

Regional Championships 2024

Sponsored by

North Coast Aquatic Team in cooperation with Lake Erie Swimming Inc.

Sunday February 18, 2024

Held under USA Swimming Approval # LE 24059 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 applying for this sanction, North Coast Aquatic 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 Cuyahoga County.

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 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, INFECTIONS, AND OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

COVID PROTOCOLS: At this time there are not COVID protocols. This may change prior to the meet.

LOCATION: Solon High School Natatorium, 33600 Inwood Road, Solon, Ohio 44139.

Directions: Exit from Route 422 at Route 91 (SOM Center Road), Go South on Route 91 past Aurora Road (Route 43). Inwood Road is the 2nd light after Aurora Road turn right on Inwood, travel to the end of the school near the marquee, and turn left at the stop sign into the parking lot.

POOL: 25 yard/8 lanes, electronic timing with 8 lane board, locker rooms, elevated spectator area. Continuous warm-up and warm-down will be available in the diving well.

The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 6 feet, 0 inches. The depth at the turn end is 4 feet, 0 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 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: This meet is timed finals. Warm-up will be 30 minutes for the AM session (10 & U B/G and 11-12 Boys) beginning at 9:00 am, with competition starting at 9:50 AM. Warm-ups shall be 40 minutes for the PM session (11-12 Girls and 13 -14 Boys/Girls). AM and/or PM warm-ups may be split if the average number of swimmers per lane is scheduled to exceed

Lake Erie Swimming's recommended number of athletes per lane. Such changes will be announced as soon as possible after the entries are processed. The finalized warm up plan will be emailed to coaches the Thursday (February 15, 2024) prior to the meet.

ENTRY DEADLINE: Entries, electronic or otherwise, must be received by Wednesday, February 7, 2024. Electronic entries should be emailed to Eric Peterson at eric.peterson@ncatswim.com. Hard copy, meet summary sheet, and check must be received by **February 12, 2024** or the team's entry may be deleted. Payments should be made payable to North Coast Aquatic Team, PO Box 201009, Shaker Heights, OH 44120.

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 \$6.00; \$12.00 per relay; plus, a \$3.00 swimmer surcharge. There is a \$2.00/swimmer handling fee for non-electronic entries up to five swimmers per team. Make checks payable to North Coast Aquatic Team. Mail to: North Coast Aquatic Team, PO Box 201009, Shaker Heights, OH 44120.

ENTRY LIMITATIONS: Swimmers can swim up to four (4) individual events and two (2) relays. Relays are limited to two (2) per team per gender.

DECK ENTRIES: Deck entries are permitted and will be seeded at no time (NT). Deck entrants must meet the time standards (slower than NAG BB age group time) to enter an event. Deck entries will be closed 45 minutes before the start of each session. Switching events constitutes a deck entry. Entry fees for deck entries are individual events \$12.00; Relay \$24.00; plus, a \$3.00 swimmer surcharge. If a swimmer is NOT already in the meet, they must show their USA proof of membership card.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming and have met the time standard requirements. Age is as of the date of the meet, February 18, 2024. Swimmers who age up between Regionals and Age Group Championship AND do not have the Age Group Championship cut in their new age group may enter and swim at Regionals with proof of birthday.

Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host.

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 MAAPP 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. NT will not be accepted; if the swimmer has no time, please provide an estimate. This is a slower than BB NAG age group meet for 12 & Unders and Slower than AGC for 13 -14.

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. This is a slower than BB NAG age group meet. Entry times are investigated after the meet if a protest is filed.

AGE-UP CLAUSE: Swimmers who age up between Regionals and Age Group Championship AND do not have the Age Group Championship cut in their new age group may enter and swim at Regionals with proof of birthday.

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) 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. The meet will be contested in one 25-yard pool. All events are timed finals. The 400 IM and the 500 Freestyle will be swam fastest to slowest.

SEEDING & CHECK IN: All events will be pre-seeded except for the 400 IM, the 500 Free and relays. A positive check-in is required for all relay events, the 400IM and the 500 Freestyle. Swimmers competing in the 400 IM and/or the 500 free must check in no later than 45 minutes before the start of the session. Relay cards must be turned in upon call. Any relay team or individual failing to check in for events requiring a positive check-in shall not be seeded. The Lake Erie scratch rule (attached)/National Scratch Rule will be in effect.

CLERK OF COURSE: A Clerk of Course will Not be provided.

SCORING: This meet will not be scored.

AWARDS: Individual awards will be given for the first 8 places per gender as follows: 9U, 10, 11, 12, 13, and 14. Relays will be awarded for the top five per gender.

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: Admission will be \$5.00 per person. 65 and older or 4 and under are free. Meet will be on Meet Mobile. There will be no paper copy of heat sheets.

PARKING: Parking is free and is available in the lot adjacent to the school.

RESULTS: Results will be posted on Meet Mobile. 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 and throughout the meet. Warm ups may be split if the average number of swimmers per lane is scheduled to exceed Lake Erie Swimming's recommended number of athletes per lane. 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 10 minutes of a 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. Feet first entry only into the continuous warm-up lanes.

