

**2022 Lake Erie Summer Championships**  
**Combined Junior Olympics & Senior**  
**Hosted by**  
**LESI**  
**July 21-24, 2022**

**Held under USA Swimming Sanction # LE 22019 LS**

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 accepting this sanction, LESI agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LESI (LSC), the State of Ohio and Cuyahoga County.

**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.

**LESI will follow the masking guidelines of Cuyahoga County and Cleveland State University. Final mask guidelines for the meet will be in the final meet/warmup information posted the week of the meet. Failure to comply with the mandated policy will result in removal from the facility with no refund. Should masks be required, ALL Coaches, Spectators, Volunteers, Officials, and Swimmers are required to wear masks at all times, regardless of vaccination status, except when swimmers are swimming.**

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

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.

**MEET EVENT PAGE:** <https://www.teamunify.com/team/ohfa/page/news/381390/lake-erie-summer-champs-event-page>

[DEADLINES/WARMUP INFO CHART](#)

**LOCATION:**

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

**POOL:**

50 meters by 9 lanes, Colorado timing system and 9 lanes digital readout score board with spacious locker room

space and balcony seating for spectators, continuous warm-up and warm-down available. The depth of the pool at the start end is 12 feet. The depth of the pool at the turn end is 4 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 without the use of the backstroke ledge. 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:**

The finalized warm-up plan and estimated timelines will be posted on the Lake Erie Swimming website ([www.lakeeriewimming.com](http://www.lakeeriewimming.com)) by Wednesday, July 20, 2022.

Team assignments may be issued for warm-ups.

<b>Day</b>	<b>Age Group</b>	<b>Warm-ups</b>	<b>Meet Start</b>	
<b>Thursday Night</b>	<b>JO/Senior Combined</b>	4:00-5:20pm	5:25pm	
<b>Friday/Saturday/Sunday AM</b>	<b>JO 11-14yo</b>	7:00-8:20am	8:25am	Warm-ups may be divided into two(2) 30-minute sessions; followed by 20-minutes of sprints/pace lanes
<b>Friday/Saturday PM</b>	<b>Senior 15 &amp; O 10 &amp; Unders</b>	Will begin 15 minutes after the conclusion of the AM Session	Will begin 1 hour & 20 minutes after the start of warmups	Warm-ups may be divided into two(2) 30-minute sessions; followed by 15-minutes of sprints/pace lanes
<b>Friday/Saturday/Sunday Finals</b>	<b>JO 11-14yo Top 9 seeded 10 &amp; Unders</b>	Warm-up information will be announced prior to the conclusion of the morning session	Finals will begin 45 minutes after the start of a 40-minute warm-up period	Warm-ups will be open for 30-minutes; followed by 10 minutes for sprints/pace lanes
<b>Sunday Distance Session</b>	<b>JO/Senior Combined</b>	Will begin 30-minutes prior to the end of the AM JO Session in the instructional pool, plus 10 minutes in the competition pool for sprints/pace	Will begin 10 minutes after the conclusion of the AM Session	Will begin 30-minutes prior to the end of the AM JO Session in the instructional pool, plus 10 minutes in the competition pool for sprints/pace
<b>Sunday PM</b>	<b>Senior 15 &amp; Over 10 &amp; Unders</b>	Will begin 15 minutes after the conclusion of the Distance Session	Will begin 1 hour & 20 minutes after the start of warmups	Warm-ups may be divided into two (2) 30-minute sessions; followed by 15-minutes of sprints/pace lanes

**ENTRY DEADLINE:** Entries will not be accepted before Monday, July 11. Entries are due by Monday, July 18 at 12:00pm (noon).

