



2026 Short Course Senior Fall Invitational

**November 20-22, 2026
Bowling Green State University
Bowling Green, OH**

Entry deadline 12:00 PM EST Monday, November 2, 2026

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-27SC-54/54TT**

**Sponsored by: Ohio Swimming Inc.
Co-hosted by: ??**

Revision Updates:

9/20/26 – added language to allow a third relay in 200 Free and Medley Relays for teams with SWAD.

Meet Contact Information and Facility Information	
Location:	Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403
Facility:	8-Lane, 50-meter pool. 13 feet to 18 feet depth in the competition pool. 10 Lanes available in Short Course configuration. Blocks with wedges. Colorado Timing System with scoreboard display. The host will ensure the required course dimension.
Meet Director:	Carolyn Strunk/Alex Miller bgscgatorsheadcoach@gmail.com / a.lynn_miller@yahoo.com
Meet Referee:	fallseniorinvite@swimohio.com
Administrative Referee	Anissa Kanzari fallseniorinvite@swimohio.com
Entry Chair:	Ohio Swimming fallseniorinvite@swimohio.com
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 & Eligibility:	Prelim/Finals Open to Senior Swimmers 15 & over and 13-14 year old swimmers who are currently enrolled in High School. Ohio LSC senior athletes (non-collegiate, non-Masters) will have priority entry to the meet. Non-Ohio LSC teams interested in attending must contact Carolyn Strunk at bgscgatorsheadcoach@gmail.com no later than midnight November 2, 2026, to confirm participation.
# of Sessions:	6
Estimated Timeline	Preliminary Warm-ups 7:30 AM. Meet starts at 9:00 AM Final Warm-ups 4:00 PM. Meet starts at 5:00 PM All times are subject to change pending receipt of entries and will be communicated to teams no later than the technical meeting and posted on the Ohio Swimming website Senior Fall Invite event page.
Medical Supervision available to athletes	Certified lifeguards on staff at all times along with facility student managers and supervisors.
Meeting Schedule	Virtual Technical Meeting – 8:00 PM EST Wednesday, November 18 (Zoom link will be emailed to coaches) <i>All subsequent meeting/briefings will be announced</i> Coaches are responsible for all business conducted at the Technical Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. All official briefings will be held one (1) hour before the meet start time.
Officials	All USA Swimming certified officials willing to volunteer should fill out and submit the electronic Application to Officiate found on the Ohio Swimming website November Senior Invite event page. Official's uniform will be white over black for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. Black covered athletic or deck shoes for all sessions.
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Parking	Parking information will be posted on the Ohio Swimming Fall Senior Invitational Meet page.
Hospitality	Coaches' and Officials' hospitality will be available throughout the meet.
Vendor	A vendor will be available with swimsuits, goggles, etc. during a majority of the meet.
Concessions	Availability of concessions will be announced closer to the meet date

Facility Information / Venue Rules	- Swimmers will enter the facility using the main front doors. Exit either through the ADA entrance or main doors of the SRC. - Smoking is not allowed on the campus of BGSU. - All swimmers are to stay in the areas of the Recreation Center designated for the swim meet (Cooper Pool). Other areas of the Recreation Center will be closed or in use by individuals or groups during the meet. - Any food or beverages brought into the pool area should be prepackaged or well-sealed in a lunch box and inside the swimmers' backpack/swim bag. - Only swimmers, coaches, officials and meet personnel are to be on deck. - For their own safety, swimmers must wear shoes or sandals when they go upstairs. - All SRC rules and regulations are in effect during all meet sessions.
Code of Conduct	- Any individual who exhibits a behavior of 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 Ohio 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. Ohio Swimming is committed to creating a safe and fair environment for all 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 Ohio Swimming. The complete Code of Conduct can be reviewed on the Ohio Swimming website under Governance>OSI Policy & Procedures Manual, Appendix 18.
Deck Access	- The Meet Director and Meet Referee reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety of the efficient operation of the meet. USA Swimming Rules of Conduct will be strictly enforced. - Non-Athlete Registration cards do NOT grant access to the pool deck at any time. - Only Volunteers, Coaches and Officials signed up to work/attend the event will be permitted on deck. - No swimmer will be allowed to access the pool deck without a coach member present.

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 Ohio 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.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	- Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) 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 www.swimohio.com under Safe Sport>Concussion. - 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. (www.usaswimming.org/maapp) • 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. • 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	• 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.

2026 Short Course Fall Senior Invitational Order of Events

Women's Event #	Day 1 - Friday, November 20, 2026	Men's Event #
101	500 Freestyle	102
103	100 Fly	104
105	200 Back	106
107	100 Breast	108
109	50 Back	110
111	200 Free Relay (Finals only)	112
Women's Event #	Day 2 - Saturday, November 21, 2026	Men's Event #
201	400 IM	202
203	50 Free	204
205	200 Breast	206
207	100 Back	208
209	50 Breast	210
211	200 Free	212
213	200 Mixed Medley Relay (Finals only)	1 entry per team
Women's Event #	Day 3 - Sunday, November 22, 2026	Men's Event #
301	200 Medley Relay (Prelims only)	302
303	200 Fly	304
305	100 Free	306
307	200 IM	308
309	50 Fly	310
311	1650 Free ^	312

The 200 Mixed Medley and 200 Free relays will be swum as timed finals at the evening sessions. The 200 Medley relays will be swum at Prelims on Sunday. The 200 Mixed Medley relay will be swum fastest to slowest. The order for the 200 Free relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, Etc. The 200 Medley Relays will be swum slowest to fastest in event order.

