

**FAST Summer Invitational**  
**Sponsored by**  
**Firestone Akron Swim Team**  
**Saturday, June 11, 2022**  
**Held under USA Swimming Sanction #**

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 accepting this sanction, Firestone Akron Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LESI (LSC), 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 [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.

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.

**LOCATION:** Ocasek Natatorium, University of Akron, 382 Carroll Street, Akron, OH

**POOL:** 50meters by 8 lanes, with Colorado Timing system and digital scoreboard. Continuous warm-up and warm-down during competition will be available. Free parking in lots adjacent to the natatorium. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 14 feet, 0 inches. The depth at the turn end is 8 feet, 0 inches.

**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:**

AM Session warm up: 7:30 – 8:30 AM; Meet @ 8:35AM

PM Session warm up: Warmup will begin at the conclusion of the AM Session for 1-hour; Meet will begin 5-min after the conclusion of warmups.

Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to exceed 30 swimmers per lane, into a minimum of two groups, in which case warm-up shall be a minimum of forty minutes. Estimated afternoon start times will be posted on [www.firestoneakronswimteam.com](http://www.firestoneakronswimteam.com) and emailed to Coaches by Thursday, June 9, 2022.

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**ENTRY DEADLINE:** Entries must be received by **Monday, June 6 at 11:59pm**. Electronic entries must be received by the deadline. Hard copy and check **must be** received by **Saturday, June 11**, or your entries will not be accepted. Mail entries to: Cindy Dial, 470 Castle Blvd, Akron, OH 44313. [cvirido@aol.com](mailto:cvirido@aol.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 <http://www.healthyohiprogram.org>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**ENTRY FEES:** Individual events \$6.50 Relays: \$9.00, plus the \$3.00 Lake Erie swimming surcharge. There is a \$3.00/swimmer handling fee for entries not received in an electronic file. Make checks payable to: **FAST**

**ENTRY LIMITATIONS:** Swimmers may enter no more than 3 individual events.

**DECK ENTRIES:** Deck entries will be offered on a space available basis **and seeded at NT**. Deck entries will close 35 minutes prior to the beginning of each session. Deck entry fees will be: \$10.00 for individual events and \$16.00 for relays. Deck entry swimmers, new to the meet, must also \$3.00 surcharge and must provide proof of USA Registration. On deck USA Swimming registration will not be available.

**ELIGIBILITY:** This is a **CLOSED** competition, only open to CLES-LE, FAST-LE, GTAC-OH, LSSC-LE, and PA-LE. Coaches must be current coach members of USA Swimming and must check in for each meet or session they attend. All coaches must display the deck pass (wristband is required to be worn by all coaches) issued by the meet host. Age is as of the first day of the meet, June 11, 2022.

**QUALIFYING TIMES:** No qualifying times

**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.

**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. Events will be contested in a 50-meter pool. Fly-over starts may be used in all sessions. **All events are timed finals.**

**SEEDING & CHECK IN:** All events will be pre-seeded. Heat and lane assignments will be posted in various locations around the facility. It is the responsibility of each swimmer to report to the blocks on time for his/her event. Relay cards must be turned in upon call. In accordance with 102.1.4, events may be seeded together but scored separately.

**CLERK OF COURSE:** A Clerk of Course will not be provided

**SCORING:** This meet will not be scored

**AWARDS:** Heat winners will be awarded at the conclusion of their heat.

**ADMISSION COST:** \$4.00 per person; Ages 5&Under and 65&Over are Free. Heat Sheets will be posted on Meet Mobile

**RESULTS:** Final results will be emailed to Coaches at the conclusion of the meet

**TIME TRIALS:** Will not be offered

**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. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes. The final 20 minutes of a 45-minute warm-up will be conducted as follows.

- (a) 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).
- (b) Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) 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. Swimmers may be removed from warm-up for violating safety rules.

**NO PERSONAL CHAIRS WILL BE ALLOWED ON THE POOL DECK OR IN THE SPECTATOR AREA.**

**CAMERA ZONES:** Use of audio or visual recording, including a cell phone camera, is not allowed 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.

**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.

**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.

**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. **THIS WILL BE STRICTLY ENFORCED!**

**MEET DIRECTOR:** Carl Shallenberger, [firestoneninja@gmail.com](mailto:firestoneninja@gmail.com)

**ENTRY PERSON:** Cindy Dial, [cvirdo@aol.com](mailto:cvirdo@aol.com)

**DIRECTIONS:**

From I-77: Follow I-77 to Rt. 8 north. Exit Rt. 8 at the Carroll Street/Buchtel St. exit. Turn left onto Carroll Street; Natatorium will be on your left.

From Rt. 8 South: Exit at Buchtel St./Carroll St./Exchange St. Turn right onto Carroll Street, natatorium will be on your left.

## SCHEDULE OF EVENTS

Saturday, June 11

**12 & Under Session:** Warmups: 7:30am, Meet 8:35am

Girls	Event	Boys
1	12U 200 IM	2
3	12U 50 Fly	4
5	12U 100 Free	6
7	12U 50 Back	8
9	12U 100 Breast	10
11	12U 50 Free	12
13	12U 100 Back	14
15	12U 50 Breast	16
17	12U 100 Fly	18
19	12U 200 Free Relay	20

### 13 & Over Session:

Warmup/Meet start times will be posted on [www.firestoneakronswimteam.com](http://www.firestoneakronswimteam.com)  
and emailed to Coaches by Thursday, June 9

Girls	Event	Boys
21	13O 200 Free	22
23	13O 100 Breast	24
25	13O 200 Fly	26
27	13O 100 Back	28
29	13O 200 Breast	30
31	13O 50 Free	32
33	13O 100 Fly	34
35	13O 200 Back	36
37	13O 100 Free	38
39	13O 200 IM	40
41	13O 400 Free Relay	42



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**Meet Entry Summary Page**

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

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

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

**TOTAL**

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

\_\_\_\_\_ (total # of individual events) X \$6.50/event = \$ \_\_\_\_\_

\_\_\_\_\_ (total # of relay events) X \$9.00/relay entry = \$ \_\_\_\_\_

\_\_\_\_\_ (total # of swimmers) X \$3.00 (handling fee for paper entry) = \$ \_\_\_\_\_

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

Swimmers will be without a coach on deck: \_\_\_\_\_ Sat am, \_\_\_\_\_ Sat PM

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: **FAST** and mail to: **Cindy Dial, 470 Castle Blvd, Akron, OH 44313.**

**Please note:** All entries submitted with this sheet should be covered by a single check. Kindly do not send multiple checks with a single entry form.

**DEADLINE FOR RECEIPT IS June 6, 2022.** This sheet must accompany all entries, including HY-TEK Meet Manager electronic entries.

**LAKE ERIE SWIMMING, INC.**  
**INDIVIDUAL AND RELAY SCRATCH RULE**

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

- A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized.
- B. Events Seeded on the Deck –
  - (1) Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, and/or fax) for swimmers who do not plan to arrive before the scratch deadline.
  - (2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Clerk of Course or Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
  - (3) Any agent of a team (coach, parent, swimmer, etc.) who checks in a swimmer for any event when that swimmer is not present at the meet may cause a fine of \$2.00 per swimmer per day to be levied against that team.
  - (4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- C. Scratching from Bonus Finals, Consolation Finals, and Finals
  - (1) Any swimmer qualifying for C, B, or A (bonus, consolation, or final race) in an individual event who fails to compete in said 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 the 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 consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
  - (3) The Referee determines that failure to compete is caused by circumstances beyond the control of the swimmer.