

Regional Championships 2021

Sponsored by

CLE Swimming

CLE, WEST, and FAST

Sunday, February 28, 2021

Held under USA Swimming Sanction # LE 20147 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 for this sanction, CLE Swimming agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming (LSC), 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 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.

POOL: 25 yards by 6 lanes, Colorado Timing, and handicap accessible seating, locker rooms. The competition course has not been certified in accordance with 104.2.2C (4). The average depth of the pool at the start is 11 feet, 0 inches and turn end is 3'6". Swimmers will move in a clockwise pattern around the pool deck. Deck areas will be sanitized between sessions by NORC staff.

ENTRANCE: Swimmers will enter and exit the facility at the main doors of the North Olmsted Recreation Center. Following health screening, inclusive temperature checks, swimmers will be guided from the entrance to their assigned seating area in the Natatorium.

WARM UP/ COMPETITION: No more than 5 swimmers will be permitted per lane. There will be two 25-minute warm up times prior to each session. Number of competitors is not to exceed 60 swimmers per session.

SPECTATORS: No spectators will be permitted in the facility. A live stream link will be shared with all teams.

COVID PROTOCOLS:

- If someone leaves the premises and returns, he/she will undergo a temperature check and screen again.
 - Masks shall be worn and social distancing shall be implemented at all times except for when the swimmer is up on the blocks and in the water.
 - A locker room that will be available for use by the swimmers only. A monitor (not allowed inside) will be posted outside the locker room and will limit the number of swimmers inside to affect social distancing.
 - Swimmers should arrive/depart in their suit. They will not be allowed to share caps, goggles, food and drinks.
 - Only two (2) swimmers shall be permitted to wait behind the blocks at any given time.
 - Parents will drop off swimmers from the parking lot and swimmers only will enter directly to the front desk for screening. Officials and Meet Workers will also enter through those doors. At the doors, Temperatures and Attendance will be taken in accordance with Lake Erie and USA Swimming. Swimmers must be dropped off no earlier than 15 minutes before their assigned warm up time. Each team must provide a participant list.
 - Parents or additional family members will not be permitted on the pool deck unless the swimmer has medical needs.
- Restrooms via the family locker rooms will be available for swimmers and participants.

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: This meet is timed finals.

Session 1 warm up will start at 9:00 a.m. and will be split into two 25-minute sessions, the session will start at 10:00 a.m..

Session 2 warm up will start at 1:00 p.m. and will be split into two 25- minute sessions, the session will start at 2:00 p.m..

There will be a break between sessions to allow for adequate sanitation and egress of swimmers from the previous session.

Each session will be a maximum of 2 hours.

Sessions may be combined / split depending on entries received.

The finalized warm up plan for all the sessions will be emailed to all coaches and found on the Lake Erie Website by February 25, 2021.

ENTRY DEADLINE Entries, electronic or otherwise, must be received **by Monday February 22, 2021 at 12:00 p.m. (noon)**. Hard copy, meet summary sheet and check must be received by start of meet. Mail entries to Rich Szczepinski @ Coachrich@slawoffice.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. 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: \$35, which includes FOUR (4) events and \$3 swimmer surcharge.

ENTRY LIMITATIONS: Swimmers can swim up to 4 individual events per day.

DECK ENTRIES: Deck entries are **NOT** permitted

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 is as of the date of the meet, February 28, 2021

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 the event listings for qualifying times. NTs will not be accepted; if a swimmer has no time please provide an estimate. This is a slower than BB NAG age group meet.

PROOF OF TIME: (*for slower than*): Swimmers may not compete in an event in which they are faster than BB NAG age group time standard as of the meet entry deadline. Swimmers must be slower than BB in all events. Entry times are investigated after the meet if a protest is filed.

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, the Lake Erie Swimming Policy & Procedures and the Return to Competition Guidelines. Sessions are divided according to age groups. The host reserves the right to combine/split sessions depending on the number of entries so as to efficiently manage the time limit for each session. Events may be combined but scored separately by gender and age group. Heat limitations may be imposed for the 400 IM and 500 free. All events are timed finals. There is no penalty for no shows. Finalized warm up information will be posted on the Lake Erie Website by February 25, 2021

SEEDING & CHECK IN: All events will be pre-seeded. There will not be a penalty for missed events.

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

SCORING: No scoring for this meet.

AWARDS: No awards will be given.

HEAT SHEETS: Heat sheets will be emailed to team entry chairs prior to the meet. Heat sheets will be available via Meet Mobile. No paper heat sheets will be available.

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: There will be no spectators at this meet.

PARKING: Parking for the event will be outside the North Olmsted Recreation Center free of charge.

RESULTS: Results will not be posted but will be available online. Teams will receive digital copies of results following the meet.

TIME TRIALS: Time Trials will not be available.

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. 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 up shall be two groups of 25 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts. Swimmers should maintain social distancing while waiting to start. 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 with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 10 minutes of a 25-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-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 should follow the posted direction to return to the blocks. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

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. Swimmers should arrive and depart in their suits.

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's name and email: Rich Szczepinski, coachrich@slawoffice.com

Official's Chair: Bob Martens, bobmartens15@gmail.com

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: Rich Szczepinski 440-574-0253 E-mail: coachrich@slawoffice.com

COVID MARSHAL: Katie Pierce 440-574-0353 E-mail: clesplash13@gmail.com

ENTRY PERSON: Rich Szczepinski

440-574-0253 E-mail: coachrich@slawoffice.com

EVACUATION PLAN: Send written plan with meet info. Have written and detailed drawing posted at venue and included in psych/heat sheets.

