

**2023 BBA Winter Breakout Meet & Time Trial Meet**

**Hosted by**

**Blazing Barracudas**

**Sunday, December 10, 2023**

**Held under USA Swimming Sanction # LE 24009 SS Time Trial # LE 24010 SS**

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 granting this sanction, Blazing Barracudas agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LE, the State of Ohio and Cuyahoga County (local jurisdiction).

**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 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 LAKE ERIE SWIMMING 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.

**COVID PROTOCOLS:**

At this time there are no COVID protocols. This may change prior to the meet.

**LOCATION:**

Robert F. Busbey Natatorium, Cleveland State University, 2451 Euclid Avenue, Cleveland, OH 44115

**POOL:**

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 competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**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 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.

**STARTING TIMES:**

Morning session warm-ups will be a 45-minutes, starting at 7:30 a.m. The competition will start at 8:20 a.m. Afternoon session warm-ups will start 15 minutes after the conclusion of the AM session and last 45 minutes. Afternoon 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 Lake Erie Swimming's recommended number of athletes per lane. Sessions and events may be combined/split in order to control the length of the meet.

Finalized warm up plans and estimated afternoon start times will be posted on the [www.lakeerieswimming.com](http://www.lakeerieswimming.com) and the BBA web sites by Wednesday, December 6, 2023.

Revised 8/29/2023

**ENTRY DEADLINE:**

Entries, electronic or otherwise, will not be accepted before Monday, November 20, 2023 at 9:00 PM. It is suggested that you sync your computer time with the official U.S. time clock found at <http://www.time.gov/> or [www.time.is](http://www.time.is) prior to submitting your entries. Deadline for submission of Hy-Tek/hard copy entries is November 29, 2023. The meet may close before the deadline if the sessions are full so mail early. Those who get closed out will be notified by email as soon as the session closes. Email entries to: [bbameetentries@hb.edu](mailto:bbameetentries@hb.edu). Mail hard copy & payment to BBA % Sarah Tobin 5525 Kenbridge Dr. Highland Height., OH 44143

**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. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

**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://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**ENTRY FEES/ADMISSION/DIGITAL HEAT SHEET:**

\$35 inclusive of FOUR (4) events, admission for spectators, and \$3 swimmer surcharge. There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file.

Make checks payable to Blazing Barracudas and mail to **Sarah Tobin, 5525 Kenbridge Dr., Highland Heights, OH 44143**

**ENTRY LIMITATIONS:**

Swimmers may enter up to 4 events/day.

**DECK ENTRIES:**

Deck entries will be accepted at the discretion of the meet director and that information will be published after the entry deadline. If deck entries are accepted, they will be on a space available basis and will be seeded at NT. Deck entries are \$12/event plus \$3 surcharge if not in the meet. Any additional events after the entry deadline will be considered a deck entry.

**ELIGIBILITY:**

Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. Age as of the date of the meet December 10, 2023.

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.

**QUALIFYING TIMES:**

Please see event listings. Swimmers must be slower than NAG BB times as of the entry deadline. If the swimmer has no time, please include a time even if it is a practice time. NT will NOT be accepted.

**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 infor-

mation 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 25-yard course. All events are timed finals. The Lake Erie scratch rule (attached) will be in effect. The meet host reserves the right to combine/split sessions and events and/or limit the number of entries in one or more events in order to control the length of the meet. Heats may be limited. Teams will be notified by email of swimmers who are affected by such limits by December 1, 2023. Such swimmers may either enter another event if space is available or receive a refund.

**SEEDING & CHECK IN:**

**THE FIRST FOUR EVENTS OF EACH SESSION WILL BE PRESEDED.** All other events will be deck seeded. Check in sheets will be posted on the windows of the instructional pool. Swimmers should check in for all events before the start of warm-ups, but no later than 45 minutes before the start of the session. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

The meet host reserves the right to pre-seed events if circumstances necessitate such a change. If such a change is warranted, teams will be notified via email by Wednesday, December 6, 2023.

**CLERK OF COURSE:**

A Clerk of Course will not be provided.

