

Final-WF

Avon Classic
Hosted by
Lakeshore Swim Club
July 9-10, 2022

Held under USA Swimming Sanction #LE 22008 LS

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, Lakeshore Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and the City of Avon.

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, LAKE ERIE SWIMMING, AND LAKESHORE SWIM CLUB 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: Avon Pool, 36265 Detroit Rd. Avon, Ohio 44011

Directions: From I-90 in Avon, Ohio exit 153, head south on Rt 83 (Avon Belden Rd.) to the first traffic light, turn right to head west on Detroit Rd. Continue to second traffic light then turn left (south) into Avon Post Office. Avon Aquatic facility is down the long driveway on the south side. Please park in the back lot or in the overflow grassy area. The lot closer to the Avon Aquatic Facility will be reserved for members using the recreation pool.

POOL: 50 meters by 10 lanes, Colorado timing system, bleacher seating for spectators, space to place tents and foldup chairs for swimmers' families in the grassy area inside and outside the fenced area. Tents cannot be staked into the grass inside the fenced area by the pool deck. Small lockers will be available. Free parking will be available and overflow parking will be available in the grassy area. Concessions will be provided by a vendor on-site. No coolers or outside food can be brought into the fenced pool facility. They may be kept with individual canopies or tents in the grassy area outside the fence. Competition will be conducted using 8 lanes with a continuous warm-up and warm-down lane. The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 11 feet, 6 inches. The depth at the turn end is 3 feet, 6 inches. Spectators must stay in the grass area. Swimmers should stay in team area when not swimming. Please note the other half of the facility will be open to the public. Swimmers and Spectators are to stay out of that area.

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: Saturday and Sunday morning sessions warm-ups will start at 7:30am. Morning warm-ups will be 40 minutes 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. Afternoon warm-ups shall be a minimum of 30 minutes. Sessions/Events may be split or combined depending on the number of entries. Afternoon warm up will begin 15 minutes after the conclusion of the morning session. A finalized warm up timeline will be posted to www.lakeerieswimming.com by July 7, 2022.

ENTRY DEADLINE: Entries will not be accepted before 9:00pm on June 20, 2022. Entries, electronic or otherwise, must be received by June 29, 2022. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours or split into 3 sessions. **Email all entries to johnrchristensen@gmail.com.** Hard copy, meet summary sheet and check must be received by July 1, 2021 or the team's entry may be deleted. Checks should be made out to Lakeshore Swim Club and mailed to Lakeshore Swim Club, 358 Moorewood Ave., Avon Lake, OH 44012.

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: \$7.00 per individual event. Relays are \$12.00 per event. There is also a \$3.00 LESI swimmer surcharge. In addition, there is a \$5.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Lakeshore Swim Club.

ENTRY LIMITATIONS: Swimmers may enter up to 4 events/day, exclusive of relays. Teams may enter 2 relays per relay event. Swimmers may compete in 1 relay/day.

DECK ENTRIES: Deck entries will be taken on a space available basis up to 35 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$12.00 per individual event and \$20.00 per relay. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entrants for whom there is no space will receive a refund. The deck entry table will be located by the Flavor Seal Pavilion.

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 first day of the meet, July 9, 2022. On deck USA Swimming registration will not be available for athletes or coaches.

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: There are no qualifying time standards for this meet. NT will not be accepted; if the swimmer has no time, please provide an estimate. All entry times must be in long course meters. All non-conforming times must be converted to long course meters

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 50-meter course and will be timed finals. Except as noted, heats will be swum slowest to fastest. Meet host reserves the right to limit heats for Open events #23,24 for 800m Free, #45, 46 for 400m IM, and #69, 70 for 400m Free to keep duration of the session at a reasonable length. All heats for 400 Free (events #69,70) and 800 Free (events #23,24) will be conducted fastest to slowest, alternating women and men and heats. *Entries will be taken on a first come first serve basis.* Teams will be notified of swimmers who are closed out by Monday July 1, 2021. If your swimmer gets closed out, they will be able to enter a different event. For the 200m Relays, swimmers at the shallow end must start in the water. Therefore, initial distance splits for the relays will not be accurate and will not be loaded into SWIMS.

SEEDING & CHECK IN: All events over a distance of 200 meters will be deck seeded with positive check-in required at least 30 minutes prior to the start of the meet. Events 200 meters and less will be pre-seeded unless determined by the meet director to deck seed due to length of the sessions. Relay cards must be turned in upon call. There will be no penalty for failure to compete.

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

SCORING: This meet will not be scored.