MEDICAL SUPERVISION: A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed.

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: Eric Peterson

eric.peterson@ncatswim.com

Official's Chair and email: Jen Butler

jle3@case.edu

COACHES: Coach's packets and check-in shall be located at the admin table. Coaches must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by 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:	<u>Eric Peterson</u>	<u>eric.peterson@ncatswim.com</u>	<u>(216) 346-0274</u>
	Name	e-mail	phone

ENTRY PERSON:	<u>Eric Peterson</u>	<u>eric.peterson@ncatswim.com</u>	<u>(216) 346-0274</u>
	Name	e-mail	phone

EVACUATION PLAN: In the event of an alarm or an emergency requiring an evacuation: Remain calm. Do not gather belongings, just leave. Use the nearest exit. Spectators do not attempt to go on deck or into the locker rooms. Swimmers, Coaches and Meet workers exit Natatorium and leave through the closest exit.

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SUNDAY, FEBRUARY 18, 2024

Morning Session

9:00 Warm-up, 9:35 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	3:15.59 SCY 3:36.19 SCM 3:43.19 LCM	10 & Under 200 IM	3:13.19 SCY 3:33.49 SCM 3:40.79 LCM	2
		11-12 200 IM	2:43.99 SCY 3:01.49 SCM 3:08.49 LCM	3
4	41.89 SCY 46.29 SCM 48.89 LCM	10 & Under 50 Backstroke	42.29 SCY 46.79 SCM 49.19 LCM	5
		11-12 50 Backstroke	34.99 SCY 38.99 SCM 40.39 LCM	6
7	1:44.99 SCY 1:55.99 SCM 1:59.79 LCM	10 & Under 100 Breaststroke	1:41.69 SCY 1:52.59 SCM 1:55.99 LCM	8
		11-12 100 Breaststroke	1:24.49 SCY 1:34.39 SCM 1:38.39 LCM	9
		11-12 200 Butterfly	2:40.79 SCY 3:01.19 SCM 3:06.19 LCM	10
11	35.19 SCY 38.89 SCM 39.89 LCM	10 & Under 50 Freestyle	34.49 SCY 38.09 SCM 39.49 LCM	12
		11-12 50 Freestyle	30.29 SCY 33.39 SCM 34.69 LCM	13
14	1:30.69 SCY 1:40.19 SCM 1:45.99 LCM	10 & Under 100 Backstroke	1:29.29 SCY 1:39.09 SCM 1:43.09 LCM	15
		11-12 100 Backstroke	1:15.69 SCY 1:23.69 SCM 1:27.99 LCM	16

		11-12 200 Breaststroke	3:00.19 SCY 3:19.99 SCM 3:28.69 LCM	17
18	41.79 SCY 46.19 SCM 47.09 LCM	10 & Under 50 Butterfly	40.49 SCY 44.79 SCM 45.99 LCM	19
		11-12 50 Butterfly	34.19 SCY 37.79 SCM 38.59 LCM	20
21	2:57.19 SCY 3:15.99 SCM 3:20.99 LCM	10& Under 200 Freestyle	2:47.99 SCY 3:05.69 SCM 3:12.09 LCM	22
		11-12 200 Freestyle	2:23.49 SCY 2:39.79 SCM 2:44.89 LCM	23
24	47.49 SCY 52.49 SCM 53.99 LCM	10 & Under 50 Breaststroke	46.59 SCY 51:39 SCM 53.29 LCM	25
		11-12 50 Breaststroke	39.49 SCY 43.69 SCM 45.19 LCM	26
27	1:39.09 SCY 1:49.49 SCM 1:52.99 LCM	10 & Under 100 Butterfly	1:37.09 SCY 1:48.29 SCM 1:50.79 LCM	28
		11-12 100 Butterfly	1:16.09 SCY 1:24.49 SCM 1:26.29 LCM	29
		11-12 200 Backstroke	2:39.69 SCY 2:57.19 SCM 3:05.19 LCM	30
31	1:19.99 SCY 1:28.39 SCM 1:31.19 LCM	10 & Under 100 Freestyle	1:18.79 SCY 1:26.99 SCM 1:30.19 LCM	32
		11-12 100 Freestyle	1:05.89 SCY 1:12.89 SCM 1:15.49 LCM	33
34	1:31.69 SCY 1:41.29 SCM	10 & Under 100 IM	1:28.89 SCY 1:38.79 SCM	35
		11-12 100 IM	1:14.99 SCY 1:22.89 SCM	36
37		14 & Under 200 Medley Relay		38

SUNDAY, FEBRUARY 18, 2024

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.

Estimated start times will be listed at www.lakeerieswimming.com by Feb 14, 2024.

