

2022 Lake Erie Short Course Junior Olympic & 8 and Under Championships
Hosted by LESI
March 11-13, 2022

Held under USA Swimming Sanction # LE

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.

In granting this sanction, LESI agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LE, the State of Ohio and Cuyahoga County (local jurisdiction).

RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

COVID PROTOCOLS:

CSU requires masks to be worn in all buildings on Campus; therefore, ALL COACHES, SPECTATORS, VOLUNTEERS, OFFICIALS AND SWIMMERS ARE REQUIRED TO WEAR MASKS AT ALL TIMES EXCEPT WHEN SWIMMERS ARE SWIMMING.

Swimmers should have a ziplock bag or "Tupperware" container to house their masks while swimming.

LOCATION:

Robert F. Busbey Natatorium, Cleveland State University, 2451 Euclid Avenue, Cleveland, OH 44115

POOL:

25 yards by 10 lanes, Colorado timing system, and 10 lanes digital readout scoreboard with ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in the non-competitive end of the pool. The depth of the pool at both the start end and turn end is 12 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

RACING STARTS:

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

STARTING TIMES:

- **Friday:**
 - **Warmups:** 4:45-5:30pm
 - **Competition begins:** 5:35pm
- **Saturday AM (JO Prelims):**
 - **Warmups:** 7:30am-8:30am
 - **Competition begins:** 8:35am
- **Saturday PM (8 & Under Champs):** Warmup/Start Time will be posted on lakeerieswimming.com after the entry deadline
- **Saturday Finals (JO):** Warmup/Start Time will be posted on lakeerieswimming.com after the entry deadline
- **Sunday AM (JO Prelims):**
 - **Warmups:** 7:30am-8:30am
 - **Competition begins:** 8:35am
- **Sunday Finals (JO):** Warmup/Start Time will be posted on lakeerieswimming.com after the entry deadline
- **Note:** Warm-up duration may be extended in the interest of safety, with competition beginning 5-minutes after the conclusion of warm-up.

NOTE:
Daylight Savings-
Saturday to Sunday

ENTRY DEADLINE:

- **All entries must have been received no later than Tuesday, March 1, 2022 at 11:59pm**
- A hard copy must be included with the electronic entry with Bonus events clearly marked
- Relay-only swimmers with USA ID should be listed individually with the entry email and listed in the relay they intend to participate in
- Hard copy and payment must be postmarked by Friday, March 4, 2022 and received by Monday, March 7, 2022 or brought to the meet.
 - Send entries to: LEJOentries@hotmail.com
 - Payments and hard copy should be mailed to
 - Firestone Akron Swim Team/ATTN: Carl Shallenberger
470 Castle Blvd
Akron, Oh 44313

PSYCH SHEET/SCRATCH DEADLINE:

- **Psych Sheets:** Posted Sunday, March 6, 2022:
<https://www.teamunify.com/team/ohfa/page/news/319162/2022-lake-erie-short-course-jo-and-8u-championship-psych-sheets--heat-sheets>

SEEDING & CHECK-IN:

- All events 200yds and less will be pre-seeded.
- All swimmers in the 1650 Free, 400 IM, 1000 Free, and 500 Free must positively check-in at least 30 minutes prior to the start of their session. Positive check-in sheets will be posted on the windows outside the locker rooms.
- Relays will be positive check-in. Relay cards must be turned upon call from Admin.
- In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.
- The entry fees paid for scratched events are NOT refundable.

- **Scratch Deadline:** Wednesday, March 9, 2022 at 11:59pm to LEJOentries@hotmail.com
 - Swimmers who do not plan to swim an event/meet or need to scratch down to the permitted number of events must do so by this date. Swimmers entered in too many events who have not scratched down by the deadline will have their excess events scratched by meet personnel.

DIGITAL HEAT SHEETS: Heat Sheets will be posted and emailed to entry chairs on Thursday, March 10: <https://www.teamunify.com/team/ohfa/page/news/319162/2022-lake-erie-short-course-jo-and-8u-championship-psych-sheets--heat-sheets>

Heat sheets will Not be posted or available at the meet. Distance events will be given to the coaches after the deadline and seeding of events.