^With the exception of the fastest heat of women and the fastest heat of men, the 1650 Freestyle timed finals heats will be swum in prelims, fastest to slowest, alternating women and men.

Entering the Meet	
Eligibility	- Qualification period is January 1, 2025, through the entry deadline. - All contestants must be verified USA Swimming members in good standing per Article 302. Membership will not be verified at the meet. Membership verification deadline is 12 PM EST Wednesday, November 18, 2026. No exceptions. 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. - Open to Senior Swimmers 15 & over and 13-14 year old swimmers who are currently enrolled in High School. - Ohio LSC senior athletes (non-collegiate, non-Masters) will have priority entry to the meet. - Non-Ohio LSC teams interested in attending must contact Carolyn Strunk at bqscgatorsheadcoach@gmail.com no later than midnight November 2, 2026, to confirm participation.
Entry Rules – General	- By the act of entering this meet, each team and/or swimmer agrees to abide by USA Swimming Rules and Regulations. - Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM). - Converted times will not be accepted. - There will be No Deck Entries - There are no entry fee refunds for scratched events.
Entry Procedures - General	Entry Deadline is Monday, November 2, 2026, 12:00 PM EST. - Entries must be made via Hy-tek compatible file and uploaded using the form provided on the Senior Invite meet homepage prior to the entry deadline. Teams who previously entered will be permitted to update times, add or subtract swimmers by uploading a new Hy-tek compatible file until Monday, November 16 at 12:00 PM EST. - Meet Accommodation / Modification Form for Swimmers with a Disability must be uploaded with the entries. - Email entries will NOT be accepted. - NT Entries will not be accepted. If the athlete does not have a time within the time qualification window, please estimate a time. - The Entry Summary Sheet must be electronically completed before Monday, November 16, 2026, at 12:00 PM EST (URL here) which can be found on the Senior Invite website. All Outreach athletes must be indicated on the form. Please indicate on the form if you wish Ohio Swimming to invoice you for your fees. If payment is made by check, the check should be payable to: Ohio Swimming. Checks must be received prior to the start of the meet. A copy of proof of payment (i.e., copy of a check request) can be emailed to the entry chair prior to the start of the meet. - Teams are responsible for reviewing their entries and must notify the entry chair prior to the entry deadline if there are errors. Any errors found after the entry deadline are subject to the late entry procedures below.
Entry Procedure for Swimmers with a Disability	- Enter the swimmer with a disability in your original Hy-tek compatible file. - Swimmers with a disability will compete in prelims with able-bodied athletes; however, they will have a separate single championship heat at finals (combined women and men) that will precede the A final of each women's event. - In order for SWAD athletes to be seeded into Finals, <u>coaches must come to the resolution/admin table to declare their intent to be entered in Finals within the 30-minute scratch deadline.</u>
Relay Events	- A club may enter no more than two (2) relay teams in each relay event. - Only one (1) relay team per club can be entered in the Mixed 200 Medley Relay event. - Teams who have swimmers with a disability entered in individual events will be eligible to enter one (1) additional relay (three total) in the 200 Free Relay and 200 Medley Relay. At least one swimmer with a disability must be entered and compete on the relay. The relay will be seeded based upon the aggregate entered time that includes the swimmer with a disability.
Late Entries	- Any team missing the original November 2, 2026, at 12:00 PM EST entry deadline will be permitted to enter late subject to a \$200 per team late entry fee (normal event entry fees apply): - Any team or athlete missing the November 16, 2026, at 12:00 PM EST time update or change deadline may update times, add or change and event subject to the following fees: The team or athlete must pay a one-time processing fee of \$200 and pay entry fees of \$16 per individual event and \$20 per relay event. - The change must be emailed to the entry chair before Wednesday, November 18, 2026, at 12:00 PM EST. - There will be no refunds for previously entered events.

Entering the Meet	
Psych Sheets	A psych sheet will be posted on the event page as soon as practical following the entry deadline(s). Teams are responsible for reviewing the psych sheet for errors.
Deck Entries	Deck Entries will not be taken at the meet.
Entry Limits Entry Fees	- Swimmers may enter a maximum of seven (7) individual events for the meet (excluding time trials) plus relays. - Swimmers may swim a maximum of three (3) individual events per day, plus relays (including time trials). \$8 per individual event (late entry \$16) \$10 per relay event (late entry \$20) \$16 OSI Swimming Surcharge and Facility Fee - Time Trials - \$16.00 per individual event / \$20.00 per relay event (All Ohio LSC teams will be invoiced for time trial entries. All teams outside of Ohio LSC must pay by check or exact change to enter) - No refunds will be issued for scratched events.
Deck Access for Coaches	All coaches that are attending the November Senior Invite meet must register for a Deck Pass. This listing will be used for deck access at the meet and to receive your deck credentials. - Deadline for requesting a Deck Pass is the posted late entry deadline. - Teams may request an unlimited number of deck passes. Each deck pass requested will cost \$10 and are non-transferable. - Teams will be invoiced for all requested deck passes. - If you did not apply for a Deck Pass prior to the Deck Pass deadlines, the fee will be \$200 at the door. - All coaches must be prepared to show proof of current membership in good standing when checking in to receive their deck pass. - The form for requested deck pass(es) can be found on the Senior Invite meet page.

