

2021 Solon Stars "Swimfest" Swim Meet

Hosted by

Solon Stars

June 12-13, 2021

Held under USA Swimming Sanction # LE 20161 LS

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 for this sanction, **SOLON STARS** agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming (LSC), the State of Ohio and City of Solon.

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.

LOCATION: Solon Municipal Pool, 33655 Arthur Road, Solon, Ohio 44139

POOL: Outdoor, 50 meters by 6 lanes, electronic timing, locker rooms, grassy area for tents or blankets, and free parking. The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 12 feet. The depth at the turn end is 3 feet, 6 inches. Directions for flow of traffic – park in Arthur Road School parking lot and walk across the grassy area to the pool. There is no parking in the Solon Muni Pool parking lot.

COVID PROTOCOLS:

- Temperature checks and COVID 19 screening shall be required of all swimmers, officials, volunteers and spectators.
- If someone leaves the premises and returns, he/she will undergo a temperature check and screen again.
- Masks shall be worn and social distancing shall be implemented at all times except for when the swimmer is up on the blocks and in the water.
- A locker room that will be available for use by the swimmers only. A monitor (not allowed inside) will be posted outside the locker room and will limit the number of swimmers inside to affect social distancing.
- Swimmers should arrive/depart in their suit. They will not be allowed to share caps, goggles, food and drinks.
- Only two (2) swimmers shall be permitted to wait behind the blocks at any given time. Swimmers are encouraged to visit with their coaches after their event.
- One spectator allowed per swimmer.
- Parents/spectators are not permitted on deck and must be socially distant outside of the pool fencing. All local health and safety protocols will be followed. Portable restroom facilities will available for spectators.
- One swimmer at a time to communicate with a coach while maintaining social distance.
- Local health guidelines will be followed for gatherings of spectators. A COVID marshal will be on site to ensure all are following the guidelines. Failure to comply with State and Local guidelines may result from removal from facility.
- Parents shall have access to their swimmers and be able to observe them.

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: Both Saturday and Sunday morning session warm-ups begin at 7:45. There will be one 45 minute warmup unless the number of swimmers exceeds the lane limit. In that case there will be two 30 minute warm up sessions. The meet will begin five minutes after the completion of warm ups. Warm-ups shall be split by team when the average number of swimmers per lane is scheduled to exceed 30 swimmers per lane for Long Course. There will be a 30-minute break at the conclusion of the morning session before the start of afternoon warm-ups. There will be one 45 minute warmup unless the number of swimmers exceeds the lane limit for the afternoon sessions on both Saturday and Sunday. In that case there will be two 30 minute warm up sessions. The meet will begin five minutes after the completion of warm ups. The finalized warm up plan may be found at www.lakeeriewimming.com and www.solonstars.com on Wednesday, June 9, 2021.

ENTRY DEADLINE: Entries, electronic or otherwise, may be submitted no earlier than May 19, 2021 at 8 p.m. and must be received no later than **May 28th, 2021 at 8pm**. The meet will be closed before the entry deadline if the sessions are estimated to be at 4 hours, so mail early. Hard copy, meet summary sheet and check must be received by May 28, 2021 at 8 p.m. or the team's entry may be deleted. Mail entries to **Lindsey May, 6941 Longview Dr. Solon, OH 44139**
May.LindseyE@gmail.com

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.

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: \$6 per event and a \$3swimmer surcharge. Make checks payable to "**Solon Stars Swim Club.**" If the meet should be canceled due to inclement weather, no refunds will be issued.

ENTRY LIMITATIONS: Swimmers may enter up to four (4) events/day. If time becomes an issue, the 400 I.M., 400 Free, and 1500 Free may be limited to 3 heats (first 18 entries). More heats may be added depending on the 4-hour limit and time constraints. This will be determined by the entry deadline and entries will be based on when they were received (first come/first serve). Swimmers closed out of these events may enter another event if space is available or receive a refund.

DECK ENTRIES: Deck entries are NOT permitted

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. Age is as of the first day of the meet, June 12, 2021. There will not be on-deck USA registration for coaches or athletes.

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

QUALIFYING TIMES: There are no qualifying time standards for this meet. Swimmers must be entered with a time. NT will not be accepted and space will not be held. If the swimmer has no time, please provide an estimated time. All times should be entered in LCM.