AWARDS: Heat Winner prizes will be awarded. Ribbons will be awarded 1st through 8th place for individual events for 8&U, 9-10, 11-12 age groups events only in the 12 & under Afternoon sessions. **All awards must be picked up at the meet. They will not be mailed out.**

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: \$5.00 per spectator per day. Seniors 65 and over and children 6 and under are free. Entrance to the meet will be on the south side of the pool (left side of the facility) due the the splash area and slide pools remaining open to Avon residents with memberships. Heat sheets will not be sold but will be posted on deck.

PARKING: Free parking. Overflow parking will be redirected as needed. The lot closer to the Avon Aquatic Facility will be reserved for members using the recreation pool. More information will be provided on www.lakeerieswimming.com with warm up information by July 7, 2022 if necessary.

RESULTS: Results will not be posted on site but will available on Lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

TIME TRIALS: At the discretion of the Meet Director and Meet Referee, time trials may be offered only at the conclusion of the Saturday morning and Sunday morning sessions. Depending on the timelines, some events may not be available for time trial. Time trials count towards daily limitations. Swimmers must sign up in advance at the deck entry table at a cost of \$12.00 per individual event and \$20.00 per relay event. Only swimmers who are entered in an individual event in the meet may participate in time trials. Time trials entries will close 90 minutes prior to the end of the session. The time trial table will be located by the Flavor Seal Pavilion.

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 shall be 30 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. 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 20 minutes of a 40 minute warm-up or 15 minutes of a 30 minute warm-up shall be conducted as follows:

For a 10 lane 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. 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.

INITIAL DISTANCE: In order to be certain that an initial distance 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. Relay lead-off legs will not be official and will not be loaded 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 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: Sara Verderber, svrdrbr@yahoo.com;

Lisa Downing, lisa_a_downing@yahoo.com

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

COACHES: Coaches Check in will be located outside the Flavor Seal Pavilion. Relay cards should be picked up at the coaches' check in table each day.

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. Tents may be brought but no stakes are allowed to be used. They must be tied down.

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|-----------------------|-----------------------|---------------------------------|---------------------|
| MEET DIRECTOR: | <u>Sara Verderber</u> | <u>svrdrbr@yahoo.com</u> | <u>216-849-4600</u> |
| | <u>Lisa Downing</u> | <u>lisa_a_downing@yahoo.com</u> | <u>440-823-4658</u> |
| | Name | e-mail | phone |

| | | |
|----------------------|-------------------------|-----------------------------------|
| ENTRY PERSON: | <u>John Christensen</u> | <u>johnrchristensen@gmail.com</u> |
| | Name | e-mail |

EVACUATION PLAN: EVACUATION PLAN:

WEATHER EMERGENCY

When severe weather conditions are forecasted for the immediate area the Aquatic Facility will go by the following protocols.

During any situation that requires evacuation of the facility during non-life threatening conditions, including thunder and lightning storms/ heavy rain storms or impending severe weather, the following procedures should be followed.

- Lifeguards on chair clear pool
- Aquatic Supervisor announces that the facility needs to be evacuated immediately.
- Lifeguards in the break room and even staff help direct patrons on the deck to the emergency gates – See Evacuation Diagram
- Concession staff close the concession stand and direct people out the nearest emergency gate
- Front desk workers help direct people out the front gate
- The entire pool area is to be vacated. People should seek shelter in their cars or nearby buildings
- The pool area should remain clear until the storm passes and the Aquatic Supervisor confirms the reopening of the facility.

TORNADO WARNING OR DANGEROUSLY HIGH WINDS

- First responder will inform the community of a tornado warning. If a tornado warning is issued for Lorain County, employees will begin to move all patrons to a designated shelter. If outdoors, move to the closest substantial shelter and protect yourself from flying debris.
- Aquatic Supervisor – Communicate with all staff members. Direct patrons to substantial shelter which may include the following:
 - Locker Rooms
 - Family Changing Rooms
 - Restrooms
 - Offices/Guard Room
- All others – Maintain communication with Supervisor. Follow evacuation procedures described above.

POWER OUTAGE

- A power outage will require evacuation of the swimming pool.
- Aquatic Supervisor – call over radio's to begin evacuation procedures. Call the Aquatic Director.

