

LES D "May Madness" Meet

Hosted by

Lake Erie Silver Dolphins

Sunday, May 5, 2024

Held under USA Swimming Sanction #LE 24071 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 granting for this sanction, Lake Erie Silver Dolphins agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LESI (LSC), the State of Ohio and Geauga 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 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 [THE LSC] 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:

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 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:

Session 1: Sunday May 5, 2024 Timed Finals Warm up 8:00 AM Meet Start 8:50 AM

Warm-up will be 45 minutes long. Warm-ups may be split (2 – 30 minute sessions) if the average number of swimmers per lane exceed fifteen (15) swimmers. There will be a 10 minute break before the start of the 500 free. The finalized warm-up plan and estimated start times will be posted on www.lakeerieswimming.com by Thursday, May 2, 2024

ENTRY DEADLINE:

Entries, electronic or otherwise, must be received by Wednesday, April 24 The meet will be closed before the entry deadline if the sessions are full, so mail early. Hard copy, meet summary sheet and check must be received by April 30, 2024 or the team's entry may be removed from the meet. Mail entries to Kristin MacPhail 22599 Calverton Rd Shaker Hts, OH 44122 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.NFHSLearn.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES:

Individual events \$7.00; plus a \$3.00 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 swim up to 4 individual events for the day.

DECK ENTRIES:

Deck entries will be taken at the discretion of the meet director, and that information will be published after the entry deadline on www.lakeerieswimming.com and www.lesd.org. If deck entries are accepted, they will be seeded at NT, will close 45 minutes prior to the start of the session, and cost \$10.00 per individual event. Deck entry swimmers new to the meet will be charged \$3.00 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, May 5, 2024

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:

There are no qualifying times; however, NT will not be accepted. If the swimmer has no time, please provide an estimate.

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. Events will be contested in a 25-yard course.

All events except the 500 free are pre-seeded. All events are timed finals. Heats will be swum slowest to fastest except the 500 free which will be swum fastest to slowest. Each swimmer competing in a 25 should report promptly to the clerk of course prior to the race, all others should report to their blocks. All 25's will be starting from the turn-end – dives are permitted for those who are certified. Multi-age events will be awarded as follows: 12 & U events will be awarded 8 & U, 9-10 and 11-12; 8 & U events will be awarded 6 & U and 7-8.

SEEDING & CHECK IN:

All events except the 500 free will be pre-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. Swimmers entered in the 500 free must circle in for this event.

CLERK OF COURSE:

A Clerk of Course will be provided for all 25's, please report upon call. All other events will **not** have a Clerk of Course, and swimmers should report to the blocks.

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: Ribbons 1st – 8th place for all events except the 500 freestyle. There will be no awards for the 500 free.

ADMISSION COST:

\$5.00 per person, seniors 65 & older and children 6 & under free.

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.lakeeriewimming.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 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 by carefully stepping into the water 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 15 minutes of 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.

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.

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: Kristin MacPhail Kmacphailswim@gmail.com

Official's Chair: Jen Butler Jbutler@case.edu

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: Kristin MacPhail Kmacphailswim@gmail.com

ENTRY PERSON: LESD Staff lesdentries@gmail.com

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.

Sunday, May 5, 2024

Warm-ups- 8:00 am

8:50 am meet start; timed final format

Warm-ups may be split (2 – 30 minute sessions) if the average number of swimmers per lane exceed fifteen (15) swimmers. A finalized warm-up plan will be posted by Thursday, May 2, 2024

NT- will not be accepted please give a best estimate

Girls	Age Group/Stroke	Boys
1	12 & Under 200 IM	2
3	8 & Under 25 free	4
5	12 & Under 50 breast	6
7	12 & Under 100 free	8
9	8 & Under 25 back	10
11	12 & Under 50 fly	12
13	12 & Under 100 back	14
15	8 & Under 25 breast	16
17	12 & Under 50 free	18
19	12 & Under 100 breast	20
21	8 & Under 25 fly	22
23	12 & Under 50 back	24
25	12 & Under 100 fly	26

The 8 & Under events will be scored 6 & Under and 7 – 8

The 12 & Under events will be scored 8 & Under, 9 – 10, 11 – 12

10-minute break

Mixed	Age Group/Stroke
27	Open 500 free

NT- will not be accepted please give a best estimate

The 500 free will be swum fastest to slowest

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HOSTED BY LESD**

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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 \$3.00 (LESI Surcharge) \$ _____

_____ (Total # of individual events) X \$7.00/event \$ _____

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

TOTAL AMOUNT REMITTED: April 30, 2024 \$ _____

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

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 April 30, 2024

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

Mail to:

Kristin MacPhail

22599 Calverton Rd

Shaker Hts, OH 44122

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. 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 swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against that 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.