Entries must be submitted using USA Swimming's Online Meet Entry (OME) system at [www.usaswimming.org](http://www.usaswimming.org). Confirmation of your entry using OME will be confirmed via email. After events are entered, times can be modified, but events cannot be deleted after you have checked out. A confirmation email providing the summary of events will

be returned. Entries are not in the meet until an email has been received; please be sure to check out properly. If you have technical questions regarding OME, please contact Macie McNichols at USA Swimming ([mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org)). If you have event-related questions, please contact the meet entry chair: [LEJOentries@hotmail.com](mailto:LEJOentries@hotmail.com).

Once an entry has been checked out of OME, there will be no refund of entry fees. Phone entries will not be accepted. Individual times can be updated in OME up until the deadline, but the time must be in SWIMS; log back into OME, update the time, and check out again. No updated times will be accepted after the entry deadline. All entries will be submitted through OME, but payments will still be made by check, with the meet summary page included. Payments should be made payable to LESI and mailed to Firestone Akron Swim Team/ATTN: Carl Shallenberger, 470 Castle Blvd., Akron, OH 44313 or brought to the meet.

**PSYCH SHEET:** Posted Wednesday, July 20, 2022

<https://www.teamunify.com/team/ohfa/page/news/381390/lake-erie-summer-champs-event-page>

**SCRATCH DEADLINE:** Any scratches for over-entering events, must be made by 12:00pm (noon) on Thursday, July 21, 2022. 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.

**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 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 [http://www.NFHSlern.com/self\\_courses](http://www.NFHSlern.com/self_courses) All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**ENTRY FEES:**

\$5.00 per individual event. Relays are \$12.00. In addition, there is a \$3.00 per swimmer LESI surcharge. Make checks payable to LESI.

**ENTRY LIMITATIONS:** Swimmers may enter as many events as they choose but swim no more than 3 individual events per day, including bonus events; exclusive of relays. **Swimmers must scratch down to the event limit by 12:00pm (noon) on Thursday, July 21, 2022.** The entry fees paid for scratched events are NOT refundable.

10 & UNDER	3 individual events per day, including bonus events
11-12 13-14	3 Individual events per day, including bonus events
SENIOR (15 & OVER)	3 individual events per day

- **13-14 & 15O: 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. **THESE ARE THE ONLY EVENTS ELIGIBLE FOR THE OVERRIDE IN OME.**

**BONUS EVENTS FOR JO QUALIFIERS (14 & UNDER):** 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-meter events and below only. 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.**

NOTE: There will be no bonus events permitted for the 15 & Over age group.

**RELAYS:** Clubs may enter 2 relays per event/gender.

**RELAY-ONLY SWIMMERS FOR JO 14 & UNDER:**

- Teams may bring up to two (2) Relay-Only swimmers to fill out A-relays only; No relay-only swimmers may be used for B relays and a B Relay may not be entered, if a team requires relay-only swimmers to fill out an A relay.
- Relay-only swimmers should be selected as such in OME
- Relay-only swimmers may swim one (1) Bonus individual event on each day they participate in the relay (50 or 100-meter events only) Please be certain to indicate that the event being entered is a bonus event.

NOTE: There will be no relay-only swimmers permitted for the 15 & Over age group.

**DECK ENTRIES:**

Deck entries will be taken on a space available basis up to 35 minutes before the start of the session and be seeded at NT. JO (14 & Under) qualifiers **MUST** show proof of time (time must be in SWIMS) to enter their event; times will be checked at deck entry. Deck entries will **NOT** be taken for Bonus events. Deck entrants should sign up at the deck entry table @ \$10.00 per individual event and \$24.00 per relay. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. On deck USA Swimming registration will not be available for athletes or coaches.

**ELIGIBILITY:**

Swimmers must be current athlete members of Lake Erie Swimming and have met the time standard requirements. This is a closed competition for Lake Erie Athletes only. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. On deck USA Swimming athlete registration will not be available. Age is as of the first day of the meet, July 21, 2022.