TEAM SUPERVISION:

Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

RETURN TO PLAY LAW:

Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES:

- \$7.00 per individual entry
- \$12.00 per relay entry
- \$3.00 Lake Erie Surcharge
- \$2.00 Handling fee for paper entry up to 5 swimmers per entry
- Make checks payable to: LESI

ENTRY LIMITATIONS:

JO Swimmers may enter as many events as they wish, but **MUST scratch down** to 3 individual events per day, including bonus events for a total of 8 events **by Wednesday, March 9, 2022 at 11:59pm**. This includes 8 & Unders with NAG 'BB' standards, who chose to compete in the JO portion of the meet.

- **13-14 50 Back, 50 Breast, 50 Fly** must be entered using the swimmer's 100 time & must be equal to or faster than the NAG 'BB' Standard or entered as one of their Bonus events. 50's of strokes do count towards the daily total of allotted number of events.

8 & Unders in 8 & Under Champs may swim a total of 4 events. 8 & Unders choosing to participate in 10U JO Champs may swim a total of 3 events. 8 & Under swimmers **cannot** swim in both sessions on Saturday, March 12, 2022.

BONUS EVENTS for JO QUALIFIERS:

Swimmers are eligible for bonus events. Swimmers may swim one bonus event per qualifying event, up to max number of events. Swimmers must have a legal time to enter event. Bonus events are for 200-yard events and below only (100yard events and below for 8&Unders). 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:

- Teams may enter two (2) relays per event
- Teams may bring up to two (2) Relay-Only swimmers to fill out A-relays only; No relay-only for B relays
- Relay-only swimmers must be marked on the entry by listing their name in the relay, along with their name listed in the entry email.
- Relay-only swimmers may swim one (1) Bonus individual event on each day they participate in the relay (50 or 100 yard events only)
- Please list relay names on the entry. Names/orders can be changed at the meet
 - **RELAY-ONLY SWIMMERS:** Swimmers must have a legal time to enter event. Swimmers entering bonus events should be entered at their actual time. Relay-only swimmers may swim one (1) bonus individual event (50 or 100 events only) on each day they participate on a relay.
Please be certain to indicate that the event being entered is a bonus event.

DECK ENTRIES:

Deck entries will be permitted on a space available basis. Deck entries are required to show proof of time and must meet the qualifying standard of 2021-2024 NAG BB or faster standards. Deck entries will **NOT** be taken for Bonus events. Swimmers new to the meet must show proof of USA Swimming membership. On-deck athlete membership registration will not be available.

\$14.00 per individual entry

\$24.00 per relay entry

\$3.00 Lake Erie Surcharge, if not already in the meet

ELIGIBILITY:

Swimmers must be current athlete members of LESI, be 14 years of age or younger, and have met the time standard requirements. 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 11, 2022.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

QUALIFYING TIMES:

Please see the event listings. Time standards are listed in yards, satisfying the 2021-2024 NAG 'BB' for qualifying events. Swimmers must be equal to or faster than the cuts listed. There are no qualifying times for bonus events. Enter at either short course yards(Y), Short Course Meters (S) or long course meters (L) times. **Converted times may not be used.** Times will be seeded in the order of SCY, LCM, SCM. All swimmers must have an actual time to enter a qualifying or bonus event-NT is not acceptable. Individual entries with NT will NOT be processed and space will not be saved.

- 13-14 50 Back, 50 Breast, 50 Fly must be entered using the swimmer's 100 time & must be equal to or faster than the NAG 'BB' Standard or entered as one of their Bonus events.
- 8 & Under Championships do NOT have qualifying times. NT will not be accepted; please estimate times for entries.

SEE BELOW FOR ACCEPTABLE PROOF OF TIME & DOCUMENTATION

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, or bonus 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.

SWIMMERS WITH A DISABILITY:

Qualifying times for 50s are 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). 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.

CONDUCT:

The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Lake Erie Swimming Policy & Procedures. Events will be contested in a 25-yard course. The Lake Erie scratch rule (attached) will be in effect. 25-yard events will start at the blocks and race to the diving board end finish. All individual events are P/F except as noted below under each meet day.

- Finals 10U will be Top 10 for all events
- Finals 11/12 will be Top 20 for 50/100 and 200 Free/200 IM; 200 strokes will be Top 10; 500 Free is Timed final with 10 fastest seeded swimming with finals
- Finals 13/14 will be Top 20 for all prelim/final events; 500 Free is Timed Final with 10 fastest seeded swimming with finals
- B Final will swim first, followed by the A Final
- All relays are timed finals and will be swum in the prelim sessions.

Friday:

- All events are timed finals
- The 400 IM and 1650 freestyle will be swum in this order: ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, next ten fastest 11-14 year-old girls, next ten fastest 11-14 year-old boys, etc.

