals for 1-3, ribbons 4-8. All awards must be picked up at the meet. No medals or ribbons will be issued for swimmers 13 & Over.

Relay Events: Medals for 1-3. No medals will be issued for Open Relays.

High Point Awards for 10 &U, 11-12, and 13&O.

Team Awards: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

**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.

**ADMISSION COST:** \$5.00 per person. Heat sheets will be available on Meet Mobile at no charge.

**RESULTS:** Will be posted on Lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

**TIME TRIALS:** Time Trials will not be available.

**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. Swimmers must enter the pool feet first in a cautious manner or using a 3 point entry with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30 minute warm-up, or 20 minutes of a 40 or 45 minute warm-up shall be conducted as follows:

*For an 8 lane pool:*

- (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 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. The diving well will be open for warm-up and warm down during the meet. Feet first entry only into the continuous warm-up lanes.

**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:** Are prohibited.

**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.

**OFFICIATING OPPORTUNITY** – Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES!) 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.

Meet Director: Jodie Wohlfeil: E-mail: [d\\_wohlfeil@att.net](mailto:d_wohlfeil@att.net)

Official's Chair: Jen Butler: E-mail: [jbutler@case.edu](mailto:jbutler@case.edu)

**COACHES:** Packets will be available for coaches at the scoring at the beginning of each day.

**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.

**MEET DIRECTOR:** Jodie Wohlfeil      [d\\_wohlfeil@att.net](mailto:d_wohlfeil@att.net)      216-409-2636

**ENTRY PERSON:** Dave Wohlfeil      [lrst.entries@att.net](mailto:lrst.entries@att.net)      216-337-1117

**DIRECTIONS:** From East: Take 90 West and exit at Bunts. North on Bunts to Franklin Blvd. Left on Franklin and parking lot is on your right.

From West: Take 90 East and exit at Bunts. North on Bunts to Franklin Blvd. Left on Franklin and parking lot is on your right.

**EVACUATION PLAN:** Emergency Information: Swimmers use exit doors behind the diving well. Spectators exit through lobby doors. Listen for instructions from the announcer, remain calm, and walk toward the nearest exit. Do not gather belongings, just leave.

**2023 Jim Scullion Meet**  
**SCHEDULE OF EVENTS**  
**January 14, 2023**  
**Saturday A.M.**

11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.  
 13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m.

<b>Girls #</b>	<b>Equal to or faster than</b>	<b>Age Group/Stroke</b>	<b>Equal to or faster than</b>	<b>Boys #</b>
1	2:46.79	13 & Over 200 Back	2:36.29	2
3	1:24.79	11-12 Girls 100 Back		
4	1:16.39	13 & Over 100 Fly	1:11.19	5
6	1:24.39	11-12 Girls 100 Fly		
7	1:27.99	13 & Over 100 Breast	1:21.29	8
9	1:34.09	11-12 Girls 100 Breast		
10	32.59	13 & Over 50 Free	29.89	11
12	33.59	11-12 Girls 50 Free		
13	2:49.79	13 & Over 200 IM	2:39.99	14
15	3:00.19	11-12 Girls 200 IM		
16		Open 400 Medley Relay**		17
18		11-12 Girls 400 Medley Relay**		

**January 14, 2023  
Saturday P.M.**

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. 10 & under warm-ups will be for the first half hour: 11-12 boys will warm-up the second half hour. Start times will be listed at [lakewoodrecreation.com/LRST](http://lakewoodrecreation.com/LRST) and [lakeeriewimming.com](http://lakeeriewimming.com) after Wednesday, January 11, 2023.

Girls #	Equal to or faster than	Age Group/Stroke	Equal to or faster than	Boys #
19		10 & Under 100 Back		20
		11-12 Boys 100 Back	1:22.19	21
22		10 & Under 100 Fly		23
		11-12 Boys 100 Fly	1:22.89	24
25		10 & Under 50 Breast		26
		11-12 Boys 100 Breast	1:31.39	27
28		10 & Under 50 Free		29
		11-12 Boys 50 Free	32.59	30
31		10 & Under 200 IM		32
		11-12 Boys 200 IM	2:57.29	33
34		10 & Under 200 Medley Relay**		35
		11-12 Boys 400 Medley Relay**		36

\*\* Indicates timed finals event

Order of Events for Finals: 19, 20, 3, 21, 1, 2, 22, 23, 6, 24, 4, 5, 25, 26, 9, 27, 7, 8, 28, 29, 12, 30, 10, 11, 31, 32, 15, 33, 13, 14.

