

# NEW YEAR'S STRETCH MEET

Sponsored by

**THE LAKE SHORE SWIM CLUB**

January 7-8, 2012

**Held under USA Swimming Sanction # LE 1201 S**

**LOCATION:** Rocky River High School, 20951 Detroit Road, Rocky River, OH 44116. Corner of Wagar and Detroit Roads.

**DIRECTIONS:** I-90 west to Hilliard Boulevard exit. At end of ramp, turn right onto Westway Drive. Turn right onto Wagar Road. Turn right into school parking lot immediately past freeway overpass.

**POOL:** 25 yards by 6 lanes. Colorado electronic timing and scoreboard. Locker rooms, food and swimwear concessions and free parking.

**WATER DEPTH:** The depth of the pool at the start end is 12 feet. The depth at the turn end is 3 feet, 6 inches.

**STARTING TIMES:** Morning session: 7:30 a.m. to 8:30 a.m. warm-up divided as follows – 9-10 year olds warm-up from 7:30 to 8:00; and 8 & Under warm-up. 8:00 to 8:30 (meet starts at 8:35 a.m.) There will be a 15-minute break at the conclusion of the morning session.

Afternoon session: Estimated warm-ups time will be posted on [www.lakeerieswimming.com](http://www.lakeerieswimming.com) on Wednesday, January 4, 2012. There will be a combined warm-up for 45 minutes (meet will start 5 minutes later).

## **ENTRY DEADLINE:**

Deadline for registering is Wednesday, December 14 at 9:00PM. Register at <http://www.swimstrongsville.org/meetinformatoin.html>. Please indicate the swimmer's name and which events he/she will be swimming. Make sure you receive an emailed receipt from PayPal to confirm your registration.

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

**ENTRY LIMITATIONS:** Swimmers may enter up to 4 individual events per day, exclusive of relays. Swimmers should pay particular attention to event order and space events accordingly.

**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 desk at \$8.00 per individual event and \$10.00 per relay. If a swimmer gets closed out of an event, a refund will be issued. Deck entry swimmers new to meet will be charged the \$2.00 LESI surcharge and must provide proof of USA Swimming registration.

**QUALIFYING TIMES:** Please see event listings. Swimmers must be slower than the qualifying time listed as of the entry deadline. **Swimmers are required to submit a time for each event. If a swimmer does not have a time in an event, please submit an estimated time to help seed the meet as efficiently as possible.**

**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.

**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 all of their events. Check-in sheets will be posted on tables in Wagar Gym. All swimmers should circle the number to the left of his or her name neatly and clearly. All 10 and under swimmers must report to the Clerk of Course when their event is called. Lane and heat assignments will be posted on the pool deck for the 11 and over swimmers. Relay cards will be available during warm-ups at the announcer's table and 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. If a heat limitation is imposed in the 500 Free, swimmers will receive a refund.

**AWARDS:** Individual Events - Ribbons 1 through 8; Relays - Ribbons 1 through 3; Heat Winners - Ribbons to 10 and under only. **This is a swim your own age meet and individual events will be scored as follow:**

**8 & Under will be scored as 7 and under and 8 years old**

**10 & Under scored as 9 and under and 10 years old**

**11-12 events scored as 11 years old and 12 years old**

**13 & Over events scored as 13 years old, 14 years old and 15 & over**

**ADMISSION COST:** Cost per adult is \$3.00; cost for Psych Sheets is \$3.00 per day. Parking is free.

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

**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 LES's Officials Chair, Frank Campbell ([facampbell@sbcglobal.net](mailto:facampbell@sbcglobal.net)), in advance of the meet to express your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact Frank Campbell.