Saturday:

- 8 & Unders (8 & Under Champs) may swim a total of 4 events. All 8 & Under Champs events are timed finals. 8 & Unders choosing to participate in 10U JO Champs may swim a total of 3 events on Saturday. 8 & Under swimmers cannot swim in both sessions on Saturday.
- The 500 Free will be timed finals, swum slowest to fastest with the fastest ten seeded of each age group swimming at finals. Swimmers may indicate their preference to swim in the preliminary session. The swimmers should CLEARLY write "P" next to the event when they check-in if they desire to swim in preliminaries. The top 10 swimmers who state no preference shall be seeded to compete in the finals.

Sunday:

- The 1000 Free will be a timed final swum in this order: ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, next ten fastest 11-14 year-old girls, next ten fastest 11-14 year-old boys, etc.

DISTANCE EVENTS

Swimmers entered in the 500/1000/1650 free must provide their own counter. 1000/1650 Free should provide their own timer.

CLERK OF COURSE:

A clerk of course will only be offered for the 8 & Under Session (Saturday PM) of the meet.

SCORING:

- JO: 1st-10th place by gender/by age group.
 - INDIVIDUAL: 11-9-8-7-6-5-4-3-2-1
 - RELAYS: 22-18-16-14-12-10-8-6-4-2
- 8 & Under events in the 8 & Under Championship Session will not be scored.

AWARDS:

- Awards for 8 & Under Championships:
 - 6U, 7-, and 8-year-olds Individual: 1st-3rd medals, 4th-10th ribbons
 - Relays: 1st-3rd medals, 4th-5th ribbons
- Junior Olympic Championships:
 - 10U, 11-12, 13-14 Individual Awards 1st-5th medals, 6-10th ribbons
 - 10U, 11-12, 13-14: Relay Awards 1st-3rd medals, 4th-5th ribbons

- **High Point and Runner-up Awards:**
 - 10U, 11-12, and 13-14
- JO: Awards will be presented after every series of events
- 8U: Awards can be picked up by swimmers/parents outside the locker rooms during/after the meet

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

ADMISSION COST:

\$5.00 per spectator per session.
65 & Over/5 & Under are free.

PARKING:

CSU charges for event parking (est. \$10 per day). Parking lots are available at the corner of Chester and E. 22nd Street or on Euclid Ave and E. 24th Street. City of Cleveland meter parking is free all day Sunday on Chester Avenue. Cleveland State University meter parking is available on a very limited basis.

RESULTS: Results will be available on the www.lakeerieswimming.com.

TIME TRIALS: Time Trials maybe offered only on Sunday, if time permits. Time Trials would count as one of the 3 events per day/8 event maximum for the meet. Information regarding time trials will be in the warm-up information posted prior to the meet.

SAFETY/WARM-UP:

Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. All entry into the pool for warm-up is feet first from the starting block end of the pool. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 20 minutes of a 40-45-minute warm-up or 15 minutes of a 30-minute warm-up shall be conducted as follows:

For a 10 lane pool:

- (a) Lanes 1 & 10 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).
- (b) Lanes 2 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3-8 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

CAMERA ZONES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race

starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DECK CHANGES:

Deck changes are prohibited.

INITIAL DISTANCE:

In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.

12 & UNDER APPROVED SUITS: The tech suit restrictions set forth by USA Swimming, went in effect for 12-and-under swimmers September 1, 2020. [Click here](#) for a complete list of the suits that will be **allowed** for athletes 12 and under. Please make sure your suit is approved before wearing it to a meet.

OFFICIATING OPPORTUNITY:

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES) officials in working this meet. Please contact the meet director or the Lake Erie Officials Chair in advance of the meet if at all possible, to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director's name and email: Kristin MacPhail kmacphailswim@gmail.com

Official's Chair: Jen Butler jle3@case.edu

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 DIRECTORS: Kristin MacPhail kmacphailswim@gmail.com
Carl Shallenberger firestoneninja@gmail.com
Erin Crabtree LEJOentries@hotmail.com

SAFETY DIRECTOR: Heather Jimenez

ENTRY PERSON: Erin Crabtree LEJOentries@hotmail.com

DIRECTIONS: From I-77 NORTH, follow signs to I-90 east to E. 22nd street exit, follow E. 22nd 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). Use the CSU Rec. center address: 2420 Chester Ave. Cleveland, OH on your GPS.

