

**WAVES INFO: Entries due by Wednesday 2-22-12 \*\*\* 3 events each day \*\*\* \$5 per events + \$3. For All Waves that have faster than an "A" time in any events. 12 & under swimmers can add 2 bonus (non "A") events for each "A" time events to fill up your race days. This is the big meet for our district, excellent pool and great competition, prelim/final on Saturday and Sunday. This is a district meet and all teams are required to help run the meet, so please plan on helping out at the meet depending on our job assignments. High School Waves can come and help out if they are not swimming.**

**High school Waves need to get in your entries with any updates in your times from HS.**

## **LESI Gold Championships**

**March 9-11, 2012**

**Held under USA Swimming Sanction # LE 1212 S and Time Trials # LE 1212 TT**

**LOCATION:** CLEVELAND STATE UNIVERSITY, Robert F. Busbey Natatorium, 2451 Euclid Ave., Cleveland, OH (downtown Cleveland – Euclid Avenue at East 24<sup>th</sup> Street).

**POOL:** 25 yards by 10 lanes; Colorado electronic timing and ten lane digital readout scoreboard; continuous warm-up available.

### **STARTING TIMES:**

#### **Friday Night Warm-ups:**

*Athletes competing in this session: All Qualifiers*

General warm up will begin at 4:30 pm and last 45 minutes.

Competition starting at 5:20 p.m.

#### **Saturday and Sunday MORNING Warm Ups:**

*Athletes competing in this session: 13 – 14, Open.*

Warm-ups will begin at 7:45 a.m. and last 45 minutes

Competition starting at 8:35.

#### **Saturday and Sunday AFTERNOON Warm Ups:**

*Athletes competing in this session: 10 and Under, 11-12*

Warm-ups will begin 15 minutes after the end of the morning session and last 45 minutes.

**I will email out approximate PM start times before the meet.**

#### **Saturday and Sunday Finals:**

Warm-ups for both Saturday and Sunday Finals will last 45 minutes.

**I will email out approximate finals start times before the meet.**

**ATHLETE MEETING:** There will be a brief meeting of all 13 & Over athletes held at the conclusion of warm up, and prior to the start of the Sunday morning competition. Athletes will be electing the Junior Athlete Representative to the Board of Directors and will be selecting the winner of the Athletes Award. Each athlete in attendance will have one vote.

**ENTRY LIMITATIONS:** Swimmers may enter an unlimited number of events but may swim in no more than 3 individual events per day, including individual time trials and bonus events. Swimmers must scratch down to no more than 3 events with no refunds being issued for scratches. Swimmers may compete in no more than two (2) relays per day.

**QUALIFYING TIMES:** Please see the event listings.

**BONUS EVENTS:** Swimmers, 12 & Under are eligible for bonus events. Two bonus events are permitted for every event for which a 12 and under swimmer qualifies and enters the meet, with no limit. Events in distance of 400 yards or longer and Open events are not eligible for bonus swims. Swimmers entering bonus events should be entered at their actual time. Please be certain to indicate that the event being entered is a bonus event.

**RELAYS:** All relays will be timed finals swum during the preliminary sessions. With the exception of the 800 Free Relay, there is no limit as to the number of relays a team may enter. For the 800 Free Relay, only two entries per team are permitted. Exception: More than two may be entered if all satisfy the time standard and proof of time is submitted along with the entry. Only two 800 Free Relays per team will be eligible to score. Swimmers may compete in no more than two relays per day.

**DECK ENTRIES:** Deck entries will be accepted on a space-available basis at \$10.00/individual event and \$14.00/relay until 35 minutes prior to the start of all sessions and seeded at no time. Switching events constitutes a deck entry. Deck entrants who are new to the meet must present proof of USA Swimming registration to enter and pay the \$2.00 Lake Erie surcharge.

**ELIGIBILITY:** Swimmers must be current athlete members of LESI and have met the time standard requirements.

Swimmers who are too fast to swim an event at Silver Championships and age up between the start of Silver Champs and the start of Gold Championships may enter that event in the new age group as a qualifier at Gold Champs. Coaches must be current coach members of USA Swimming and must check in for each day or session they attend. All coaches must display the deck pass issued by the meet host. (wristband is required to be worn by all coaches) Age is as of the first day of the meet, March 9, 2012. On deck athlete registration will be available. There will be no on-deck registration for coaches.

