

# Regional Championships 2024

Sponsored by

LSSC

AAC, CSI, FAST, LSSC, LRST, PCP, RAZR, RYD, WEST

Sunday, February 18, 2024

Held under USA Swimming Sanction # LE 24060 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, LSSC agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and City of Rocky River.

**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 against 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, INFECTION, AND OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**LOCATION:** Rocky River High School, 20951 Detroit Road, Rocky River, 44116. Pool entrance and parking is located at the corner of Wagar Rd. and Detroit Rd. Overflow parking is in the front of the school on Detroit Road.

**ENTRANCE:** Swimmers will enter the facility at the Wagar Road doors. Limited parking is available off of Wagar Road, extra parking is available off of Detroit Road.

**SPECTATORS:** Spectators are permitted.

**POOL:** 25 yards by 6 lanes. The competition course has not been certified in accordance with 104.2.2C(4). The shallow end depth is 3ft, 6in. The deep end depth is 12ft, 0in.

**COVID PROTOCOLS:** Currently Cuyahoga County and the Rocky River School district is not requiring any COVID protocols. We will follow any local guidelines set forth.

**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:** Morning session warm-up will start at 8:00am. Warm ups shall be 30-45 minutes each session. If the average number of swimmers per lane is scheduled to exceed fifteen (15) swimmers, however, the morning session warm up shall be split by team, age or gender into two 30-minute sessions. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. If the average number of swimmers per lane is scheduled to exceed fifteen (15) swimmers, however, the afternoon warm up shall be split by team, age or gender into two 30-minute sessions. Estimated afternoon start times will be

posted on the Lake Erie Swimming website, [www.lakeeriewimming.com](http://www.lakeeriewimming.com) by Thursday, February 15, 2024.

**ENTRY DEADLINE:** Entries, electronic or otherwise, must be received by Thursday, February 1, 2024. Electronic entries should be emailed to [johnrchristensen@gmail.com](mailto:johnrchristensen@gmail.com). Hard copy, meet summary sheet, and check must be received by **February 12, 2024** or the team's entry may be deleted. Mail hard copy & payment to Lakeshore Swim Club, Nicole Slivinski, 358 Moorewood Ave., Avon Lake, OH 44012

**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. Mail hard copy & payment to Lakeshore Swim Club, Nicole Slivinski, 358 Moorewood Ave., Avon Lake, OH 44012

**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. Entry fees for deck entries are individual event \$12.00; Relay \$24.00; plus a \$3.00 swimmer surcharge. If 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 meet for 12 & Under swimmers and a slower than AGC (Age Group Champs) time standards for 13-14 year olds.

**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 2021-2024 age group meet for 12 and Unders and a slower than AGC (Age Group Champs) time standards for 13-14 year olds (see chart below). 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 400IM, 500 Free and the relays. A positive check-in is required for all relays. Swimmers competing in the 400 IM and 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 be provided for swimmers 10 and under. For swimmers 11 and up, they proceed directly to the blocks.

**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. Awards will be given for the Relay top 5 overall 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 barring any technical difficulties. There will be no paper copy of heat sheets.

**PARKING:** Please park in the lot located off of Wagar Road and enter through the Pirate wrapped doors. Additional parking is available off Detroit Rd. if needed.

**CONCESSIONS:** Concessions will be available.

**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 30 minute warm-up shall be conducted as follows:

For a 6 lane pool:

- (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 & 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. 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 (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 name and email: Sara Verderber [svrdrbr@yahoo.com](mailto:svrdrbr@yahoo.com)

Official's Chair and email: Jen Butler [jle3@case.edu](mailto: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:** Sara Verderber svrdrbr@yahoo.com 216-849-4600  
Name e-mail phone

**ENTRY PERSON:** John Christensen johnrchristensen@gmail.com  
Name e-mail

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

# Regional Championships 2024

## Morning Session

Sponsored by  
LSSC

8:00 warm-up

Meet Starts 5 minutes after the conclusion of warmups

Estimated start times will be listed at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) by February 15, 2024

