

NEW YEAR STRETCH
SWIM YOUR OWN AGE MEET

Sponsored by

THE LAKE SHORE SWIM CLUB
January 12, 2008 – Girls Events
January 13, 2008 – Boys Events
Held under USA Swimming Sanction # LE 800 S

LOCATION: Rocky River High School, 20951 Detroit Road, Rocky River, OH 44116. Corner of Wagar and Detroit Roads.

DIRECTIONS: I-90 west to Hilliard Boulevard exit. At end of ramp, turn right onto Westway Drive. Turn right onto Wagar Road. Turn right into school parking lot immediately past overpass.

POOL: 25 yards by 6 lanes.

STARTING TIMES: **Saturday** morning session warm-ups are from 7:45 – 8:30 a.m., with competition starting at 8:35 a.m. Afternoon 45-minute warm-up on Saturday will begin 15 minutes after the conclusion of the morning session. Estimated warm up times will be posted on the Lake Erie website (lakeeriewimming.com) by January 9, 2008. Sunday warm-ups are from 8:45 – 9:30 a.m. with competition starting at 9:35 a.m. At the discretion of the Meet Safety Director, warm ups may be split by age group or team following a review of entries received. Any information concerning this will be posted on the Lake Erie website (lakeeriewimming.com) by January 9, 2008. This is a **TWO-SESSION MEET ON SATURDAY WITH GIRLS EVENTS AND A ONE-SESSION MEET ON SUNDAY WITH BOYS EVENTS**

ENTRY DEADLINE: The due date for entries, electronic or otherwise, is December 31, 2007. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. Lake Shore reserves the right to limit the number of heats in events 1 and 33 (400 IM). Times may be upgraded until the entry deadline. Swimmers may be added until the entry deadline or the meet is closed whichever is first. Lake Shore reserves the right to delete entries should hard copy, meet summary sheet and check not arrive by the deadline. Mail entries to: Bob Burwell, 847 Jonathan Lane, Akron, OH 44333 or email at robert.burwell2@sbcglobal.net.

ENTRY FEES: Individual events \$3.50; Relays: \$7.00; plus a \$2.00 per swimmer LESI 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 individual events per day, exclusive of relays. Teams may enter 4 relays per relay event and swimmers may compete in 2 relays. Age is as of the first day of the meet, January 12, 2008.

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 in the deck entry office @ \$7.00 per individual event and \$10.00 per relay. If a swimmer gets closed out of an event, a refund will be issued. Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

ELIGIBILITY: Swimmers must be athlete members of USA Swimming and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must display their coach membership cards on deck. Age is as of the first day of the meet, January 12, 2008. On deck USA Swimming registration will not be available.

QUALIFYING TIMES: Please see event listings. Swimmers must be equal to or slower than the qualifying time listed as of the entry deadline.

SLOWER THAN: These meets have times investigated after the meet if a protest is filed. Swimmers may not compete in an event in which they are faster than the listed time standard as of the meet entry deadline.

SWIMMERS WITH A DISABILITY: Qualifying times for 50-yard/meter events will be waived for 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. Events will be contested in a 25-yard course. All events are timed finals.

SEEDING & CHECK IN: All events will be deck seeded. Swimmers must check in at least 30 minutes prior to the start of their session for events seeded on the deck. Check-in sheets will be in Wagar Gym. 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. The Lake Erie scratch rule (attached) will be in effect.

AWARDS: Individual Events: Ribbons 1 through 8; Relays: Ribbons 1 through 3; Heat Winners: Ribbons to 10 & under only. **This is a swim your own age meet and individual events will be scored by age (8 & Under scored as 7 & under and 8 years old, 10 & Under scored as 9 & Under and 10 years old, 11-12 events scored as 11 years old and 12 years old, 13 & Over events scored as 13 years old, 14 years old and 15 & over).**

ADMISSION COST: Cost per adult is \$3.00; cost for Psyche Sheets is \$3.00 per day. Parking is free.

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. All entry into the pool for warm-up is feet first from the starting block end of the pool. The final 20 minutes of a 45-minute warm-up shall be conducted as follows:

There is no diving during warm-up, except in designated sprint lanes. The final warm-up shall be conducted as follows:

- (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 and 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.

No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet.

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, Kathy Schwartzer (kas9876@attglobal.net), or LES's Officials Chair, Chuck Kunsman (chuck163@yahoo.com), 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, Chuck Kunsman.

COACHES: Coaches packets will be available at the announcer table.

