

2022 Solon Stars "Swimfest" Swim Meet

Hosted by
Solon Stars

June 11-12, 2022

Held under USA Swimming Sanction #LE 22013 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.

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: Solon Municipal Pool, 33655 Arthur Road, Solon, Ohio 44139

POOL: Outdoor, 50 meters by 6 lanes, electronic timing, locker rooms, grassy area for tents or blankets, and free parking. The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 12 feet. The depth at the turn end is 3 feet, 6 inches.

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: Both Saturday and Sunday morning session warm-ups begin at 7:45. There will be one 45 minute warmup unless the number of swimmers exceeds the lane limit. In that case there will be two 40 minute warm up sessions. The meet will begin five minutes after the completion of warm ups. Warm-ups shall be split by team when the average number of swimmers per lane is scheduled to exceed 30 swimmers per lane for Long Course. There will be a 15-minute break at the conclusion of the morning session before the start of afternoon warm-ups. There will be one 45 minute warmup unless the number of swimmers exceeds the lane limit for the afternoon sessions on both Saturday and Sunday. In that case there will be two 30 minute warm up sessions. The meet will begin five minutes after the completion of warm ups. The finalized warm up plan may be found at www.lakeerieswimming.com and www.solonstars.com on Wednesday, June 8, 2022.

ENTRY DEADLINE: Entries, electronic or otherwise, may be submitted no earlier than **Monday, May 16, 2022 at 8:00 p.m.** and must be received no later than **Monday, May 30, 2022.** The meet will be closed before the entry deadline if the sessions are estimated to be at 4 hours, so mail early. Hard copy, meet summary sheet and check must be received by Wednesday, June 1, 2022. or the team's entry may be deleted.

Email entries to Paul Moody at pmmoody@yahoo.com

Make payment to Solon Stars Swim Club and send to Solon Stars Swim Club, c/o Shannon Cooch, 524 Sheffield Ct., Aurora, OH 44202

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 or ask the meet director or meet referee at the meet.

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 event. There is a \$3.00 LESI surcharge per swimmer. Make checks payable to “**Solon Stars Swim Club**.” If the meet should be canceled due to inclement weather, no refunds will be issued.

ENTRY LIMITATIONS: Swimmers may enter up to four (4) events/day. If time becomes an issue, the 400 I.M., 400 Free, and 1500 Free may be limited to 3 heats (first 18 entries). More heats may be added depending on the 4-hour limit and time constraints. This will be determined by the entry deadline and entries will be based on when they were received (first come/first serve). Swimmers closed out of these events may enter another event if space is available or receive a refund.

DECK ENTRIES: Deck entries will be taken on a space available basis up to 35 minutes before the start of the session. Deck entries should sign up at the Deck Entry Table at \$14.00 per individual event. Deck entry swimmers new to the meet will be charged \$3.00 LESI Surcharge and must provide proof of USA Swimming Registration. Deck entries for whom there is no space will receive a refund. On Deck USA Swimming Registration will not be available for athletes or coaches.

ELIGIBILITY: Swimmers must be current athlete members of USA 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, June 11, 2022.

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. Swimmers must be entered with a time. NT will not be accepted and space will not be held. If the swimmer has no time, please provide an estimated time. All times should be entered in LCM.

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. All events are timed finals and will be swum slowest to fast with the exception of the 400 Free and 1500 Free. Heats of the 400 Free and 1500 Free will be swum mixed gender and swum fastest to slowest. Heats of the 13-14 & Open 400 IM will be swim mixed gender. If time becomes an issue, the 400 I.M., 400 Free and 1500 Free may be limited to 3 heats (first 18 entries). Swimmers closed out of these events may enter another event if space is available or receive a refund. There will be a 10 minute break/warm-up prior to the mixed 1500 free and the mixed 400 free.

SEEDING & CHECK IN: Events will be pre-seeded except the Open 1500 Free, 13-14/Open 400 IM, and Open 400 Free will be deck seeded. Swimmers entered in these distance events must circle 30 minutes prior to the start of

the session. Heat and lane assignments will be sent out prior to the swim meet according to 102.1.4 guidelines. Events may be seeded together and scored separately. There is no penalty for failing to show up for an event.

CLERK OF COURSE: A Clerk of Course will not be provided. All swimmers must report to the blocks on time. Heat sheet will be emailed to coaches prior to the meet.

SCORING: This meet will not be scored.

AWARDS: Individual event ribbons will be awarded for places first through eighth for 12 U events only. Awards will be sorted by team and distributed to coaches at the end of the meet.

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 admission fee. Children 5 and under and Seniors over 65 are free.

PARKING: Free at Arthur Road School. Directions for flow of traffic – park in Arthur Road School parking lot and walk across the grassy area to the pool. There is no parking in the Solon Muni Pool parking lot.

CONCESSIONS: There will be concessions available.

VENDORS: Aquatic Outfitters will be on-site during the meet and meet t-shirts will be available for purchase.

RESULTS: Results will not be posted on site but will be announced 1-8th place and will be available on lakeeriewimming.com after the meet. 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 shall be 45 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 15 minutes of a 30 minute warm-up or the final 20 minutes of a 45 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 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 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 (LESJ) 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: Shannon Cooch, slfcooch@hotmail.com

Official's Chair: Jen Butler, jbutler@case.edu

COACHES: Coach's wristbands will be available at the coach's check-in table near the entrance to the pool.