Competition Procedures	
Rules	USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules except as modified specifically herein.
Membership Requirement	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show proof of current USA Swimming membership. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming.
Competition Guidelines & Meet Format	- All events are Prelim/Final except the 1650 Freestyle and the Relays. - With the exception of the fastest heat of women and the fastest heat of men, the 1650 Freestyle will be swum in prelims fastest to slowest, alternating women and men. Swimmers competing in the 1650 may designate a preference to compete in prelims or finals when positively checking in. Coaches and swimmers should anticipate the possibility that other swimmers seeded ahead of them may choose to compete in prelims. - The fastest seeded heat of the Women's and Men's 1650 Freestyle will be contested as the first event in the final session. - Relays will be swum as timed finals at the evening sessions on Day 1 and Day 2. All Day 3 relays will be contested at Prelims. - The order of the 200 Free Relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, Etc. - Ten (10) lanes will be used for all heats in preliminaries. Ten (10) lanes will be used for finals. - Fly-over starts and/or combining of heats at prelims may be used at the discretion of the Meet Referee. - Backstroke ledges may be used if available/functioning for all lanes and at the discretion of the meet referee and concurrence of the Senior Committee.

Competition Procedures	
Positive Check-In	- Positive check-in will be required for the 400 IM, 500 Free and 1650 Free events at Prelims. Swimmers not checked in by the deadline will not be seeded in the event. - Deadline for positive check-in for 500 Free and 400 IM will be 1 hour before the Prelim session start time of the session where the event is contested. - Positive check-in for the <u>500 Free only</u> may be emailed to the administrative official before the deadline stated above. - Deadline for positive check-in for the 1650 Free will be 1 hour after the start of the Saturday Finals session. - Swimmers competing in the 1650 may designate a preference to compete in prelims or finals when positively checking-in. Coaches and swimmers should anticipate the possibility that other swimmers seeded ahead of them may choose to compete in prelims. - Swimmers who positively check-in for their event and do not show, and do not notify the Meet Referee in advance, will be barred from their next individual event. If it is the last event of the weekend, the team will be assessed a \$100 penalty.
Scratch Procedures	- Any <u>relay</u> team that fails to appear for a pre-seeded relay event shall not be penalized. - Any swimmer qualifying for a bonus, consolation, or championship final in an individual event who fails to compete in said final shall be barred from his/her next individual event, except as noted in USA Rule 207.11.6E. If the event is his/her last event of the meet, a penalty fee of \$100.00 shall be billed to the team's billing account, or the team will be invoiced. This rule also applies to timed final events where the top heat(s) are contested in the evening session. - Entry fees for scratched events will not be refunded. - There is no penalty for a no show or failing to scratch from a preliminary event (except as indicated above)
Warm-Up and Safety Guidelines	- The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. - Warm-up procedures may, at the discretion of the meet host, be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Finals Session Event Order	- There will be a C (Bonus 1), B (Consolation) and A (Championship) final in each individual event. - There will also be a "D" Bonus final in each individual event 200 yards and below for 16 & under swimmers who do not qualify for the A (Championship), B (Consolation) or C (Bonus 1) Finals. - The order of the final events shall be A, B, C and D (championship, consolation, bonus1, bonus 2) - The 1650 Freestyle will be timed finals and have only the fastest heat of women and men swimming at Finals as the first event. - One championship heat for swimmers with a disability will precede the A final of each women's event.
Meet Scoring	The meet will be scored through 20th place
Awards	No awards will be given at the meet
Time Trials	- Time trials will be conducted at the Meet Referee's discretion on Friday, Saturday and Sunday for all verified swimmers who are entered in the meet, provided there is enough time between the end of the preliminary session and the start of warm-ups for the final session. The length of the time trial session will be limited to no more than one (1) hour. - Time trial entries will only be taken on site at the Clerk of Course. - A swimmer is limited to a maximum of two (2) time trials during the course of the meet. - The time trial entry deadline shall be one (1) hour prior to the estimated/published conclusion of that day's preliminary session. - The order for time trials shall be events from that current day, followed by remaining events in the meet, followed by the previous day's events. Events may be re-ordered or combined at the discretion of the Meet Referee. - Distance freestyle events will typically be offered on only one day of the meet as determined by the Meet Referee and announced at the Technical Meeting. - Entry fees for time trials are double the entry fees for the individual and relay events. Time trial participants must provide at least one (1) timer (two (2) is preferred) for each event entered, and a counter if appropriate.