

**Lake Erie Silver Championships**  
**Sponsored by**  
**Firestone Akron Swim Team**  
**March 7 – 9, 2008**  
**Held under USA Swimming Sanction # LE 811 S**

**LOCATION:** Ocasek Natatorium, University of Akron (corner of Carroll and Spicer)

**POOL:** 25 yards by 8 lanes including a Colorado timing system and scoreboard with continuous warm-up in the non-competition end of the pool.

**STARTING TIMES:** Friday night warm-up will begin at 4:45 p.m., with the meet starting at 5:35 p.m. Saturday and Sunday morning session warm-up will be from 7:40 – 8:25 a.m., with competition starting at 8:30 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The afternoon session competition will begin after a 45-minute warm-up period. There will be 5 minutes between warm-up and the beginning of competition. **At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team.** Afternoon warm-up times will be posted on the Lake Erie Swimming website by Thursday, March 6, 2008, at [www.lakeeriewimming.com](http://www.lakeeriewimming.com)

**ENTRY DEADLINE:** Entries must be postmarked by **Monday, February 25, 2008**, and received by **Wednesday, February 27, 2008**. Electronic entries must be received by the postmark deadline. Hard copy and check **must be** received by Wednesday, February 27, 2008, or your entries will not be accepted. Mail entries to: Cindy Virdo, 333 Rampart Avenue, Akron, OH 44313. Cvirdo@aol.com.

**ENTRY FEES:** Individual events \$4.00; Relays: \$8.00; plus a \$2.00 per swimmer LESI surcharge. There is a \$1.00/swimmer handling fee for entries not received on disk. Make checks payable to: **FAST**

**ENTRY LIMITATIONS:** Swimmers may enter 3 individual events/day exclusive of relays. Swimmers may compete in no more than 9 individual events for the meet. **If a swimmer qualifies for Gold Championships in an event; they CANNOT compete in that same event at this meet.** If the swimmer achieves an A time in a bonus event at Gold Champs, they can receive a refund or switch events. **All relay swimmers MUST be entered in an individual event.**

**DECK ENTRIES:** Deck entries will be offered on a space available basis. Deck entries will close 35 minutes prior to the beginning of each session. Deck entry fees will be: \$8.00 for individual events and \$16.00 for relays.

**ELIGIBILITY:** This is a **CLOSED** competition. All swimmers must be members in good standing of Lake Erie LSC. 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, March 7, 2008. On deck USA Swimming registration will not be available.

**QUALIFYING TIMES:** Please see event listings for the time standards. ALL entries **MUST** be entered in short course yards. **NO CONVERTED TIMES WILL BE ACCEPTED.**

**FASTER THAN:** Swimmers should enter an event only if their time falls within the range of the listed time standard for that event as of the entry deadline. 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. 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).

**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:** 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. All events will be deck seeded and all heats run on a slowest to fastest order except for the 1000's and 1650's which will be swum fastest to slowest,

Revised 09/30/2001

alternating girls and boys. The Lake Erie scratch rule (attached) will be in effect. Individual events for 11 & Over will be awarded for 11-12, 13-14, 15 & over and those for 12 & under will be awarded for 11-12, 10 & under.

**SEEDING & CHECK IN:** All events will be seeded on the deck. Swimmers should check in for all of their day's events prior to the start of warm-up, but no later than 30 minutes before the start of the session. Check in sheets will be posted on the pool deck. Heat and lane assignments will be posted. It is the responsibility of each swimmer to report to the blocks on time for his/her event. There will be NO CLERK OF COURSE. 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.

**AWARDS:** Individual Events: Medals 1 – 3, Ribbons 4 - 8  
Relay Events: Medals – 1, Ribbons 2 & 3  
Heat winner: Ribbons for 10 & Unders ONLY.

**ADMISSION COST:** \$2.00 Per Person: \$3.00 for Heat Sheets

**Parking Pass can be downloaded at:** [www.zipsrec.uakron.edu](http://www.zipsrec.uakron.edu)

**Results:** Final results will be posted on the Lake Erie Swimming web site at [lakeeriewimming.com](http://lakeeriewimming.com)

**TIME TRIALS:** Will not be offered at this 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. 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.

**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, Cindy Virdo, or LES's Officials Chair, Chuck Kunsman, in advance of the meet if at all possible to let either know of your availability. The meet director's and Chuck's contact information is listed below. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, Chuck Kunsman.

Meet Director's E-mail: [cvirdo@aol.com](mailto:cvirdo@aol.com)

Official's Chair: Chuck Kunsman: E-mail: [chuck163@yahoo.com](mailto:chuck163@yahoo.com)

**COACHES:** Packets for coaches will be available in the hospitality room.

**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:** Cindy Virdo, (330) 873-3321, [Cvirdo@aol.com](mailto:Cvirdo@aol.com).