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: Shannon Cooch slfcooch@hotmail.com 440-679-1325

ENTRY PERSON: Paul Moody pmmoody@yahoo.com 253-722-8045

EVACUATION PLAN: In the event of a weather or other type of emergency, evacuation of spectators and swimmers will be through the locker rooms on the west side of the pool, the parking lot gate at the north end of the pool, or the gate on the east side of the pool. Everyone will proceed to their cars in the adjacent parking lots until notified that they can return to the pool area.

DIRECTIONS: From the north, exit 422 at Route 91 (SOM Center Road). Go south on Route 91 past Aurora Road (Route 43). Arthur Road is the 4th light after Aurora Road. Turn right onto Arthur Road; the pool is immediately on your right. Parking is available at the Elementary School adjacent to the pool.

From the south or from the turnpike (Route 80): Exit turnpike (Route 80) at Route 480. Take 480 to the Route 91 exit. Turn right on Route 91 and travel north. Stay on Route 91 through the center of Twinsburg and continue past Pettibone Road. Arthur Road is the 2nd light past Pettibone Road. Turn left on Arthur Road; the pool is immediately on your right. Parking is available at the Elementary School adjacent to the pool.

Solon Stars "Swimfest" Swim Meet

SCHEDULE OF EVENTS:

Saturday Session 1

7:45 Warm-up

Competition will begin five minutes after the completion of warm-up

Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com

Enter with LCM times

Girls #	Age Group/Stroke	Boys #
1	13-14 200 I.M.	2
3	Open 200 I. M.	4
5	13-14 100 Back	6
7	Open 100 Back	8
9	13-14 200 Free	10
11	Open 200 Free	12
13	13-14 100 Breast	14
15	Open 100 Breast	16
17	13-14 200 Fly	18
19	Open 200 Fly	20
	10 Minute Warm Up	
21	Mixed Open 1500 Free*	21

*The 1500 free will be swum fastest to slowest. The host reserves the right to limit this event to 3 heats (first 18 entries).

Sat / Session 2

Competition will begin five minutes after the completion of warm-up.

Estimated start times will be listed at www.lakeeriewimming.com or www.solonstars.com by Wednesday,
June 8, 2022

Enter with LCM times

Girls #	Age Group/Stroke	Boys #
22	10 and Under 200 I.M.	23
24	11-12 200 I.M.	25
26	10 and Under 100 Fly	27
28	11-12 100 Fly	29
30	8 and Under 50 Breast	31
32	9-10 50 Breast	33
34	11-12 50 Breast	35
36	12 and Under 200 Back	37
38	10 and Under 100 Free	39
40	11-12 100 Free	41
42	12 and Under 200 Breast	43
44	8 and Under 50 Back	45
46	9-10 50 Back	47
48	11-12 50 Back	49

Sunday AM Session

7:45 Warm-up

Competition will begin five minutes after the completion of warm-up
Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com

Enter with LCM times

Girls #	Age Group/Stroke	Boys #
50	Mixed 13-14 400 I.M.*	50
51	Mixed Open 400 I.M.*	51
52	13-14 200 Back	53
54	Open 200 Back	55
56	13-14 50 Free	57
58	Open 50 Free	59
60	13-14 200 Breast	61
62	Open 200 Breast	63
64	13-14 100 Fly	65
66	Open 100 Fly	67
68	13-14 100 Free	69
70	Open 100 Free	71
	10 Minute Warm Up	
72	Mixed Open 400 Free**	72

* The Host team reserves the right to limit the 400 IM to 3 heats (first 18 entries).

**The 400 Free will be swum fastest to slowest and may be limited to 3 heats (first 18 entries)

Sunday PM Session

Competition will begin five minutes after the completion of warmups.

Estimated start times will be listed at www.lakeerieswimming.com or www.solonstars.com Wednesday, June 8, 2022

Enter with LCM times

Girls #	Age Group/Stroke	Boys #
73	8 and Under 50 Fly	74
75	9-10 50 Fly	76
77	11-12 50 Fly	78
79	10 and Under 200 Free	80
81	11-12 200 Free	82
83	10 and Under 100 Back	84
85	11-12 100 Back	86
87	10 and Under 100 Breast	88
89	11-12 100 Breast	90
91	8 and Under 50 Free	92
93	9-10 50 Free	94
95	11-12 50 Free	96
97	12 and Under 200 Fly	98

Solon STARS "Swimfest"
HOSTED BY The Solon STARS swim team
Date: June 11-12, 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 = \$ _____

_____ (Total individual events) X 7.00 = \$ _____

TOTAL AMOUNT REMITTED: \$ _____

- Swimmers will be without a coach on deck:
- Sat. am, Sat. p.m., 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: **Solon Stars Swim Club**.
Please note: All entries submitted with this sheet should be covered by a single check.
DEADLINE FOR RECEIPT IS: Wednesday, June 1, 2022 for hard copy, meet summary sheet and check.
This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.
Make check payable to Solon Stars Swim Club and send to
Solon Stars Swim Club
c/o Shannon Cooch
524 Sheffield Ct.
Aurora, OH 44202