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

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: Kathy Schwartzer email: kas9876@attglobal.net phone: (440) 871-6910

SAFETY DIRECTORS: Melinda Phillips email: dmsgphillips@wowway.com phone: (440) 250-0195
Julie Knurek email: jbkmom@wowway.com phone (440) 734-0085

ENTRY PERSON: Bob Burwell email: robert.burwell2@sbcglobal.net phone: (330) 836-1163

NEW YEAR STRETCH – SWIM YOUR OWN AGE MEET
SCHEDULE OF EVENTS
January 12, 2008 - Saturday – Girls Events
 Warm-up at 7:45; meet start 8:35

Girls #	Age Group / Stroke	Qualifying Time (equal to or slower than)
1	11-12 400 IM	6:34.39
2	13 & Over 200 IM	2:56.49 13-14 2:53.09 15 & Over
3	11-12 50 Back	39.99
4	13 & Over 100 Back	1:20.19 13-14 1:18.99 15 & Over
5	11-12 200 Breast	3:27.29
6	13 & Over 200 Breast	3:15.99 13-14 3:12.09 15 & Over
7	11-12 100 Fly	1:27.59
8	13 & Over 100 Fly	1:19.39 13-14 1:17.99 15 & Over
9	11-12 100 Back	1:28.89
10	13 & Over 200 Back	2:51.79 13-14 2:50.19 15 & Over
11	11-12 50 Free	34.59
12	13 & Over 100 Free	1:12.59 13-14 1:11.29 15 & Over
13	11-12 100 Free	1:13.59
14	13 & Over 200 Free	2:36.59 13-14 2:33.39 15 & Over
15	11-12 200 Medley Relay	
16	13 & Over 200 Medley Relay	

45 Minute warm-up 15 minutes after completion of morning session

Girls #	Age Group / Stroke	Qualifying Time (equal to or slower than)
17	8 & Under 100 IM	
18	10 & Under 100 IM	1:45.69
19	8 & Under 50 Back	
20	10 & Under 50 Back	48.89
21	8 & Under 50 Breast	
22	10 & Under 50 Breast	53.59
23	8 & Under 50 Fly	
24	10 & Under 50 Fly	48.79
25	8 & Under 50 Free	
26	10 & Under 50 Free	40.09
27	8 & Under 100 Back	
28	10 & Under 100 Back	1:45.69
29	8 & Under 100 Free	
30	10 & Under 100 Free	1:31.89
31	8 & Under 200 Medley Relay	
32	10 & Under 200 Medley Relay	

The events in red count as participation in IM Xtreme Challenge.

NEW YEAR STRETCH – SWIM YOUR OWN AGE MEET

SCHEDULE OF EVENTS

January 13, 2008 - Sunday – Boys Events

Warm-up at 8:45; meet start 9:35

Boys #	Age Group / Stroke	Qualifying Time (equal to or slower than)
33	11-12 400 IM	6:27.29
34	13 & Over 200 IM	2:45.49 13-14 2:38.29 15 & Over
35	10 & Under 100 IM	1:41.59
36	8 & Under 100 IM	
37	11-12 50 Back	39.79
38	13 & Over 100 Back	1:15.69 13-14 1:11.49 15 & Over
39	10 & Under 50 Back	49.29
40	8 & Under 50 Back	
41	11-12 200 Breast	3:21.79
42	13 & Over 200 Breast	3:02.39 13-14 2:55.09 15 & Over
43	10 & Under 50 Breast	53.89
44	8 & Under 50 Breast	
45	11-12 100 Fly	1:26.39
46	13 & Over 100 Fly	1:13.99 13-14 1:10.59 15 & Over
47	10 & Under 50 Fly	47.29
48	8 & Under 50 Fly	
49	11-12 100 Back	1:25.79
50	13 & Over 200 Back	2:42.79 13-14 2:34.79 15 & Over
51	10 & Under 100 Back	1:43.29
52	8 & Under 100 Back	
53	11-12 50 Free	33.39
54	13 & Over 100 Free	1:07.69 13-14 1:04.59 15 & Over
55	10 & Under 50 Free	39.19
56	8 & Under 50 Free	
57	11-12 100 Free	1:13.29
58	13 & Over 200 Free	2:26.79 13-14 2:20.89 15 & Over
59	10 & Under 100 Free	1:29.19
60	8 & Under 100 Free	
61	11 & Over 200 Medley Relay	
62	10 & Under 200 Medley Relay	

The events in red count as participation in IM Xtreme Challenge.

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 prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing in a timed final event or in a preliminary heat when finals are scheduled 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 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, except as noted in "Exceptions for Failure to Compete" (below).
 - (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.
- C. Scratching from Consolation Finals and Finals
- (1) Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or 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 shall be fined twenty-five dollars (\$25.00) by LESI.
 - (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.
 - (4) It is determined by the Referee that there were no alternates for the consolation final or final race in which the swimmer failed to compete, and that the swimmer's failure to compete did not affect any other swimmer's ability to compete in the consolation final or final race.

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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 \$2.00 (LESI Surcharge) = \$ _____

_____ (Total # of individual events) X \$3.50/event = \$ _____

_____ (Total # of relay events) X \$7.00/relay entry = \$ _____

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

TOTAL AMOUNT REMITTED: \$ _____

- Swimmers will be without a coach on deck:
 Sat. Sun.
 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 **LAKE SHORE SWIM CLUB**. **Please note:** All entries submitted with this sheet should be covered by a single check. **DEADLINE FOR RECEIPT IS December 31, 2007.** This sheet must accompany all entries including HY-TEK Meet Manager disk entries, hard copy & check.

Mail entries to: Bob Burwell, 947 Jonathan Lane, Akron, OH 44333 or email at robert.burwell@exxonmobil.com

REV: 6/2

