

Holiday HEAT Middle School Meet

Hosted by

Hudson Explorer Aquatic Team

December 18, 2022

Held under USA Swimming Sanction # LE 23033 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 applying for this sanction, Hudson Explorer Aquatic Team has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, 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 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 not COVID protocols. This may change prior to the meet.

LOCATION: Twinsburg Fitness Center, 10084 Ravenna Rd, Twinsburg, OH 44087. The fitness center is located next to the Twinsburg High School.

POOL: 25 yards by 6 lanes. Pool depth is 12ft 6 inches at the turning end and 5ft 6 inches at the starting end. The competition course has not been certified in accordance with 104.2.2C (4). There will be a continuous warm-up/cool down pool next to the competition pool. Locker rooms may be accessed from the pool deck. There will be seating for swimmers on the pool deck.

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: Warm ups will start at 8:30 am. Warm ups shall be 45 minutes and 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. The finalized warm up plan may be found at www.lakeeriewimming.com by December 15, 2022. The meet will start 5 minutes after the conclusion of the last warm ups.

ENTRY DEADLINE: Entries will not be accepted before 9 p.m. Monday, December 5, 2022. It is suggested that you sync your computer time with the official U.S. time clock found at <http://www.time.gov> and perform a test email to yourself to confirm the correct time prior to submitting your entries. The entry chairs time stamp will be used to determine the time the entry was received. The due date for entries, electronic or otherwise is Monday, December 12, 2022. The meet will be closed before the entry deadline if the sessions are full, so mail early. Phone entries will not be accepted. All entries must be sent from the team; no entries from individuals will be accepted. Hard copy, meet summary sheet and check must be received by Wednesday DECEMBER 14, or the team's entry may be deleted. Mail entries to Cindy Sapochetti 343 Heritage Rd, Aurora OH 44202 or heatmeetentries@gmail.com. NOTE: Do NOT mail entries to meet director.

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.

Revised 09/26/2022

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: There will be a \$25 per swimmer entry fee which includes the \$3.00 per swimmer LESI surcharge. There is a \$2 swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Hudson City Schools.

ENTRY LIMITATIONS: Swimmers may enter up to 3 individual events and 1 relay or 2 individual events and 2 separate relays. Like high school, swimmers may compete in a total of 4 separate events, but may not exceed 3 individual events. Each team may enter up to 2 relays in each of the relay events.

DECK ENTRIES: Deck entries are not permitted.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming. Swimmers must be currently attending school in 6th, 7th and 8th grade only. Swimmers must be 11 years old by 12/18/2022. Any swimmer who turns 15 on or before 12/18/2022 is ineligible. 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.

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

QUALIFYING TIMES: There are no qualifying times. NT will not be accepted for individual events; if the swimmer has no time, please provide an estimate.

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: 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 14, 2022. Such swimmers may either enter another event if space is available or receive a refund.

SEEDING & CHECK IN: All events will be pre-seeded. Relay cards due upon call.

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

SCORING:

INDIVIDUAL...9-7-6-5-4-3-2-1

RELAYS... 18-14-12-10-8-6-4-2

AWARDS: Team trophies will be awarded to the 1st place boys team and the 1st place girls team.

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 \$5 per person. Heat sheets will not be sold but will be available on meet mobile.

PARKING: Parking is free, located directly in front of the Rec Center.

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RESULTS: Results will be available on Lakeerieswimming.com. Teams may request a backup at the conclusion of 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. 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 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-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. 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's name and email: Mel Badziong hudsonheatpresident@gmail.com

Official's Chair: Jen Butler jle3@case.edu

COACHES: If needed, a coaches meeting will be held at the conclusion of warmups.

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: Mel Badziong hudsonheatpresident@gmail.com

ENTRY PERSON: Cindy Sapochetti heatmeetentries@gmail.com

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

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

Swimmers and Coaches

Follow EXIT SIGNS on the scoreboard end of the pool deck.

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Spectators- Bleachers

Exit through EXIT SIGN on the balcony and walk down the stairs which lead to outside.

Locker rooms/Main Lobby

Exit through the pool emergency exit doors on the scoreboard end of the pool.

Holiday HEAT Middle School Meet
SCHEDULE OF EVENTS

December 18, 2022
Warm-ups start at 8:30 am

Girls #	Age Group/Stroke	Boys #
1	200 Medley Relay	2
3	200 Free	4
5	100 IM	6
7	50 Free	8
9	50 Fly	10
11	100 Free	12
13	200 Free Relay	14
15	100 Back	16
17	100 Breast	18
19	400 Free Relay	20

**Holiday HEAT Middle School Meet
HOSTED BY Hudson Explorers Aquatic Team
December 18, 2022**

MEET ENTRY SUMMARY PAGE

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

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) X \$25.00 (includes the \$3.00 LESI surcharge) = \$ _____

_____ (Total # of swimmers) X \$2.00 (handling fee for paper entries) \$ _____

TOTAL AMOUNT REMITTED: \$ _____

Swimmers will be without a coach on deck:

Sun. am

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 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 Hudson City Schools.

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

DEADLINE FOR RECEIPT IS December 7, 2022.

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

Mail to: Cindy Sapochetti 343 Heritage Rd, Aurora OH 44202 or heatmeetentries@gmail.com.

**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 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) 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.

