

Avon Classic
Hosted by
Lakeshore Swim Club
July 13-14, 2024
Held under USA Swimming Sanction #LE 24077 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 applying for this sanction, Lakeshore Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and Lorain 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 Lake Erie Swimming 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION: Avon Pool, 36265 Detroit Rd. Avon, Ohio 44011 (440) 934-7633

Directions: From I-90 in Avon, Ohio exit 153, head south on Rt 83 (Avon Belden Rd.) to the first traffic light, turn right to head west on Detroit Rd. Continue to second traffic light then turn left (south) into Avon Post Office. Avon Aquatic facility is down the long driveway on the south side. Please park as directed by parking attendants/signage. The lot closer to the Avon Aquatic Facility will be reserved for members using the recreation pool. Overflow parking is in the grass. DO NOT PARK ON THE PLAYGROUND.

POOL: 50 meters by 10 lanes, Colorado timing system, bleacher seating for spectators, space to place tents and foldup chairs for swimmers' families in the grassy area inside and outside the fenced area. Tents cannot be staked into the grass inside the fenced area by the pool deck. Small lockers will be available. Free parking will be available and overflow parking will be directed. Concession will be provided by a vendor on-site. Concessions may not open right at the start of the morning session, but will open as early as possible. No coolers or outside food to be brought into the fenced pool facility. They may be kept with individual canopies or tents in the grassy area outside the fence. Competition will be conducted using 8 lanes with a continuous warm-up and warm-down lane. The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 11 feet, 6 inches. The depth at the turn end is 3 feet, 6 inches. Spectators must stay in the grass area, swimmers should stay in team area when not swimming. Please note the other half of the facility will be open to the public. Swimmers and Spectators are to stay out of that area.

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: 6 sessions; All timed finals

Saturday morning (13 and over and open): Warm-ups 7:30-8:00am. Meet start at 8:05am.

Saturday Time Trials

Saturday Afternoon (12 & Under): Warmups will begin 15 minutes after the conclusion of the morning session. Meet will begin 35 minutes after the start of warm-ups.

Sunday Morning (13 and over and open): Warm-ups 7:30-8:00am. Meet start at 8:05am.

Sunday Time Trials

Sunday Afternoon (12 & Under): Warmups will begin 15 minutes after the conclusion of the morning session. Meet will begin 35 minutes after the start of warm-ups.

Warm-up will be split by team if the average number of swimmers per lane is scheduled to exceed 30 swimmers per lane, into a minimum of 30 minutes per group. Sessions and events may be combined/split in order to control the length of the meet. A finalized warm up timeline will be posted to www.lakeerieswimming.com by July 11, 2024.

ENTRY DEADLINE: Entries will not be accepted before 9:00pm on June 24, 2024. Entries, electronic or otherwise, must be received by July 1, 2024. The meet will be closed before the entry deadline if the sessions are full or split into 3 sessions. **Email all entries to johnrchristensen@gmail.com.** Hard copy, meet summary sheet and check must be received by July 1, 2024 or the team's entry may be deleted. Checks should be made out to Lakeshore Swim Club and mailed to Lakeshore Swim Club, 358 Moorewood Ave., Avon Lake, OH 44012

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: \$8.00 per individual event. Relays: \$12.00. There is also a \$3.00 LESI swimmer surcharge. There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Lakeshore Swim Club.

ENTRY LIMITATIONS: 13 and over swimmers (am session) swimmers may enter up to 3 events/day, exclusive of relays and may compete in no more than 6 individual events for the meet. 12 and under swimmers (afternoon session) may enter up to 4 events/day, exclusive of relays and may compete in no more than 8 individual events for the meet. Teams may enter 2 relays per relay event. Swimmers may compete in 1 relay/day. It is not advisable to swim back to back events.

DECK ENTRIES: Deck entries will be taken on a space available basis up to 30 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$12.00 per individual event and \$20.00 per relay. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entrants for whom there is no space will receive a refund. The deck entry table will be located by the Flavor Seal Pavilion.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming. 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 membership registration will not be available. Age is as of the first day of the meet, July 13, 2024.

All 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 MAAPP condition of participate in the conduct of this competition.

