

Regional Championship
Hosted by
Lake Shore Swim Club
February 23, 2020

Held under USA Swimming Sanction #LE 20055 SS

LOCATION: Rocky River High School, 20951 Detroit Rd. Rocky River, OH 44116. Located at the corner of Wagar Rd and Detroit Rd. Pool entrance is located on the Wagar side of the building.

POOL: 25 yards by 6 lanes, electronic timing and scoreboard. Locker rooms, food and swimwear concessions available. The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 12 feet. The depth at the turn end is 3 feet, 6 inches.

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.

STARTING TIMES: Morning session warm-up will be 45 minutes beginning at 7:30 AM, with competition starting at 8:20 AM. If the average number of swimmers per lane is scheduled to exceed fifteen (15) swimmers, the morning session warm up shall be split by team, into two 30-minute sessions. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session and will be 45 minutes. If the average number of swimmers per lane is scheduled to exceed fifteen (15) swimmers, the afternoon warm up shall be split by team, age or gender into two 30-minute sessions. Estimated afternoon start times will be posted on the Lake Erie Swimming website, www.lakeerieswimming.com by February 19, 2020.

ENTRY DEADLINE: Entries must be received by **Monday February 10, 2020**. Times can be updated until the entry deadline. Hard copy, meet summary sheet and check must be received by **February 14, 2020**. Mail entries to Lake Shore Swim Club 3600 Glenbar Ave Fairview Park, Ohio 44126 **Email:** LakeShoreEntries@gmail.com. If you send a paper entry please confirm via email.

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://nfhslearn.com>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES: Individual events \$5.00; plus a \$3.00 per swimmer surcharge. There is a \$1.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Lake Shore Swim Club.

ENTRY LIMITATIONS: Swimmers may enter up to 4 events/day.

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 time/NT or will be accepted at the discretion of the meet director decision about deck entries will be published by February 19, 2020 on www.lakeerieswimming.com. Deck entrants should sign up at the deck entry table @ \$10.00 per individual event. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entries will/will not be allowed to score. Deck entrants for whom there is no space will receive a refund.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming, have met the time standard requirements and be registered members of a team assigned to this meet or registered as unattached. Coaches must be current coach members of USA Swimming and must check in. All coaches must display the deck pass

(wristband) issued by the meet host. On deck USA Swimming athlete registration will not be available. This is a 14 and Under meet with age as of the first day of the meet, February 23, 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.

QUALIFYING TIMES: Please see event listings. Swimmers must be slower than the qualifying time listed as of the entry deadline. **Exception:** Swimmers who age up between February 24-28 are permitted to enter events at Regionals where they are equal to or faster than the qualifying time if they do not have a qualifying time in the event for Age Group Championships.

PROOF OF TIME: Swimmers may not compete in an event in which they are faster than the listed time standard as of the meet entry deadline. Entry times are investigated after the meet if a protest is filed.

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 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.

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 scored single age: 9U, 10, 11, 12, 13, 14. The Lake Erie scratch rule (attached) will be in effect.

SEEDING & CHECK IN: All individual events 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. All swimmers should report directly to the blocks for their events. In accordance with 102.1.4, events may be seeded together but scored separately.

CLERK OF COURSE: A Clerk of Course will be provided for 10 and Under events only.

SCORING: Meet will not be scored.

AWARDS: Individual Events: Awards will be given 9U,10,11,12,13,14. Ribbons will be awarded for 1st-8th place. All awards must be picked up at the meet. Awards will not be mailed.

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 spectator. Psych Sheets \$3.00

PARKING: Parking is available on the Wagar side of the building.

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

TIME TRIALS: Will not be offered.

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. There is no diving during warm-up, except in designated sprint lanes. The final 20 minutes of a 40-45 minute warm-up or 15 minutes of a 30 minute warm-up shall be conducted as follows: *(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)*

For a 6 lane pool:

- (a) Lane 1 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 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3, 4, and 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.

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.

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's name and email: Eileen Bringman, LakeShoreEntries@gmail.com

Official's Chair: Bob Martens, bobmartens15@gmail.com

COACHES: Coaches packet will be available upon coach check-in.

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: Eileen Bringman, LakeShoreEntries@gmail.com

ENTRY PERSON: Eileen Bringman, LakeShoreEntries@gmail.com

Emergency Information

Spectator Emergency Evacuation Plan

In the event of an alarm or emergency evacuation:

Remain calm, walk to the nearest exit, and leave the building.

Do not attempt to go on deck or in the locker rooms.

Swimmers will be directed by their coach or meet workers to the exits.

2020 Regional Championship
SCHEDULE OF EVENTS
 Sunday, February 23, 2020

7:30 Warm-up, 8:20 Meet Start (Timed Finals) (must be slower than the times listed)

