



**FAST's 'B'lizzard 'B'last**  
**January 10-11, 2026**  
**Held under the sanction of USA Swimming**  
**Sanction #: OH-26SC-136**

**Hosted by**  
**Firestone Akron**  
**Swim Team**

<b>Location:</b>	Firestone Natatorium, Firestone Community Learning Center 470 Castle Blvd Akron, OH 44313  Entrance is Door 13 on the backside of the school by the track
<b>Facility:</b>	25 yards by 6 lanes. The competition course has not been certified in accordance with 104.2.2C(4). The shallow end depth is 4ft, 0in. The deep end depth is 12ft, 0in. Blocks with wedges and backstroke ledges. Colorado Timing System with scoreboard display. The host will ensure the required course dimensions.
<b>Meet Director:</b>	Erin Crabtree crabtreeerin@hotmail.com
<b>Meet Referee:</b>	Tom Goosmann
<b>Officials Contact for the Meet:</b>	Erin Crabtree crabtreeerin@hotmail.com
<b>Entry Chair:</b>	Erin Crabtree crabtreeerin@hotmail.com
<b>Disclaimer:</b>	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.
<b>Meet Type:</b>	Prelim/Finals NAG 'BB' and slower than All event will be swum slowest to fastest
<b># of Sessions:</b>	4 Sessions  Session 1 Saturday, January 10- Prelims Warmups 7:30-8:30am Meet Start 8:35am  Session 2 Saturday, January 10-Finals Warmups: Start time will be posted with the final meet information Meet Start: 40 minutes after the start of Finals warmups  Session 3 Sunday, January 11- Prelims Warmups 7:30-8:30am Meet Start 8:35am  Session 4 Sunday, January 11-Finals Warmups: Start time will be posted with the final meet information Meet Start: 40 minutes after the start of Finals warmups  Finalized warmup & meet start will be determined after the entry deadline and emailed to the Coaches/Entry Chairs
<b>Medical Supervision available to athletes</b>	Certified lifeguards on staff at all times along with facility student managers and supervisors.

#### Organization Regulations/Waivers

##### USA Swimming Rules

- At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.

Organization Regulations/Waivers	
	<ul style="list-style-type: none"> <li>Any swimmer entered in the meet <u>must</u> 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.</li> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>Flash photography is not permitted at the start of any race.</li> <li>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.</li> </ul>
<b>Technical Suit Ban</b>	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.
<b>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</b>	<ul style="list-style-type: none"> <li>Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> <li>There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.</li> </ul>
<b>Safe Sport 360</b>	<ul style="list-style-type: none"> <li>The U.S. Center for Safe Sport program is a comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>)</li> <li>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</li> <li>For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a></li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.</li> <li>All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.</li> </ul>

