

FALL BREAK-OUT MEET

Sponsored by

Firestone Akron Swim Team

November 12, 2011

Held under USA Swimming Sanction # LE 1167 S

Teams participating: B3, BMSC, CCS, CFYN, FAST, LRST, LSSC, MRST, NEON, PA, PAC, PCP, RYD, SHSH, SWIM, UN, VFYT, VSC, WYRS, YWO

LOCATION: Firestone Natatorium, 333 Rampart Avenue, Akron, OH 44313

POOL: 25 yards by 6 lanes, (Mercury state of the art scoreboard, ample locker room space, balcony seating for spectators, and adjacent gymnasium.)

STARTING TIMES: Morning session: 9 – 10 yr old warm-up at 7:30 AM to 8:00 AM; 8 & under warm-up at 8:00 AM to 8:30 AM. Meet will begin at 8:35 AM. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. Afternoon warm-up may be split by age group if necessary. Estimated afternoon warm-up times will be posted on the Lake Erie web site on November 9, 2011: www.lakeeriewimming.com.

ENTRY DEADLINE: Deadline for entries is Wednesday, October 26 at 9:00PM. Register at <http://www.swimstrongsville.org/meetinformatio.html>.

ENTRY FEES: Individual events \$4.50; plus a \$2.00 per swimmer LESI surcharge and \$1 PayPal charge.

ENTRY LIMITATIONS: Swimmers may enter up to 5 individual events/day, exclusive of relays.

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 NT. Deck entrants should sign up at the deck entry table @ \$6.50 per individual event and \$12.00 per relay. Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration. If the swimmer is closed out of an event, a refund will be issued.

QUALIFYING TIMES: Please see event listings. Swimmers must be equal to or slower than the qualifying time listed as of the entry deadline. Events listed as 13 & over will be scored for 13-14, 15-16, and 17 & over age groups - slower than qualifying times will be in effect where posted. If the swimmer has no time, please include a time even if it is a practice time.

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. The eligibility report has been posted on our Meets page.

SEEDING & CHECK IN: Individual and relay events will be deck-seeded. Check-in sheets will be posted in the hallway near the concession stand. Check-in will be done by event; all swimmers must check in for **all** events in which they will be swimming. All swimmers must check in 30 minutes prior to the start of the session. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. There will be a Clerk of Course for the morning session only in the adjacent gymnasium. Relay cards must be turned in upon call in order to be seeded.

AWARDS: Individual Events: 1 – 8 Ribbons
Relay Events: 1 – 4 Ribbons
Heat winner ribbons for both sessions

ADMISSION COST: \$4.00 for spectators/seniors 65 and older as well as children 8 & Under are free.
\$3.00 for psych sheets. A concession stand will be open during the meet and a swimwear vendor will be available.

RESULTS: Will be posted on Lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

Use or audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.

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

cvirdo@aol.com

(330) 873-3321

DIRECTIONS: From the North: I-77 South to the White Pond/Mull Avenue Exit. Off the exit ramp turn left and the next light (Mull Avenue) turn right. Follow Mull Avenue until you come to a traffic circle. Turn right and follow the circle for 2 roads and veer right on the 3rd road which is South Hawkins. Continue straight on South Hawkins through the intersection of Exchange and Market. After you go over the railroad tracks, you will turn right at the next light. Firestone High School will be on your right.

From the South: I-77 North to the White Pond/Mull Avenue exit. Veer right onto Mull Avenue. Follow Mull Avenue until you come to a traffic circle. Turn right and follow the circle for 2 roads and veer right on the 3rd road which is South Hawkins. Continue straight on South Hawkins through the intersection of Exchange and Market. After you go over the railroad tracks, you will turn right at the next light. Firestone High School will be on your right.



Attention All Swimmers!

USA Swimming and Lake Erie Swimming team up to present:

The Lake Erie IMX Challenge for SC '11-'12!

Start completing your events when '11-'12 Short Course Season begins!

