

The 2022 North Ohio 7th & 8th Grade Invitational Swim Meet

December 10, 2022

Sponsored by Lakewood City Schools

LOCATION: Lakewood High School Pool, 14100 Franklin Blvd., Lakewood, Ohio 44107

POOL: 8 lanes, 25 yard indoor pool, locker rooms, grandstand seating, Colorado timing system and scoreboard. Concessions will be available. There is some parking behind the school near the pool entrance. Additional parking located on Franklin Blvd. across from Lakewood High School.

CONDUCT: The meet will be conducted according to the rules set forth in the OHSAA Rules and Regulations. **The meet is open to all 7&8 Grade middle school teams, USA Swimming clubs, and YMCA teams.** All swimmers must be in 7th or 8th grade and 15 or younger as of 12/10/22. Events will be contested in a 25 yard course. All events are timed finals. Any changes in relays should be made prior to the start of the meet. All events will be seeded together but **awards will be given 1st through 8th place for both 7th and 8th grade swimmers**, except relays.

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.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS LAKEWOOD CITY SCHOOLS, WESTSIDE WAVES 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.

WARM-UP SCHEDULE: There will be 3 warm ups sessions, **First - 8 to 8:30AM, Second – 8:30 to 9AM, and Third – 9 to 9:30AM.** Each team will be assigned a lane (s) and a session for warm-ups. The intent is to provide a reasonable warm-up and to minimize overcrowded lanes. The diving well will be available to swimmers for general warm-ups during the meet **only under their coaches' direct supervision.** The warm-up schedule and assignment will be emailed to all teams three days prior to the meet.

STARTING TIME: The meet will start at 9:35.

ENTRY DEADLINE: Electronic entries must be received by **Friday, December 3rd, 2022.** Submit electronic entries in Hytek SDIF format to johnchristensen@gmail.com AND westlakewaves@gmail.com. Teams submitting manual entries shall use the attached forms and send by email to addresses listed above (additional handling fee for manual entries). All entries must have an email contact; we will email back all clubs to inform you of your entry status as it is known. Phone entries will not be accepted. We reserve the right to limit entries to ensure a manageable meet.

ENTRY FEES: There will be a \$25 per swimmer entry fee. There is a \$1.00 per swimmer handling fee for manual entries.

Make checks payable to: Lakewood Board of Education.

Payment is due prior to the meet and checks may be mailed to John Bailey, 29218 Sunset Drive Westlake, OH 44145 or submitted in-person at the meet. The attached entry summary sheet must be completed and attached to payment.

ENTRY FILE REQUIREMENTS: The meet will be run on Hy-Tek software. We ask each team to submit a Hy-Tek Team Manager entry file. SDIF format (.SD3) is an acceptable alternative to Hy-Tek and will not incur the handling fee provided it can be directly imported and the required information is included in the file.

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In Team Manager each athlete MUST have all of the following information:

- First name, Middle initial, Last name, Birth date, Gender.
- **Under the school year there must be a 7 or 8, (not 07 or 08).**
 - In the initial TM screen click Set-up, then System Preferences, then under Athlete Browser Options make sure the Show School Year is checked.
 - To setup the school year click on: SET-UP then Groups/Sub-Groups/Codes. Under the School Year the Code would be 7 and the description would be Seventh Grade, and 8 and Eighth Grade.
- All relays must be entered with swimmers names, Relay name changes can be made prior to the start of the meet.

An event file is attached; this file can be imported into your Team Manager. Remember all athletes must have a time for individual events.

A free "Lite" version of Hy-Tek Team Manager is available at <http://www.hy-tek.com/downloads.html>

ENTRY LIMITATIONS. Swimmers may enter up to 2 individual events and 2 separate relays or 1 individual event and 3 relays. Like high school, 4 separate events total, and no more than 2 individual events. Every event (except relays) entered must have a time, No Times will not be accepted. All swimmers entries must come through their team, no entries from individuals will be accepted. Each team may enter up to 3 relays in each of the relay events. The 500's may be limited to maintain a reasonable timeline. Entries into the meet may be limited to maintain a reasonable timeline.

DECK ENTRIES: There will be no deck entries.

ELIGIBILITY: Swimmers must be currently attending school in 7th and 8th grade only. Any swimmer who turns 15 on or before 12-10-2022 is ineligible. All swimmers that attend a school that has a middle school swim team are not allowed to compete with another club for this meet. **Middle school teams, USA Swimming clubs, recreation teams & Y teams may enter the meet.**

ENTRY TIMES: There are no qualifying times. Swimmers must have a time for all events entered (except relays) even if the time is a coach's reasonable estimate.