**2022 Avon Classic
SCHEDULE OF EVENTS**

**Saturday July 9, 2022
Morning Session
13-14 and Open**

7:30am Warm-up, Competition will begin 5 minutes after the conclusion of warm-ups
Sessions may be adjusted to accommodate more swimmers. Information will be posted by July 7, 2022.

| Girls # | Age Group/Stroke | Boys # |
|----------------|-------------------------|---------------|
| 1 | 13-14 200 Back | 2 |
| 3 | Open 200 Back | 4 |
| 5 | 13-14 100 Breast | 6 |
| 7 | Open 100 Breast | 8 |
| 9 | 13-14 200 Fly | 10 |
| 11 | Open 200 Fly | 12 |
| 13 | 13-14 100 Free | 14 |
| 15 | Open 100 Free | 16 |
| 17 | 13-14 200 IM | 18 |
| 19 | Open 200 IM | 20 |
| 21 | Open 200 Free Relay | 22 |
| | 10 minute Break | |
| 23 | Open 800 Free** | 24 |
| | | |

****OPEN 800m Free events heats will be swum fastest to slowest alternating female/male heats. Host reserves the right to limit heats of events 400 and longer.**

**Saturday July 9, 2022
Afternoon Session
12 & Under**

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.
Competition will begin 5 minutes after the conclusion of warm-ups.
Estimated start times will be listed at www.lakeerieswimming.com by July 7, 2022.

| Girls # | Age Group/Stroke | Boys # |
|----------------|-------------------------|---------------|
| 25 | 12 & U 200 IM | 26 |
| 27 | 10 & U 50 Back | 28 |
| 29 | 11-12 50 Back | 30 |
| 31 | 10 & U 100 Breast | 32 |
| 33 | 11-12 100 Breast | 34 |
| 35 | 10 & U 50 Fly | 36 |
| 37 | 11-12 50 Fly | 38 |
| 39 | 10 & U 100 Free | 40 |

| | | |
|----|-----------------------|----|
| 41 | 11-12 100 Free | 42 |
| 43 | 12 & U 200 Free Relay | 44 |

**2022 Avon Classic
SCHEDULE OF EVENTS**

**Sunday July 10, 2022
Morning Session
13-14 and Open**

7:30am Warm-up, Competition will begin 5 minutes after the conclusion of warm-ups
Sessions may be adjusted to accommodate more swimmers. Information will be posted by July 7, 2022.

| Girls # | Age Group/Stroke | Boys # |
|----------------|-------------------------|---------------|
| 45 | Open 400 IM | 46 |
| 47 | 13-14 50 Free | 48 |
| 49 | Open 50 Free | 50 |
| 51 | 13-14 100 Fly | 52 |
| 53 | Open 100 Fly | 54 |
| 55 | 13-14 200 Free | 56 |
| 57 | Open 200 Free | 58 |
| 59 | 13-14 100 Back | 60 |
| 61 | Open 100 Back | 62 |
| 63 | 13-14 200 Breast | 64 |
| 65 | Open 200 Breast | 66 |
| 67 | Open 200 Medley Relay | 68 |
| | 10 Minute Break | |
| 69 | Open 400 Free | 70 |

***OPEN 400m Free events heats will be swum fastest to slowest alternating female/male heats. Host reserves the right to limit heats of events 400 and longer.**

**Sunday July 10, 2022
Afternoon Session
12 & Under**

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.
Competition will begin 5 minutes after the conclusion of warm-ups.
Estimated start times will be listed at www.lakeerieswimming.com by July 7, 2022.

| Girls # | Age Group/Stroke | Boys # |
|----------------|-------------------------|---------------|
| 71 | 12 & U 200 Free | 72 |
| 73 | 10 & U 50 Breast | 74 |
| 75 | 11-12 50 Breast | 76 |
| 77 | 10 & U 100 Back | 78 |
| 79 | 11-12 100 Back | 80 |
| 81 | 10 & U 100 Fly | 82 |
| 83 | 11-12 100 Fly | 84 |
| 85 | 10 & U 50 Free | 86 |
| 87 | 11-12 50 Free | 88 |
| 89 | 12&U 200 Medley Relay | 90 |

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July 9-10, 2022
MEET ENTRY SUMMARY PAGE

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

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) x \$3.00 surcharge = \$ _____

_____ (Total Individual Entries) x \$7.00/event = \$ _____

_____ (Total # of relay events) X \$12.00/relay entry = \$ _____

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

TOTAL AMOUNT REMITTED: \$ _____

Swimmers will be without a coach on deck:

Sat. am, Sat. p.m., Sun. a.m., 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 **Lakeshore Swim Club**.

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

DEADLINE FOR RECEIPT IS July 1, 2021.

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

Mail to: Lakeshore Swim Club, Nicole Slivinski, 358 Moorewood Ave., Avon Lake, OH 44012

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