



BBA Winter Breakout
Sunday, December 14, 2025

Hosted by
Blazing Barracudas

Held under the sanction of USA Swimming
Sanction/Approved #OH 26SC-65/65TT

Location:	Robert F. Busbey Natatorium Cleveland State University 2451 Euclid Avenue Cleveland, OH 44115
Facility:	25 yards by 10 lanes, Colorado timing system and 10 lanes digital readout score board 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 of the pool at both the start end and turn end is 12 feet. The host will ensure the required course dimensions.
Meet Director:	Sarah Tobin bbameetentries@hb.edu 440-552-7023
Meet Referee:	Branden Burns bburns@hb.edu 330-888-8940
Officials Contact for the Meet:	Branden Burns bburns@hb.edu 330-888-8940
Entry Chair:	Sarah Tobin bbameetentries@hb.edu 440-552-7023
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:	This meet is open to all eligible swimmers. Swimmers must be USA registered. Swimmers MUST be SLOWER than the NAG BB times listed on the event pages. All events are Timed Finals The decision to pre-seed and/or deck seed events will be determined after the entry deadline. Seeding information will be communicated in the finalized warm-up information prior to the meet Events will be swum slowest to fastest
# of Sessions:	Three Sessions/Timed Finals ☐ Session 1 – Sun, Dec 14 – timed finals • Warm-ups will begin at 7:30 am. • Competition will begin at 8:20 am ☐ Session 2 – Sun, Dec 14 – timed finals • Warm-ups will begin 15 minutes after the end of session 1 • Competition will begin 50 minutes after the start of warm-ups ☐ Session 3 – Sun, Dec 14 – timed finals • Warm-ups will begin 15 minutes after the end of session 2 • Competition will begin 50 minutes after the start of warm-ups ☐ Warm-ups may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. ☐ Sessions and events may be combined/split in order to control the length of the meet. ☐ Events will be swum slowest to fastest The finalized warm up plan will be found on the BBA website by Tuesday, December 9, 2025
Medical Supervision available to athletes	A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed.
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.
Technical Suit Ban	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.
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.
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.

Entering the Meet	
Eligibility:	- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. - All contestants must be verified USA Swimming members. Membership will not be verified at the meet. - Membership verification deadline is 5 PM EST one (1) business day prior to the first day of the meet. 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. - Age on the first day of the meet will determine age for the entire meet. - The meet is open to all qualified swimmers. - There are NAG BB qualifying times.
Disability Swimmers:	- Ohio Swimming welcomes swimmers with a disability. - Entry Procedures: - Enter the USA-S swimmers with a disability electronically or on the paper entry form. - Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. - List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. - Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats. - See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits Entry Fees:	- Swimmers may swim a maximum of 4 individual events per day. \$7.00 per individual event. \$10.00 per relay event. \$4.00 OH LSC surcharge per swimmer. \$8.00 Facility Fee per swimmer
Entry Procedures:	Entries will NOT be accepted before Monday, November 17, 2025 at 9:00 PM EST. - Entries sent prior to the permitted time will be deleted. - It is suggested that you sync your computer time with the official US time clock found at http://www.time.gov/ or www.time.is prior to submitting your entries. - Email entries to bbameetentries@hb.edu - Mail hard copy to Blazing Barracudas c/o Sarah Tobin 5525 Kenbridge Dr. Highland Heights, OH 44143. - Make checks payable to Blazing Barracudas. Deadline for receipt of entries is Friday, November 21, 2025 at 12:00 noon - Entries must be submitted in Short Course Yards using electronic meet entry software (Hy-Tek/Team Unify). - Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a \$25/swimmer surcharge. These fees are due at the time of the entry submission. - Please include the names of any Outreach swimmers in the email. - Swimmers MUST be slower than the NAG BB times listed on the event pages. "No Time" (NT) entries will NOT be accepted. - The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session. - The meet director reserves the right to combine/split sessions if necessary. - In the event the meet is over-entered, BBA reserves the right to determine which teams' entries to accept. Teams will be notified of their acceptance within 48 hours of the entry deadline.
Timers	Teams entering 4 or more athletes in a session will be required to provide one (1) timer for those sessions.
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 in advance of the meet. - Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). - Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck.

