

Lake Erie Senior Championship
Sponsored by
Firestone Akron Swim Team
March 6-8/2020

Held under USA Swimming Sanction #LE 20057 SS Time Trials #LE 20058 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: Ocasek Natatorium, University of Akron, 382 Carroll Street, Akron, OH

POOL: 25 yards by 8 lanes, with Colorado Timing system and digital scoreboard Continuous warm-up and warm-down during competition will be available **Saturday and Sunday events will be split between male and female swimmers in two 25 yard pools with Long course finals at night in 1 pool.** Concessions will be available throughout the meet. Free parking in lots adjacent to the natatorium. 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 depth of the pool at the start end is 14 feet. The depth at the turn end is 8 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.

STARTING TIMES: Friday

Warm up: 4:00 – 5:30 PM Meet @ 5:35 PM

Saturday

Prelim warm up: 7:15 – 8:45 AM Meet @ 8:50AM

Finals warm up: Start time will be announced during the meet.

**Warm up will be 1 hour and 15 minutes with
meet start 5 minutes after the conclusion of warm-up**

Sunday

Prelim warm up: 7:15 – 8:45 AM Meet @ 8:50 AM

Finals warm up: FINALS WILL BE SWUM LONG COURSE

Start time will be announced during the meet.

**Warm up will be 1 hour and 15 minutes with
meet start 5 minutes after the conclusion of warm-up**

Warm up time may be split by team if the average number of swimmers per lane is scheduled to exceed 15 swimmers per lane The finalized warm up plan will be found at www.lakeeriewimming.com by Wednesday, March 4/2020

ENTRY DEADLINE: Entries must be received by **Wednesday February 26,2020**. Electronic entries must be received by the deadline. Hard copy and check **must be** received by **Monday , March 2/2020** or your entries will not be accepted. Mail entries to: Cindy Dial, 470 Castle Blvd, Akron OH 44313.
Cvirdo@aol.com.

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.NFHsLearn.com/self_courses. 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: \$16.00; and a \$3.00 per swimmer LESI surcharge. There is a \$1.00/swimmer handling fee for entries not received in an electronic file. Make checks payable to: **FAST**

ENTRY LIMITATIONS: Swimmers may enter as many events as they choose but swim no more than 3 individual events per day; exclusive of relays. No refunds will be given. Swimmers may compete in no more than 9 individual events for the meet with a limit of 3 events per day. Clubs may enter an unlimited

number of relays (except as noted below), but only two relay teams per club are eligible to score points. Clubs may only enter (1) one team in the Mixed 200 medley and Mixed 200 free relays. Relay-only swimmers must be included with the original entry. Breaks for warm up/warm down will be provided, alternating between pools as the referee sees fit during prelims. THERE WILL ONLY BE A BREAK AFTER THE RELAYS IN FINALS **CHOOSE YOUR EVENTS WISELY.**

DECK ENTRIES: Deck entries will be offered on a space available basis **and seeded at NT.** Deck entries will close 35 minutes prior to the beginning of each session. Deck entry fees will be: \$16.00 for individual events and \$32.00 for relays. Deck entry swimmers, new to the meet, will pay the \$3.00 surcharge and must provide proof of USA Registration.

ELIGIBILITY: This is a **CLOSED** competition, open to all Lake Erie swimmers who are

- 15 and over, or
- who attend high school, or
- Non-high school swimmers 14 and under who have achieved a 15-16 AAA cut time

All swimmers must be current athlete members of USA Swimming and have met the time standard requirements. All swimmers must be members in good standing of Lake Erie LSC. 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, March 6, 2019. On deck USA Swimming registration will not be available. All time standards are in short course yards.

- **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 listings for the time standards which are NAG B (15-16). Non-conforming times may be entered but must satisfy the associated time standard for the course. All entry times should indicate whether achieved in yards (Y), or long course meters (L). MM will convert non conforming times.

