

**LESD Season Opener Short Course Meet**  
**Hosted by**  
**Lake Erie Silver Dolphins**  
**Sunday, October 1, 2017**  
**Held under USA Swimming Sanction # LE 17003**

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:** Hawken Upper School Natatorium, 12465 County Line Road, Gates Mills, OH 44040

**POOL:** 25 yards by 8 lanes. Locker rooms can be entered via the deck. The stands can be reached through the pool entrance. Colorado timing system is used, and scoreboard is easily visible from stands. 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 13 feet, 6 inches. The depth at the turn end is 4 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:** Warm-ups will be from 7:30 – 8:15 a.m.; competition starts at 8:20 a.m. Afternoon warm-ups will begin 15 minutes after the conclusion of the morning session and last for 45 minutes with competition starting 5 minutes after the end of warm-ups. The finalized warm up plan, and estimated start times will be posted on [www.lesd.org](http://www.lesd.org) and [lakeeriewimming.com](http://lakeeriewimming.com) by Thursday, September 28, 2017. Warm-up sessions will be split if the average number of swimmers per lane is scheduled to exceed 15 swimmers per lane, in which case the a.m. session warm-up will be split into two thirty (30) minute sessions and afternoon warm-up will be split into two 40 minute sessions.

**ENTRY DEADLINE:** Entries, electronic or otherwise, must be received by Wednesday, September 20, 2017. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. Hard copy, meet summary sheet and check must be received by September 22, 2017 or the team's entry may be deleted. Mail entries to Sarah Tobin, 5525 Kenbridge Dr., Highland Hts., OH 44143. Email to [lesdentries@gmail.com](mailto:lesdentries@gmail.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.healthyohiprogram.org>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**ENTRY FEES:** Individual events \$5.00; Relays \$8.00; plus a \$2.00 per swimmer surcharge. There is a \$1.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to LESD Boosters Club.

**ENTRY LIMITATIONS:** Swimmers may enter up to 4 events/day, not including relays.

**DECK ENTRIES:** Deck entries will be accepted at the discretion of the meet director and information about deck entries will be published after the entry deadline on [www.lesd.org](http://www.lesd.org) and [lakeeriewimming.com](http://lakeeriewimming.com) by Thursday, September 28, 2017. If deck entries are taken, they will be on a space available basis up to 35 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$10.00 per individual event and \$14.00 for relay events. Deck entry swimmers new to the meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

**ELIGIBILITY:** Swimmers must be current athlete members of USA Swimming. 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. On deck USA Swimming athlete registration will be available. Age is as of the first day of the meet, October 1, 2017.

**QUALIFYING TIMES:** There are no qualifying times for 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. Events will be contested in a 25-yard course. All events are timed finals. Heats will be swum slowest to fastest. The 10 & Under individual events will be scored multi-age (8 & Under, 9 – 10). The 25's will start at the far end of the pool, so they finish at the block end. Open individual events will be scored multi-age (14 & Under & 15 & Over).

**SEEDING & CHECK IN:** The morning session (10 & Under) will be pre-seeded. The afternoon session (11 -12 & Open events) will be deck seeded. All 10 and under swimmers should report to the Clerk of Course when their event is called. The clerk of course will be in the gym. At that time lane and heat assignments will be given to the swimmers. Lane and heat assignments will be posted on the pool deck for the 11 and over swimmers. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

**CLERK OF COURSE:** Clerk of Course will be for the morning session only.

**SWIMMERS WITHOUT COACH SUPERVISION** must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

**SCORING:** This meet is not scored.

**AWARDS:** Individual Events: 1 – 8<sup>th</sup> place; Relays: 1 – 3<sup>rd</sup> place  
Awards will be given to 12 & Under swimmers only

**ADMISSION COST:** \$4.00 per person; Heat Sheets/Psych Sheets - \$2.00

**PARKING:** There is no fee for parking. Swimmer drop-off is on the horseshoe drive in front of the pool entrance. The parking lot is across the drive from the pool entrance. Please do not park in front of the building unless you have a handicapped designation sticker.

**RESULTS:** Will be posted on [www.Lakeerieswimming.com](http://www.Lakeerieswimming.com) and [www.LESD.org](http://www.LESD.org). 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. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge from the starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes 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.

**CAMERA ZONES:** Use of audio or visual recording devices, including a cell phone, is prohibited 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 (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: Marie Salibra, [mariea@salibra.net](mailto:mariea@salibra.net)

Official's Chair: Al Kominek, [allen\\_k2000@yahoo.com](mailto:allen_k2000@yahoo.com)

**COACHES:** Psych sheets will be available at the coaches check-in in pool lobby.

**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:** Marie Salibra                      [marie@salibra.net](mailto:marie@salibra.net)                      440-336-4128

**ENTRY PERSON:** Sarah Tobin                      [lesdentries@gmail.com](mailto:lesdentries@gmail.com)                      440-552-7023

## Hawken Upper School Natatorium Evacuation Plan

For fire or other non - weather related emergencies, exit the west facing doors between the aquatic center spectator seating and building lobby. Exit out the lobby doors to the parking lot/circle. Do not block the circle. If the west doors are blocked, please use the exit doors on deck at the starting end of the pool. For tornado/severe weather emergencies, all spectators and participants will gather in the pool locker rooms until the all clear signal is given.

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**Morning session – warm-ups will be from 7:30 – 8:15 a.m.; Meet will begin at 8:20 a.m.  
If warm-ups are split – they will be from 7:30 – 8:00 a.m. and 8:00 – 8:30 a.m. and the meet will begin at 8:35 a.m.  
Finalized warm-up information will be available Thursday, September 28, 2017.**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
	<b>10 &amp; Under</b>	
1	100 IM	2
3	25 Free	4
5	50 breast	6
7	50 Back	8
9	100 free	10
11	50 fly	12
13	25 back	14
15	50 free	16
17	200 Free Relay	18

**10 & under individual events will be scored 8 & under and 9 – 10.**

**Afternoon warm-ups will begin 15 minutes after the conclusion of the morning session.  
Finalized warm-up information will be available Thursday, September 28, 2017.**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
	<b>11 – 12</b>	
19	100 IM	20
23	50 Free	24
27	50 Breast	28
31	50 Back	32
35	50 fly	36
39	100 free	40
43	100 back	44
	<b>Open</b>	
21	50 Free	22
25	100 Breast	26
29	100 Back	30
33	100 Free	34
37	100 Fly	38
41	200 IM	42
45	200 Free Relay	46

**Open individual events will be scored 14 & Under & 15 & Over.**

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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 \$5.00/event = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of relay events) X \$8.00/event = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$1.00 (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: \_\_\_\_\_ (coach or member team representative). DATE: \_\_\_\_\_

Make checks payable to LESD Boosters Club.

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

**DEADLINE FOR RECEIPT IS September 22, 2017.**

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: Sarah Tobin, 5525 Kenbridge Dr, Highland Hts., OH 44143, [lesdentries@gmail.com](mailto:lesdentries@gmail.com)

**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, 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 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 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 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 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) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