QUALIFYING TIMES: There are no qualifying time standards for this meet. NT will not be accepted; if the swimmer has no time, please provide an estimate. All entry times must be in long course meters. All non-conforming times must be converted to long course meters.

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.

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 and will be timed finals. Except as noted, heats will be swum slowest to fastest. Meet host reserves the right to limit heats for Open events #13, 14 for 800m Free, #39, 40 for 400m IM, and #53, 54 for 400m Free to keep duration of the session at a reasonable length. All heats for 400 Free (events #69,70) and 800 Free (events #23,24) will be conducted fastest to slowest, alternating women and men and heats. The meet host reserves the right to combine/split sessions and events and/or limit the number of entries in one or more events in order to control the length of the meet. *Entries will be taken on a first come first serve basis.* Teams will be notified of swimmers who are closed out by Monday July 8, 2024. If your swimmer gets closed out, they will be able to enter a different event. For the 200m Relays, swimmers at the shallow end must start in the water. *To keep the sessions at a reasonable length, if necessary, open relays may be cut. You will be notified and refunded if that is the case.

SEEDING & CHECK IN: All events will be deck seeded. Swimmers will circle in before the start of warm up. Relay cards must be turned in upon call. The Lake Erie scratch rule (attached) will be in effect.

CLERK OF COURSE: A Clerk of Course will not be provided.

TIMERS: Swimmers in the open 800 Freestyle and 400 Freestyle will need to provide their own counters and timers.

SCORING: This meet will not be scored.

AWARDS: Heat Winner prizes will be awarded after each heat.

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: Admission is \$5 per person. Under 5 and over 65 are free.

PARKING: Free parking. Overflow parking will be redirected as needed. The lot closer to the Avon Aquatic Facility will be reserved members using the recreation pool. More information will be provided on www.lakeerieswimming.com with warm up information by July 11, 2024 if necessary.

RESULTS: Results will not be posted on site, but will be available on Lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

TIME TRIALS: Time Trials will be available if time permits at the same cost as a deck entry. Time trials will be offered both days immediately following the morning session, before afternoon warmups. Time trial events count as an event for the day towards the event limit.

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. Warm ups may be split if the average number of swimmers exceeds an average of 20 swimmers per lane. 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 by carefully stepping into the water or using a 3-point entry with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30 minute warm-up shall be conducted as follows: *(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)*
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. Feet first entry only into the continuous warm-up lanes.

MEDICAL SUPERVISION: A meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that it is needed.

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 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. There will be no initial distance for relay lead off legs due to swimmers starting in the water at the other end.

OFFICIATING OPPORTUNITY – Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES1) 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: Sara Verderber, svdrbr@yahoo.com

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

COACHES: Coaches Check in will be located outside the Flavor Seal Pavilion. Relay cards should be picked up at the coaches' check in table each day.

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. Tents may be brought but no stakes are allowed to be used, they must be tied down.

MEET DIRECTOR: Sara Verderber svrdrbr@yahoo.com

ENTRY PERSON: John Christensen johnrchristensen@gmail.com

EVACUATION PLAN:

WEATHER EMERGENCY

When severe weather conditions are forecasted for the immediate area the Aquatic Facility will go by the following protocols.

During any situation that requires evacuation of the facility during non-life threatening conditions, including thunder and lightning storms/ heavy rain storms or impending severe weather, the following procedures should be followed.

- Lifeguards on chair clear pool
- Aquatic Supervisor announces that the facility needs to be evacuated immediately.
- Lifeguards in the break room and even staff help direct patrons on the deck to the emergency gates – See Evacuation Diagram
- Concession staff close the concession stand and direct people out the nearest emergency gate
- Front desk workers help direct people out the front gate
- The entire pool area is to be vacated. People should seek shelter in their cars or nearby buildings
- The pool area should remain clear until the storm passes and the Aquatic Supervisor confirms the reopening of the facility.

TORNADO WARNING OR DANGEROUSLY HIGH WINDS

- First responder will inform the community of a tornado warning. If a tornado warning is issued for Lorain County, employees will begin to move all patrons to a designated shelter. If outdoors, move to the closest substantial shelter and protect yourself from flying debris.
- Aquatic Supervisor – Communicate with all staff members. Direct patrons to substantial shelter which may include the following:
 - Locker Rooms
 - Family Changing Rooms
 - Restrooms
 - Offices/Guard Room
- All others – Maintain communication with Supervisor. Follow evacuation procedures described above.