**2023 Jim Scullion Meet**  
 SCHEDULE OF EVENTS, All events are timed finals  
**January 15, 2023**  
**Sunday A.M.**

11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.  
 13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m.

<b>Girls #</b>	<b>Equal to or faster than</b>	<b>Age Group/Stroke</b>	<b>Equal to or faster than</b>	<b>Boys #</b>
37	2:48.99	13 & Over 200 Fly	2:38.19	38
39	36.49	11-12 Girls 50 Fly		
40	2:32.09	13 & Over 200 Free	2:22.99	41
42	2:40.39	11-12 Girls 200 Free		
43	1:16.69	13 & Over 100 Back	1:11.49	44
45	38.09	11-12 Girls 50 Back		
46	1:10.59	13 & Over 100 Free	1:05.59	47
48	1:13.59	11-12 Girls 100 Free		
49	3:10.89	13 & Over 200 Breast	2:56.59	50
51	3:20.89	11-12 Girls 200 Breast		
52		Open 400 Free Relay		53
54		11-12 Girls 400 Free Relay		
55	6:47.79	13 & Over 500 Free#	6:26.59	56

**January 15, 2023**

**Sunday P.M, All events are timed finals**

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. 10 & under warm-ups will be for the first half hour: 11-12 boys will warm-up the second half hour. Start times will be listed at [lakewoodrecreation.com/LRST](http://lakewoodrecreation.com/LRST) and [lakeeriewimming.com](http://lakeeriewimming.com) after Wednesday, January 11, 2023.

<b>Girls #</b>	<b>Equal to or faster than</b>	<b>Age Group/Stroke</b>	<b>Equal to or faster than</b>	<b>Boys #</b>
57		10 & Under 50 Fly		58
		11-12 Boys 50 Fly	37.09	59
60		10 & Under 200 Free		61
		11-12 Boys 200 Free	2:34.59	62
63		10 & Under 50 Back		64
		11-12 Boys 50 Back	37.89	65
66		10 & Under 100 Free		67
		11-12 Boys 100 Free	1:10.99	68
69		10 & Under 100 Breast		70
		11-12 Boys 200 Breast	3:14.09	71
72		10 & Under 200 Free Relay		73
		11-12 Boys 400 Free Relay		74
75		10 & Under 500 Free <sup>#</sup>		76

#500 free may be limited to the 3 fastest heats



**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, 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 to 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 a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final 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 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 reseed 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) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**2023 Jim Scullion Meet  
SPONSORED BY  
Lakewood Rangers Swim Team  
January 14th & 15th, 2023**

MEET ENTRY SUMMARY PAGE

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_ LSC Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$3.00 (LESI Surcharge) = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of individual events) X \$8.00 event = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of relay events) X \$12.00/relay entry = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$2.00 (handling fee for paper entries)= \$ \_\_\_\_\_

**TOTAL AMOUNT REMITTED: \$ \_\_\_\_\_**

‡ Swimmers will be without a coach on deck:

Sat. am,  Sat. p.m.,  Sun. am,  Sun p.m.

I have arranged for my swimmer/s to be supervised by \_\_\_\_\_.

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 AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: \_\_\_\_\_ (coach or member team representative). DATE: \_\_\_\_\_

Make checks payable to Lakewood Board of Education. **Please note:** All entries submitted with this sheet should be covered by a single check. **DEADLINE FOR RECEIPT IS** Wednesday, January 4, 2023. This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: Dave Wohlfeil, 2140 Elbur, Lakewood, Oh. 44107 or e-mail entries to [lrst.entries@att.net](mailto:lrst.entries@att.net)



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