**SAFETY DIRECTOR:** Ernie Dontis, (330) 864-2505

**ENTRY PERSON:** Cindy Virdo, (330) 873-3321, [Cvirdo@aol.com](mailto:Cvirdo@aol.com)

## SCHEDULE OF EVENTS

**Friday Night - 4:45 Warm-Up, 5:35 meet start (Timed Finals)  
March 7, 2008**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
1	Time standards below		12 & Under 500 Free	Time standards below		2
5	3:04.99	2:38.59	11-12 200 IM	3:03.49	2:35.89	6
9	3:06.29	2:39.69	11-12 200 Fly	3:04.69	2:38.29	10
13	3:03.29	2:37.09	11-12 200 Back	2:59.39	2:33.79	14
7	Time standards below		<b>11 &amp; Ov 400 IM*</b>	Time standards below		8
11	Time standards below		<b>11 &amp; Ov 1650 Free*</b>	Time standards below		12
3			<b>13 &amp; Ov 800 Free Relay</b>			4

Events 200 yards and longer may be seeded together, but will be awarded separately. Individual events for 11 & Over will be awarded for 11-12, 13-14, 15 & over and those for 12 & under will be awarded for 11-12, 10 & under. The 1650's will be swum fastest to slowest, alternating girls and boys.

\*Time cuts are as follows for the 400 IM, 1650 Free and 500 Free:

	400 IM	1650	500
10 & Un Girls:			8:30.49 – 6:48.39
10 & Un Boys			8:25.79 – 6:44.59
11 – 12 Girls:	6:34.39 – 5:38.09	25:18.59 – 21:41.69	7:10.79 – 6:09.29
11 – 12 Boys:	6:27.29 – 5:31.99	25:11.89 – 21:35.89	7:05.49 - 6:04.69
13 – 14 Girls:	6:12.89 – 5:19.59	23:34.19 – 20:12.19	
13 – 14 Boys:	5:52.79 – 5:02.39	22:44.39 – 19:29.49	
15 & Ov Girls:	6:06.49 – 5:14.09	23:18.79 – 19:58.89	
15 & Ov Boys:	5:37.29 – 4:49.09	21:55.89 – 18:47.99	

**Saturday AM – 7:40 Warm-Up, 8:30 meet start (Timed Finals)  
March 8, 2008**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
17	1:57.49	1:26.69	10 & Under 100 Fly	1:55.39	1:25.69	18
21	1:45.69	1:22.19	10 & Under 100 Back	1:43.29	1:21.69	22
25	53.59	41.99	10 & Under 50 Breast	53.89	42.49	26
29	40.99	32.39	10 & Under 50 Free	39.19	31.89	30
33	3:20.19	2:36.39	10 & Under 200 Free	3:09.89	2:31.89	34
37	1:45.69	1:23.19	10 & Under 100 IM	1:41.59	1:21.29	38
41			<b>10 &amp; Under 200 Medley Relay</b>			42
15	2:43.49	2:20.19	11-12 200 Free	2:39.39	2:16.59	16
19	1:28.89	1:14.89	11-12 100 Back	1:25.79	1:12.29	20
23	44.29	37.99	11-12 50 Breast	44.59	37.59	24
27	34.59	29.79	11-12 50 Free	33.39	28.59	28
31	1:27.59	1:13.59	11-12 100 Fly	1:26.39	1:12.19	32
35	3:27.29	2:57.69	11-12 200 Breast	3:21.79	2:52.99	36
39			<b>11-12 200 Medley Relay</b>			40

**Saturday PM -Afternoon warm-up times will be posted on [www.lakeerieswimming.com](http://www.lakeerieswimming.com).**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
43	Time standards below		<b>11 &amp; Ov 1000 Free*</b>	Time standards below		44
45			<b>13 &amp; Ov 200 Medley Rela</b>			46
49	1:19.39	1:08.09	13-14 100 Fly	1:13.99	1:03.39	50
53	3:15.99	2:47.99	13-14 200 Breast	3:02.39	2:36.29	54
57	1:20.19	1:08.69	13-14 100 Back	1:15.69	1:04.89	58
61	1:12.59	1:02.19	13-14 100 Free	1:07.69	57.99	62
65	2:56.49	2:31.29	13-14 200 IM	2:45.49	2:21.89	66
67			<b>13 &amp; Ov 400 Free Relay</b>			68
71	6:51.79	5:52.99	13-14 500 Free	6:35.99	5:39.39	72
47	1:17.99	1:06.89	15 & Ov 100 Fly	1:10.59	1:00.49	48
51	3:12.09	2:44.69	15 & Ov 200 Breast	2:55.09	2:30.09	52
55	1:18.99	1:07.69	15 & Ov 100 Back	1:11.49	1:01.29	56
59	1:11.29	1:01.09	15 & Ov 100 Free	1:04.59	55.39	60
63	2:53.09	2:28.39	15 & Ov 200 IM	2:38.29	2:15.69	64
69	6:46.39	5:48.39	15 & Ov 500 Free	6:19.39	5:25.29	70