(Must be slower than the times listed)

All 10 and under, 11-12 boys

| Girls # | Qualifying Time<br>(slower than)          | Age Group/Stroke            | Qualifying Time<br>(slower than)          | Boys # |
|---------|---|-----------------------------|---|--------|
| 1       | 3:15.59 SCY<br>3:36.19 SCM<br>3:43.19 LCM | 10 & Under 200 IM           | 3:13.19 SCY<br>3:33.49 SCM<br>3:40.79 LCM | 2      |
|         |   | 11-12 200 IM                | 2:43.99 SCY<br>3:01.49 SCM<br>3:08.49 LCM | 3      |
| 4       | 41.89 SCY<br>46.29 SCM<br>48.89 LCM       | 10 & Under 50 Backstroke    | 42.29 SCY<br>46.79 SCM<br>49.19 LCM       | 5      |
|         |   | 11-12 50 Backstroke         | 34.99 SCY<br>38.99 SCM<br>40.39 LCM       | 6      |
| 7       | 1:44.99 SCY<br>1:55.99 SCM<br>1:59.79 LCM | 10 & Under 100 Breaststroke | 1:41.69 SCY<br>1:52.59 SCM<br>1:55.99 LCM | 8      |
|         |   | 11-12 100 Breaststroke      | 1:24.49 SCY<br>1:34.39 SCM<br>1:38.39 LCM | 9      |
|         |   | 11-12 200 Butterfly         | 2:40.79 SCY<br>3:01.19 SCM<br>3:06.19 LCM | 10     |
| 11      | 35.19 SCY<br>38.89 SCM<br>39.89 LCM       | 10 & Under 50 Freestyle     | 34.49 SCY<br>38.09 SCM<br>39.49 LCM       | 12     |
|         |   | 11-12 50 Freestyle          | 30.29 SCY<br>33.39 SCM<br>34.69 LCM       | 13     |

|    |   |                            |   |    |
|----|---|----------------------------|---|----|
| 14 | 1:30.69 SCY<br>1:40.19 SCM<br>1:45.99 LCM | 10 & Under 100 Backstroke  | 1:29.29 SCY<br>1:39.09 SCM<br>1:43.09 LCM | 15 |
|    |   | 11-12 100 Backstroke       | 1:15.69 SCY<br>1:23.69 SCM<br>1:27.99 LCM | 16 |
|    |   | 11-12 200 Breaststroke     | 3:00.19 SCY<br>3:19.99 SCM<br>3:28.69 LCM | 17 |
| 18 | 41.79 SCY<br>46.19 SCM<br>47.09 LCM       | 10 & Under 50 Butterfly    | 40.49 SCY<br>44.79 SCM<br>45.99 LCM       | 19 |
|    |   | 11-12 50 Butterfly         | 34.19 SCY<br>37.79 SCM<br>38.59 LCM       | 20 |
| 21 | 2:57.19 SCY<br>3:15.99 SCM<br>3:20.99 LCM | 10 & Under 200 Freestyle   | 2:47.99 SCY<br>3:05.69 SCM<br>3:12.09 LCM | 22 |
|    |   | 11-12 200 Freestyle        | 2:23.49 SCY<br>2:39.79 SCM<br>2:44.89 LCM | 23 |
| 24 | 47.49 SCY<br>52.49 SCM<br>53.99 LCM       | 10 & Under 50 Breaststroke | 46.59 SCY<br>51:39 SCM<br>53.29 LCM       | 25 |
|    |   | 11-12 50 Breaststroke      | 39.49 SCY<br>43.69 SCM<br>45.19 LCM       | 26 |
| 27 | 1:39.09 SCY<br>1:49.49 SCM<br>1:52.99 LCM | 10 & Under 100 Butterfly   | 1:37.09 SCY<br>1:48.29 SCM<br>1:50.79 LCM | 28 |
|    |   | 11-12 100 Butterfly        | 1:16.09 SCY<br>1:24.49 SCM<br>1:26.29 LCM | 29 |
|    |   | 11-12 200 Backstroke       | 2:39.69 SCY<br>2:57.19 SCM<br>3:05.19 LCM | 30 |
| 31 | 1:19.99 SCY<br>1:28.39 SCM<br>1:31.19 LCM | 10 & Under 100 Freestyle   | 1:18.79 SCY<br>1:26.99 SCM<br>1:30.19 LCM | 32 |
|    |   | 11-12 100 Freestyle        | 1:05.89 SCY<br>1:12.89 SCM<br>1:15.49 LCM | 33 |