Any non-high school 14 and under may swim Senior Championships as long as they have an AAA (15-16) time in the event they are entering.

Swimmers should enter an event only if their time falls within the range of the listed time standard for that event as of the entry deadline. 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: 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) 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.

- **Friday night** competition will be held in **one pool ONLY.** Friday events are **TIMED FINALS and will be long course.**
- **Backstroke wedges will be used when available.**
- All events will be deck seeded

- Breaks for warm up/warm down will be provided, alternating between pools as the referee sees fit during prelims. **THERE WILL ONLY BE A BREAK AFTER THE RELAYS IN FINALS CHOOSE YOUR EVENTS WISELY.**
- 800 free and 1500 free will be timed finals run fastest to slowest.
- **Mystery 200 IM-this event will be made up from the top 8 swimmers of Event 23 and 24, after scratches. Swimmers will have 30 minutes from the close of the 200 fly to declare their intent to scratch from this event. Event stroke order will be drawn at random from a swim cap. This event does not count towards the swimmers event total.**

All heats of other events will be run in slowest to fastest heat order. Preliminary events will be circle-seeded in accordance with USA Swimming rules.

- The Lake Erie scratch rule (attached) will be in effect.

Saturday and Sunday preliminary session events will be split between male and female swimmers in two 25 yard pools.

- Swimmers should select their events accordingly.
- There will be limited warm up and warm down available. Please plan accordingly.
- All finals will be swum in one pool and be long course.

The Mixed 200 FR and Mixed 200 MR (2 male, 2 female) are timed finals with all heats swum at the start of finals. There will be a 10 minute break following the relays at finals. All other relays will swim all heats in the prelim sessions and are timed finals.

Saturday/Sunday Finals: A/B/C Finals-Long Course

- A/B/ Finals will consist of the top 16 swimmers in each event.
- The C final will consist of 18 under swimmers who are non-collegiate, this heat does not score..
- Collegiate swimmers and 19O swimmers are ineligible for the C final unless there are empty lanes with no qualified alternates available.

SEEDING & CHECK IN: All events will be seeded on the deck. Swimmers should check in for all of their day's events prior to the start of warm-up, but no later than 30 minutes before the start of the session. Check in sheets will be posted in the racquetball courts. **Heat and lane assignments will be posted in various locations around the facility. It is the responsibility of each swimmer to report to the blocks on time for his/her event. There will be NO CLERK OF COURSE.** Relay cards must be turned in upon call in order to be seeded. In accordance with 102.1.4, events may be seeded together but scored separately.

AWARDS: Individual High Point and Runner-up

**Female Team (Top 2)
Male Team (Top 2)
Combined Team (Top 3)**

Scoring Divisions:

Collegiate swimmers will be scored in the own division.

Collegiate swimmers and teams are not eligible for individual or high point awards:

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

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

ADMISSION COST: Prelims: \$5.00 per Person: \$3.00 for Psych Sheets
Finals admission: \$3.00 per Person \$1.00 for Heat Sheets

Results: Final results will be posted on the Lake Erie Swimming web site at lakeerieswimming.com

TIME TRIALS:

A Friday night long course time trial will be offered at the conclusion of the session and will last no more than 30 minutes.

Saturday and Sunday time trial sessions will be short course yards and will be offered at the conclusion of prelims only if time allows and does not cause the warm up of finals to start unreasonably late. Time trials

will last 1 hour. Swimmers may sign up for time trials at the table located next to the admin table in the diving end. Individual events \$20.00; Relays \$40.00. Time trials are included in the 3 individual event/day limit.

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 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 45-minute warm-up will be conducted as follows.

- (a) Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the discretion of 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.

Continuous warm-up is available between bulkheads during prelim competition.

NO PERSONAL CHAIRS WILL BE ALLOWED ON THE POOL DECK OR IN THE SPECTATOR AREA. THE CHAIRS MAY ONLY BE USED IN THE RACQUETBALL COURTS.