SEEDING & CHECK IN: All events will be pre-seeded, except for the 500 freestyle. All Swimmers in the 500 must check in prior to the start of the meet. Boys/girls 500 freestyle heats may be combined if it becomes necessary to limit the meet length.

AWARDS:

There will be trophies awarded to the high point team and runner-up team for both girls and boys.

Individual Events: Medals for 1st, 2nd and 3rd Ribbons for 4th thru 8th for the top 7th and 8th grade swimmers.

Relay Events: Medals for first, second and third

Awards will be given to heat winners

SCORING:

Place	1	2	3	4	5	6	7	8
Individual Event Points	9	7	6	5	4	3	2	1
Relay Event Points	18	14	12	10	8	6	4	2

ADMISSION COST: Admission will be \$3 per person: Heat Sheets will be \$3.

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RESULTS: Results will be emailed to all teams and printed copies will be available upon request at the conclusion of the meet. Teams may request a backup file at the conclusion of the meet.

SAFETY/WARM-UP: OHSAA 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. Coaches are asked to manage their warm-up lanes. In each warm-up session, the first 20 minutes will be circle swimming and/or pace swimming, the final 10 minutes may be made sprint lanes at the coaches discretion with approval from the Safety Director. 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.

The diving well will be open for **coach supervised** warm-up and warm-down during the meet. The seating area may not exceed capacity. Reasonable aisles and access must be maintained at all times in the seating area and on the pool deck

The spectator seating has a capacity of 450, for safety, if the area gets overcrowded the Lakewood high school staff may restrict access to the seating area. To avoid this, Swimmers will not be allowed in to the stands. We ask that all swimmers meet parents, etc in the hallways outside the pool. Coaches please inform your swimmers and parents.

Swimmers are not allowed in the stands, parents are not allowed on the pool deck, but everyone is allowed in the hallways. Thanks for your understanding of this safety concern.

COACHES: Coaches packet will be available at the scoring/computer table. There will be a coaches meeting prior to the start of the meet.

UNSUPERVISED SWIMMERS: Swimmers must have a coach present to participate in the warm-ups and the competition.

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 & ENTRY DIRECTOR: John Christensen johnrchristensen@gmail.com 440-665-1005

SAFETY DIRECTOR: Kevin McCaffrey westlakewaves@gmail.com 440-458-2913

MEET REFEREE: T.B.D.

STARTER/ADMIN OFFICIAL: T.B.D.

Thank you to the Lakewood city schools and Lakewood Recreation, Thank you to the officials and all the parents volunteers for helping put this meet together for the 7th & 8th grade swimmers.

DIRECTIONS:

Lakewood High School is on the corner of Franklin and Bunts (w.140th) in Lakewood.

From I-90 go North from the Bunts/W140th exit to Franklin. Parking available around the school and across the street

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SCHEDULE OF EVENTS

The meet will start at 9:35 AM.

Girls Event Number #	Event	Boys Event Number #
1	200 Medley Relay	2
3	200 Freestyle	4
5	100 Individual Medley	6
7	50 Freestyle	8
9	50 Butterfly	10
11	100 Freestyle	12
13	500 Freestyle	14
15	200 Freestyle Relay	16
17	50 Back	18
19	50 Breast	20
21	400 Freestyle Relay	22

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Meet Entry Summary Page

PLEASE SEND THIS PAGE OR THIS INFO WITH YOUR PAYMENT, THANKS.

Team Name: _____

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

Coaches name _____ Coaches Phone _____

Coaches E Mail _____

_____ (total # of swimmers) X \$25.00 = \$ _____

_____ (total # of swimmers) X \$1.00
(handling fee if entry not on Hy-Tek File) \$ _____

TOTAL AMOUNT REMITTED \$ _____

How many coaches will be attending the meet with your team _____

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS ATENDING 7th
OR 8th GRADE.

SIGNED: _____ (coach or member team representative). DATE: _____

Make checks payable to: Lakewood City Schools.

Mail payment and to John Bailey, 29218 Sunset Drive Westlake, OH 44145 or submit in-person at the meet.

Please note: All entries submitted with this sheet must be covered by a single check. Entries must be received no later than **Friday, December 3rd, 2022.** This completed sheet must accompany payment.

Mail to: John Bailey
29218 Sunset Drive
Westlake, OH 44145