**FASTER THAN:** Lake Erie Swimming mandates the following: Swimmers should enter an event only if they have achieved the listed time standard for that event. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time or a fine of \$10.00 for each swim listed in the notice. Failure to resolve time verification issues within one week of receipt of notice shall result in debit to the team's account in the amount of the fine. Unattached swimmers will receive similar notice.

Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free).

**SWIMMERS WITH A DISABILITY:** 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.

Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free).

**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 pool.

Friday: All events are timed finals. Event 1 (Girls 12 and Under 500 Free) will be scored 10 and Under and 11-12. Events 2 (Boys 12 and Under 500 Free) will be scored 10 and Under and 11-12. Event 9 (Girls 11 and Over 400 I.M.) will be scored 11-12, 13-14, and 15 and Over. Event 10 (Boys 11 and Over 400 I.M.) will be scored 11-12, 13-14, and 15 and Over. Event 13 (Girls 11 and Over 1650 Free) will be scored 11-12, 13-14, and 15 and Over. Event 14 (Boys 11 and Over 1650 Free) will be scored 11-12, 13-14, and 15 and Over. The 1650 will be swum fastest to slowest, alternating women and men.

Saturday Morning: Event 39 (Girls 13-14 500 Free), Event 40 (Boys 13-14 500 Free) Event 41 (Girls Open 500 Free), Event 42 (Boys Open 500 Free) will be swum as timed finals, with the fastest-seeded heat swimming at the finals session. Swimmers who do not want to swim the 500 at the finals session should indicate their desire to swim the 500 during the prelim session by putting a "P" next to their names on the check-in sheet. The fastest ten swimmers who have not indicated a "P" next to their names at check-in will be seeded into the finals session. All other events, except relays, will be swum as preliminaries/finals. The top ten qualifiers from preliminary competition will advance to finals. There will be no consolation finals. All relays will be timed finals and swum in the morning.

Saturday Afternoon: Event 61 (Girls 11-12 200 Back) and Event 62 (Boys 11-12 200 Back) will be swum as timed finals. All other events, except relays, will be swum as preliminaries/finals. The top ten qualifiers from preliminary competition will advance to finals. There will be no consolation finals. All relays will be timed finals and swum in the afternoon.

Sunday Morning: Event 71 (Girls Open 50 Fly), Event 72 (Boys Open 50 Fly), Event 85 (Girls Open 50 Back), Event 86 (Boys Open 50 Back), Event 91 (Girls Open 50 Breast), Event 92 (Boys Open 50 Breast), Event 91 (Girls 13 and Over 1000 Free), and Event 98 (Boys 13 and Over 1000 Free) will be swum as timed finals. The 1000 Free will be swum fastest to slowest. All other individual events will be preliminaries/finals. The top ten qualifiers in preliminary competition will advance to finals. There will be no consolation finals. All relays will be timed finals and swum in the morning.

Sunday Afternoon: Event 127 (Girls 11-12 1000 Free) and Event 128 (Boys 11-12 1000 Free) will be swum as timed finals. All other individual events will be preliminaries/finals. The top ten qualifiers in preliminary competition will advance to finals. There will be no consolation finals. All relays will be timed finals and swum in the afternoon.

**SEEDING & CHECK IN:** This is a deck seeded meet. All swimmers must check in for all of their events 30 minutes prior to the start of the session. FOR the 1650 FREE - AN OPTION OF CHECKING IN VIA E-MAIL IS AVAILABLE [juliebare@windstream.net](mailto:juliebare@windstream.net) - CHECK IN MUST BE RECEIVED BY NOON ON FRIDAY AND SWIMMER MUST BRING CONFIRMATION OF CHECK-IN WITH THEM TO THE MEET. Heat and lane assignments will be posted. 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.

**AWARDS:** Presentation Protocol will be announced at the Coach's Meeting and posted on deck.

Individual Events: Medals 1-5, Ribbons 6-10

Relay Events: Medals 1-3, Ribbons 4-10

Spirit Award: Awarded to team showing the greatest team spirit.

High Point: All age groups including the Open (10 & Un, 11-12, 13-14, Open) will have individual high point and runner up awards. Points accrued in Open events will not revert to a swimmer's age group.

