

**MRST 11 & OVER SWIM MEET**  
**Sponsored by**  
**The Medina Makos**  
**SUNDAY, JANUARY 22, 2012**  
**Held Under USA Swimming Sanction # LE 1204 S**

**LOCATION:** Medina Recreational Center, 855 Weymouth Rd, Medina, Oh, 44256

**POOL:** 25 yards by 8 lanes, ample locker room space, bleachers, 8 lane scoreboard, concessions and parking in the back of the recreational center.

**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 12 feet, 6 inches. The depth at the turn end is 4 feet, 6 inches.

**STARTING TIMES:** Sunday morning warm-up will be 7:45 – 8:30 a.m., with competition starting at 8:35 am. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The meet will start after a 45-minute warm-up session. Estimated afternoon start times will be posted on the [lakeeriewimming.com](http://lakeeriewimming.com) and [medinaswimteam.com](http://medinaswimteam.com) websites by Thursday, Jan. 19<sup>th</sup>, 2012. At the discretion of the Safety Director, warm ups may be split by gender or age group or team.

**ENTRY DEADLINE:** Deadline for registering is Wednesday, December 28 at 9:00PM. Register at <http://www.swimstrongsville.org/meetinforation.html>. Please indicate which events your swimmer is swimming.

**ENTRY FEES:** Individual events \$4.00; plus a \$2.00 per swimmer LESI surcharge and \$1 per swimmer PayPal charge.

**ENTRY LIMITATIONS:** Swimmers may enter four (4) individual events exclusive of relays.

**DECK ENTRIES:** Fees will be \$6.00 per individual event, \$ 10.00 per relay. Deck entries will be accepted on a space available basis only. Deck entries will close 35 minutes prior to the start of each session. Deck entered swimmers, new to the meet, will pay the \$2.00 surcharge and must provide proof of USA Registration. Deck entries will be seeded at NO TIME (NT).

**ELIGIBILITY:** Swimmers must be current athlete members of USA Swimming. **Swimmers must be 11 or over in order to compete in this meet.** 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 day of the meet, January 22, 2012. On deck USA Swimming registration will **not** be available.

**QUALIFYING TIMES:** There are no qualifying times for this meet.

**SEEDING & CHECK IN:** All individual events will be deck seeded. All swimmers must check-in at least 30 minutes prior to the start of their session. Check-in sheets will be posted in the gym. The 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 no Clerk of Course. All swimmers will need to report to the starting blocks for their events.

**AWARDS:** Awards will be given for 11-12 and 13-14 age groups. No awards will be given for the 15 and over age groups.

Individual events:	Medals for 1 <sup>st</sup> -3 <sup>rd</sup>
	Ribbons for 4 <sup>th</sup> - 8 <sup>th</sup> place.
Relay events:	Ribbons for 1 <sup>st</sup> -3 <sup>rd</sup>

**SCORING:** 11-12, 13-14, and 15 & Over.

**ADMISSION COST:** \$3.00 per spectator. Psych Sheets \$2.00

**RESULTS:** Results will be posted on [www.lakeeriewimming.com](http://www.lakeeriewimming.com) web site.

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

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

**In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.**

**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, Anthony Petruzzi or LES's Officials Chair, Frank Campbell, 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: [facampbell@sbcglobal.net](mailto:facampbell@sbcglobal.net)

**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.

**DIRECTIONS: From Cleveland (North)**

**Take I-71 South to exit 222 - Rt 3. Turn right on Rt 3. Arrive at 855 Weymouth rd.**

**From South and West**

**Take I-71 North to exit 218 - Rt 18. Turn left on Rt 18 (West). Take Rt 18 to Foote Rd. Turn right on Foote Rd. Turn left on Weymouth Rd (Rt 3) arrive at 855 Weymouth rd**

**THE MEDINA RECREATION CENTER**

**SAFETY AND EMERGENCY INFORMATION**

**SPECTATOR-EMERGENCY EVACUATION PLAN**

**IN THE EVENT OF AN ALARM OR EMERGENCY REQUIRING EVACUATION:**

**PLEASE REMAIN CALM, WALK TO THE NEAREST EXIT AND LEAVE THE BUILDING**

**DO NOT USE ELEVATORS**

**DO NOT ATTEMPT TO GO ON DECK OR INTO THE LOCKER ROOMS**

**EVACUATION ROUTES**

COMPETITION POOL: Exit to the left through the doors at the back end of the pool or the double doors by the ticket office.

AEROBICS ROOMS: Exit the rooms and turn right toward the front of the building and out the 4 sets of double doors facing the front parking lot.

FIELD HOUSE COURTS 3 AND 4: Exit through any of the 3 emergency exit doors facing the back parking lot.



## 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 personalized hoodie

2<sup>nd</sup> place – IMX towel

3<sup>rd</sup> place – IMX t-shirt

**MRST 11 & Over Meet**  
**Sunday - 7:45 AM Warm-Up, 8:35 meet start (Timed Finals)**  
**January 22, 2012, Morning Session.**

Event #		Age Group/Stroke		
		<b>11 &amp; 12 GIRLS</b>		
1		200 Medley Relay		
3		200 IM		
5		100 FLY		
7		200 BACK		
9		100 BREAST		
11		50 FREE		
13		200 FLY		
15		100 BACK		
17		200 BREAST		
19		100 FREE		
21		200 Free Relay		
23		500 FREE**		
		<b>13 &amp; OVER BOYS *</b>		
2		200 Medley Relay		
4		200 IM		
6		100 FLY		
8		200 BACK		
10		100 BREAST		
12		50 FREE		
14		200 FLY		
16		100 BACK		
18		200 BREAST		
20		100 FREE		
22		200 Free Relay		
24		500 FREE**		

\* 13 & Over events will be scored 13 -14, and 15 & Over.

**\*\*500 Frees may be limited to control the length of the meet**

**MRST 11 & Over Meet**  
**January 22, 2012, Afternoon Session.**  
**Afternoon Warm ups will start 15 minutes after**  
**the completion of the morning session.**

*Warm up times will be posted on [lakeeriewimming.com](http://lakeeriewimming.com) & [medinaswimteam.com](http://medinaswimteam.com) by Thursday, Jan 19th.*

Event #	Age Group/Stroke		
	<b>11 &amp; 12 BOYS</b>		
25	200 Medley Relay		
27	200 IM		
29	100 FLY		
31	200 BACK		
33	100 BREAST		
35	50 FREE		
37	200 FLY		
39	100 BACK		
41	200 BREAST		
43	100 FREE		
45	200 Free Relay		
47	500 FREE**		
	<b>13 &amp; OVER GIRLS*</b>		
26	200 Medley Relay		
28	200 IM		
30	100 FLY		
32	200 BACK		
34	100 BREAST		
36	50 FREE		
38	200 FLY		
40	100 BACK		
42	200 BREAST		
44	100 FREE		
46	200 Free Relay		
48	500 FREE**		

\* 13 & Over events will be scored 13 -14, and 15 & Over.

\*\*500 Frees may be limited to control the length of the meet