SPECTATOR EMERGENCY EVACUATION PLAN

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

Remain calm, walk to the nearest exit, and leave the building.

Do not use the elevators.

Do not attempt to go on deck or into the locker rooms

Swimmers will be directed by their coaches or meet workers to STILLWELL HALL ON THE WEST SIDE OF THE BUILDING (the scoreboard is on the west wall of the pool).

VENDORS:

Cleveland State will have their concession stand open on the spectator level.

Aquatic Outfitters will be on site with a store and meet t-shirts for sale.

Pre-sale shirts will be sold and can be picked up on-site at their table throughout the meet:

<https://aquaticoutfittersofohio.com/pages/lake-erie-junior-olympics-championship-meet>

Deadline for Pre-sale is March 6th at 11:59pm

VOLUNTEER ASSIGNMENTS:

This is a Lake Erie sponsored meet. Every club that participates in the meet is expected to provide volunteer meet workers. Volunteer assignments for each team will be posted on the LESI website, www.lakeeriewimming.com, by **MONDAY, MARCH 7, 2022**. Assignments will not be emailed to individual club members or coaches. Each team is required to fill all of their volunteer assignments. Should a club fail to fulfill its work responsibilities; a \$100 fine **per worker per session** will be levied and given to the club who supplies the replacement. Volunteer check in will be located in the back hallway on the pool level near the locker rooms.

PROOF OF TIME & DOCUMENTATION

Times Accepted for Proof of Time

1. Any time that has been entered into SWIMS provides acceptable proof of time. Times from meets that are sanctioned or approved or swims that have been observed by USA Swimming certified officials for compliance with USA Swimming technical rules (see note following this paragraph) are automatically entered into SWIMS. No additional documentation will be required.
2. Times from non-approved and non-observed high school, middle school, YMCA or Collegiate meets are acceptable as proof of time if a hard copy of the score sheet/result is sent to Pam Cook. **A hard copy of meet results with the referee signature must be sent to Pam by the entry due date in order to be accepted.**
3. Times from summer league meets are not acceptable.

**Qualifying Times
2021-2024 NAG "BB" Standards**

10 & Under

	GIRLS				BOYS		
SCM	LCM	SCY		SCY	LCM	SCM	
38.89	39.89	35.19	50 Free	34.49	39.49	38.09	
1:28.39	1:31.19	1:19.99	100 Free	1:18.79	1:30.19	1:26.99	
3:15.99	3:20.99	2:57.19	200 Free	2:47.99	3:12.09	3:05.69	
6:38.59	6:51.09	7:34.89	500/400 Free	7:26.99	6:44.49	6:31.19	
46.29	48.89	41.89	50 Back	42.29	49.19	46.79	
1:40.19	1:45.99	1:30.69	100 Back	1:29.29	1:43.09	1:39.09	
52.49	53.99	47.49	50 Breast	46.59	53.29	51.39	
1:55.99	1:59.79	1:44.99	100 Breast	1:41.69	1:55.99	1:52.59	
46.19	47.09	41.79	50 Fly	40.49	45.99	44.79	
1:49.49	1:52.99	1:39.09	100 Fly	1:37.09	1:50.79	1:48.29	
1:41.29	-	1:31.69	100 IM	1:28.89	-	1:38.79	
3:36.19	3:43.19	3:15.59	200 IM	3:13.19	3:40.79	3:33.49	

11 & 12

	GIRLS				BOYS		
SCM	LCM	SCY		SCY	LCM	SCM	
34.69	35.69	31.29	50 Free	30.29	34.69	33.39	
1:15.49	1:18.09	1:08.29	100 Free	1:05.89	1:15.49	1:12.89	
2:45.39	2:49.19	2:28.99	200 Free	2:23.49	2:44.89	2:39.79	
5:48.69	5:56.49	6:38.19	500/400 Free	6:27.49	5:48.69	5:39.09	
12:01.69	12:26.69	13:44.69	1000/800 Free	13:30.19	12:15.19	11:49.09	
22:59.19	23:55.39	23:07.29	1650/1500 Free	22:37.49	23:25.49	22:29.59	
39.29	40.79	35.39	50 Back	34.99	40.39	38.99	
1:26.69	1:30.99	1:18.09	100 Back	1:15.69	1:27.99	1:23.69	
3:01.29	3:09.89	2:43.99	200 Back	2:39.69	3:05.19	2:57.19	
44.19	45.49	39.99	50 Breast	39.49	45.19	43.69	
1:36.59	1:40.89	1:27.19	100 Breast	1:24.49	1:38.39	1:34.39	
3:28.39	3:35.99	3:06.59	200 Breast	3:00.19	3:28.69	3:19.99	
37.69	38.29	33.89	50 Fly	34.19	38.59	37.79	
1:26.49	1:28.49	1:17.59	100 Fly	1:16.09	1:26.29	1:24.49	
3:05.59	3:10.19	2:47.19	200 Fly	2:40.79	3:06.19	3:01.19	
1:26.59	-	1:18.09	100 IM	1:14.99	-	1:22.89	
3:05.39	3:11.39	2:47.29	200 IM	2:43.99	3:08.49	3:01.49	
6:34.19	6:48.29	5:56.79	400 IM	5:46.39	6:39.19	6:22.79	