Entering the Meet	
	- Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet. - No spectators allowed on deck.
Competition Guidelines:	- This meet will be a timed finals meet. - This meet will be contested in SCY. - The decision to pre-seed and/or deck seed events will be determined after the entry deadline. Seeding information will be communicated in the finalized warm-up info prior to the meet - Deck entries may be accepted at the meet for verified athletes only. No new swimmers will be accepted. - No Clerk of Course - Events will be swum slowest to fastest
Deck Entries	- Deck entries may be accepted for athletes verified by the published deadline in the meet info on a space available basis at the discretion of the meet director up to 45 minutes before the start of the session and seeded at No Time. - The decision about deck entries will be published after the entry deadline with warm-up information. - Deck entrants should sign up at the deck entry table at \$14.00 per individual event & \$20.00 per relay. - Swimmers new to the meet will NOT be permitted to deck enter.
Time Trials	- Time Trials may be offered at the end of the last session - Time Trials will be offered to swimmers NOT eligible for the Winter Breakout - Limit one (1) time trial per swimmer. - Cost is \$8/individual event and \$12/relay plus \$4 OH Surcharge. - Payment should be made payable to Blazing Barracudas and can be brought to the meet. - Pre-registration for a time trial is required by completing the google form by Sunday, December 7. - Estimated start time for Time Trials will be emailed to participants by Friday, December 12. - Complete the google form to register for a TT event Google Form
Awards	- Individual: 1st - 10th place ribbons for 12 & under events only according to age groups: 8 & under, 9-10, 11-12. - Results will not be posted at the meet
Scoring	The meet will NOT be scored
General	Admissions: No admission fee. Parking: CSU charges for event parking (est. \$10 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 street meter parking is free all day Sunday on Chester Avenue. Cleveland State University meter parking is available on a very limited basis. Concessions: Concessions may be provided by CSU Heat Sheets: Heat Sheets will be on Meet Mobile after seeding if technology permits. Results Results will not be posted on site. If technology permits, the meet results will be available on Meet Mobile. TM/TU and PDF of the results will be sent to the team representatives after the meet Swimville USA will be at the meet selling suits, goggles, etc in the upstairs lobby.
Code of Conduct:	- Any individual who exhibits a behavior of a 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 of 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 Ohio Swimming Code of Conduct can be reviewed on the Ohio Swimming website under Governance> OSI Policy & Procedures Manual, Appendix 18.

EVACUATION PLAN

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)

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Sessions may be split/combined depending on the number of entries.
 Finalized warm-up plan will be available Tuesday, December 9, 2025

SESSION 1 – 10 Under Girls

1	1:33.19	Girls 10 & U 100 IM
2	48.69	Girls 50 Breast
3	1:33.99	Girls 10 & U 100 Back
4	42.69	Girls 10 & U 50 Fly
5	1:21.09	10 & U 100 Free
6	1:46.89	10 & U 100 Breast
7	35.99	10 & U 50 Free
8	1:41.39	10 & U 100 Fly
9	43.29	10 & U 50 Back
10	3:00.59	10 & U 200 Free

SESSION 2 – 10 Under Boys

11	1:29.69	Girls 10 & U 100 IM
12	47.69	Girls 50 Breast
13	1:30.09	Girls 10 & U 100 Back
14	41.29	Girls 10 & U 50 Fly
15	1:18.89	10 & U 100 Free
16	1:42.29	10 & U 100 Breast
17	34.59	10 & U 50 Free
18	1:38.99	10 & U 100 Fly
19	42.89	10 & U 50 Back
20	2:50.59	10 & U 200 Free

SESSION 3 – 11 AND OVER GIRLS AND BOYS

Sessions may be split/combined depending on the number of entries.
Finalized warm-up plan will be available Tuesday, December 9, 2025

Girls Event#	Qualifying Time Must be slower than	Age Group/Stroke	Qualifying Time Must be slower than	Boys Event #
21	11 – 12 2:50.69 13 & Over 2:39.49	11 & Over 200 IM	11 – 12 2:45.79 13 & Over 2:26.69	22
23	11 – 12 1:19.79 13 & Over 1:11.39	11 & Over 100 Back	11 – 12 1:15.69 13 & Over 1:06.19	24
25	11 – 12 34.29 13 & Over 33.29	11 & Over 50 Fly	11 – 12 34.19 13 & Over 30.79	26
27	11 – 12 2:30.89 13 & Over 2:22.69	11 & Over 200 Free	11 – 12 2:24.89 13 & Over 2:12.29	28
29	11 – 12 1:29.29 13 & Over 1:22.29	11 & Over 100 Breast	11 – 12 1:25.49 13 & Over 1:14.79	30
31	11 – 12 31.69 13 & Over 30.19	11 & Over 50 Free	11 – 12 30.49 13 & Over 27.69	32
33	11 – 12 1:18.89 13 & Over 1:11.29	11 & Over 100 Fly	11 – 12 1:16.09 13 & Over 1:05.49	34
35	11 – 12 35.99 13 & Over 33.69	11 & Over 50 Back	11 – 12 35.59 13 & Over 31.29	36
37	11 – 12 3:10.99 13 & Over 2:57.39	11 & Over 200 Breast	11 – 12 3:02.39 13 & Over 2:42.39	38
39	11 – 12 1:09.39 13 & Over 1:05.89	11 & Over 100 Free	11 – 12 1:06.39 13 & Over 1:00.29	40
41	11 – 12 40.89 13 & Over 39.09	11 & Over 50 Breast	11 – 12 40.09 13 & Over 35.79	42
43	11 – 12 2:46.69 13 & Over 2:34.49	11 & Over 200 Back	11 – 12 2:40.49 13 & Over 2:23.69	44
45	11 – 12 6:45.69 13 & Over 6:22.79	11 & Over 500 Free	11 – 12 6:29.99 13 & Over 5:58.19	46

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Summary of Fees/Release Form

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries (exclude Outreach)		\$7.00 per event	
Relay Entries		\$10.00 per relay	
OSI Swimmer Surcharge (exclude Outreach)		\$4.00 per swimmer	
Host Team Facility Surcharge (exclude Outreach)		\$8.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# swimmers x # entries)		Total # of Outreach swimmers	
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(Outreach fees can be subtracted from your team totals)

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. BBA, CSU, Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

 Signature (Coach or Club Representative)

 Club Title (Coach etc)

 Name of Club

 Date

Send this form with check to: Blazing Barracudas

Send payment to: Sarah Tobin, 5525 Kenbridge Drive, Highland Heights, OH 44143