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.

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 (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.

Meet Director's E-mail: cvirdo@aol.com

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

COACHES: Packets for coaches will be available at the computer table.

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. **THIS WILL BE STRICTLY ENFORCED!**

MEET DIRECTOR: Cindy Dial, (330) 873-3321, Cvirdo@aol.com

SAFETY DIRECTOR: Stacey Rogers, (330) 495-7969, staceyrogers@mac.com

ENTRY PERSON: Cindy Dial, (330) 873-3321, Cvirdo@aol.com

DIRECTIONS:

From I-77: Follow I-77 to Rt. 8 north. Exit Rt. 8 at the Carroll Street/Buchtel St. exit. Turn left onto Carroll Street; natatorium will be on your left.

From Rt. 8 South: Exit at Buchtel St./Carroll St./Exchange St. Turn right onto Carroll Street, natatorium will be on your left.

2020 Lake Erie Senior Championship

13-14 Non High school		15 Over		Events	15&Over		13-14 Non High school	
LCM	SCY	LCM	SCY		SCY	LCM	SCY	LCM
28.59	25.19	36.39	32.09	50 Freestyle	28.89	32.59	22.69	25.59
1:02.29	54.69	1:19.29	1:09.59	100 Freestyle	1:02.89	1:12.59	49.369	56.79
2:14.29	1:57.79	2:50.89	2:29.89	200 Freestyle	2:17.29	2:37.39	1:47.89	2:03.69
4:41.69	5:14.79	5:58.49	6:40.69	500/400 Freestyle	6:12.59	5:33.69	4:52.79	4:22.19
9:42.49	10:51.59	12:21.29	13:49.19	800/1000 Freestyle	12:52.99	11:40.49	10:07.39	9:10.39
18:38.79	18:08.39	23:43.89	23:05.19	1500/1650 Freestyle	21:35.39	22:08.99	16:57.79	18:38.79
				50 Backstroke				
1:09.39	59.29	1:28.21	1:15.39	100 Backstroke	1:08.39	1:20.39	53.79	1:09.39
2:28.59	2:08.99	3:09.09	2:44.09	200 Backstroke	2:29.89	2:53.79	1:57.79	2:28.59
				50 Breaststroke				
1:18.19	1:08.29	1:39.59	1:26.89	100 Breaststroke	1:17.59	1:29.89	1:00.99	1:18.19
2:49.89	2:27.89	3:36.29	3:08.19	200 Breaststroke	2:48.69	3:16.49	2:12.59	2:49.89
				50 Butterfly				
1:07.29	59.19	1:25.59	1:15.39	100 Butterfly	1:08.29	1:17.39	53.69	1:00.79
2:27.89	2:10.99	3:08.19	2:46.79	200 Butterfly	2:32.69	2:52.69	1:58.99	2:15.69
2:32.09	2:12.09	3:13.49	2:48.19	200 IM	2:32.69	2:56.59	1:59.99	2:18.79
5:20.49	4:40.99	6:47.89	5:57.59	400 IM	5:29.09	6:14.09	4:18.59	4:53.89

SCHEDULE OF EVENTS

**Friday Night Final - 4:00 Warm-Up, 5:35 meet start
(Timed Finals)
March 6, 2020**

Girls #	Age Group/Stroke	Boys #
1	800 Free Relay	2
3	50 Butterfly	4
5	50 Backstroke	6
7	50 Breaststroke	8
9	800 Freestyle	10

***The 800 freestyle will be swum fastest to slowest, alternating women and men.**

Breaks for warm up/warm down will be provided, alternating between pools as the referee sees fit during prelims. THERE WILL ONLY BE A BREAK AFTER THE RELAYS IN FINALS **CHOOSE YOUR EVENTS WISELY.**

**Saturday AM – 7:15 Warm-Up, 8:50 meet start (Prelim/ Finals)
March 7, 2020**

Girl's events and boys events will be swum concurrently in separate ends of the pool during prelims. There will be no break between events, so swimmers should choose their events accordingly.