|    |                            |                         |                            |    |
|----|----------------------------|-------------------------|----------------------------|----|
| 34 | 1:31.69 SCY<br>1:41.29 SCM | 10 & Under 100 IM       | 1:28.89 SCY<br>1:38.79 SCM | 35 |
|    |                            | 11-12 100 IM            | 1:14.99 SCY<br>1:22.89 SCM | 36 |
| 37 |                            | 14 & Under Medley Relay |                            | 38 |

### Afternoon Session

**Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.**

**Meet Starts 5 minutes after the conclusion of warmups**

Estimated start times will be listed at [www.lakeeriewimming.com](http://www.lakeeriewimming.com) by February 15, 2024

(Must be slower than the times listed)  
All 13 and over, 11-12 Girls

| Girls # | Qualifying Time<br>(slower than)   | Age Group/Stroke       | Qualifying Time<br>(slower than)   | Boys # |
|---------|--|------------------------|--|--------|
| 39      | 11-12<br>5:56.79 SCY<br>6:34.19 SCM<br>6:48.29 LCM<br>13-14<br>5:37.59 SCY<br>6:15.39 SCM<br>6:25.89 LCM | 11-14 400 IM           | 11-12<br>5:46.39 SCY<br>6:22.79 SCM<br>6:39.19 LCM<br>13-14<br>5:17.09 SCY<br>5:50.69 SCM<br>6:04.69 LCM | 40     |
| 41      | 10U-7:34.89<br>11-12- 6:38.19<br>13-14- 6:18.69  | 14 & Under 500 Free    | 10U- 7:26.99<br>11-12- 6:27.49<br>13-14- 5:58.99   | 42     |
| 43      | 2:47.29 SCY<br>3:05.39 SCM<br>3:11.39 LCM  | 11-12 200 IM           |  |        |
| 44      | 2:34.49 SCY<br>2:52.39 SCM<br>2:58.19 LCM  | 13-14 200 IM           | 2:25.59 SCY<br>2:40.99 SCM<br>2:47.99 LCM  | 45     |
| 46      | 35.39 SCY<br>39.29 SCM<br>40.79 LCM  | 11-12 50 Backstroke    |  |        |
| 47      | 100 Back Cut   | 13-14 50 Backstroke    | 100 Back Cut   | 48     |
| 49      | 1:20.09 SCY<br>1:29.19 SCM<br>1:32.89 LCM  | 13-14 100 Breaststroke | 1:13.99 SCY<br>1:21.89 SCM<br>1:26.39 LCM  | 50     |