**SCORING:**

The meet will not be scored

**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:**

Admission is included in the entry fee.

**PARKING:**

CSU charges for event parking (est. \$10 per day). Parking lots are available at the corner of Chester and E. 22<sup>nd</sup> Street or on Euclid Ave and E. 24<sup>th</sup> 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:**

CSU runs the concessions. Information regarding concessions will be in the warm-up information.

**RESULTS:**

Results will not be posted on site. Results will be available on [www.lakeerieswimming.com](http://www.lakeerieswimming.com) after the meet.

**AWARDS:**

Ribbons for 1<sup>st</sup> through 10<sup>th</sup> place for age groups 8 and Under, 9-10, 11-12

**TIME TRIALS:**

Time Trials will be offered at the end of last session. Time trials will not count against the 4 event limit for the meet. Limit one (1) time trial per swimmer. Cost is \$20/individual event and \$25/relay plus \$3 LESI Surcharge for swimmers not participating in the Winter Breakout meet. 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 Wednesday, December 6. Estimated start time for Time Trials will be emailed to participants by Friday, December 8. [Google Form](#)

**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. Warm ups may be split if the average number of swimmers per lane is scheduled to exceed Lake Erie Swimming's recommended number of athletes per lane. 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 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 Competition Pool:*

- (a) Lanes 1 & 10 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 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3-8 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. There is NO diving in the non-competition end of the pool. Swimmers may be removed from warm-up for violating safety rules. Feet first 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 (LESI) 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: Sarah Tobin [bbameetentries@hb.edu](mailto:bbameetentries@hb.edu)

Official's Chair: Jen Butler [jle3@case.edu](mailto:jle3@case.edu)

**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 DIRECTOR:** Sarah Tobin [bbameetentries@hb.edu](mailto:bbameetentries@hb.edu)

**ENTRY PERSON:** Sarah Tobin [bbameetentries@hb.edu](mailto:bbameetentries@hb.edu) 440-552-7023

**DIRECTIONS:**

From I-77 NORTH, follow signs to I-90 east to E. 22nd street exit, follow E. 22nd north (left) to Euclid or Chester. From I-90 east or west, exit at Chester Ave., park on Chester or Euclid. From Ohio Turnpike, take I-77 or I-71 north to I-90 east (see above).

**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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**AM SESSION (10 AND UNDER GIRLS AND BOYS)**

Warm-ups will begin at 7:30 am and will last 45 minutes; warm-ups will be split if necessary. Sessions may be split/combined depending on the number of entries. Finalized warm-up plan will be available Wednesday, December 6, 2023

|    |         |                   |         |    |
|----|---------|-------------------|---------|----|
| 1  | 1:31.69 | 10 & U 100 IM     | 1:28.89 | 2  |
| 3  | 47.49   | 50 Breast         | 46.59   | 4  |
| 5  | 1:30.69 | 10 & U 100 Back   | 1:29.29 | 6  |
| 7  | 41.79   | 10 & U 50 Fly     | 40.49   | 8  |
| 9  | 1:19.99 | 10 & U 100 Free   | 1:18.79 | 10 |
| 11 | 1:44.99 | 10 & U 100 Breast | 1:41.89 | 12 |
| 13 | 35.19   | 10 & U 50 Free    | 34.49   | 14 |
| 15 | 1:39.09 | 10 & U 100 Fly    | 1:37.09 | 16 |
| 17 | 41.89   | 10 & U 50 Back    | 42.29   | 18 |

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**PM SESSION (11 AND OVER GIRLS AND BOYS)**

