

29th Annual Peg Neal Pentathlon

Sponsored by

Lakewood Rangers Swim Team

October 15, 2022

Held under USA Swimming Sanction # LE 23002 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 [THE LSC] 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, locker rooms, grandstand seating, Colorado timing and scoreboard. Concessions will be available. Parking 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:

LRST will follow the masking guidelines of Cuyahoga County and Lakewood Recreation. Final mask guidelines for the meet will be in the final meet/warmup information posted the week of the meet. Failure to comply with the mandated policy will result in removal from the facility with no refund. Should masks be required, ALL Coaches, Spectators, Volunteers, Officials, and Swimmers are required to wear masks at all times, regardless of vaccination status, except when swimmers are swimming.

Swimmers should have a ziplock bag or "Tupperware" container to house their masks while swimming.

STARTING TIMES: Saturday morning warm-up is as follows: 10 & Under warm-up will be from 7:30 AM to 8:00 AM, 13-14 warm-up will be from 8:00 AM to 8:30 AM with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for the first half hour, Open will warm-up for forty minutes immediately following. If the average number of swimmers exceeds 15 per lane, warm-ups maybe adjusted. Continuous warm-up will be available in the

diving well after completion of warm-up period. Afternoon start times and the final warm-up plan will be posted at www.lakewoodrecreation.com/LRST and at www.lakeerieswimming.com by October 12, 2022.

ENTRY DEADLINE: The due date for entries, electronic or otherwise, is October 5, 2022. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. 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 October 5, 2022 or your entries will be removed from the meet. Late or incomplete entries will be rejected. Mail entries to Dave Wohlfeil, 2140 Elbur, Lakewood, OH. 44107, or e-mail entries to lrst.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: There is a single-fee meet charge of \$38.00 per swimmer which includes 5 events, plus a \$3.00 per swimmer LESI surcharge. There is a \$2.00/swimmer handling fee for entries not furnished electronically. Make checks payable to Lakewood Board of Education.

ENTRY LIMITATIONS: This meet is for swimmers who can and will swim in all five (5) events for their age group for that day. Swimmers must enter all their events in a single track. If a swimmer chooses to enter the Open event, they must swim all of their events as Open. Swimmers must have a legal time in all 5 events in order to compete in this meet. If your swimmer is not legal in any single stroke please do not enter them in this meet. Every swimmer will be entered in all five (5) events for their age group that day.

DECK ENTRIES: Deck entries will be accepted on a space available basis, and will be seeded at No Time. Deck entries, if space available: \$45.00. Deck entry swimmers new to meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entries will close 35 minutes before the start of each session.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and have a legal time in all 5 events in order to compete in this meet. 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, October 15, 2022. On deck USA Swimming registration will **not** be available for swimmers or coaches.

QUALIFYING TIMES: Swimmers must have a legal time in all 5 events in order to compete in this meet. .

SWIMMERS WITH A DISABILITY: Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the 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 contested in a 25-yard course. Heats will be seeded slowest to fastest. All events are timed finals. Swimmers are limited

to the events in their track, 10 & U, 11-12, 13-14, or Open.

SEEDING & CHECK IN: All events will be deck seeded. Swimmers must check in for all their events no later than 30 minutes prior to the start of the session. Check-in sheets will be posted on the windows of the coaches' office. Heat and lane assignments will be posted on the pool deck. Swimmers are responsible for reporting to their starting block for each event. The Lake Erie scratch rule (attached) will be in effect.

CLERK OF COURSE: There will be NO Clerk of Course.

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

Each swimmer will compete in all five (5) events by age group, and then the Pentathlon winners will be determined by adding the five times for each swimmer. A swimmer must have successfully completed swims in all five events to be eligible for pentathlon scoring.

AWARDS: Ribbons will be given for places 1 through 8 in the 10 & U, and 11-12 tracks. No ribbons will be awarded for the 13-14 or Open tracks. Plaques will be awarded to the top three swimmers (boys and girls) in each age group for each pentathlon track. Team Awards will be given for teams finishing 1st, 2nd and 3rd overall. All awards must be picked up at the meet. Awards will not be mailed unless specifically announced by the meet host.

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.

RESULTS: Results will not be posted on site. If technology permits, the meet results will be available on Meet Mobile. Results will be posted on lakeerieswimming.com. Teams may request a backup at the conclusion of 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 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 15 minutes of each warm up session shall be conducted as follows:

- (a) Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the discretion of the Meet Referee or his/her designee).
- (b) Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-6 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers 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.

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 officiating this meet. Please contact the meet director or 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

Official's Chair: Jen Butler E-mail: Jbutler@case.edu

COACHES: Coaches packets will be available at the scoring table at the beginning of the meet.

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 216-409-2636

ENTRY PERSON: Dave Wohlfeil 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.

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.

29th Annual Peg Neal Pentathlon
SCHEDULE OF EVENTS
October 15, 2022
Saturday AM

10 & under: 7:30 AM-8:00 AM: 13-14: 8:00 AM - 8: 30 AM, 8:35 meet start (Timed Finals)
 Swimmers must have a legal time in all 5 events

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

October 15, 2022
Saturday PM

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for first 30 minutes: Open will warm-up for 40 minutes immediately following. Meet will begin 5 minutes after the conclusion of the second warm-up session. Start times will be listed at www.lakewoodrecreation.com/LRST and www.lakeerieswimming.com by October 12, 2022.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
21		11-12 50 Back		22
23		Open 100 Back		24
25		11-12 50 Fly		26
27		Open 100 Fly		28
29		11-12 50 Free		30
31		Open 100 Free		32
33		11-12 50 Breast		34
35		Open 100 Breast		36
37		11-12 100 IM		38
39		Open 200 IM		40

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.

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SPONSORED BY
Lakewood Rangers Swim Team
October 15, 2022

MEET ENTRY SUMMARY PAGE

Team Name: _____ Team Code: _____ LSC Code: _____

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) X single entry fee of \$38.00= \$ _____

_____ (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.

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 Lakewood Board of Education **Please note:** All entries submitted with this sheet should be covered by a single check. **DEADLINE FOR RECEIPT IS October 5, 2022.** 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**.