**QUALIFYING TIMES:**

Please see the event listings. Time standards must satisfy the 2021-2024 NAG 'BB' for 11-14 and NAG 'B' for 10 and Under qualifying events. Swimmers must be equal to or faster than the cuts listed. There are no qualifying times for bonus events or 15 & Over 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 LCM, SCY, 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 and 15&Over 50 Back, 50 Breast, 50 Fly must be entered using the swimmer's 100 time
  - For 13-14, 50's must be equal to or faster than the NAG 'BB' Standard or entered as one of their Bonus events.

10 & Under	2021-2024 NAG 'B' and faster*
11-14	2021-2024 NAG 'BB' and faster*
15 & Over	No Time Standards*

\*NT will not be accepted; if the swimmer has no time, s/he is not eligible to swim the event.

**PROOF OF TIME:**

14 & Under swimmers should enter an event only if they have achieved the listed time standard for that event in OME; or entering a Bonus event for 14 & Under using the Bonus entry option.

The only times permitted for an "override" in OME are the 13-14 age group 50s of strokes (butterfly, backstroke, breaststroke) that require the 100 time to be entered in order to swim the event. The 13-14 age group will only need to override the entry time IF the 100 time does not automatically populate for the event or the 50 time appears in that field.

### SWIMMERS WITH A DISABILITY:

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). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in Touch Pad or the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Touch Pad or 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.

Please email: [LEJOentries@hotmail.com](mailto:LEJOentries@hotmail.com) to enter a swimmer with a disability directly with the entry chair and NOT in OME.

### 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 50-meter course.
- Nine (9) lanes will be swum in each heat of finals.
- The Lake Erie scratch rule (attached) will be in effect.
- All relays are timed finals with all heats swum slowest to fastest in the preliminary sessions.
- For finals, there will be no break between events, so swimmers should choose their events accordingly.
- Swimmers in the 1500 Free & 800 Free must provide their own timer and counter.
- The meet host reserves the right to combine events.
- Backstroke wedges will be used for 11 & Overs and optional for 10 & Unders during Finals

10 & Under	Timed Finals, with the Top 9 seeded swimmers competing during Finals Session
11-12	Thursday Night: Timed Finals Friday-Sunday: Prelims/Finals, with Top 9 qualifying for Finals Sunday 800 Free: Timed Finals All individual events are P/F except: <ul style="list-style-type: none"><li>• 400 Free is timed finals with Top 9 fastest seeded swimming with finals</li></ul>
13-14	Thursday Night: Timed Finals Friday-Sunday: Prelims/Finals, with Top 18 qualifying for Finals; B Final will swim first, followed by the A final Sunday 800 Free: Timed Finals All other individual events are P/F except: <ul style="list-style-type: none"><li>• 400 Free is timed finals with Top 9 fastest seeded swimming with finals</li></ul>
Senior 15 & Over	Timed Finals

#### Thursday:

- All events are timed finals  
The 400 IM and 1500 Free will be swum in this order: nine fastest seeded 11-12 girls, nine fastest seeded 11-12 boys, nine fastest seeded 13-14 girls, nine fastest seeded 13-14 boys, nine fastest seeded 15+Over girls, nine fastest seeded 15+Over boys, followed by the remaining 11-14 years mixed fastest to slowest, then remaining 15 & Over mixed fastest to slowest.  
Note: LESI reserves the right to combine heats

Saturday: The 400 Free will be timed finals, swum slowest to fastest.

11-12 & 13-14 will swim with the fastest Top Nine 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 9 swimmers who state no preference shall be seeded to compete in the finals.

Sunday: The 800 Free will be a timed final swum in this order: nine fastest seeded 13-14 girls, nine fastest seeded 13-14 boys, nine fastest seeded 11-12 girls, nine fastest seeded 11-12 boys, nine fastest seeded 15+Over girls, nine fastest seeded 15+Over boys, followed by the remaining 11-14 years mixed fastest to slowest, then remaining 15 & Over mixed fastest to slowest.