**\*Time standards for 1000 Free:**

**11 – 12 Girls: 15:01.79 – 12:52.99      11 – 12 Boys: 14:57.09 – 12:48.89**  
**13 – 14 Girls: 14:08.89 – 12:07.59      13 – 14 Boys: 13:38.39 – 11:41.49**  
**15 & Ov Girls: 13:55.19 – 11:55.89      15 & Ov Boys: 13:04.19 – 11:12.19**

Individual events for 11 & Over will be awarded for 11-12, 13-14, 15 & over and those for 12 & under will be awarded for 11-12, 10 & under.

**Sunday AM - 7:40 Warm-Up, 8:30 meet start (Timed Finals)**  
**March 9, 2008**

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
73	3:42.69	2:55.99	10 & Under 200 IM	3:40.89	2:55.29	74
77	1:31.89	1:12.29	10 & Under 100 Free	1:29.19	1:10.79	78
81	48.89	38.19	10 & Under 50 Back	49.29	38.39	82
85	1:59.99	1:33.39	10 & Under 100 Breast	1:56.79	1:32.69	86
89	48.79	37.29	10 & Under 50 Fly	47.29	36.69	90
93			<b>10 &amp; Under 200 Free Relay</b>			94
75	1:26.49	1:14.09	11-12 100 IM	1:24.39	1:12.19	76
79	1:13.59	1:03.09	11-12 100 Free	1:13.29	1:02.89	80
83	39.99	34.29	11-12 50 Back	39.79	33.69	84
87	1:36.39	1:22.19	11-12 100 Breast	1:35.69	1:21.09	88
91	38.09	32.69	11-12 50 Fly	38.59	32.39	92
95			<b>11-12 200 Free Relay</b>			96

Individual events for 11 & Over will be awarded for 11-12, 13-14, 15 & over and those for 12 & under will be awarded for 11-12, 10 & under.

**Sunday PM –Afternoon warm-up times will be posted on**  
[www.lakeerieswimming.com](http://www.lakeerieswimming.com).

Girls #	Cutoff Time		Age Group/Stroke	Cutoff Time		Boys #
	Equal to Or faster than	Slower than		Equal to Or faster than	Slower than	
97			<b>13 &amp; Ov 200 Free Relay</b>			98
101	2:51.79	2:27.29	13-14 200 Back	2:42.79	2:19.49	102
105	1:30.99	1:17.99	13-14 100 Breast	1:24.39	1:12.29	106
109	2:53.39	2:28.59	13-14 200 Fly	2:44.29	2:20.79	110
113	2:36.59	2:14.19	13-14 200 Free	2:26.79	2:05.79	114
117	33.39	28.69	13-14 50 Free	31.09	26.59	118
119			<b>13 &amp; Ov 400 Medley Rela</b>			120
99	2:50.19	2:25.89	15 & Ov 200 Back	2:34.79	2:12.69	100
103	1:29.09	1:16.39	15 & Ov 100 Breast	1:20.69	1:09.19	104
107	2:50.99	2:26.59	15 & Ov 200 Fly	2:36.79	2:14.39	108
111	2:33.39	2:11.49	15 & Ov 200 Free	2:20.89	2:00.79	112
115	32.89	28.19	15 & Ov 50 Free	29.59	25.39	116





**Lake Erie Silver Championships  
SPONSORED BY FAST, March 7 – 9, 2008  
Meet Entry Summary Page**

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip \_\_\_\_\_

**TOTAL** \_\_\_\_\_

\_\_\_\_ (total # of swimmers) X \$2.00 (LESI Surcharge) = \$ \_\_\_\_\_

\_\_\_\_ (total # of individual events) X \$4.00/event = \$ \_\_\_\_\_

\_\_\_\_ (total # of relay events) X \$8.00/relay entry = \$ \_\_\_\_\_

\_\_\_\_ (total # of swimmers) X \$1.00 (handling fee if entry not on disk) \$ \_\_\_\_\_

**TOTAL AMOUNT REMITTED** \$ \_\_\_\_\_

Swimmers will be without a coach on deck: \_\_\_\_ Fri., \_\_\_\_ Sat am, \_\_\_\_ Sat PM,  
\_\_\_\_ Sun am, \_\_\_\_ Sun PM

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: **FAST** and mail to: **Cindy Virdo, 333 Rampart Avenue, Akron, OH 44313. 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 February 27, 2008.** This sheet must accompany all entries, including HY-TEK Meet Manager disk entries.

**Send Final results to:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**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.