45 minute Warm-ups will start 15 Minutes after the conclusion of the AM Session

Sessions may be split/combined depending on the number of entries. Finalized warm-up plan will be available Wednesday, December 7, 2023

| Girls Event# | Qualifying Time<br>Must be slower than | Age Group/Stroke   | Qualifying Time<br>Must be slower than | Boys Event # |
|--------------|----------------------------------------|--------------------|----------------------------------------|--------------|
| 19           | 2:47.29                                | 11 – 12 200 IM     | 2:43.99                                | 20           |
| 21           | 13-14: 2:37.59<br>15 & O: 2:34.89      | 13 & O 200 IM      | 13-14: 2:28.49<br>15 & O: 2:20.89      | 22           |
| 23           | 39.99                                  | 11 – 12 50 Breast  | 39.49                                  | 24           |
| 25           | 13-14: 1:21.69<br>15 & O: 1:19.69      | 13 & O 100 Breast  | 13-14: 1:15.49<br>15 & O: 1:11.09      | 26           |
| 27           | 1:18.09                                | 11 – 12 100 Back   | 1:15.69                                | 28           |
| 29           | 13-14: 2:34.89<br>15 & O: 2:31.39      | 13 & O 200 Back    | 13-14:2:25.09<br>15 & O: 2:17.49       | 30           |
| 31           | 33.89                                  | 11 – 12 50 Fly     | 34.19                                  | 32           |
| 33           | 13-14: 1:10.89<br>15 & O: 1:09.39      | 13 & O 100 Fly     | 13-14: 1:06.09<br>15 & O: 1:02.69      | 34           |
| 35           | 2:28.99                                | 11 – 12 200 Free   | 2:23.49                                | 36           |
| 37           | 13-14: 2:21.29<br>15 & O: 2:18.69      | 13 & O 200 Free    | 13-14: 2:12.79<br>15 & O: 2:06.79      | 38           |
| 39           | 1:27.19                                | 11 – 12 100 Breast | 1:24.49                                | 40           |
| 41           | 13-14: 2:57.29<br>15 & O: 2:52.79      | 13 & O 200 Breast  | 13-14: 2:43.99<br>15 & O: 2:36.19      | 42           |
| 43           | 31.29                                  | 11 – 12 50 Free    | 30.29                                  | 44           |
| 45           | 13-14: 30.19<br>15 & O: 29.49          | 13 & O 50 Free     | 13-14: 27.79<br>15 & O: 26.39          | 46           |
| 47           | 1:17.59                                | 11 – 12 100 Fly    | 1:16.09                                | 48           |
| 49           | 13-14: 1:11.19<br>15 & O: 1:09.39      | 13 & O 100 Back    | 13-14: 1:06.39<br>15 & O: 1:03.19      | 50           |
| 51           | 1:18.09                                | 11 – 12 100 IM     | 1:14.99                                | 52           |
| 53           | 13-14: 1:05.49<br>15 & O: 1:03.99      | 13 & O 100 Free    | 13-14: 1:00.89<br>15 & O: 57.89        | 54           |
| 55           | 1:08.29                                | 11 – 12 100 Free   | 1:05.89                                | 56           |
| 57           | 13-14: 6:18.69<br>15 & O: 6:11.99      | 13 & O 500 Free    | 13-14: 5:58.99<br>15 & O: 5:44.09      | 58           |
| 59           | 6:38.19                                | 11 – 12 500 Free   | 6:27.49                                | 60           |

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**MEET ENTRY SUMMARY PAGE**

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

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

Email \_\_\_\_\_

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

\_\_\_\_\_ (Total # of swimmers) X \$35.00 (Entry fee) = \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$5.00 (handling fee for paper entries) = \$ \_\_\_\_\_

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

Swimmers will be without a coach on deck:  
Sun. am, Sun p.m.

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 LAKE ERIE 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 **Blazing Barracudas**

**Please note:** All entries submitted with this sheet should be covered by a single check.

**DEADLINE FOR RECEIPT OF HY-TEK/HARD COPY IS November 29, 2023.**

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: **Blazing Barracudas**  
**Sarah Tobin**  
**5525 Kenbridge Dr.**  
**Highland Heights., OH 44143**

**Swimmers who wish to participate in a Time Trial must complete the Google Form by Wednesday, December 6.**



**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. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.

B. Events Seeded on the Deck –

(1) Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, 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 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 to 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 swimmers for events when those swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against that team at the discretion of the Meet Referee.

(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 a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final 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 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 bonus or 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 the swimmer's last individual preliminary event a final intention to scratch or swim.

(3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