Note: LESI reserves the right to combine heats

## **DISTANCE EVENTS**

Swimmers entered in the 400/800/1500 free must provide their own counter. 800/1500 Free should provide their own timer.

## **SEEDING & CHECK IN:**

All events 400m and above, plus relays will be seeded on the deck; all other events will be pre-seeded. All swimmers must check in for these events at least 30 minutes prior to the start of their session. Check-in sheets will be posted on the windows outside the locker rooms on 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 rules (attached) will be in effect. The entry fees paid for scratched events are NOT refundable.

## **CLERK OF COURSE:**

A Clerk of Course will not be provided.

**SCORING:** Individual events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1; Relays double.

## **AWARDS:**

- 10U, 11-12, 13-14 Individual Awards 1<sup>st</sup>-5<sup>th</sup> medals, 6-10<sup>th</sup> ribbons
- 10U, 11-12, 13-14: Relay Awards 1<sup>st</sup>-3<sup>rd</sup> medals, 4<sup>th</sup>-5<sup>th</sup> ribbons
  - Awards will be presented after every series of events at finals
- Individual High Point & Runner-Up for each gender 10 & under, 11-12, 13-14, and 15 & Over
- Team Awards:
  - Combined Top 1-3 (Senior + JO)
  - Top 1-3 Senior (15 & Over)
  - Top 1-3 JO (14 & Under)

## **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:**

\$8.00 per spectator per day. Seniors 65 and over and children 6 and under are free.

**DIGITAL HEAT SHEETS:** Heat sheets will not be sold; Psych sheets and heat sheets will be posted on the meet event page. Distance event and relay heat sheets will be given to the coaches after the deadline and seeding of events.

<https://www.teamunify.com/team/ohfa/page/news/381390/lake-erie-summer-champs-event-page>

## **PARKING:**

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

## **RESULTS:**

Results will be posted on [www.lakeerieswimming.com](http://www.lakeerieswimming.com). Teams may request a backup at the conclusion of the meet. Meet mobile will be available, these are considered unofficial. Results will be posted during the meet on deck and in the lobby.

**TIME TRIALS:** Will not be offered

**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 9 lane pool:

- (a) Lanes 1 & 9 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 & 8 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-7 general warm-up, no diving or racing starts. Lanes 3-7 may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee. The small pool will be open for continuous warmup.

**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.

**OFFICIATING OPPORTUNITY**

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LESI) 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.

**Official's Chair:** Jen Butler [jbutler@case.edu](mailto:jbutler@case.edu)

**COACHES:**

Relay cards should be picked up at the coaches' check in table each day. There may be a coaches meeting during warm-ups if necessary.

**12 & UNDER APPROVED SUITS:**

The tech suit restrictions, proposed by the Age Group Development Committee, went in effect for 12-and-under swimmers on 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.

**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 areas. Parents, Guardians, and Spectators should not plan to meet their swimmers on the pool deck or in the locker rooms before, during or after the meet, as they will be denied access to those areas.

**MEET DIRECTORS:** Kristin MacPhail [kmacphailswim@gmail.com](mailto:kmacphailswim@gmail.com)  
Carl Shallenberger [firestoneninja@gmail.com](mailto:firestoneninja@gmail.com)  
Erin Crabtree [LEJOentries@hotmail.com](mailto:LEJOentries@hotmail.com)  
Cindy Dial [cvirdo@aol.com](mailto:cvirdo@aol.com) (Senior)

**ENTRY PERSON:** Erin Crabtree [LEJOentries@hotmail.com](mailto:LEJOentries@hotmail.com)

**SAFETY DIRECTOR:** Heather Jimenez

**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).

**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:**

- CSU will provide concessions located on the spectator level
- Aquatic Outfitters will provide aquatic needs & the sale of meet shirts.

**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.lakeerieswimming.com](http://www.lakeerieswimming.com), by **Tuesday, July 19, 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.