Girls #	Qualifying Time (slower than)	Age Group/Stroke	Qualifying Time (slower than)	Boys #
1	9U- 3:15.29 10- 2:52.39	10 & Under 200 IM	9u- 3:13.19 10- 2:50.99	2
		11-12 200 IM	11- 2:41.99 12- 2:30.89	3
4	9U- 41.89 10- 36.69	10 & Under 50 Backstroke	9U- 42.39 10- 37.09	5
		11-12 50 Backstroke	11- 34.69 12- 32.39	6
7	9U- 1:44.99 10- 1:31.89	10 & Under 100 Breaststroke	9U- 1:40.59 10- 1:28.99	8
		11-12 100 Breaststroke	11- 1:23.79 12- 1:17.59	9
		11-12 200 Butterfly	11- 2:42.69 12- 2:30.99	10
11	9U- 35.19 10- 31.39	10 & Under 50 Freestyle	9U- 34.49 10- 30.99	12
		11-12 50 Freestyle	11- 29.79 12- 27.89	13
14	9U- 1:30.69 10- 1:19.29	10 & Under 100 Backstroke	9U- 1:29.29 10- 1:18.89	15
		11-12 100 Backstroke	11- 1:14.29 12- 1:09.79	16
		11-12 200 Breaststroke	11- 2:59.39 12- 2:47.59	17
18	9U- 41.79 10- 36.19	10 & Under 50 Butterfly	9U- 40.49 10- 35.39	19
		11-12 50 Butterfly	11- 33.39 12- 31.19	20
21	9U- 2:57.39 10- 2:35.59	10& Under 200 Freestyle	9U- 2:47.99 10- 2:29.39	22
		11-12 200 Freestyle	11- 2:21.39 12- 2:12.69	23
24	9U- 47.49 10- 41.79	10 & Under 50 Breaststroke	9U- 46.59 10- 40.99	25
		11-12 50 Breaststroke	11- 38.99 12- 36.19	26
27	9U- 1:39.09 10- 1:24.09	10 & Under 100 Butterfly	9U- 1:37.09 10- 1:22.69	28
		11-12 100 Butterfly	11- 1:14.69 12- 1:09.59	29
		11-12 200 Backstroke	11- 2:38.69 12- 2:27.99	30
31	9U- 1:19.99 10- 1:10.49	10 & Under 100 Freestyle	9U- 1:18.79 10- 1:09.69	32
		11-12 100 Freestyle	11- 1:05.19 12- 1:00.89	33
34	9U- 1:30.89 10- 1:20.09	10 & Under 100 IM	9U- 1:28.79 10- 1:18.89	35
		11-12 100 IM	11- 1:14.69 12- 1:09.09	36

SUNDAY, FEBRUARY 23, 2020**Afternoon 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. There will be a 10 minute break following the 14 and Under 500 Free.

Estimated start times will be listed at www.lakeerieswimming.com by Feb 20, 2020

Girls #	Qualifying Time (slower than)	Age Group/Stroke	Qualifying Time (slower than)	Boys #
37	9U- 7:35.49 10 - 6:44.89 11 - 6:24.09 12 - 6:06.69 13 - 5:58.09 14 - 5:51.19	14&Under 500 Free	9U- 7:26.99 10 - 6:37.39 11 - 6:18.59 12 - 5:57.69 13 - 5:41.59 14 - 5:30.79	38
39	11- 2:39.99 12- 2:34.79	11-12 200 IM		
40	13- 2:30.59 14- 2:27.19	13-14 200 IM	13- 2:22.49 14- 2:17.19	41
42	11- 33.99 12- 32.99	11-12 50 Backstroke		
43	13- 1:17.69 14- 1:16.49	13-14 100 Breaststroke	13- 1:12.59 14- 1:09.89	44
45	11- 1:24.39 12- 1:20.69	11-12 100 Breaststroke		
46	13- 2:30.19 14- 2:26.19	13-14 200 Butterfly	13- 2:21.39 14- 2:15.99	47
48	11- 2:42.99 12- 2:34.59	11-12 200 Butterfly		
49	13- 28.69 14- 27.99	13-14 50 Freestyle	13- 26.79 14- 25.69	50
51	11- 30.09 12- 29.09	11-12 50 Freestyle		
52	13- 1:08.49 14- 1:06.59	13-14 100 Backstroke	13- 1:04.59 14- 1:01.79	53
54	11- 1:14.09 12- 1:11.79	11-12 100 Backstroke		
55	13- 2:48.79 14- 2:44.79	13-14 200 Breaststroke	13- 2:37.19 14- 2:32.19	56
57	11- 3:01.39 12- 2:53.79	11-12 200 Breaststroke		
58	11- 32.59 12- 31.59	11-12 50 Butterfly		59
60	13- 2:13.89 14- 2:11.29	13-14 200 Freestyle	13- 2:06.89 14- 2:02.29	
61	11- 2:22.09 12- 2:17.89	11-12 200 Freestyle		62
63	11- 38.49 12- 36.89	11-12 50 Breaststroke		
64	13- 1:07.59 14- 1:06.09	13-14 100 Butterfly	13- 1:03.69 14- 1:01.29	65
66	11- 1:14.59 12- 1:11.49	11-12 100 Butterfly		
67	13- 2:27.39 14- 2:23.89	13-14 200 Backstroke	13- 2:20.09 14- 2:14.69	68
69	11- 2:38.39 12- 2:31.49	11-12 200 Backstroke		
70	11- 1:14.59 12- 1:12.39	11-12 100 IM		
71	13- 1:01.99	13-14 100 Freestyle	13- 58.39	72

	14- 1:00.89		14- 56.29	
73	11- 1:05.49 12- 1:03.09	11-12 100 Freestyle		

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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 \$5.00/event = \$ _____

_____ (Total # of swimmers) X \$1.00 (handling fee for paper entries) \$ _____

TOTAL AMOUNT REMITTED: \$ _____

- Swimmers will be without a coach on deck:
 Fri. p.m., 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 **Lake Shore Swim Club**.

Please note: All entries submitted with this sheet should be covered by a single check and should include a confirmation email.

DEADLINE FOR RECEIPT IS February 10, 2020.

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: Lake Shore Swim Club 3600 Glenbar Ave Fairview Park, Ohio 44126

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 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) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