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. All events are timed finals and will be swum slowest to fast with the
Revised 09/25/2020

exception of the 400 Free and 1500 Free. Heats of the 400 Free and 1500 Free will be swum mixed gender and swum fastest to slowest. Heats of the 13-14 & Open 400 IM will be swim mixed gender. If time becomes an issue, the 400 I.M., 400 Free and 1500 Free may be limited to 3 heats (first 18 entries). Swimmers closed out of these events may enter another event if space is available or receive a refund.

SEEDING & CHECK IN: All events will be pre-seeded. Heat and lane assignments will be sent out prior to the swim meet according to 102.1.4 guidelines. Events may be seeded together and scored separately. There is no penalty for failing to show up for an event.

CLERK OF COURSE: A Clerk of Course will not be provided. All swimmers must report to the blocks on time. Heat sheet will be emailed to coaches prior to the meet.

SCORING: This meet will not be scored.

AWARDS: Individual event ribbons will be awarded for places first through eighth for 12U, not including the 400Free and 1500 Free. Awards will be sorted by team and distributed to coaches at the end of the meet.

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

ADMISSION COST: Free admission

PARKING: Free at Arthur Road School.

CONCESSIONS: There will be concessions available.

VENDORS: Aquatic Outfitters will be on-site during the meet and meet t-shirts will be available for purchase.

RESULTS: Results will not be posted on site but will be announced 1-8th place and will be available on Lakeerieswimming.com and other websites if applicable. Teams may request a backup at the conclusion of 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 45 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts. Swimmers should maintain social distancing while waiting to start. 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 15 minutes of a 30 minute warm-up or the final 20 minutes of a 45 minute warm-up shall be conducted as follows:

For a 6 lane pool:

- (a) Lane 1 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 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3, 4, and 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. Swimmers should follow the posted direction to return to the blocks. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

CAMERA ZONES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DECK CHANGES: Deck changes are prohibited.

Revised 09/25/2020

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.

Meet Director's name and email: Shannon Cooch slfcooch@hotmail.com

Official's Chair: **Bob Martens, bobmartens15@gmail.com**

COACHES: Coach's wristbands will be available at the coach's check-in table near the entrance to the pool.

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: Shannon Cooch slfcooch@hotmail.com 440-679-1325 Cell

COVID MARSHAL: _____ **Heather Ferris** _____ **Bartferris@hotmail.com** **216-316-0499**

ENTRY PERSON: _____ **Lindsey May** _____ **May.lindseyE@gmail.com** 440-655-565

EVACUATION PLAN: In the event of a weather or other type of emergency, evacuation of spectators and swimmers will be through the locker rooms on the west side of the pool, the parking lot gate at the north end of the pool, or the gate on the east side of the pool. Everyone will proceed to their cars in the adjacent parking lots until notified that they can return to the pool area.

DIRECTIONS: From the north, exit 422 at Route 91 (SOM Center Road). Go south on Route 91 past Aurora Road (Route 43). Arthur Road is the 4th light after Aurora Road. Turn right onto Arthur Road; the pool is immediately on your right. Parking is available at the Elementary School adjacent to the pool.

From the south or from the turnpike (Route 80): Exit turnpike (Route 80) at Route 480. Take 480 to the Route 91 exit. Turn right on Route 91 and travel north. Stay on Route 91 through the center of Twinsburg and continue past Pettibone Road. Arthur Road is the 2nd light past Pettibone Road. Turn left on Arthur Road; the pool is immediately on your right. Parking is available at the Elementary School adjacent to the pool.

Solon Stars "Swimfest" Swim Meet

SCHEDULE OF EVENTS:

Sat / Session 1

7:45 Warm-up

Competition will begin five minutes after the completion of warm-up

Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com

Enter with LCM times

| Girls # | Age Group/Stroke | Boys # |
|---------|-----------------------|--------|
| 1 | 13-14 200 I.M. | 2 |
| 3 | Open 200 I. M. | 4 |
| 5 | 13-14 100 Back | 6 |
| 7 | Open 100 Back | 8 |
| 9 | 13-14 200 Free | 10 |
| 11 | Open 200 Free | 12 |
| 13 | 13-14 100 Breast | 14 |
| 15 | Open 100 Breast | 16 |
| 17 | 13-14 200 Fly | 18 |
| 19 | Open 200 Fly | 20 |
| | 10 Minute Warm Up | |
| 21 | Mixed Open 1500 Free* | 21 |

*The 1500 free will be swum fastest to slowest. The host reserves the right to limit this event to 3 heats (first 18 entries).

