

500/1650 Free Meet
Sunday, November 10, 2024
Hosted by Blazing Barracudas
Held under the sanction of USA Swimming
Sanction/Approved #LE 25002 SS

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.
Facility:	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).
Meet Director:	Sarah Tobin bbameetentries@hb.edu 440-552-7023
Meet Referee:	Sharon Badertscher
Meet Admin:	Nancy Veto
Entry Chair:	Sarah Tobin bbameetentries@hb.edu 440-552-7023
Disclaimer:	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.
Meet Type:	This meet is open to all eligible swimmers. Swimmers must be USA registered. All events are Timed Finals All events will be pre-seeded. Events will be swim fastest to slowest
Entry Deadline	Entries will not be accepted before Monday, October 21, 2024 at 9:00 PM EST. Entries, electronic or otherwise, must be received by October 30, 2024. Entry fee should be received by Monday, November 4, 2024. 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.
# and Description of Session:	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 – Sun, Nov 10 – timed finals • Warm-ups will start at 7:30 am. Warm-ups will last 30 minutes each. Session 1 will start at 8:05 AM. ☐ Session 2 – Sun, Nov 10 – timed finals ☐ Session 3 – Sun, Nov 10 – timed finals ☐ Session 4 – Sun, Nov 10 – timed finals (if needed) ☐ Events will be swum fastest to slowest ☐ The finalized warm up plan for all the sessions will be found at Lake Erie website by November 6, 2024.
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.

Organization Regulations/Waivers	
USA Swimming Rules	☐ At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. ☐ Any swimmer entered in the meet <u>must</u> 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. ☐ The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. ☐ Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Lake Erie Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. ☐ Deck changes are prohibited. ☐ 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. ☐ Flash photography is not permitted at the start of any race. ☐ 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.
Technical Suit Ban	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: ☐ Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or ☐ Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
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.
Ohio State Laws that are applicable to Lake Erie Swimming sanctioned events	☐ Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining ☐ There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.

Organization Regulations/Waivers

Safe Sport 360

- ☐ The U.S. Center for Safe Sport program is a comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- ☐ The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.
- ☐ Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- ☐ All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
- ☐ 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.
- ☐ 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
- ☐ For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report

Waiver/Release

- ☐ 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.
- ☐ By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
- ☐ All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.
- ☐ 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 children) 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 your child to and/or increasing your risk of contracting or spreading COVID-19.

Organization Regulations/Waivers

Code of Conduct

- ☐ Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.
- ☐ Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others.
- ☐ The LESI Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. LESI Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of LESI Swimming. The complete LESI Swimming Code of Conduct can be reviewed on the LESI Swimming website under Governance> LESI Policy & Procedures Manual.

Entering the Meet and Competition Information

Eligibility:

- ☐ All meet contestants must be a member in good standing per Article 302.
- ☐ All contestants must be verified USA Swimming members. Deck Entry at a meet must show electronic athlete membership or a club coach must sign the Deck Entry Form.
- ☐ Membership verification deadline is 5 PM EST two (2) business days prior to the first day of the meet. Unverified swimmers will be scratched from the meet after that deadline. There will be no refunds for unverified swimmers scratched from the meet.
- ☐ All adult athletes must hold current Athlete Protection Training certification. 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 is a condition of participation in the conduct of this competition.
- ☐ Age on the first day of the meet will determine age for the entire meet.

Swimmers with a Disability:

- ☐ Entry Procedures:
 1. Enter the USA-S swimmers with a disability electronically with your team entries.
 2. Email the Meet Accommodation / Modification Form included in this meet information to the entry chair.
- ☐ Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.

Entry Limits Entry Fees:

- ☐ Swimmers may enter and swim 1 event/day
- ☐ \$20 plus \$3 LESI swimmer surcharge.
- ☐ There will be a \$5.00 handling fee for manual entries.
- ☐ Make checks payable to Blazing Barracudas and send to Sarah Tobin, 5525 Kenbridge Drive, Highland Heights, OH 44143

Entry Procedures:

- ☐ Entries will NOT be accepted before Monday, October 21, 2024 at 9:0 pm
- ☐ Deadline for receipt of entries is Wednesday, October 30, 2024
- ☐ Payment should be received by November 4, 2024 and should be payable to Blazing Barracudas and sent to Sarah Tobin, 5525 Kenbridge Drive, Highland Heights, OH 44143
- ☐ Entries must be submitted in SCY/SCM/LCM using an electronic meet entry software (Hy-Tek/Team Unify).
- ☐ SCM/LCM times will be converted to SCY
- ☐ Send entries to Sarah Tobin at bbameetentries@hb.edu
- ☐ The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
- ☐ The meet director reserves the right to combine/split sessions depending on the number of competitors

Entering the Meet and Competition Information	
Entry Eligibility	☐ Swimmers must be current athlete members of USA Swimming. ☐ Age as of the first day of the meet. ☐ 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.
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	N/A
Warm-up and Safety Guidelines:	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 (40) 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: <i>For an 8 lane pool:</i> 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). 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.
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 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.
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.
Competition Guidelines:	☐ All events will be pre-seeded ☐ All events will be swum fastest to slowest
Scratch Procedures	☐ Swimmers will not be penalized if they are a no show for events. ☐ There will be no penalty for failure to compete. ☐ A courtesy no-show notification before Wednesday, October 2, 2024 is appreciated. Please email scratches to bbameetentries@hb.edu .
Deck Entries	Deck entries will be taken on a space available basis for each session at the discretion of the meet director up to 45 minutes before the start of the session and seeded at No Time. The decision about deck entries will be published after the entry. Deck entrants should sign up at the deck entry table. Cost is \$30/event plus \$3 LESI surcharge. Deck entry swimmers new to the meet must provide proof of USA Swimming registration.

Entering the Meet and Competition Information	
Time Trials	Time Trials will not be offered.
Clerk of Course	There will NOT be a clerk of course. Swimmers are responsible to get to the blocks when their event is called.
Awards:	There will not be awards for this meet
Scoring	This meet will not be scored.
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.
General:	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 Heat Sheets: Heat Sheets will be sent out prior to the meet and will not be available on the day of the meet. 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 sent to the team representatives after the meet

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.
 Do 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)

BBA 500/1650 Free Meet
Sunday, November 10, 2024

SCHEDULE OF EVENTS

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 WEBSITE

SCRATCH RULE

- 1) Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.
- 2) Pre-Seeded Event: 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 do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.

3) Events Seeded on the Deck

- a) 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.
- b) Any agent of a team (coach, parent, swimmer, etc) who check 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 the team, as the discretion of the Meet Referee.
- c) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmers 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 check-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).

4) Scratching from Finals

- a) Any swimmer qualifying for a bonus, consolation, or championship 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 \$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 the meet is not permitted and will be regarded as a failure to compete.
- b) In the event of withdrawal or barring a swimmer from competition, the Referee shall fill the bonus, consolation, or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with final qualifiers. These alternates shall not be penalized if unavailable to compete at finals.
- c) 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.
- d) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).

Exceptions for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if a) The Referee is notified in the event of illness or injury and accepts the proof thereof.

- b) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within 30 minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within 30 minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.
- c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Summary of Fees/Release Form

500/1650 Free Meet

Sunday, November 10, 2024

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries		\$20.00 per event	
LESI Swimmer Surcharge (exclude Outreach)		\$3.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Blazing Barracudas, Hathaway Brown School, Lake Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature (Coach or Club Representative)

Club Title (Coach etc)

Name of Club

Date

Lake Erie Swimming Meet Accommodation Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

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What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.