

2023 Mile & 500 Freestyle Meet
Hosted by
Blazing Barracudas
Sunday, October 15, 2023
Held under USA Swimming Sanction # LE 24007 SS

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, Blazing Barracudas agreed to comply and enforce all health and safety mandates and guidelines of USA Swimming, LE, 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 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

COVID PROTOCOLS:

At this time there are not COVID protocols. This may change prior to the meet.

LOCATION:

Butler Aquatic Center, Hathaway Brown School, 19600 North Park Blvd, Shaker Heights, OH 44122. The pool is located across from the tennis courts off Sherbrook Road.

POOL:

25 yards by 8 lanes, electronic timing and handicap accessible seating, continuous warm-up in the diving well, locker rooms, close parking (street parking is available on Sherbrook Rd, the lot adjacent to the pool and the front lot near the main entrance). The average depth of the pool at the start is 6 feet 9 inches and turn end is 5 feet. The competition course has not been certified in accordance with 104.2.2C(4).

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:

Multiple sessions will be offered; each session will have a separate 30 min warm up. Swimmers will be assigned to a session based on their event and their entry time.

- ☐ Session 1 warm-ups will start at 7:30 am. Warm-ups will last 30 minutes each. Session 1 will start at 8:05 AM.

Revised 08/29/2023

- ☐ The 500 will be first followed by the 1650 free
- ☐ Events will be swum fastest to slowest
- ☐ The finalized warm up plan for all the sessions will be found at Lake Erie website by October 13, 2023.

ENTRY DEADLINE:

Entries will not be accepted before Monday Sept 25, 2023 at 9:00 PM EST. Entries, electronic or otherwise, must be received by October 6, 2023. Entry fee should be received by Monday, October 9, 2023. The meet host reserves the right to limit the number of entries in order to maintain a reasonable timeline. Swimmers who are closed out will be notified and receive a refund. Email entries to: bbameetentries@hb.edu. Mail hard copy to Blazing Barracudas c/o Sarah Tobin 5525 Kenbridge Dr. Highland Heights, OH 44143. Make checks payable to Blazing Barracudas.

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/ADMISSION/DIGITAL HEAT SHEET:

\$20 plus \$3 LESI swimmer surcharge. There will be a \$5.00 handling fee for manual entries. Make checks payable to Blazing Barracudas.

ENTRY LIMITATIONS:

Swimmers may enter up to 1 event/day.

DECK ENTRIES:

Deck entries are permitted on a space available basis in each session. \$30/event plus \$3 swimmer surcharge.

ELIGIBILITY:

Swimmers must be current athlete members of USA Swimming and Lake Erie 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. Age is as of the first day of the meet, Oct 15, 2023.

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 the MAAPP policy is a condition of participation in the conduct of this competition.

QUALIFYING TIMES:

Please see event listings. Swimmers must be slower than the qualifying time (NAG A) listed for Event 1 (500 Free) as of the entry deadline. Swimmers must have a legal time in the 500 Free to enter Event 2 (1650 Free) as of the entry deadline. NTs will not be accepted; if the swimmer has no time, please provide an estimate.

PROOF OF TIME:

Swimmers may not compete in an event in which they are faster than the listed time standard as of the meet entry deadline. Entry times are investigated after the meet if a protest is filed.

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, the Lake Erie Swimming Policy & Procedures and the Return to Competition Guidelines. All events are timed finals. All events are mixed. Entries will be seeded fastest to slowest, and athletes will be assigned to a session based on their times. Events will be swum in order. It is anticipated that all the 500 freestyle entries will compete first, and the first heat of the 1650 free will begin once the 500 free event has concluded. However, the final session details will not be available until all entries have been processed. The meet host reserves the right to limit the number of entries in order to maintain a reasonable timeline. Swimmers who are closed out will be notified and receive a refund.

SEEDING & CHECK IN:

All events will be pre-seeded. There will be no penalty for failure to compete. A courtesy no-show notification before Wednesday October 11, 2023 is appreciated. Any no shows after October 11, 2023 will not receive a refund. Please email scratches to bbameetentries@hb.edu.

CLERK OF COURSE:

A Clerk of Course will not be provided.

SCORING:

The meet will not be scored

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.

ADMISSIONS:

No charge for admissions.; Spectator seating is limited.

PARKING:

Parking is free. Parking in the lot near the gym is available. Street parking on Sherbrooke is also available.

CONCESSIONS:

Concessions will NOT be provided

RESULTS:

Results will not be posted on site. If technology permits, the meet results will be available on Meet Mobile. TM/TU and PDF of the results will be posted on the LESI and BBA websites after the meet.

TIME TRIALS:

Time Trials will not be available.

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 shall be 30 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed Lake Erie's Swimming's recommended number of athletes 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 or using a three 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:

For an 8 lane pool:

Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the discretion of the Meet Referee or his/her designee).

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Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool

Lanes 3-6 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 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 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 (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: Sarah Tobin, bbameetentries@hb.edu

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 DIRECTOR: Sarah Tobin bbameetentries@hb.edu

ENTRY PERSON: Sarah Tobin bbameetentries@hb.edu

EVACUATION PLAN

Emergency Information

Spectator Emergency Evacuation Plan

In the event of an alarm or emergency evacuation:
Remain calm, walk to the nearest exit, and leave the building.

Don not use the elevators.
Do not attempt to go on deck or in the locker rooms.

Swimmers will be directed by their coach or meet workers to
The exits located on the south side of the pool (diving block side of the pool)

2023 Mile & 500 Freestyle Meet
SCHEDULE OF EVENTS
 Sunday, October 15, 2023
 7:30 AM Warm-up, 8:05 AM Meet Start (Timed Finals)

Events are mixed
 Swam Fastest to Slowest

Girls	Age Group/Stroke	Boys
1 Slower than 10 &U: 6:44.29 11-12: 6:07.59 13-14: 5:49.59 15 & Older: 5:43.39	Open 500 Free	1 Slower than 10 &U: 6:37.39 11-12: 5:57.69 13-14: 5:31.39 15 & Older: 5:17.69
2 Must have legal time in 500	Open 1650 Free	2 Must have legal time in 500

WARM UPS AND SUCCEEDING SESSIONS WILL BE POSTED ON THE LAKE ERIE AND BBA WEBSITES

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Blazing Barracudas
October 15, 2023

MEET ENTRY SUMMARY PAGE

Team Name: _____ Team Code: _____ LSC Code: _____

Contact Person: _____ Phone: _____

Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) x \$23.00 (includes LESI Surcharge) \$ _____

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

TOTAL AMOUNT REMITTED: \$ _____

Swimmers will be without a coach on deck:

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 **Blazing Barracudas**

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

DEADLINE FOR RECEIPT IS October 9, 2023.

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

Mail to: **Blazing Barracudas**
c/o Sarah Tobin
5525 Kenbridge Drive
Highland Heights, OH 44143

2023 MILE & 500 Freestyle MEET

TEAM NAME: _____ TEAM CODE: _____ LSC: _____					
NAME	AGE	GENDER	USA NUMBER	EVENT #	TIMES (in yards)

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 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.