**SCORING:** INDIVIDUAL...11-9-8-7-6-5-4-3-2-1  
 RELAYS...22-18-16-14-12-10-8-6-4-2

**ADMISSION:** \$2.00 for preliminaries and \$1.00 for finals. Psych sheets will be sold for \$1.00 on Friday; \$3.00 on Saturday; and \$3.00 on Sunday. Heat sheets for finals will be sold for \$1.00. CSU also charges for parking, however meters are available and parking on Chester is free on Saturday and Sunday.

**TIME TRIALS:** Time trials will be held Saturday and Sunday after the morning and afternoon sessions at the discretion of the meet referee. Time trial entry fees are \$10.00 individual event/\$14.00 relay. Time Trial entries close 90 minutes prior to the end of the session. Time Trial events are open to swimmers entered in an individual event in the meet. Time Trial events count toward the daily event limitation.

**Use of audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms or locker rooms, and is limited to only those areas marked as designated camera zones.**

**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.**

**Absolutely no shaving down is allowed in the Cleveland State Facility.**

**NOTE:** Only athletes entered in the meet, working coaches, officials, and working meet volunteers are allowed on deck. All others must remain in the spectator area

**WORK ASSIGNMENTS:** This is a Lake Erie sponsored meet. Every team is expected to provide workers for each session.

**DIRECTIONS:** From I-77 NORTH, follow signs to I-90 east to E. 22<sup>nd</sup> street exit, follow E. 22<sup>nd</sup> north (left) to Euclid or Chester. From I-90 east or west, exit at Chester Ave., park on Chester or Euclid.

From Ohio Turnpike, take I-77 or I-71 north to I-90 east (see above).

### LESI Gold Championship Meet

**FRIDAY, March 9, 2012**

**Friday Schedule of Events (Timed Finals) 4:30 p.m. Warm-Up 5:20p.m. Meet Start**

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys #
1	6:48.39 (10 & U) 6:09.29 (11-12)	12 & Under 500 Freestyle	6:44.59 (10 & U) 6:04.69 (11-12)	2
3	8:30 qualifying time applied <b>IF</b> 3+ entered	Open 800 Free Relay	8:00 qualifying time applied <b>IF</b> 3+ entered	4
5	2:56.89	11-12 200 Breast	2:52.89	6
7	2:55.99	10 & Under 200 I.M.	2:55.29	8
9	5:36.09 (11-12) 5:17.79 (13-14) 5:09.89 (15 & O)	11 & Over 400 I.M.	5:28.89 (11-12) 5:00.49 (13-14) 4:47.79 (15 & O)	10
11	2:38.59	11-12 200 Fly	2:35.29	12
13	21:39.59 (11-12) 20:12.19 (13-14) 19:58.89 (15 & O)	11 & Over 1650 Freestyle	21:23.59 (11-12) 19:15.69 (13-14) 18:47.99 (15 & O)	14
All Friday events are timed finals.				

**Events 1 and 2** will be scored 10 and Under and 11-12.

**Events 9 and 10** will be scored 11-12, 13-14, and 15 and Over.

**Events 13 and 14** will be swum fastest to slowest, alternating women and men and will be scored 11-12, 13-14, and 15 and Over.

**LESI Gold Championship Meet  
Saturday, March 10, 2012**

**Schedule of Events AM Preliminary Session  
7:45 am Warm-Up, 8:35**

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys#
15*		*13-14 400 Free Relay*		16*
17*		*Open 400 Free Relay*		18*
19	1:07.79	13-14 100 Fly	1:02.89	20
21	1:06.29	Open 100 Fly	1:00.09	22
23	2:46.79	13-14 200 Breast	2:36.29	24
25	2:42.79	Open 200 Breast	2:30.09	26
27	1:08.49	13-14 100 Back	1:04.19	28
29	1:06.59	Open 100 Back	1:01.09	30
31	28.69	13-14 50 Free	26.29	32
33	27.99	Open 50 Free	25.29	34
35	2:30.49	13-14 200 I.M.	2:20.29	36
37	2:26.99	Open 200 I.M.	2:15.09	38
39**	5:52.99	**13-14 500 Free**	5:35.19	40**
41**	5:47.39	**Open 500 Free**	5:24 .29	42**
* Denotes Timed Finals				
**Timed Finals, however, fastest seeded Heat will swim at Finals				

