

CLES v RSC
Hosted by CLES
Sunday, November 26, 2023
Held under USA Swimming Sanction #LE 24029 SS

In granting this sanction, CLES agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LE, the State of Ohio and Summit 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.

LOCATION: North Olmsted Recreation Center, 26000 Lorain Road, North Olmsted, Ohio 44070.
The Natatorium is located on the West side of the building.

ENTRANCE: Please enter the facility at the main entrance.

Note: The spectators will sit in the spectator pool seating. Swimmers will be located on the portable bleachers located on the pool deck.

SPECTATORS: Restrooms are located in the hallway just outside the pool area. Due to USA Swimming's MAAPP Policy, no parents are permitted on deck or in the locker rooms at any time.

POOL: 25 yards by 6 lanes. The competition course has not been certified in accordance with 104.2.2C(4). The shallow end depth is 3ft, 6in. The deep end depth is 11ft, 6in.

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.

START

- CLES will warmup from 12:00-12:30pm
- RSC will warmup from 12:30-1:00pm
- Meet will begin at 1:05pm

ENTRY DEADLINE: Electronic entries should be received by Monday, November 20, 2023 at 11:59pm.

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://www.odh.ohio.gov/en/health/vipp/child/returntoplay/Return-to-Play---Ohio-Youth-Concussion-Law>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES: No entry fees will be charged for this meet.

ENTRY LIMITATIONS: Swimmers may enter up to 2 individual events and 1 relay. **Relays should be mixed 2 girls and 2 boys.**

DECK ENTRIES: Deck entries will not be taken.

ELIGIBILITY: This is a closed competition. Only members of CLES-LE and RSC-OH may enter events. Swimmers must be current athlete members of USA Swimming. Coaches must be current coach members of USA Swimming and must check in on the day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. On deck USA Swimming athlete registration will not be available. Age is as of the first day of the meet.

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 the MAAPP policy is a condition of participation in the conduct of this competition.

QUALIFYING TIMES: There are no time standards for this meet.

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: Events will be swum as mixed events with girls and boys seeded together. 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 25-yard course. All events are timed finals. Events may be combined. This meet will not be scored. All 25-yard events will start in the water at the turn end of the pool where there are no starting blocks.

SEEDING & CHECK IN: Events will be pre-seeded. There is no penalty for not showing for an event.

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

SCORING: This meet will not be scored.

AWARDS: Heat winners will receive a prize of candy.

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 person or pet food donation going to Friendship APL to benefit animals in need.

PARKING: Free parking in the parking lots around the North Olmsted Recreation Center.

RESULTS: Will be emailed to CLES and RSC at the conclusion of the meet.

TIME TRIALS: 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 and throughout the meet. 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 by carefully stepping into the water 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 40-45 minute warm-up or 15 minutes of a 30-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-ups, 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. Three (3) Point 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 and email: Rich Szczepinski, Rich@cleswimming.com
Official's Chair: Jen Butler, jle3@case.edu

COACHES: Should a coaches meeting be held, announcements will be made during warm-ups.

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 DIRECTORS: Rich Szczepinski, Rich@cleswimming.com

ENTRY PERSON: Rich Szczepinski, Rich@cleswimming.com

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 attempt to go in the locker rooms.

Swimmers will be directed by their coach or meet workers to

The exits located on the west side of the pool (diving block side of the pool), or the east side of the pool (Turn end of pool).

CLES v RSC
Sunday, Nov. 26,
2023

Session 1

12:00pm warmup

Meet begins at 1:05pm (Timed
Finals)

	AGE GROUP/STROKE
1	Mixed 11 & Over 200 IM
2	Mixed 12 & Under 100 IM
3	Mixed 8 & Under 25 Free
4	Mixed Open 50 Free
5	Mixed Open 100 Free
6	Mixed 8 & Under 25 Back
7	Mixed 12 & Under 50 Back
8	Mixed Open 100 Back
9	Mixed 8 & Under 25 Breast
1 0	Mixed 12 & Under 50 Breast
1 1	Mixed Open 100 Breast
1 2	Mixed 8 & Under 25 Fly
1 3	Mixed 12 & Under 50 Fly
1 4	Mixed Open 100 Fly
1 5	Mixed Open 100 Free Relay

MEET ENTRY SUMMARY PAGE

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

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____(Total # of individual events)

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: _

DEADLINE FOR RECEIPT IS Monday, November 20, 2023 @ 11:59pm

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy. Bring to: Rich Szczepinski, Rich@cleswimming.com

