

Youngstown Long Course Invite
Sr. Circuit with Age Group
Sponsored by Penguin Swimming
May, 22-24, 2009
Held under USA Swimming Sanction #LE 931 L

LOCATION: Youngstown State University, Beeghley Center, Spring St. Youngstown, OH 44555

POOL: 50 Meter by 8 Lanes, 16' deep water at start end of competition pool and 3.5' at the opposite end; Colorado electronic timing and eight lane digital readout scoreboard with touch pads at both ends. Parking will be available in the M24 Lot located on the West side of 5th Ave. YSU charges \$5.00 for parking.

POOL MEASUREMENTS: A) The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

STARTING TIMES: Friday night warm-up: 4:00 PM – 4:55 PM, with the meet starting at 5:00 PM. Both Saturday and Sunday morning Prelim session warm-ups are from 7:00 – 7:55 a.m., with competition starting at 8:00 a.m. Both Saturday and Sunday evening Finals session warm-up times will be posted at <http://www.lakeerieswimming.com> by May 19th, 2009 and will last for 55 minutes. Afternoon warm-up for the age group session will begin 15 minutes after the conclusion of the morning session and last for 45 minutes. Estimated afternoon start times will be posted at <http://www.lakeerieswimming.com> by May 19th, 2009. At the discretion of the Meet Safety director, warm ups may be split by gender or age group or team.

ENTRY DEADLINE: The due date for entries, electronic or otherwise, is May 14th, 2009. 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 postmarked by May 18th, 2009 or entries will be removed. Mail entries to **Matt Anderson, 116 Massachusetts, Poland, OH, 44514.**

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

ENTRY LIMITATIONS: Swimmers may enter up to 3 individual events/day, exclusive of relays for the open sessions. Swimmers may enter 4 individual events for the age group sessions. Swimmers may enter one session or the other but not both.

DECK ENTRIES: Deck entries will be taken on a space available basis up to 35 minutes before the start of the session and seeded at no time. Deck entrants should sign up in the deck entry office @ \$6.00 per individual event and \$10.00 per relay. 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 and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in for each meet or session they attend. All coaches must display the deck pass (wristband is required to be worn by all coaches) issued by the meet host. Age is as of the first day of the meet, May 22nd, 2009. On deck USA Swimming registration will **not** be available.

QUALIFYING TIMES: Please see event listings. Swimmers must be equal to or faster than the qualifying time listed as of the entry deadline. Entry times must be long course meters. Times converted by Team Manager to LCM will be accepted provided the converted time satisfies the listed qualifying time.

FASTER THAN: Swimmers should enter an event only if they have achieved the listed time standard for that event. 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).

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 50-meter course. Friday events will be timed finals. Saturday and Sunday open events will be Prelims/Finals with the top 18 returning for (A, B, and C) Finals. Relays are timed finals with all relays swum in the prelim sessions. There will be a 5-minute break before the start of the relays. Order of heats in prelims will be slowest to fastest. Order of heats for finals will be C, B, and A, slowest to fastest. All open sessions will be contested in 6 lanes with lane 7 left empty and lane 8 open for continuous warm-up throughout the sessions. All age group sessions will be timed finals contested in 6 or 8 lanes to be determined by the meet director after all entries are in. All 12 & under events will be scored separately for 10 & under and 11-12. All 13 & over events will be scored separately for 13-14, and 15-over.

SEEDING & CHECK IN: All events will be deck-seeded. All swimmers must check in at least 30 minutes prior to the start of their session for events seeded on the deck. Check-in sheets will be posted behind the diving towers. 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. The Lake Erie scratch rule (attached) will be in effect.

AWARDS: Awards will only be distributed for age group sessions. Individual Events: 1st - 8th place for age groups 10 & under, 11-12, 13-14, and 15 & over.

ADMISSION COST: There will be a \$3.00 admission charge. Psych sheets will be \$2.00 each.

RESULTS: Will be posted on <http://lakeerieswimming.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. 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 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 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.

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

OFFICIATING OPPORTUNITY – Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LESI) officials in officiating this meet. Please contact the meet director, Matt Anderson, or LESI'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: Matt Anderson: mlanderson04@ysu.edu

Official's Chair: Chuck Kunsman: chuck163@yahoo.com

NATIONAL QUALIFYING MEET: This meet has been designated as a National Qualifying Meet, code **QM09-073**. The certification levels available are N2 & N3 for S & T; N2, N3I & N3R for Chief Judge; N2, N3I & N3R for Starter; N2, N3I, N3R, & N3F for Deck Referee, and N2, N3I, & N3R for Admin. Referee. Those persons interested in being evaluated for any of these positions/levels should contact George Bare, Meet Referee and request an application for evaluation. His e-dress is gbare@e-tms.com. His phone number is 440/338-5600.

COACHES: Packets for coaches will be available at the scorer's table on deck in front of the stairs. Please keep your psych sheets for the entire weekend. There may be a coaches meeting during warm-ups if necessary.

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: Matt Anderson; mlanderson04@ysu.edu; 330-317-0086

SAFETY DIRECTOR: Greg McAtee; tigger_mac@hotmail.com; 330-503-2853

MEET ENTRY CHAIR: Matt Anderson; mlanderson04@ysu.edu; 330-317-0086

Directions:

From I-80: Take the exit for OH-193/BELMONT AVE. Make a right on Belmont and proceed south about 1.5 miles to the light at Gypsy Lane. Make a left on Gypsy; at the fourth traffic light, make a right onto Fifth Avenue. Go about 1.6 miles on Fifth until you cross the overpass for Rt. 422. Spring St is the first stop light past the stadium. Beeghley Center is to the left on Spring St. (no outlet). Parking is to the Right.

From the southeast (Pittsburgh): Take the PA Turnpike to Exit 234 on the Ohio Turnpike. >From there, take I-680 approximately 10 miles to Exit 6B (Rt. 62 and Hubbard). Follow signs for YSU and take Rt. 422 West. Take the second exit (Fifth Avenue) and turn left on Fifth. Spring St is the first stop light past the stadium. Beeghley Center is to the left on Spring St. (no outlet). Parking is to the Right.

HOTELS:

Youngstown area (5 miles north of campus):

Hampton Inn
4400 Belmont Ave.
Youngstown, OH 44505
330-759-9555

Quality Inn & Suites
4055 Belmont Ave.
Youngstown, OH 44505
330-759-3180

Niles/Austintown area (8 miles west of campus):

Comfort Inn & Suites
5425 Clarkins Dr.
Austintown, OH 44515
330-792-9740

Best Western Meander Inn
870 N Canfield Niles Rd
Youngstown, OH 44515
(330) 544-2378

Fairfield Inn Youngstown
801 N Canfield Niles Rd
Youngstown, OH 44515
(330) 505-2173

Hampton Inn Youngstown West
880 N Canfield Niles Rd
Youngstown, OH 44515
(330) 544-0660

Boardman/Poland area (10 miles south of campus):

Fairfield Inn
7397 Tiffany South
Poland, OH 44514
330-726-5979

Hampton Inn
7395 Tiffany South
Boardman, OH 44512
330-758-5191

Holiday Inn
7410 South Ave.
Boardman, OH 44512
330-726-1611

Residence Inn
7396 Tiffany South
Boardman, OH 44512
330-726-1747

Red Roof Inn
1051 Tiffany South
Boardman, OH 44512
330-758-1999

Youngstown Long Course Invite

SCHEDULE OF EVENTS

May 22nd, 2009

Friday Timed Finals

4:00 p.m. warm-up, 5:00 p.m. meet start (Timed Finals)

(Must be equal to or faster than the times listed)

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1	6:02.29	Open 400 IM	5:46.19	2
3	10:47.99	Open 800 Free	10:31.29	4
5	20:39.79	Open 1500 Free	20:13.09	6

May 23rd, 2009

Saturday Prelims

7:00 a.m. warm-up, 8:00 a.m. meet start (Prelims)

(Must be equal to or faster than the times listed)

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
7	5:16.59	Open 400 Free	5:05.59	8
9	1:29.09	Open 100 Breast	1:23.59	10
11	2:51.39	Open 200 Back	2:41.59	12
13	1:11.09	Open 100 Free	1:06.59	14
15	2:49.49	Open 200 Fly	2:39.89	16
17		Open 400 Free Relay		18

May 23rd, 2009

Saturday Age Group (Timed Finals)

Afternoon warm-up will begin 15 minutes after the conclusion of the

Morning session: Competition will begin at the completion of the 45-minute Warm-up.

Start times will be listed at <http://lakeerieswimming.com> by May 19th, 2009.

Girls #		Age Group/Stroke		Boys #
19		12 & Under 50 Free		20
21		13 & Over 50 Free		22
23		12 & Under 50 Back		24
25		13 & Over 50 Back		26
27		12 & Under 100 Breast		28
29		13 & Over 100 Breast		30
31		12 & Under 100 Fly		32
33		13 & Over 100 Fly		34

*** All 12 & under events will be scored separately for 10 & under and 11-12.

*** All 13 & over events will be scored separately for 13-14, and 15-over.

May 23rd, 2009

Saturday Finals

Competition will begin at the completion of the 55-minute warm-up.

Start times will be listed at <http://lakeerieswimming.com> by May 19th, 2009.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
7		Open 400 Free		8
9		Open 100 Breast		10
11		Open 200 Back		12
13		Open 100 Free		14
15		Open 200 Fly		16
17		Open 400 Free Relay		18

Youngstown Long Course Invite

SCHEDULE OF EVENTS

May 24th, 2009

Sunday Prelims

7:00 a.m. warm-up, 8:00 a.m. meet start (Prelims)

(Must be equal to or faster than the times listed)

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
35	32.79	Open 50 Free	30.59	36
37	2:52.39	Open 200 IM	2:42.79	38
39	1:20.09	Open 100 Back	1:15.09	40
41	2:32.59	Open 200 Free	2:24.99	42
43	3:11.99	Open 200 Breast	3:02.39	44
45	1:17.29	Open 100 Fly	1:11.99	46
47		Open 400 Medley Relay		48

May 24th, 2009

Sunday Age Group (Timed Finals)

Afternoon warm-up will begin 15 minutes after the conclusion of the

Morning session: Competition will begin at the completion of the 45-minute Warm-up.

Start times will be listed at <http://lakeerieswimming.com> by May 19th, 2009.

Girls #		Age Group/Stroke		Boys #
49		12 & Under 100 Back		50
51		13 & Over 100 Back		52
53		12 & Under 100 Free		54
55		13 & Over 100 Free		56
57		12 & Under 50 Fly		58
59		13 & Over 50 Fly		60
61		12 & Under 50 Breast		62
63		13 & Over 50 Breast		64

*** All 12 & under events will be scored separately for 10 & under and 11-12.

*** All 13 & over events will be scored separately for 13-14, and 15-over.

May 25th, 2008

Sunday Finals

Competition will begin at the completion of the 55-minute warm-up.

Start times will be listed at <http://lakeerieswimming.com> by May 19th, 2009.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
35		Open 50 Free		36
37		Open 200 IM		38
39		Open 100 Back		40
41		Open 200 Free		42
43		Open 200 Breast		44
45		Open 100 Fly		46
47		Open 400 Medley Relay		48

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.

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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/relay entry = \$ _____

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

TOTAL AMOUNT REMITTED: \$ _____

- Swimmers will be without a coach on deck:
 Fri. p.m., Sat. am, Sat. p.m., Sun. am, Sun p.m.
 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 **Youngstown Extreme Swimming**. **Please note:** All entries submitted with this sheet should be covered by a single check. **DEADLINE FOR RECEIPT OF ALL ENTRIES IS May 14th, 2009.** This sheet must accompany all entries including HY-TEK Meet Manager entries, hard copy & check. Hard copy, meet summary sheet and check must be postmarked by May 18th, 2009 or entries will be removed.

Mail to: **Matt Anderson, 116 Massachusetts, Poland, OH 44514.**

EMERGENCY PROTOCOL BEEGHLY NATATORIUM

- * Use the nearest safe exit.
- * Do not gather belongings, just leave.
- * Remain calm, walk and remain quiet.
- * Listen to instructions from the announcer.

