

**TYR Turn up the HEAT Age Group and Open**

**Hosted by**

**Hudson Explorer Aquatic Team**

**January 22, 2023**

**Held under USA Swimming Sanction # LE 23040 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 applying for this sanction, Hudson Explorer Aquatic Team (HEAT) agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and Cuyahoga County.

**RISK OF EXPOSURE TO COVID 19:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND 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.

**LOCATION:** Robert F. Busbey Natatorium, Cleveland State University, 2451 Euclid Avenue, Cleveland, Ohio 44115

**POOL:** 25 yards by 10 lanes, Colorado Timing system and 10 lane digital readout scoreboard with ample locker room space and balcony seating for spectators; continuous warm-up and warm-down pool available in non-competitive end of the pool. The depth end of the pool at both the start end and turn end is 12 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**COVID PROTOCOLS:**

There are currently no COVID protocols in place. This could change by the day of the meet.

**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:** Morning session (10 & under, 11-12 boys) warm-up will begin at 7:45 AM, with competition starting at 8:35 AM. Afternoon warm-up (11-12 girls, 13 & over) will begin 15 minutes after the conclusion of the morning session. Warm ups shall be 45 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed Lake Erie Swimming's recommended number of athletes per lane. Estimated afternoon start times and finalized warm up plan will be posted on the Lake Erie Swimming website by January 19, 2023.

**ENTRY DEADLINE:** Entries will not be accepted before 8 p.m. Monday, January 9, 2023. It is suggested that you sync your computer time with the official U.S. time clock found at <http://www.time.gov> and perform a test email to yourself to confirm the correct time prior to submitting your entries. The entry chairs time stamp will be used to determine the time the entry was received. The due date for entries, electronic or otherwise is Monday, January 16, 2023. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. Phone entries will not be accepted. Hard copy, meet summary sheet and check must be received by Wednesday JANUARY 18, or the team's entry may be deleted. Mail entries to Cindy Sapochetti 343 Heritage Rd, Aurora OH 44202 or [heatmeetentries@gmail.com](mailto:heatmeetentries@gmail.com). NOTE: Do NOT mail entries to meet director.

**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:** Individual events \$8.00; Relays: \$12.00; plus a \$3.00 per swimmer surcharge. There is a \$2.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Hudson City Schools.

**ENTRY LIMITATIONS:** Swimmers may enter up to (4) events/day, exclusive of relays.

**DECK ENTRIES:** Deck entries may be taken on a space available basis up to 45 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$10.00 per individual event, \$15.00 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.

**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.

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.

**QUALIFYING TIMES:** None. NT will not be accepted. If the swimmer has no time, please provide an estimate. Entries with NT will not be processed and space will not be held. Updated times will be accepted electronically until noon on Wednesday, January 18, 2022, but no changes of events.

**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. Events will be contested in a 25-yard course. All events are timed finals. 10U will be awarded 6&U, 7, 8, 9, 10, 13 & Over age groups and All OPEN events will be awarded as open. Meet host reserves the right to combine events, limit the number of entries in one or more events, and/or move swimmers into a single session if they sign up for events in more than one session in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits by Thursday, January 19, 2023; such swimmers may either enter another event if space is available or receive a refund. Relays may be eliminated in order to accommodate more swimmers. Relay entry fees will be returned if relays are cancelled.

**SEEDING & CHECK IN:** THE FIRST TWO EVENTS IN EACH SESSION WILL BE PRESEED. All other events will be deck seeded. All swimmers must check in at least 45 minutes prior to the start of their session. Check-in sheets will be posted on the windows of the instructional pool. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. Relay cards due upon call.

**CLERK OF COURSE:**

A Clerk of Course will not be provided.

**SCORING:**

The meet will not be scored.

**AWARDS:** Awards will be given for 6&U, 7, 8, 9, 10, 11-12 and 13 & Over age groups. Individual Events: Ribbons for 1st-8th place. Relays: Ribbons for 1st-3rd.

**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:** \$5.00 per spectator. Seniors 65 & over and children under 3 are free. Cash only at the door.