**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.



## 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**

**SCHEDULE OF EVENTS**  
**January 7, 2012 – Saturday**  
**Girls and Boys 10 & Under**  
**Morning Session - Warm-up at 7:30; meet start 8:35**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
1	3:20.19	10 & Under 200 Free	3:09.89	2
3		8 & Under 25 Breast		4
5	1:59.99	10 & Under 100 Breast	1:55.69	6
7	48.79	10 & Under 50 Fly	47.29	8
9		8 & Under 25 Backstroke		10
11	1:45.69	10 & Under 100 Backstroke	1:42.89	12
13	39.79	10 & Under 50 Freestyle	38.89	14
15		10 & Under 100 Medley Relay		16

**Swimmers are required to submit a time for ALL events. If a swimmer does not have a time for an event, please submit an estimated time.**

**Afternoon Session - 45 Minute warm-up 15 minutes after completion of morning session**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
17	13-14 2:55.49 15 & O 2:51.49	13 & Over 200 I.M.	13-14 2:43.69 15 & O 2:37.69	18
19	3:03.79	11-12 200 I.M.	3:03.09	20
21	13-14 1:12.49 15 & O 1:10.89	13 & Over 100 Freestyle	13-14 1:06.99 15 & O 1:04.39	22
23	1:13.59	11-12 100 Freestyle	1:13.09	24
25	13-14 2:53.39 15 & O 2:48.59	13 & Over 200 Butterfly	13-14 2:43.69 15 & O 2:35.59	26
27	1:27.19	11-12 100 Butterfly	1:25.79	28
29	13-14 1:19.89 15 & O 1:17.69	13 & Over 100 Backstroke	13-14 1:14.89 15 & O 1:11.29	30
31	39.59	11-12 50 Backstroke	39.49	32
33	13-14 1:30.59 15 & O 1:28.29	13 & Over 100 Breaststroke	13-14 1:24.09 15 & O 1:20.39	34
35	3:26.39	11-12 200 Breaststroke	3:21.69	36
		<b>10 minute Warm Up</b>		
37	13-14 6:51.79 15 & O 6:45.29	13 & Over 500 Freestyle	13-14 6:31.09 15 & O 6:18.39	38

**SCHEDULE OF EVENTS**  
**January 8, 2012 – Sunday**  
**Girls and Boys 10 & Under**  
**Morning Session - Warm-up at 7:30; meet start 8:35**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
39	3:42.69	10 & Under 200 IM	3:40.89	40
41		8 & Under 25 Freestyle		42
43	1:31.29	10 & Under 100 Freestyle	1:29.19	44
45	48.79	10 & Under 50 Backstroke	49.19	46
47		8 & Under 25 Butterfly		48
49	1:57.49	10 & Under 100 Butterfly	1:55.19	50
51	53.59	10 & Under 50 Breaststroke	53.59	52
53		8 & Under 50 Freestyle		54
		<b>10 minute Warm Up</b>		
55	8:30.49	10 & Under 500 Freestyle	8:25.79	56

**Swimmers are required to submit a time for ALL events. If a swimmer does not have a time for an event, please submit an estimated time.**

**Afternoon Session - 45 Minute warm-up 15 minutes after completion of morning session**

<b>Girls #</b>	<b>Qualifying Time (slower than)</b>	<b>Age Group / Stroke</b>	<b>Qualifying Time (slower than)</b>	<b>Boys #</b>
57	2:43.19	11-12 200 Freestyle	2:38.89	58
59	13-14 2:36.09 15 & O 2:32.09	13 & Over 200 Freestyle	13-14 2:26.09 15 & O 2:20.09	60
61	37.79	11-12 50 Butterfly	38.19	62
63	13-14 1:19.09 15 & O 1:17.39	13 & Over 100 Butterfly	13-14 1:13.29 15 & O 1:10.09	64
65	1:36.39	11-12 100 Breaststroke	1:35.09	66
67	13-14 3:14.59 15 & O 3:09.99	13 & Over 200 Breaststroke	13-14 3:02.39 15 & O 2:55.09	68
69	34.29	11-12 50 Freestyle	33.39	70
71	13-14 33.39 15 & O 32.69	13 & Over 50 Freestyle	13-14 30.69 15 & O 29.49	72
73	1:27.99	11-12 100 Backstroke	1:25.79	74
75	13-14 2:51.79 15 & O 2:47.89	13 & Over 200 Backstroke	13-14 2:41.29 15 & O 2:34.39	76
77		11 & Over 200 Medley Relay		78