13 & 14

	GIRLS				BOYS	
SCM	LCM	SCY		SCY	LCM	SCM
33.49	34.49	30.19	50 Free	27.79	31.99	30.79
1:12.69	1:14.79	1:05.49	100 Free	1:00.89	1:09.89	1:07.29
2:37.19	2:41.79	2:21.29	200 Free	2:12.79	2:32.29	2:26.69
5:32.69	5:54.59	6:18.69	500/400 Free	5:58.99	5:24.09	5:14.19
11:24.19	11:41.99	13:01.79	1000/800 Free	12:23.89	11:13.99	10:51.09
21:35.69	22:23.09	21:43.19	1650/1500 Free	20:43.19	21:27.39	20:35.99
**	**	**	50 Back	**	**	**
1:19.19	1:23.59	1:11.19	100 Back	1:06.39	1:17.89	1:13.89
2:51.69	2:58.69	2:34.89	200 Back	2:25.09	2:49.09	2:41.19
**	**	**	50 Breast	**	**	**
1:30.99	1:34.79	1:21.69	100 Breast	1:15.49	1:28.09	1:23.49
3:16.99	3:23.99	2:57.29	200 Breast	2:43.99	3:10.79	3:02.99
**	**	**	50 Fly	**	**	**
1:18.89	1:20.39	1:10.89	100 Fly	1:06.09	1:15.49	1:13.29
2:54.49	2:59.19	2:36.89	200 Fly	2:26.89	2:47.99	2:42.49
2:55.89	3:01.79	2:37.59	200 IM	2:28.49	2:51.39	2:44.19
6:15.39	6:25.89	5:37.59	400 IM	5:17.09	6:04.69	5:50.69

**Must have 100 cut time or swim as Bonus event

FRIDAY MARCH 11, 2022

Junior Olympic Championships

Warmups: 4:45-5:30pm

Competition begins: 5:35pm

Girls #	Age Group/Stroke	Boys #
1	13-14 200 Medley Relay	2
3	10U 200 IM	4
5	11-14 400 IM*	6
7	10U 500 Free*	8
9	13-14 200 Free Relay	10
11	11-14 1650 Free*	12

*These events are not eligible as Bonus Events

- All events Friday night are timed finals
- The 400 IM and 1650 freestyle will be swum in this order: ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, next ten fastest 11-14 year-old girls, next ten fastest 11-14 year-old boys, etc.

SATURDAY, MARCH 12, 2022

Junior Olympic Championships

Warmups: 7:30-8:30am

Competition Begins: 8:35am

Girls #	Age Group/Stroke	Boys #
13	13-14 50 Free	14
15	11-12 50 Free	16
17	10U 50 Free	18
19	13-14 100 Fly	20
21	11-12 100 Fly	22
23	10U 100 Fly	24
25	13-14 50 Breast	26
27	11-12 50 Breast	28
29	10U 50 Breast	30
31	13-14 200 Free	32
33	11-12 200 Free	34
35	10U 200 Free	36
37	11-12 100 IM	38
39	10U 100 IM	40
41	13-14 100 Back	42
43	11-12 100 Back	44
45	10U 100 Back	46
47	13-14 200 Breast	48
49	11-12 200 Breast	50
51	13-14 400 Free Relay@	52
53	11-12 200 Free Relay@	54
55	10U 200 Free Relay@	56
57	13-14 500 Free*@	58
59	11-12 500 Free*@	60

*These events are not eligible as Bonus Events
@Event is Timed Final

- The 500 Free will be timed finals, swum slowest to fastest with the fastest ten seeded of each age group swimming at finals. Swimmers may indicate their preference to swim in the preliminary session. The swimmers should CLEARLY write “P” next to the event when they check-in if they desire to swim in preliminaries. The top 10 swimmers who state no preference shall be seeded to compete in the finals.
- Finals events will run in numerical order, minus the relays that are timed finals in prelims (Events 51-56)