**Qualifying Times  
2021-2024 NAG "B" Standards  
for 10 & Under**

**10 & Under**

	GIRLS				BOYS		
SCM	LCM	SCY		SCY	LCM	SCM	
42.99	44.09	38.89	50 Free	38.09	43.59	41.99	
1:38.99	1:41.99	1:29.59	100 Free	1:27.79	1:40.59	1:36.99	
3:40.09	3:45.79	3:18.99	200 Free	3:06.69	3:33.49	3:26.29	
7:22.89	7:36.79	8:25.39	500/400 Free	8:16.69	7:39.39	7:14.69	
51.99	54.89	46.99	50 Back	47.49	55.29	52.69	
1:52.69	1:59.19	1:41.99	100 Back	1:39.79	1:55.09	1:50.69	
58.89	1:00.49	53.19	50 Breast	52.09	59.69	57.59	
2:10.49	2:14.79	1:58.09	100 Breast	1:53.39	2:09.39	2:05.59	
52.39	53.39	47.39	50 Fly	45.69	51.79	50.49	
2:05.99	2:09.99	1:53.99	100 Fly	1:51.39	2:07.09	2:04.19	
1:53.39	-	1:42.59	100 IM	1:38.79	-	1:49.79	
4:01.49	4:09.39	3:38.49	200 IM	3:35.49	4:06.19	3:58.09	

**Qualifying Times  
2021-2024 NAG "BB" Standards  
for 11-12/13-14**

**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**

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

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

**2022 Lake Erie Summer Championships  
July 21-24**

**Thursday, July 21, 2022  
Session 1**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
1	10U 200 IM	2
3	11 & Over 400 IM*	4
5	10U 400 Free*	6
7	11 & Over 1500 Free*	8

\*These events are not eligible as Bonus Events

- All events are timed finals

The 400 IM and 1500 Free will be swum in this order: nine fastest seeded 11-12 girls, nine fastest seeded 11-12 boys, nine fastest seeded 13-14 girls, nine fastest seeded 13-14 boys, nine fastest seeded 15+Over girls, nine fastest seeded 15+Over boys, followed by the remaining 11-14 years mixed fastest to slowest, then remaining 15 & Over mixed fastest to slowest.

Note: LESI reserves the right to combine heats

**Friday, July 22, 2022**

**11-14 JO Prelims  
Session 2**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
9	13-14 200 Medley Relay@	10
11	11-12 50 Fly	12
13	13-14 50 Fly	14
15	11-12 200 IM	16
17	13-14 200 IM	18
19	11-12 50 Free	20
21	13-14 50 Free	22
23	11-12 100 Breast	24
25	13-14 100 Breast	26
27	11-12 200 Back	28
29	13-14 200 Back	30
31	11-12 200 Free Relay@	32
33	13-14 200 Free Relay@	34

**10 & Under/15 & Over**

**Session 3**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
35	15 & Over 200 Medley Relay@	36
37	10 & Under 50 Free@	38
39	15 & Over 50 Free@	40
41	15 & Over 200 IM@	42
43	10 & Under 50 Fly@	44
45	15 & Over 50 Fly@	46
47	10 & Under 100 Breast@	48
49	15 & Over 100 Breast@	50
51	15 & Over 200 Back@	52
53	10 & Under 200 Free Relay@	54
55	15 & Over 200 Free Relay@	56

@Event is Timed Final

- All 10 & Under events are timed finals with the Top 9 Fastest Seeded Swimming with Finals

**Session 4 JO Finals (14 & Under)**

- Finals event order: 11-14, 37-38, 15-18, 43-44, 19-22, 47-48, 23-30

**Saturday, July 23, 2022**

**11-14 JO Prelims  
Session 5**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
57	13-14 200 Free	58
59	11-12 200 Free	60
61	13-14 50 Back	62
63	11-12 50 Back	64
65	13-14 100 Fly	66
67	11-12 100 Fly	68
69	13-14 50 Breast	70
71	11-12 50 Breast	72
73	13-14 400 Medley Relay@	74
75	11-12 400 Free*@	76
77	13-14 400 Free*@	78