**ATHLETE'S MEETING HELD IMMEDIATELY FOLLOWING MORNING SESSION**

**Schedule of Events PM Preliminary Session**

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys#
43	1:26.69	10-U 100 Fly	1:25.59	44
45	1:13.19	11-12 100 Fly	1:11.69	46
47	41.99	10-U 50 Breast	42.19	48
49	37.79	11-12 50 Breast	37.29	50
51	1:22.19	10-U 100 Back	1:21.29	52
53	1:14.19	11-12 100 Back	1:12.29	54
55	32.19	10-U 50 Free	31.59	56
57	29.49	11-12 50 Free	28.59	58
59	1:22.59	10-U 100 I.M.	1:21.09	60
61	2:37.59	11-12 200 I.M.	2:35.59	62
63		*10 & Under 200 Med Relay*		64
65		*11-12 200 Med Relay*		66
67	2:35.89	*11-12 200 Back*	2:32.89	68

**FINALS SCHEDULE:** One Championship Heat at Finals:

**39, 40, 41, 42, 43, 44, 45, 46, 19, 20, 21, 22, 47, 48, 49, 50, 23, 24, 25, 26, 51, 52, 53, 54, 27, 28, 29, 30, 55, 56, 57, 58, 31, 32, 33, 34, 59, 60, 61, 62, 35, 36, 37, 38**

# LESI Gold Championship Meet Sunday, March 11, 2012

## Schedule of Events AM Preliminary Session 7:45 am Warm-Up, 8:35 Meet Start

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys#
69	2:24.49	Open 200 Fly	2:13.39	70
71	2:28.59	13-14 200 Fly	2:20.29	72
73*	* ^	*Open 50 fly ^	* ^	74*
75	1:17.59	13-14 100 Breast	1:12.09	76
77	1:15.69	Open 100 Breast	1:08.89	78
79	2:13.79	13-14 200 Free	2:05.29	80
81	2:10.39	Open 200 Free	2:00.09	82
83	2:27.29	13-14 200 Back	2:18.19	84
85	2:23.89	Open 200 Back	2:12.39	86
87*	* ^	*Open 50 Back ^	* ^	88
89	1:02.19	13-14 100 Free	57.39	90
91	1:00.79	Open 100 Free	55.19	92
93*	* ^	*Open 50 Breast^	* ^	94*
95*		*13 - 14 400 Med Relay		96*
97*		*Open 400 Med Relay		98*
99*	12:07.59 (13-14) 11:55.89 (15 and O)	*13 and Over 1000 Freestyle	11:36.39(13-14) 11:12.19 (15 and O)	100*
* Denotes Timed Finals ^ Swimmers must have a 15-16 NAG A time in the 100 in order to enter the 50 of that stroke.				

Events 99 and 100 will be scored 13-14, and Open

## Schedule of Events PM Preliminary Session

Girls #	Qualifying Time Equal To or Faster Than	Age Group/Stroke	Qualifying Time Equal To or Faster Than	Boys#
101	1:13.99	11-12 100 I.M.	1:11.49	102
103	37.29	10-U 50 Fly	36.69	104
105	32.39	11-12 50 Fly	32.09	106
107	1:33.39	10-U 100 Breast	1:31.79	108
109	1:22.19	11-12 100 Breast	1:20.49	110
111	2:36.39	10-U 200 Free	2:31.89	112
113	2:19.89	11-12 200 Free	2:16.19	114
115	38.09	10-U 50 Back	38.29	116
117	33.89	11-12 50 Back	33.49	118
119	1:11.89	10-U 100 Free	1:10.79	120
121	1:03.09	11-12 100 Free	1:02.69	122
123*		*10 & Under 200 Free Relay		124*
125*		*11-12 200 Free Relay		126*
127*	12:51.69 (11-12)	11-12 1000 Freestyle	12:42.89 (11-12)	128*
* Denotes Timed Finals				

. All heats of the 1000 Free will be swum fastest to slowest.

### FINALS SCHEDULE: One Championship Heat at Finals .

103, 104, 105, 106, 71, 72, 69, 70, 107, 108, 109, 110, 75, 76, 77, 78, 111, 112, 113, 114, 79, 80, 81, 82, 115, 116, 117, 118, 83, 84, 85, 86, 119, 120, 121, 122, 89, 90, 91, 92, 101, 102