

LESD Distance Pentathlon Meet
Hosted by
The Lake Erie Silver Dolphins
February 3, 2008
Held under USA Swimming Sanction LE# 805 S

LOCATION: The Holtrey Natatorium,
Hawken Upper School, 12465 County Line
Road, Gates Mills, Ohio, 44040.

POOL: The competitive swimming pool
measures 8 lanes by 25 yards. The pool varies
from 13 feet, 6 inches to 4 feet in depth. The
seating capacity for the spectators is 360,
which includes handicapped seating for 6.
Competition will occur in seven lanes, with one
lane reserved for continuous warm-up and
warm-down. Men's and Women's locker rooms
are off the pool deck. Colorado timing system
and scoreboard are available. Swimmer drop-
off is on the horseshoe drive in front of the
pool entrance and parking is across the street
in the designated parking lot. Please do not
park in front of the building unless you have a
handicapped designation sticker for that
reserved space.

STARTING TIME: Sunday morning 45-
minute warm-ups will begin at 8:00AM with
competition starting at 8:50AM. Continuous
warm-up will be available throughout the meet
in lane 8. No lane will separate this warm
up/warm down lane from the competition
lanes.

ENTRY DEADLINE: Hard copy entries and
entry fees must be received by **January 23,
2008**. The meet will be closed before the
entry deadline if the session is estimated to
be at four hours, so mail early. You may e-
mail the entry chair to request the event file.
Electronic entries and entry fees must be
received by the deadline or before the meet
is closed. Mail entries to: Beth Forsythe,
4977 Countryside Road, Lyndhurst, Ohio
44124; wforsythe4@gmail.com

ENTRY FEES: \$20.00 for meet (all events
entered) and a \$2.00 per swimmer surcharge
for Lake Erie. There is also a \$1.00/swimmer

handling fee for entries not received on disk.
All entries must be generated from team
entry unless swimmer is unattached. Make
checks payable to the LESD Booster Club.

ENTRY LIMITATIONS: Swimmers must
enter all five events and must choose between
one of the two tracks: 200IM and 100
strokes (Track 1); 400IM and 200 strokes
(Track 2).

DECK ENTRIES: Deck entries will be taken
on a space available basis up to 35 minutes
before the start of the session. Deck entry
fees are \$25.00 for all five swims. Deck
entry swimmers new to the meet must
present proof of USA Swimming membership
to enter and pay the \$2.00 Lake Erie
surcharge fee.

ELIGIBILITY: Swimmers must be athlete
members of USA Swimming. In order to be
eligible to compete in this meet, 11 and over
swimmers must have achieved a B time
(displayed in schedule of events) for at least
2 of the Pentathlon events for his/her chosen
track. 10 and under swimmers must have
achieved a B time (displayed in schedule of
events) for at least 2 of the Pentathlon
events for the shorter track. If 10 and under
swimmers meet the qualifications for
swimming the short track, they may choose to
swim the long track. Swimmers should enter
all events with real times even if they are
slower than the qualifying time for that
event. Coaches are encouraged only to enter
swimmers who can reasonably handle the
demands of the event. 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,
February 3, 2008. On deck USA Swimming
registration will be available for athletes but
not for coaches.

QUALIFYING TIMES: 11 and over swimmers must have at least two "B" times in the chosen track to be eligible to compete in this meet. 10 and under swimmers must have at least two "B" times in the shorter track to be eligible to compete in this meet.

FASTER THAN: Swimmers should enter the meet only if they have achieved the qualifying times as listed above. 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. The host team reserves the right to enter its own swimmers even if they have not achieved the qualifying time.

SWIMMERS WITH A DISABILITY: Swimmers with a disability who do not meet any of the qualifying time standards may contact the meet director to see if arrangements can be made to include the swimmer in one of the pentathlon tracks.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. All events will be swum as one age group but scored separately as 10 & under, 11-12, and 13 & over. Events will be contested in a 25-yard course. Events are timed final. Swimmers must choose between the tracks and may not mix events from the two tracks. The Lake Erie scratch rule (following) will be in effect.

SEEDING & CHECK IN: This is a deck seeded meet and swimmers must check in 30 minutes prior to the start of the meet. Check-in will be conducted as a Pentathlon for all events. There is no clerk of course. In accordance with 102.1.4 events will be seeded together but scored separately.

SCORING: The swimmer in each age group and gender with the highest placement in all five events (either Track 1, or Track 2) will receive a "Distance Pentathlon" prize. Swimmers must have competed in all 5 to be eligible for the overall winner.

AWARDS: The purpose of this meet is to encourage and reward participation in distance events, and the awards are offered in that spirit. First place in each event/age group will receive a T-shirt (no more than one shirt per swimmer). The top three swimmers in each event will also receive a cap. No more than one cap and one shirt per swimmer will be awarded,

RESULTS: Results will be available on the www.LESD.org website in WORD format as well as cfile for team use. Paper copies may be ordered for \$5.00 each at admissions or the deck entry table. Any team bringing a disk may at the end of the meet, receive results.

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. 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 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 diving board end of the pool.

Swimmers may be removed from warm-up for violating safety rules. Lane 8 will be designated for continuous warm-up / warm-down during the meet with no lane separating the warm-up/warm-down lane from the competition lanes.

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

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

TIME TRIALS: None available.

ADMISSION COST: Admission is \$2.00 per person. Psych sheets will be available.

COACHES: Psych sheets / Heat sheets will be available at the deck entry 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.