**10 & Under/15 & Over  
Session 6**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
79	15 & Over 200 Free@	80
81	10 & Under 200 Free@	82
83	15 & Over 50 Breast@	84
85	15 & Over 100 Fly@	86
87	10 & Under 100 Fly@	88
89	15 & Over 50 Back@	90
91	10 & Under 50 Back@	92
93	15 & Over 400 Medley Relay@	94
95	15 & Over 400 Free@	96

@Event is Timed Final

\*These events are not eligible as Bonus Events

- All 10 & Under events are timed finals with the Top 9 Fastest Seeded Swimming with Finals
  - The 400 Free will be timed finals, swum slowest to fastest.
- 11-12 & 13-14 will swim with the fastest Top Nine 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 9 swimmers who state no preference shall be seeded to compete in the finals.

**Session 7 JO Finals (14 & Under)**

- Finals event order: 57-60, 81-82, 61-64, 87-88, 65-68, 91-92, 69-72, 75-78

Sunday, July 24, 2022

**11-14 JO Prelims  
Session 8**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
97	13-14 100 Back	98
99	11-12 100 Back	100
101	13-14 200 Breast	102
103	11-12 200 Breast	104
105	13-14 100 Free	106
107	11-12 100 Free	108
109	13-14 200 Fly	110
111	11-12 200 Fly	112
113	13-14 400 Free Relay@	114
115	11-12 200 Free Relay@	116

**Combined JO/Senior  
Session 9**

<b>Girls #</b>		<b>Boys #</b>
117	11 & Over 800 Free*@	118

**10 & Under/15 & Over  
Session 10**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
119	15 & Over 100 Back@	120
121	10 & Under 100 Back@	122
123	15 & Over 200 Breast@	124
125	10 & Under 100 Free@	126
127	15 & Over 100 Free@	128
129	10 & Under 50 Breast@	130
131	15 & Over 200 Fly@	132
133	10 & Under 200 Medley Relay@	134
135	15 & Over 400 Free Relay@	136

@Event is Timed Final

\*These events are not eligible as Bonus Events

- All 10 & Under events are timed finals with the Top 9 Fastest Seeded Swimming with Finals

The 800 Free will be a timed final swum in this order: nine fastest seeded 13-14 girls, nine fastest seeded 13-14 boys, nine fastest seeded 11-12 girls, nine fastest seeded 11-12 boys, nine fastest seeded 15+Over girls, nine fastest seeded 15+Over boys, followed by the remaining 11-14 years mixed fastest to slowest, then remaining 15 & Over mixed fastest to slowest.

Note: LESI reserves the right to combine heats

**Session 11 JO Finals (14 & Under)**

- Finals event order: 97-100, 121-122, 101-104, 125-126, 105-108, 129-130, 109-112

**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.

# 2022 Lake Erie Summer Championships

Hosted by

LESI

July 21-24

## MEET ENTRY SUMMARY PAGE

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_ LSC Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$3.00 (LESI Surcharge) = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of individual events) X \$5.00 /event = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of relay events) X \$12.00/relay entry = \$ \_\_\_\_\_

**TOTAL AMOUNT REMITTED:** \$ \_\_\_\_\_

- Swimmers will be without a coach on deck:

<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	AM	AM	AM
	PM	PM	PM
	Finals	Finals	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 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 FEES IS July 21, 2022.**

**Entries, electronic or otherwise, must be received by July 18, 2022 at 12:00pm (noon).**

This sheet must accompany all entries including OME electronic entries, hard copy & check.

Mail to: Firestone Akron Swim Team/ATTN: Carl Shallenberger, 470 Castle Blvd., Akron, OH 44313 or brought to the meet.

