

**Freestyle and Distance Frenzy**  
**Sponsored by**  
**North Coast Swim Club**  
**October 30, 2011**  
**Held under USA Swimming Sanction # LE 1165 S**

**LOCATION:** Gilmour Academy Natatorium, 34001 Cedar Road, Gates Mills OH 44040  
The entrance to the pool is located on SOM Center Road

**POOL:** 25 yards by 8 lanes, with seating for 260 in balcony. Facility features Colorado automatic timing with scoreboard.

**POOL MEASUREMENTS:** The competition course has not been certified in accordance with 104.2.2C (4).

**WATER DEPTH:** The depth of the pool at the start end is 9 feet, 0 inches. The depth at the turn end is 3 feet, 6 inches.

**STARTING TIMES:** Sunday morning session warm-ups will begin at 8:00 am and last 45 min. At the discretion of the Meet Safety Director, warm ups may be split by gender or age group or team. The finalized warm up plan may be found at the website [www.lakeerieswimming.com](http://www.lakeerieswimming.com) by Thursday, October 27<sup>th</sup>, 2011.

**ENTRY DEADLINE:** Deadline for entries is Wednesday, October 12 at 9:00PM. Register at <http://www.swimstrongsville.org/meetinformation.html>.

**ENTRY FEES:** Individual events \$4.00. plus a \$2.00 per swimmer LESI surcharge and \$1.00 per swimmer PayPal fee.

**ENTRY LIMITATIONS:** Swimmers may enter up to 5 individual events per day, not to exceed 4 individual events in given session.

**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 in the deck entry office @\$8.00 per individual event and \$12.00 per relay. Refunds will only be issued if swimmer is not able to swim. 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. 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, October 30, 2011. On deck USA Swimming registration will not be available.

**QUALIFYING TIMES:** There are no qualifying times for this meet. All entries however must include an entry time, even if it is a practice time. No Time (NT) will not be accepted.

**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 with seeding from slowest to fastest.

**SEEDING & CHECK IN:** Morning events will be pre-seeded. Afternoon session will be deck seeded based upon swimmers signing in for their events. All relay events will be seeded on the deck. 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.

**CLERK OF COURSE:** There will be a Clerk of Course for the Freestyle Frenzy only.

**AWARDS:**

Freestyle Frenzy: Medals 1-3; Ribbons 4-8

Relay Events: Medals 1-3; Ribbons 4-8

Distance Frenzy: Medals 1-3; Ribbons:4-8

Freestyle Frenzy Events will be scored: 10 & U events (set up as multi aged and scored as 8 & U, 9-10). 12 & U (set up as multi-aged and scored as 10 & U, and 11-12). 13 & O (set up as multi-aged and scored 13-14 and 15 & O). Mixed Open 200 free will be scored as 10&U, 11-12, 13-14 & 15&O. Open events will not be scored by age. Mixed Open 500 will not be scored multi-age. The Mixed 200 Free Relay must have at least 1 person of the opposite gender on the relay team.

Distance Frenzy Events will be set up as Multi-aged and scored 10 & U, 11-12, 13-14, 15 & O. The 1000 free will not be scored multi-age.

**All awards must be picked up at the meet. Awards will not be mailed unless specifically announced by the meet host.**

**ADMISSION COST:** \$4.00 for adults 13 and Over. \$2.00 for children 3-12. Children under 3 are free. Heat Sheets will be sold for \$2 each. Parking is free and is located near the main entrance of the pool.

**RESULTS:** Will be posted on [www.lakeeriewimming.com](http://www.lakeeriewimming.com) & [www.northcoastswimclub.org](http://www.northcoastswimclub.org) . Teams may request a backup at the conclusion of the meet.

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

**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, Nicole Katz , or LESI's Officials Chair, Frank Campbell, [frankacampbell@gmail.com](mailto:frankacampbell@gmail.com), in advance of the meet if at all possible to let either know of your availability. The meet director's and Frank'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, Frank Campbell.