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

**RESULTS:** Will be available on Lakeerieswimming.com. 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 may be split if the average number of swimmers per lane is scheduled to exceed Lake Erie 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 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 20 minutes of a 45 - minute warm-up or 15 minutes of a 30-minute warm-up shall be conducted as follows:

*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 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: Mel Badziong Hudsonheatpresident@gmail.com

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

**COACHES:** A coaches meeting may be held if needed.

**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:** Mel Badziong, hudsonheatpresident@gmail.com, 440-225-9191

**ENTRY PERSON:** Cindy Sapochetti, heatmeetentries@gmail.com, 440-785-1532

**DIRECTIONS:** From I-77 NORTH, follow signs to I-90 east to E. 22nd street exit, follow E. 22nd north (left) to Euclid or Chester. From I-90 east or west, exit at Chester Ave., park on Chester or Euclid.

From Ohio Turnpike, take I-77 or I-71 north to I-90 east (see above).

**SPECTATOR EMERGENCY EVACUATION PLAN**

*In the event of an alarm or an emergency requiring evacuation:*  
**Remain calm, walk to the nearest exit, and leave the building.**  
**Do not use the elevators.**  
**Do not attempt to go on deck or into the locker rooms**

Swimmers will be directed by their coaches or meet workers to STILLWELL HALL ON THE WEST SIDE OF THE BUILDING (the scoreboard is on the west wall of the pool).

**TYR Turn Up the HEAT Age Group and Open**  
**SCHEDULE OF EVENTS**  
**January 22, 2023**

Session 1  
 10 & Unders  
 11-12 Boys

7:45 warmup, 8:35 meet Start  
 Timed Finals

Event #	Age Group/Stroke	Event #
<b>GIRLS</b>		<b>BOYS</b>
	11 & 12 200 IM	1
2	10 & U 200 IM	3
	11 & 12 100 Breast	4
5	10 & U 100 Breast	6
	11 & 12 200 Back	7
8	10 & U 50 Back	9
	11 & 12 100 Free	10
11	10 & U 200 Free	12
	11 & 12 200 Fly	13
14	10 & U 50 Fly	15
	11 & 12 100 Back	16
17	10 & U 50 Free	18
	11 & 12 50 Free	19
20	10 & U 50 Breast	21
	11 & 12 200 Breast	22
23	10 & U 100 IM	24
	11 & 12 100 Fly	25
26	12& U 200 Free Relay*	27
	<b>MIXED GENDER OPEN</b>	
28	400 IM**	28
29	500 Free**	29

Relays may be eliminated in order to accommodate more swimmers. Relay entry fees will be returned if relays are cancelled.

\*\* SIGNING UP FOR OPEN EVENTS: Take care in selecting the correct event number when signing up for events in Team Unify or elsewhere. Swimmers are required to compete in only one session.

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**SCHEDULE OF EVENTS**  
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Session 2  
 11-12 Girls  
 13 & Over

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. Estimated start times will be listed at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) by January 19, 2023.

Relays may be eliminated in order to accommodate more swimmers. Relay entry fees will be returned if relays are cancelled.

Event #	Age Group/Stroke	Event #
<b>GIRLS</b>		<b>BOYS</b>
30	11 & 12 200 IM	
31	13 & O 200 IM	32
33	11 & 12 100 Fly	
34	13 & O 100 Fly	35
36	11 & 12 200 Back	
37	13 & O 200 Back	38
39	11 & 12 100 Breast	
40	13 & O 100 Breast	41
42	11 & 12 50 Free	
43	13 & O 50 Free	44
45	11 & 12 200 Fly	
46	13 & O 200 Fly	47
48	11 & 12 100 Back	
49	13 & O 100 Back	50
51	11 & 12 200 Breast	
52	13 & O 200 Breast	53
54	11 & 12 100 Free	
55	13 & O 100 Free	56
57	OPEN 200 Free Relay*	58
	<b>MIXED GENDER OPEN</b>	
59	400 IM **	59
60	500 Free **	60

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HOSTED BY Hudson Explorers Aquatic Team  
January 22, 2023**

MEET ENTRY SUMMARY PAGE

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

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

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

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

\_\_\_\_\_ (Total # of individual events) X \$8.00/event = \$ \_\_\_\_\_

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

\_\_\_\_\_ (Total # of swimmers) X \$2.00 (handling fee for paper entries) \$ \_\_\_\_\_

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

Swimmers will be without a coach on deck:

- 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 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 Hudson City Schools.

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

DEADLINE FOR RECEIPT IS WEDNESDAY, JANUARY 18, 2023.

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

Mail to: Cindy Sapochetti, 343 Heritage Rd, Aurora, OH 44202; email: heatmeetentries@gmail.com

**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 do not intend 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 swimmer 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.



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