***You have until April 1, 2012 to complete your event list.**

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11-year olds; 12-year olds:

200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

- In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the '11-'12 season.
- A swimmer's times will count for the entire season-so if a swimmer ages up during a season the IMX score on the *My USA Swimming* page will show a score for his/her lower age group and their new age group.
- In order to check the progress, swimmers can create a web account to be able to access their personal *My USA Swimming* page! If a swimmer has already swum the event combo for his/her age level, the IMX score and ranking now appears in a special section of the swimmer's *My USA Swimming* page.

All swimmers participating and legally completing each IMX event for their single age group for the 2011-2012 Short Course Season will receive an IMX cap!

Top Three male and female swimmers in the Lake Erie district with the highest IMX score per single age group will receive the following at the LE Awards Banquet:

- 1st place – IMX personalized hoodie**
- 2nd place – IMX towel**
- 3rd place – IMX t-shirt**

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SCHEDULE OF EVENTS

November 12, 2011

Morning Session

Saturday AM: 7:30 AM warm-up (9-10 year olds),

8:00 AM warm-up (8 & under).

Meet begins at 8:35 AM

Must be slower than the listed cut time.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
3	None	8 & Under 50 Free	None	4
9	None	8 & Under 25 Back	None	10
13	None	8 & Under 25 Free	None	14
19	None	8 & Under 25 Breast	None	20
23	None	8 & Under 25 Fly	None	24
1	1:31.29	10 & Under 100 Free	1:29.19	2
5	48.79	10 & Under 50 Back	49.19	6
7	None	10 & Under 25 Breast	None	8
11	None	10 & Under 25 Fly	None	12
15	53.59	10 & Under 50 Breast	53.59	16
17	1:45.69	10 & Under 100 Back	1:42.89	18
21	None	10 & Under 25 Free	None	22
25	1:44.99	10 & Under 100 IM	1:41.29	26
27	None	10 & Under 100 Free Relay	None	28

Afternoon Session

Estimated afternoon warm-up times will be posted at www.lakeerieswimming.com on November 9, 2011.

Meet will start 5 minutes after the conclusion of the second warm-up session.

Must be slower than the listed cut time.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
31	37.79	11-12 50 Fly	38.19	32
37	39.59	11-12 50 Back	39.49	38
45	44.09	11-12 50 Breast	44.29	46
51	34.29	11-12 50 Free	33.39	52
55	1:26.29	11-12 100 I.M.	1:23.69	56
29	33.39 32.69 32.39	13-14 50 Free 15-16 50 Free 17-Ov 50 Free	30.69 29.49 28.59	30
33	1:19.09 1:17.39 1:16.39	13-14 100 Fly 15-16 100 Fly 17-Ov 100 Fly	1:13.29 1:10.09 1:08.39	34
35	NONE	13-14 50 Breast 15-16 50 Breast 17-Ov 50 Breast	NONE	36
39	1:19.89 1:17.69 1:17.19	13-14 100 Back 15-16 100 Back 17-Ov 100 Back	1:14.89 1:11.29 1:09.09	40
41	NONE	13-14 50 Fly 15-16 50 Fly 17-Ov 50 Fly	NONE	42
43	2:55.49 2:51.49 2:49.49	13-14 200 I.M. 15-16 200 I.M. 17-Ov 200 I.M.	2:43.69 2:37.69 2:33.59	44
47	2:43.19 2:36.09 2:32.09 2:30.99	11-12 200 Free 13-14 200 Free 15-16 200 Free 17-Ov 200 Free	2:38.89 2:26.09 2:20.09 2:17.69	48
49	NONE	13-14 50 Back 15-16 50 Back 17-Ov 50 Back	NONE	50
53	1:12.49 1:10.89 1:09.89	13-14 100 Free 15-16 100 Free 17-Ov 100 Free	1:06.99 1:04.39 1:02.59	54
57	None	11 & Ov 200 Free Relay	None	58

Events listed as 13 & over will be scored per relevant age group: 13-14, 15-16, and 17 & Over.