Official's Chair: Frank Campbell: E-mail: [frankacampbell@gmail.com](mailto:frankacampbell@gmail.com)

**COACHES:** Please sign in upon arrival and present your credentials to receive your coaches packet.

**UNSUPERVISED SWIMMERS:** Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**NOTE:** Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Non-participants are expected to remain in the spectator area.

**SAFETY DIRECTOR:** Sharon Badertscher, [dcwombat@juno.com](mailto:dcwombat@juno.com), 440.708.1285

**ENTRY PERSON:** Adam Katz, [akkatz@hotmail.com](mailto:akkatz@hotmail.com), 216.548.9668

#### **From Cleveland Hopkins International Airport and points West**

Take I-480 East to I-271 North. Take Exit 32 (Cedar/Brainard Road Exit), and go straight up the ramp. Turn right at top of ramp onto Brainard Road, then left onto Cedar Road. Continue East on Cedar Road for about 2 miles. Turn left onto SOM Center Road and turn right into the athletics parking lot.

#### **From Downtown Cleveland**

Take I-90 East to I-271 South. Take Exit 34 (Mayfield Road/Gates Mills Exit). Go East on Mayfield Road (Rte. 322). Turn right onto SOM Center Road (Rte. 91), and continue South, passing through a traffic circle. The driveway to the athletic complex will be on your left.

### **From points South**

Take I-271 North. Take Exit 32 (Cedar/Brainard Road Exit), and go straight up the ramp. Turn right at top of ramp onto Brainard Road, then left onto Cedar Road. Continue East on Cedar Road for about 2 miles. Turn left onto SOM Center Road and turn right into the athletics parking lot.

### **From points North**

Take I-90 East to I-271 South. Take Exit 34 (Mayfield Road/Gates Mills Exit). Go East on Mayfield Road (Rte. 322). Turn right onto SOM Center Road (Rte. 91), and continue South, passing through a traffic circle. The driveway to the athletic complex will be on your left.

### **EVACUATION PLAN:**

In the event of an alarm or an emergency requiring an evacuation:

- Remain calm
- Do not gather belongings, just leave
- Use nearest exit

Exit signs are clearly marked and will be posted throughout the facility. Exit procedures will be included in the heat sheet.



## 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:**

1<sup>st</sup> place – IMX towel

2<sup>nd</sup> place – IMX hoodie

3<sup>rd</sup> place – IMX drawstring bag

# Freestyle and Distance Frenzy

Sponsored by  
North Coast Swim Club  
October 30<sup>th</sup>, 2011

## Schedule of Events

Sunday Morning Session  
8:00-8:45 warm-up; meet begins at 8:50

Girls #	Qualifying time	Age Group/Stroke	Qualifying time	Boys #
1		12 & Under 50 Freestyle		2
3		13 & Over 50 Freestyle		4
5		10 & Under 25 Freestyle		6
7		12 & Under 100 Freestyle		8
9		13 & Over 100 Freestyle		10
11		Mixed Open 200 Freestyle		
12		Mixed Open 200 Freestyle Relay		
13		Mixed Open 500 Freestyle		

10 & Under events will be scored as 8 & Under and 9-10.

12 & Under events will be scored as 10 & Under and 11-12.

13 & Over events will be scored as 13-14, 15 & Over.

Mixed Open 200 free will be scored as 10&U, 11-12, 13-14 and 15&O.

Mixed 500 free will not be scored multi-aged.

**Open Mixed 200 Free Relay must consist of at least one of the opposite gender  
(not set up as a multi-aged).**

# *Freestyle and Distance Frenzy*

Sunday Afternoon Session

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. Competition will begin 5 minutes after the completion of the 45-minute warm-up. Estimated start times will be listed at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) [www.northcoastswimclub.org](http://www.northcoastswimclub.org) on October 27, 2011.

Mixed Opened		Age Group/Stroke		
14		Open 400 IM		
15		Open 200 Back		
15		Open 200 Breast		
16		Open 200 Fly		
17		Open 1000 Freestyle		

Mixed Open Events are set up as multi aged and scored 10 & U, 11-12, 13-14, 15 & O .

1000 Freestyle is set up as multi-age event but will not be scored multi- age.