In the event of an alarm or an emergency requiring an evacuation:

- Remain calm
- Do not gather belongings, just leave
- Use nearest exit

Swimmers, Coaches and Spectators

Follow EXIT SIGNS on the North and South ends of the pool deck.

Locker rooms/Main Lobby

Exit through the main exit on the east side of the pool

10 and Under/11-12 - Session 1

Warm-up will begin at 9:00 a.m.

Competition will begin at 10:00 a.m. following the completion of two 25-minute warm up periods.

Finalized warm up and starting times will be posted on LE website and emailed to coaches by February 25, 2021.

Girls #	Qualifying Time (Slower than)	Age Group/Stroke	Qualifying Time (Slower than)	Boys #
1	11-12 2:47.49	11-12 200 IM	11-12 2:43.99	2
3	10 and under 41.89	10 and Under 50 Back	10 and under 42.29	4
5	11-12 35.39	11-12 50 Back	11-12 34.99	6
7	10 and under 1:44.99	10 and Under 100 Breast	10 and under 1:41.69	8
9	11-12 1:27.19	11-12 100 Breast	11-12 1:24.49	10
11	11-12 2:47.19	11-12 200 Fly	11-12 2:40.79	12
13	10 and under 35.19	10 and Under 50 Free	10 and under 34.49	14
15	11-12 31.29	11-12 50 Free	11-12 30.29	16
17	11-12 3:06.59	11-12 200 Breast	11-12 3:00.19	18
19	10 and under 1:30.69	10 and Under 100 Back	10 and under 1:29.29	20
21	11-12 1:18.09	11-12 100 Back	11-12 1:15.69	22
23	10 and under 41.79	10 and Under 50 Fly	10 and under 40.49	24
25	11-12 33.89	11-12 50 Fly	11-12 34.19	26
27	10 and under 47.49	10 and Under 50 Breast	10 and under 46.59	28
29	11-12 39.99	11-12 50 Breast	11-12 39.49	30
31	10 and under 1:39.09	10 and Under 100 Fly	10 and under 1:37.09	32
33	11-12 1:17.59	11-12 100 Fly	11-12 1:16.09	34
35	11-12 2:43.99	11-12 200 Back	11-12 2:39.69	36
37	10 and under 1:19.99	10 and Under 100 Free	10 and under 1:18.79	38

39	11-12 1:08.29	11-12 100 Free	11-12 1:05.89	40
41	10 and under 1:31.69	10 and Under 100 IM	10 and under 1:28.89	42
43	11-12 1:18.09	11-12 100 IM	11-12 1:14.99	44
45	10 and under 2:57.19	10 and Under 200 Free	10 and under 2:47.99	46
47	11-12 2:28.99	11-12 200 Free	11-12 2:23.49	48
49	10 and under 7:34.89	10 and Under 500 Free	10 and under 7:26.99	50
51	11-12 6:38.19	11-12 500 Free	11-12 6:27.49	52
53	11-12 5:56.79	11-12 400 IM	11-12 5:46.39	54

13&Over/Distance Session 2

Warm-up will begin at 12:00 p.m.

Competition will begin at 1:00 p.m. following the completion of two 25-minute warm up periods.

Finalized warm up and starting times will be posted on LE website and emailed to coaches by February 25, 2021.

Girls #	Qualifying Time (Slower than)	Age Group/Stroke	Qualifying Time (Slower than)	Boys #
55	13&Over 6:18.69	13 and Over 500 Free	13&Over 5:58.99	56
57	13&Over 2:37.59	13&Over 200 IM	13&Over 2:28.49	58
59	13&Over 1:21.69	13&Over 100 Breast	13&Over 1:15.49	60
61	13&Over 2:36.89	13&Over 200 Fly	13&Over 2:26.89	62
63	13&Over 30.19	13&Over 50 Free	13&Over 27.79	64
65	13&Over 2:57.29	13&Over 200 Breast	13&Over 2:43.99	66
67	13&Over 1:11.19	13&Over 100 Back	13&Over 1:06.39	68
69	13&Over 2:21.29	13&Over 200 Free	13&Over 2:12.79	70
71	13&Over 1:10.89	13&Over 100 Fly	13&Over 1:06.09	72
73	13&Over 2:34.89	13&Over 200 Back	13&Over 2:25.09	74
75	13&Over 1:05.49	13&Over 100 Free	13&Over 1:00.89	76
77	13&Over 5:37.59	11 and Over 400 IM	13&Over 5:17.09	78

**Regional Championships 2021
HOSTED BY CLE SWIMMING
February 28, 2021**

MEET ENTRY SUMMARY PAGE

Team Name: _____ Team Code: _____

Contact Person: _____ Phone: _____

Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) X \$35.00 (Entry Fee and LESI Surcharge) = \$ _____

_____ (Total # of swimmers) X \$1.00 (handling fee for paper entries) \$ _____

TOTAL AMOUNT REMITTED: \$ _____

Swimmers will be without a coach on deck during the meet _____

I have arranged for my swimmer/s to be supervised by _____.

Number of coaches attend the meet _____ (please remember we may have to limit the number of coaches to allow maximum athlete participation)

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 **CLE Swimming, LLC**

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

DEADLINE FOR RECEIPT IS February 24, 2021.

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

Mail to: **CLE Swimming, LLC, PO Box 38484, Olmsted Falls, OH 44138.**

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

[USA Swimming release language](#)

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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.

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[Meet host assumption of risk disclaimer](#)

We have taken enhanced health and safety measures – for our swimmers, our coaches, our workers and our spectators. You must follow all posted instructions while attending a sanctioned USA swimming meet. 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 guests with underlying medical conditions are especially vulnerable. By attending our swim meet, you voluntarily assume all risks related to exposure to COVID-19.