Girls #	Qualifying Time (slower than)	Age Group/Stroke	Qualifying Time (slower than)	Boys #
41	11-12 5:56.79 SCY 6:34.19 SCM 6:48.29 LCM 13-14 5:37.59 SCY 6:15.39 SCM 6:25.89 LCM	11-14 400 IM	11-12 5:46.39 SCY 6:22.79 SCM 6:39.19 LCM 13-14 5:17.09 SCY 5:50.69 SCM 6:04.69 LCM	42
43	9-10 7:34.89SCY 11-12 6:38.19 SCY 13-14 6:18.69 SCY	9-14 500 Free	9-10 7:26.99 SCY 11-12 6:27.49 SCY 13-14 5:58.99 SCY	44
45	2:34.49 SCY 2:52.39 SCM 2:58.19 LCM	13-14 200 IM	2:25.59 SCY 2:40.99 SCM 2:47.99 LCM	46
47	2:47.29 SCY 3:05.39 SCM 3:11.39 LCM	11-12 200 IM		
48	100 Back Cut	13-14 50 Backstroke	100 Back Cut	49
50	35.39 SCY 39.29 SCM 40.79 LCM	11-12 50 Backstroke		
51	1:20.09 SCY 1:29.19 SCM 1:32.89 LCM	13-14 100 Breaststroke	1:13.99 SCY 1:21.89 SCM 1:26.39 LCM	52
53	1:27.19 SCY 1:36.59 SCM 1:40.89 LCM	11-12 100 Breaststroke		
54	2:36.89 SCY 2:54.49 SCM 2:59.19 LCM	13-14 200 Butterfly	2:26.89 SCY 2:42.49 SCM 2:47.99 LCM	56
56	2:47.19 SCY 3:05.59 SCM 3:10.19 LCM	11-12 200 Butterfly		
57	29.59 SCY 32.89 SCM 33.89 LCM	13-14 50 Freestyle	27.29 SCY 30.19 SCM 31.39 LCM	58
59	31.29 SCY 34.69 SCM 35.69 LCM	11-12 50 Freestyle		
60	1:09.79 SCY 1:17.69 SCM 1:21.99 LCM	13-14 100 Backstroke	1:05.09 SCY 1:12.49 SCM 1:16.39 LCM	61

62	1:18.09 SCY 1:26.69 SCM 1:30.99 LCM	11-12 100 Backstroke		
63	2:57.29 SCY 3:16.99 SCM 3:23.99 LCM	13-14 200 Breaststroke	2:43.99 SCY 3:02.99SCM 3:10.79 LCM	64
65	3:06.59 SCY 3:28.39 SCM 3:35.99 LCM	11-12 200 Breaststroke		
66	100 Fly Cut	13-14 50 Butterfly	100 Fly Cut	67
68	33.89 SCY 37.69 SCM 38.29 LCM	11-12 50 Butterfly		
69	2:18.49 SCY 2:34.09 SCM 2:38.59 LCM	13-14 200 Freestyle	2:10.19 SCY 2:23.79 SCM 2:29.29 LCM	70
71	2:28.99 SCY 2:45.39 SCM 2:49.19 LCM	11-12 200 Freestyle		
72	100 Breast Cut	13-14 50 Breaststroke	100 Breast Cut	73
74	39.99 SCY 44.19 SCM 45.49 LCM	11-12 50 Breaststroke		
75	1:09.49 SCY 1:17.39 SCM 1:18.79 LCM	13-14 100 Butterfly	1:04.79 SCY 1:11.89 SCM 1:13.99 LCM	76
77	1:17.59 SCY 1:26.49 SCM 1:28.49 LCM	11-12 100 Butterfly		
78	2:34.89 SCY 2:51.69 SCM 2:58.69 LCM	13-14 200 Backstroke	2:25.09 SCY 2:41.19 SCM 2:49.09 LCM	79
80	2:43.99 SCY 3:01.29 SCM 3:09.89 LCM	11-12 200 Backstroke		
81	1:08.29 SCY 1:15.49 SCM 1:18.09 LCM	11-12 100 Freestyle		
82	1:04.19 SCY 1:11.29 SCM 1:13.09 LCM	13-14 100 Freestyle	59.69 SCY 1:05.99 SCM 1:08.49 LCM	83
84	1:18.09 SCY 1:26.59 SCM	11-12 100 IM		
85		14 & Under 200 Free Relay		86

Regional Championships 2024
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February 18, 2024

Meet Entry Summary Page

Team Name: _____ Team Code: _____

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: ____ Zip _____

_____ (total # of Individual events) X \$6.00 event = \$ _____

_____ (total # of swimmers) X \$3.00 (LESI surcharge) \$ _____

_____ (total # of Relays) 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:

☒ 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: _____ DATE: _____
(coach or member team representative).

Make checks payable to North Coast Aquatic Team

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

Checks must be received by February 14, 2024.

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check. Mail to: North Coast Aquatic Team, PO Box 201009, Shaker Heights, Oh 44120. All entries submitted with this sheet should be covered by a single check.

**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. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.
- B. Events Seeded on the Deck –
 - (1) Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) 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 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 swimmers for events when those swimmer are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against the team at the discretion of the Meet Referee.
 - (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 bonus or 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 the swimmer's 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.