Sat / Session 2

Afternoon warm-up will begin after the conclusion of adequate sanitation.

Competition will begin five minutes after the completion of warm-up.

Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com.

Enter with LCM times

| Girls # | Age Group/Stroke | Boys # |
|----------------|-------------------------|---------------|
| 23 | 10 and Under 200 I.M. | 24 |
| 25 | 11-12 200 I.M. | 26 |
| 27 | 10 and Under 100 Fly | 28 |
| 29 | 11-12 100 Fly | 30 |
| 31 | 8 and Under 50 Breast | 32 |
| 33 | 9-10 50 Breast | 34 |
| 35 | 11-12 50 Breast | 36 |
| 37 | 12 and Under 200 Back | 38 |
| 39 | 10 and Under 100 Free | 40 |
| 41 | 11-12 100 Free | 42 |
| 43 | 12 and Under 200 Breast | 44 |
| 45 | 8 and Under 50 Back | 46 |
| 47 | 9-10 50 Back | 48 |
| 49 | 11-12 50 Back | 50 |

Sunday AM Session

7:45 Warm-up

Competition will begin five minutes after the completion of warm-up

Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com.

Enter with LCM times

| Girls # | Age Group/Stroke | Boys # |
|---------|-----------------------|--------|
| 52 | Mixed 13-14 400 I.M.* | 52 |
| 53 | Mixed Open 400 I.M.* | 53 |
| 54 | 13-14 200 Back | 55 |
| 56 | Open 200 Back | 57 |
| 58 | 13-14 50 Free | 59 |
| 60 | Open 50 Free | 61 |
| 62 | 13-14 200 Breast | 63 |
| 64 | Open 200 Breast | 65 |
| 66 | 13-14 100 Fly | 67 |
| 68 | Open 100 Fly | 69 |
| 70 | 13-14 100 Free | 71 |
| 72 | Open 100 Free | 73 |
| | 10 Minute Warm Up | |
| 74 | Mixed Open 400 Free** | 74 |

* The Host team reserves the right to limit the 400 IM to 3 heats (first 18 entries).

**The 400 Free will be swum fastest to slowest and may be limited to 3 heats (first 18 entries)

Sunday PM Session

Afternoon warm-up will begin after the conclusion of adequate sanitation.

Competition will begin five minutes after the completion of warmups.

Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com.

Enter with LCM times

| Girls # | Age Group/Stroke | Boys # |
|----------------|-------------------------|---------------|
| 77 | 8 and Under 50 Fly | 78 |
| 79 | 9-10 50 Fly | 80 |
| 81 | 11-12 50 Fly | 82 |
| 83 | 10 and Under 200 Free | 84 |
| 85 | 11-12 200 Free | 86 |
| 87 | 10 and Under 100 Back | 88 |
| 89 | 11-12 100 Back | 90 |
| 91 | 10 and Under 100 Breast | 92 |
| 93 | 11-12 100 Breast | 94 |
| 95 | 8 and Under 50 Free | 96 |
| 97 | 9-10 50 Free | 98 |
| 99 | 11-12 50 Free | 100 |
| 101 | 12 and Under 200 Fly | 102 |

Solon STARS "Swimfest"
HOSTED BY The Solon STARS swim team
Date: June 11-12, 2021

MEET ENTRY SUMMARY PAGE

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

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) X \$ 3.00 = \$ _____

_____ (Total individual events) X 6.00 = \$ _____

TOTAL AMOUNT REMITTED: \$ _____

- Swimmers will be without a coach on deck:
 Sat. am, Sat. p.m., Sun. am, 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: **Solon Stars Swim Club.**

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

DEADLINE FOR RECEIPT IS: Friday, May 28, 2021 for hard copy, meet summary sheet and check.

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

Mail to: Solon Stars Swim Club, c/o Shannon Cooch, 524 Sheffield Ct., Aurora, OH 44202

Solon Stars "Swimfest"
ENTRY FORM

| TEAM NAME: _____ | | | TEAM CODE: _____ | | LSC: _____ |
|------------------|-----|--------|------------------|---------|-------------------|
| NAME | AGE | GENDER | USA S NUMBER | EVENT # | TIMES (in Meters) |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |