

CCS 11 & OVER SWIM MEET
Sponsored by
CANTON CITY SCHOOLS
SUNDAY, JANUARY 29, 2006
Held under USA Swimming Sanction # LE517S

LOCATION: C.T. Branin Natatorium, 1715 Harrison Ave NW, Canton, OH 44708 (Next to the Pro Football Hall of Fame)

POOL: 25 yards by 8 lanes, Colorado Timing system with digital scoreboard. Spectator seating for over 2000 people. The diving well will be available for continuous warm-up and warm-down during competition. Site of the training camp for the 1976 Olympic Swim Team and the Ohio High School State Swimming and Diving Championships. A snack bar will be open throughout the meet.

STARTING TIMES: **Sunday** morning session warm-up will be 7:45 – 8:30 a.m., with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session, and the meet will start no sooner than 12:30 PM. The meet will start after a 45-minute warm-up session. Afternoon start times will be posted on the lakeeriswimming.com web site by Thursday, January 26, 2006.

ENTRY DEADLINE: The due date for entries, electronic or otherwise is **January 20th**. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. You may e-mail the entry chair to request the event file. Electronic entries must be received by the postmark deadline or before the meet is closed. Hard copy, meet summary sheet and check must be received by **January 20, 2006**. Mail entries to: Pam Volpe – 7940 Killington Ave NW, North Canton, OH 44720 or pjvolpe@sbcglobal.net. Phone number: 330-499-1153

ENTRY FEES: Individual events \$3.00; Relays: \$6.00; 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 Canton City Schools.

ENTRY LIMITATIONS. Swimmers may enter five individual events/day exclusive of relays. Teams may enter two relays per relay event.

DECK ENTRIES: Will be accepted on a space available basis until 35 minutes prior to the start of each session. Costs are \$6.00 per individual event; \$12.00 per relay event. Deck entry swimmers will not be seeded. Deck entry swimmers new to meet must have proof of USA Swimming Registration and will pay a \$2.00 surcharge.

ELIGIBILITY: Swimmers must be athlete members of USA Swimming. USA Swimming numbers must appear on their entry sheets. 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, January 29, 2006. On deck USA Swimming registration will not be available.

QUALIFYING TIMES: No qualifying times for this meet.

ADAPTIVE SWIMMING: 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 and will be timed finals. The Lake Erie scratch rule (attached) will be in effect. In regard to 1000 Free, this event will be limited to the fastest three heats. Teams will be notified of swimmers who are closed out Monday before the meet. They may either enter swimmers in another event or receive a refund. Entry information must state the following under conduct of the meet: The following starting procedure will be used: Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties, and start again.

SEEDING & CHECK IN: Events other than the relays and 1000 free will be pre-seeded. Swimmers entered in the 1000 free must check-in for this event no later than 30 minutes prior to the start of the session. Check-in sheets will be available by the deck entry table on the pool deck. Relay events will be checked in by returning cards with swimmers names on them by an announced deadline during the meet. In accordance with 102.1.3, events may be seeded together but scored separately.

AWARDS: Individual Events: Fun Awards: First - Third Ribbons: Fourth - Eighth
Relay Events: Ribbons: First - third

ADMISSION COST: \$2.00 per spectator Heat Sheets \$2.00

RESULTS: Results will be posted on www.lakeerieswimming.com web site.

TIME TRIALS: Not applicable

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 shall be conducted as follows:

- a. Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the direction of the Meet Referee or his/her designee.)
- b. Lanes 2 & 7 sprint lanes for racing starts from the starting black end of the pool, on e 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 spring 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.

COACHES: Packets and sign-in will be at the pool office

UNSUPERVISED SWIMMERS: Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned 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: Sam Seiple, Phone: 330-438-2739, seiple@hotmail.com

SAFETY DIRECTOR: Chris Fulton, Phone 330-854-9672, Fultons44614@yahoo.com

ENTRY PERSON: Pam Volpe – 330-499-1153 - pjvolpe@sbcglobal.net

DIRECTIONS: From the North: Exit I-77 at Fulton Road exit. Continue across Fulton about 4 blocks to dead-end. Turn left toward I-77. Turn left into McKinley High School complex. The Natatorium is on your right. Find a place to park in McKinley parking lot.

From the South: Exit I-77 at 13th (Mercy Hospital) exit. Turn left under I-77 to second light (Broad Ave). Right on Broad to 17th Street. Right on 17th about three blocks. McKinley High School is on the left with parking lot in front. Turn left in the complex. The Natatorium is on your right. Find a place to park in McKinley parking lot.

CCS 11 & Over Meet
Sunday AM - 7:45 Warm-Up, 8:35 meet start (Timed Finals)
January 29, 2006

Girls #		Age Group/Stroke		Boys #
		11 & 12		
1		200 MEDLEY RELAY		2
5		50 FREE		6
9		50 BACK		10
13		50 FLY		14
17		50 BREAST		18
21		100 FREE		22
25		200 FREE RELAY		26
		11 & OVER		
3		200 MEDLEY RELAY		4
7		50 FREE		8
11		100 BACK		12
15		100 FLY		16
19		100 BREAST		20
23		100 FREE		24
27		200 FREE RELAY		28

**Sunday PM – 15 minute break prior to afternoon warm-up. Meet begins
after 45-minute warm-up, not before 12:30 PM. (Timed Finals)**
January 29, 2006

Girls #	Cutoff Time	Age Group/Stroke	Cutoff Time	Boys #
		11 & OVER		
29		200 FREE		30
31		200 IM		32
33		200 BACK		34
35		200 BREAST		36
37		200 FLY		38
39		1000 FREE		40

The 1000's will be limited to the fastest three heats

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, 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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**CCS 11 & OVER SWIM MEET
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CANTON CITY SCHOOLS
Meet Entry Summary Page**

Team Name: _____ Team Code: _____

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

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

____ (total # of individual events) X \$3.00/event = \$ _____

____ (total # of relay events) X \$6.00/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:

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 Canton City Schools and mail to: Pam Volpe, 7940 Killington Ave NW, N. Canton, OH 44720.

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 MEET IS JANUARY 20, 2006.** This sheet must accompany all entries, including HY-TEK Meet Manager disk entries.

WARM UP PROCEDURES CCS AGE GROUP AND OPEN MEET – OCTOBER 15 & 16, 2005

Lake Erie Swimming Safety Guidelines and Warm-up procedures will be in effect for this meet.

Swimmers shall not warm up without being supervised by a currently registered USA Swimming coach. Swimmers not accompanied by a coach shall see the Meet Safety Director for assignment to an USA Swimming coach who will supervise their warm-ups.

Courtesy, common sense, and safety are the basic tenets under which warm-ups are to be conducted. Persons not abiding by the warm-up procedures may be banned for the remainder of a warm-up session by the Meet Safety Director with the concurrence of the Meet Referee and his/her designee.

In general, warm-ups for the backstroke starts during specific warm-ups, swimmers are to enter the water feet first, stepping, not jumping or diving, into the pool from the start end. Faster swimmers have the right of way and are permitted to pass during general or continuous warm-ups. If swimmers need to stop for rest for an extended period of time, they should exit the pool so as not to cause congestion and impede other swimmers' ability to achieve a proper warm-up. Swimmers should exit from either end of their lanes. However, they may cross lanes at the pool ends to exit at the sides if necessary.

Use of paddies and swim fins is not permitted.

The competition pool and the diving well shall not be open for warm-up during the break between sessions. The diving well will be available for warm-up and warm-down during the competition, but not during the warm-up sessions prior to each session. Swimmers are to enter the diving well feet first at all times.

General warm-up for the first 25 minutes with circle swimming in all eight lanes. Sprint and pace lanes will be opened after 25 minutes. Lane 1 will be a pace lane. Lanes 2-3-4 will be sprint lanes. Lane 5 will be used for relay takeoffs. The Meet Safety Director may adjust these designations as circumstances dictate. Lanes not specifically assigned will remain for circle swimming.

Sprint lane, swimmers must start from the blocks and exit the pool at the turn end without executing a turn. They shall wait for the previous swimmer to clear the starting area (approximately 10 yards, or twice the distance from the starting blocks to the backstroke flags). They should not step up on the starting blocks when there is a backstroke swimmer preparing to start.

Pace lane swimmers start in the water at the starting block end and swim under the supervision of their coaches.

The meet warm-up plan will be posted throughout the pool area and will be included in the coach's packet.

Note: During competition, backstrokers will be expected to step, not jump or dive, into the pool upon the starter's instruction.

The diving well is not to be used for recreational activities. It is for warm-up and warm down only. Coaches are expected to make this clear to their swimmers. Swimmers who do not abide by these guidelines will not be permitted to use the facility.