POWER OUTAGE

- A power outage will require evacuation of the swimming pool.
- Aquatic Supervisor – call over radios to begin evacuation procedures. Call the Aquatic Director.

****Please supply a contact email to the meet director-Sara Verderber, svrdrbr@yahoo.com by Friday, July 12. This email will be used to inform of meet delays or cancellations due to severe weather. Any changes to the meet lineup will be discussed with the meet referee. LSSC will also update the front page of the website with changes due to weather. <https://www.gomotionapp.com/team/lelssc/page/home>

2024 Avon Classic
SCHEDULE OF EVENTS

Saturday July 13, 2024

Morning Session

13-14 and Open

7:30am Warm-up, 8:05am Meet Start

The meet host reserves the right to combine/split sessions. Information will be posted by July 11, 2024.

Girls #	Age Group/Stroke	Boys #
1	13 and over 200 Back	2
3	13 and over 100 Breast	4
5	13 and over 200 Fly	6
7	13 and over 100 Free	8
9	13 and over 200 IM	10
11	Open 200 Free Relay	12
	10 minute Break	
13	Open 800 Free**	14

****OPEN 800m Free events heats will be swum fastest to slowest alternating female/male heats. Host reserves the right to limit heats of events 400 and longer.**

Saturday July 13, 2024

Afternoon Session

12 & Under

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.

Competition will begin at the completion of the 30-minute warm-up.

Estimated start times will be listed at www.lakeerieswimming.com by July 11, 2024.

Girls #	Age Group/Stroke	Boys #
15	12 & U 200 IM	16
17	10 & U 50 Back	18
19	11-12 50 Back	20
21	12 and Under 200 fly	22
23	10 & U 100 Breast	24
25	11-12 100 Breast	26
27	10 & U 50 Fly	28
29	11-12 50 Fly	30
31	12 and Under 200 back	32
33	10 & U 100 Free	34
35	11-12 100 Free	36
37	12 & U 200 Free Relay	38

Sunday July 14, 2024

Morning Session

13-14 and Open

7:30am Warm-up, 8:05am Meet Start

The meet host reserves the right to combine/split sessions. Information will be posted by July 11, 2024.

Girls #	Age Group/Stroke	Boys #
39	Open 400 IM	40
41	13 and over 50 Free	42
43	13 and over 100 Fly	44
45	13 and over 200 Free	46
47	13 and over 100 Back	48
49	13 and over 200 Breast	50
51	Open 200 Medley Relay	52
	10 Minute Break	
53	Open 400 Free **	54

****OPEN 400m Free events heats will be swum fastest to slowest alternating female/male heats. Host reserves the right to limit heats of events 400 and longer.**

Sunday July 14, 2024

Afternoon Session

12 & Under

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.

Competition will begin at the completion of the 30-minute warm-up.

Estimated start times will be listed at www.lakeeriewimming.com by July 11, 2024.

Girls #	Age Group/Stroke	Boys #
55	12 & U 200 Free	56
57	10 & U 50 Breast	58
59	11-12 50 Breast	60
61	10 & U 100 Back	62
63	11-12 100 Back	64
65	12 and Under 200 breast	66
67	10 & U 100 Fly	68
69	11-12 100 Fly	70
71	10 & U 50 Free	72
73	11-12 50 Free	74
75	12&U 200 Medley Relay	76

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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 Individual Entries) x \$8.00/event = \$ _____

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

_____ (Total # of swimmers) X \$5.00 (handling fee for paper entries) \$ _____

TOTAL AMOUNT REMITTED: \$ _____

Swimmers will be without a coach on deck:

Sat. am, Sat. p.m., Sun. a.m., Sun p.m.

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 **Lakeshore Swim Club**.

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

DEADLINE FOR RECEIPT IS JULY 1, 2024.

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

Mail to: Lakeshore Swim Club, Nicole Slivinski, 358 Moorewood Ave., Avon Lake, OH 44012

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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. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered so not intent to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.

B. Events Seeded on the Deck –

(1) Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) 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 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 swimmers for events when those swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against that team at the discretion of the Meet Referee.

(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 bonus or 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 the swimmer's 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.