Girls #	Age Group/Stroke	Boys #
11	Mixed 200 Free Relay**(TF with all heats in finals)	12
13	400 Medley Relay*** (TF)	14
15	200 Backstroke	16
17	100 Freestyle	18
19	200 Breaststroke	20
21	100 Butterfly	22
23	200 Individual Medley	24
25	500/400 Free****	26
27	200 Free Relay*** (TF)	28

**** 200 Mixed Free Relay all heats will be swum at finals followed by a 10 minute break**
***** 400 Medley and 200 Free Relays will be swum in prelims only**
******500/400 Free. The 500 will be swum in prelims and the 400 will be swum in finals.**
Order of Finals: 11,12, 10 minute break, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26,
 Breaks for warm up/warm down will be provided, alternating between pools as the referee sees fit during prelims. THERE WILL ONLY BE A BREAK AFTER THE RELAYS IN FINALS **CHOOSE YOUR EVENTS WISELY.**

Sunday AM – 7:15 Warm-Up, 8:50 meet start (Prelim/Finals)
March 8, 2020

Girl's events and boys events will be swum concurrently in separate ends of the pool during prelims. There will be no break between events, so swimmers should choose their events accordingly.

Girls #	Age Group/Stroke	Boys #
29	Mixed 200 Medley (TF with all heats in finals)	230
31	100 Backstroke	32
33	200 Freestyle	34
35	400 Individual Medley	36
37	50 Freestyle	38
39	100 Breaststroke	40
41	200 Butterfly	42
43	Mystery 200 IM*****	44
45	400 Free Relay(TF)	46
47	1500****(TF)	48

**** 200 Mixed Medley Relay all heats will be swum at finals followed by a 10 minute break**
***** 400 Free Relay will be swum in prelims only**
****** 1500 free will be a timed final event with all heats swum fastest to slowest in finals, alternating mens and womens heats.**
******* Mystery 200 IM-this event will be made up from the top 8 swimmers of Event 23 and 24, after scratches. Swimmers will have 30 minutes from the close of the to 100 breaststroke declare their intent to scratch from this event. Event stroke order will be drawn at random from a swim cap. This event does not count towards the athlete event total.**
Order of Finals: 29,30, 10 minute break, 31,32, 33, 34, 35, 36, 37,38,39,40, 41, 42, 43, 44,45,46,47,48

Breaks for warm up/warm down will be provided, alternating between pools as the referee sees fit during prelims. THERE WILL ONLY BE A BREAK AFTER THE RELAYS IN FINALS **CHOOSE YOUR EVENTS WISELY.**

**Lake Erie Senior Championships
 SPONSORED BY FAST, March 6-8,2020
 Meet Entry Summary Page**

Team Name: _____ **Team Code:** _____

Contact Person: _____ **Phone:** _____ **Email** _____

Address: _____ **City:** _____ **State:** ____ **Zip** _____

TOTAL _____

____ (total # of swimmers) X \$3.00 (LESI Surcharge) = \$ _____

____ (total # of individual events) X \$8.00/event = \$ _____

____ (total # of relay events) X \$16.00/relay entry = \$ _____

____ (total # of swimmers) X \$1.00 (handling fee for paper entry) \$ _____

TOTAL AMOUNT REMITTED \$ _____

Swimmers will be without a coach on deck: ____ Fri., ____ Sat AM ____ Sat PM,
 ____ Sun AM ____ Sun PM

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:

FAST and mail to: Cindy Dial, 470 Castle BLVD, Akron, OH 44313. Please note: All entries submitted with this sheet should be covered by a single check. Kindly do not send multiple checks with a single entry form.

DEADLINE FOR RECEIPT IS March 2,2020.

This sheet must accompany all entries, including HY-TEK Meet Manager electronic entries.

Send Final results to: _____

Address: _____

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.