|    |   |                        |   |    |
|----|---|------------------------|---|----|
| 51 | 1:27.19 SCY<br>1:36.59 SCM<br>1:40.89 LCM | 11-12 100 Breaststroke |   |    |
| 52 | 2:36.89 SCY<br>2:54.49 SCM<br>2:59.19 LCM | 13-14 200 Butterfly    | 2:26.89 SCY<br>2:42.49 SCM<br>2:47.99 LCM | 53 |
| 54 | 2:47.19 SCY<br>3:05.59 SCM<br>3:10.19 LCM | 11-12 200 Butterfly    |   |    |
| 55 | 29.59 SCY<br>32.89 SCM<br>33.89 LCM       | 13-14 50 Freestyle     | 27.29 SCY<br>30.19 SCM<br>31.39 LCM       | 56 |
| 57 | 31.29 SCY<br>34.69 SCM<br>35.69 LCM       | 11-12 50 Freestyle     |   |    |
| 58 | 1:09.79 SCY<br>1:17.69 SCM<br>1:21.99 LCM | 13-14 100 Backstroke   | 1:05.09 SCY<br>1:12.49 SCM<br>1:16.39 LCM | 59 |
| 60 | 1:18.09 SCY<br>1:26.69 SCM<br>1:30.99 LCM | 11-12 100 Backstroke   |   |    |
| 61 | 2:57.29 SCY<br>3:16.99 SCM<br>3:23.99 LCM | 13-14 200 Breaststroke | 2:43.99 SCY<br>3:02.99 SCM<br>3:10.79 LCM | 62 |
| 63 | 3:06.59 SCY<br>3:28.39 SCM<br>3:35.99 LCM | 11-12 200 Breaststroke |   |    |
| 64 | 33.89 SCY<br>37.69 SCM<br>38.29 LCM       | 11-12 50 Butterfly     |   |    |
| 65 | 100 Fly Cut                               | 13-14 50 Butterfly     | 100 Fly Cut                               | 66 |
| 67 | 2:18.49 SCY<br>2:34.09 SCM<br>2:38.59 LCM | 13-14 200 Freestyle    | 2:10.19 SCY<br>2:23.79 SCM<br>2:29.29 LCM | 68 |
| 69 | 2:28.99 SCY<br>2:45.39 SCM<br>2:49.19 LCM | 11-12 200 Freestyle    |   |    |
| 70 | 39.99 SCY<br>44.19 SCM<br>45.49 LCM       | 11-12 50 Breaststroke  |   |    |
| 71 | 100 Breast Cut                            | 13-14 50 Breaststroke  | 100 Breast Cut                            | 72 |
| 73 | 1:09.49 SCY<br>1:17.39 SCM<br>1:18.79 LCM | 13-14 100 Butterfly    | 1:04.79 SCY<br>1:11.89 SCM<br>1:13.99 LCM | 74 |



|    |   |                           |   |    |
|----|---|---------------------------|---|----|
| 75 | 1:17.59 SCY<br>1:26.49 SCM<br>1:28.49 LCM | 11-12 100 Butterfly       |   |    |
| 76 | 2:34.89 SCY<br>2:51.69 SCM<br>2:58.69 LCM | 13-14 200 Backstroke      | 2:25.09 SCY<br>2:41.19 SCM<br>2:49.09 LCM | 77 |
| 78 | 2:43.99 SCY<br>3:01.29 SCM<br>3:09.89 LCM | 11-12 200 Backstroke      |   |    |
| 79 | 1:08.29 SCY<br>1:15.49 SCM<br>1:18.09 LCM | 11-12 100 Freestyle       |   |    |
| 80 | 1:04.19 SCY<br>1:11.29 SCM<br>1:13.09 LCM | 13-14 100 Freestyle       | 59.69 SCY<br>1:05.99 SCM<br>1:08.49 LCM   | 81 |
| 82 | 1:18.09 SCY<br>1:26.59 SCM                | 11-12 100 IM              |   |    |
| 83 |   | 14 & Under 200 Free Relay |   | 84 |

**Regional Championships 2024**  
**Hosted by LSSC**  
**February 18<sup>th</sup>, 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 **Lakeshore Swim Club**

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

Entries, electronic or otherwise, must be received by Feb 1, 2024. Hard copy, meet summary sheet and check must be received by Feb 12, 2024.

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

**Mail to:** Nicole Slivinski, 358 Moorewood Ave, Avon Lake, OH 44012

**Email:** JOHN CHRISTENSEN [johnrchristensen@gmail.com](mailto:johnrchristensen@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. 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.