MEET DIRECTOR: Dana Trau, 80 Easton Lane, Moreland Hills, Ohio 44022;
wdam@adelphia.net; 440-248-9727.

SAFETY DIRECTOR: Maria Rimmerman, 2635 SOM Center Road, Hunting Valley, 44122;
rimmerc@ccf.org; 216-360-7342.

ENTRY PERSON: Beth Forsythe, 4977 Countryside Road, Lyndhurst, Ohio 44124;
wforsythe4@gmail.com ; 216-382-7086

DIRECTIONS: Hawken's Upper School is located at the corner of Mayfield and County Line Roads in Gates Mills. County Line Road is 3 miles east of I-271 and Route 91 (S.O.M. Center Road) and 2.8 miles west of Route 306 in Chesterland. If you are traveling east from Cleveland on Mayfield Road, turn left onto County Line. Hawken's driveway is the first on the right. The Holtrey Natatorium is the

first building on the right. Parking is across the street.

IMX Challenge events are as follows:

10 and under swimmers: 100 back, 100 breast, 100 fly, 200 free, and 200 IM.

11-12 swimmers: 100 back, 100 breast, 100 fly, 500 free, and 200 IM.

13 and over swimmers: 200 back, 200 breast, 200 fly, 500 free, 200 IM, and 400 IM.

LESD Distance Pentathlon
 SCHEDULE OF EVENTS
 February 3, 2008

11 and over swimmers must have at least two "B" times in an event of their track to compete.
 **10 & under swimmers must have at least two "B" times in events in Track 1 to compete in either track.

SWIMMERS ARE PERMITTED TO ENTER ONLY ONE TRACK. DO NOT MIX!

Girls #	Qualifying "B" time	Age Group/Stroke	Qualifying "B" time	Boys #
		200IM/400IM		
<i>1</i>	3:42.69 200IM	10 & under Track 1	3:40.89 200IM	<i>2</i>
	3:04.99 200IM	11 -12 Track 1	3:03.49 200IM	
	2:56:49 200IM	13 & over Track 1	2:45.49 200IM	
<i>3</i>	** 400IM	10 & under Track 2	** 400 IM	<i>4</i>
	6:34.39 400IM	11 -12 Track 2	6:27.29 400IM	
	6:12.89 400IM	13 & over Track 2	5:52.79 400IM	
		100/200 fly		
<i>5</i>	1:57.49 100 fly	10 & under Track 1	1:55.39 100 fly	<i>6</i>
	1:27.59 100 fly	11 -12 Track 1	1:26.39 100 fly	
	1:19.39 100 fly	13 & over Track 1	1:13.99 100 fly	
<i>7</i>	** 200 fly	10 & under Track 2	** 200 fly	<i>8</i>
	3:06.29 200 fly	11 -12 Track 2	3:04.69 200 fly	
	2:53.39 200 fly	13 & over Track 2	2:44.29 200 fly	
		100/200 breast		
<i>9</i>	1:59.99 100 breast	10 & under Track 1	1:56.79 100 breast	<i>10</i>
	1:36.39 100 breast	11 -12 Track 1	1:35.69 100 breast	
	1:30.99 100 breast	13 & over Track 1	1:24.39 100 breast	
<i>11</i>	** 200 breast	10 & under Track 2	** 200 breast	<i>12</i>
	3:27.29 200 breast	11 -12 Track 2	3:21.79 200 breast	
	3:15.99 200 breast	13 & over Track 2	3:02.39 200 breast	
		100/200 back		
<i>13</i>	1:45.69 100 back	10 & under Track 1	1:43.29 100 back	<i>14</i>
	1:28.89 100 back	11 -12 Track 1	1:25.79 100 back	
	1:20.19 100 back	13 & over Track 1	1:15.69 100 back	
<i>15</i>	** 200 back	10 & under Track 2	** 200 back	<i>16</i>
	3:03.29 200 back	11 -12 Track 2	2:59.39 200 back	
	2:51.79 200 back	13 & over Track 2	2:42.79 200 back	
		100/200 free		
<i>17</i>	1:31.89 100 free	10 & under Track 1	1:29.19 100 free	<i>18</i>
	1:13.59 100 free	11 -12 Track 1	1:13.29 100 free	
	1:12.59 100 free	13 & over Track 1	1:07.69 100 free	
<i>19</i>	3:20.19 200 free	10 & under Track 2	3:09.89 200 free	<i>20</i>
	2:43.49 200 free	11 -12 Track 2	2:39.39 200 free	
	2:36.59 200 free	13 & over Track 2	2:26.79 200 free	

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.

LESD Distance Pentathlon Meet
February 3, 2008
Meet Entry Summary Page

Team Name: _____ Team Code: _____

Contact Person: _____ Phone: _____

Email: _____ Address: _____

City: _____ State: _____ Zip: _____

- Swimmers will be without a coach on deck:
 I have arranged for my swimmer/s to be supervised by _____.

____ (Total # of swimmers) X \$2.00 (LESI Surcharge) =	\$ _____
____ (Total # of swimmers) X \$20.00 =	\$ _____
____ (Total # of swimmers) X \$1.00 (handling fee if entry not on disk)	\$ _____
TOTAL AMOUNT REMITTED	\$ _____

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 LESD Booster Club and mail to: Beth Forsythe, 4977 Countryside Road, Lyndhurst, Ohio 44124.

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 January 23, 2008. This sheet must accompany all entries.

EMERGENCY INFORMATION

Gates Mills Police: 911

Gates Mills non-emergency: 440-423-4456

An emergency only phone is available directly behind the diving boards near the exit door.