SATURDAY, MARCH 12, 2022

8 & Under Championships

Saturday PM Session

Warmup/Competition Start Times will be posted after entry deadline

Girls #	Event	Boys #
61	100 IM	62
63	25 Free	64
65	50 Fly	66
67	100 Back	68
69	100 Medley Relay	70
71	25 Breast	72
73	50 Free	74
75	100 Breast	76
77	25 Back	78
79	50 Breast	80
81	100 Free Relay	82
83	25 Fly	84
85	50 Back	86
87	100 Free	88

No Qualifying Times for Session 1. NT will not be accepted; please estimate times for entries.

SUNDAY, MARCH 13, 2022

Junior Olympic Championships

Warmups: 7:30-8:30am

Competition Begins: 8:35am

Girls #	Age Group/Stroke	Boys #
89	13-14 200 Fly	90
91	11-12 200 Fly	92
93	13-14 50 Back	94
95	11-12 50 Back	96
97	10U 50 Back	98
99	13-14 200 IM	100
101	11-12 200 IM	102
103	13-14 100 Free	104
105	11-12 100 Free	106
107	10U 100 Free	108
109	13-14 50 Fly	110
111	11-12 50 Fly	112
113	10U 50 Fly	114
115	13-14 200 Back	116
117	11-12 200 Back	118
119	13-14 100 Breast	120
121	11-12 100 Breast	122
123	10U 100 Breast	124
125	13-14 400 Medley Relay@	126
127	11-12 200 Medley Relay@	128
129	10U 200 Medley Relay@	130
131	11-14 1000 Free*@	132

*These events are not eligible as Bonus Events
@Event is Timed Final

- The 1000 Free will be a timed final swum in this order: ten fastest seeded 13-14 girls, ten fastest seeded 13-14 boys, ten fastest seeded 11-12 girls, ten fastest seeded 11-12 boys, next ten fastest 11-14 year-old girls, next ten fastest 11-14 year-old boys, etc.
- Finals events will run in numerical order, minus the relays that are timed finals in prelims (Events 125-130)

2022 Lake Erie Short Course Junior Olympic & 8 and Under Championships
Hosted by LESI
March 11-13, 2022

Meet Entry Summary Page

Team Name: _____
Team Code: _____ LSC Code: _____
Contact Person: _____
Phone: _____
Email _____
Address: _____
City: _____ State: _____ Zip _____

_____ (Total # of entries) X \$7.00 (Entry fee) =	\$ _____
_____ (Total # of relay) X \$12.00 (Entry fee) =	\$ _____
_____ (Total # swimmers) x \$3.00 LE Surcharge=	\$ _____
_____ (Total # of swimmers) X \$2.00 (handling fee for paper entries) (5 swimmers or less only)	\$ _____
TOTAL AMOUNT REMITTED:	\$ _____

Swimmers will be without a coach on deck:

Friday: _____
Saturday AM: _____ Saturday PM: _____ Saturday Finals: _____
Sunday AM: _____ Sunday Finals: _____

I have arranged for my swimmer/s to be supervised by _____.

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND LAKE ERIE SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: _____ (Coach or member team representative)
DATE: _____

Make checks payable to: LESI

Please note: All entries submitted with this sheet should be covered by a single check.

DEADLINE FOR RECEIPT OF HY-TEK/HARD COPY IS MARCH 1, 2022 at 11:59pm

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to:
Firestone Akron Swim Team
Attn: Carl Shallenberger
470 Castle Blvd
Akron, OH 44313

LAKE ERIE SWIMMING, INC.
INDIVIDUAL AND RELAY SCRATCH RULE

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized.

B. Events Seeded on the Deck –

(1) Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, fax) for swimmers who do not plan to arrive before the scratch deadline.

(2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Clerk of Course or Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.

(3) Any agent of a team (coach, parent, swimmer, etc.) who checks in a swimmer for any event when that swimmer is not present at the meet may cause a fine of \$2.00 per swimmer per day to be levied against that team.

(4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).

C. Scratching from Bonus Finals, Consolation Finals and Finals

(1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

(2) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with

the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(3) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

(4) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).

D. Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if

(1) The Referee is notified in the event of illness or injury and accepts the proof thereof.

(2) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.

(3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