Organization Regulations/Waivers	
<b>Code of Conduct</b>	<ul style="list-style-type: none"> <li>Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.</li> <li>Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others.</li> <li>The Ohio Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. Ohio Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of Ohio Swimming. The complete Ohio Swimming Code of Conduct can be reviewed on the Ohio Swimming website under Governance&gt; OSI Policy &amp; Procedures Manual, Appendix 18.</li> </ul>
Entering the Meet and Competition Information	
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>All meet contestants must be a member in good standing per Article 302..</li> <li>All contestants must be verified USA Swimming members. Membership will not be verified at the meet.</li> <li>Membership verification deadline is <del>5-12</del> PM EST <del>one-two (12)</del> business days prior to the first day of the meet. Unverified swimmers will be scratched from the meet after that deadline. There will be no refunds for unverified swimmers scratched from the meet.</li> <li>All adult athletes must hold current Athlete Protection Training certification.</li> <li>Age on the first day of the meet will determine age for the entire meet.</li> <li><b>This meet is open to all swimmers who have qualifying times equal to or slower than NAG 'BB' SCY Standards</b> <ul style="list-style-type: none"> <li><b>13-14 100 IM qualifying times will be equal to or slower than the 11-12 NAG 'A' SCY Standards</b></li> </ul> </li> <li>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. On deck USA registration is not available.</li> </ul>
<b>Swimmers with a Disability:</b>	<ul style="list-style-type: none"> <li>Entry Procedures: <ul style="list-style-type: none"> <li>Enter the USA-S swimmers with a disability electronically with your team entries.</li> <li>Email the Meet Accommodation / Modification Form included in this meet information to the entry chair.</li> </ul> </li> <li>Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.</li> <li>See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).</li> </ul>
<b>Entry Limits Entry Fees:</b>	<ul style="list-style-type: none"> <li>Swimmers may enter up to 3 individual events per day.</li> <li>There will be no refund for scratched events</li> <li>\$8.00 per event</li> <li>\$4 OH LSC surcharge per swimmer.</li> <li><del>\$45</del>12.00 facility fee per swimmer</li> <li>There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file.</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li><b>Deadline for receipt of entries is Saturday, January 3<sup>rd</sup> by 11:59pm</b></li> <li>Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify).</li> <li>Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a \$5.00/swimmer surcharge. These fees are due at the time of the entry submission.</li> <li>Send entries via email to: <a href="mailto:crabtreeerin@hotmail.com">crabtreeerin@hotmail.com</a></li> <li>Please include the names of any Outreach swimmers or Swimmers with a Disability on the respective form(s) included in this meet information.</li> <li>Checks should be made payable to: Firestone Akron Swim Team</li> <li>"No Time" (NT) entries will be accepted</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</li> </ul>
<b>Warm-up and Safety Guidelines:</b>	<ul style="list-style-type: none"> <li>The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> </ul>

Entering the Meet and Competition Information	
	<ul style="list-style-type: none"> <li>Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck.</li> <li>Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.</li> <li>No spectators allowed on deck.</li> </ul>
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li>This meet will be a prelims/finals meet.</li> <li>This meet will be contested in SCY.</li> <li>This meet will be pre-seeded. Deck entries will not be accepted at the meet.</li> <li>No Clerk of Course will be available.</li> <li>All events will be swum slowest to fastest.</li> <li>Finals: <ul style="list-style-type: none"> <li>Finals will be swum Consolation B Final, then Championship A Final</li> <li>Top 12 per age group/per gender: 10 &amp; Under, 11-12, 13-14</li> </ul> </li> </ul>
<b>Scratch Procedures</b>	<p><b>Prelims</b></p> <ul style="list-style-type: none"> <li>There will not be a penalty for missed events.</li> <li>Swimmers have 30 minutes from the time results are announced to scratch from finals.</li> </ul> <p><b>Finals</b></p> <ul style="list-style-type: none"> <li>The swimmer who fails to compete in said final race shall be barred from their next prelim race. If such failure to compete occurs on the swimmer's last event and/or last day of the meet, the swimmer's club shall be fined \$25.00 and payable to the host team.</li> </ul>
<b>Deck Entries</b>	<ul style="list-style-type: none"> <li>Deck entries will not be accepted at this meet.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>Prelims: Heat winner prizes</li> <li>Finals: Awards 1-12 Places <ul style="list-style-type: none"> <li>Awards will be picked up by Coaches at the end of the meet. No awards will be mailed.</li> </ul> </li> <li>Results will be posted during the meet on meet mobile and in the lobby near the restrooms.</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>The meet will not be scored</li> </ul>
<b>General:</b>	<p><b>Admissions:</b> The cost of admission is included in the entry fee.</p> <p><b>Parking:</b> Around Firestone and Litchfield CLCs</p> <p><b>Pool Entry:</b> Please use Door 13 to enter and exit the facility. Door 13 is located in the back of Firestone High School CLC near the track, along the side of the building by the football practice field. Please only use this door. All other doors are alarmed for security purposes with other activities occurring in the other parts of the building.</p> <p><b>Concessions:</b> None</p> <p><b>Vendor:</b></p> <ul style="list-style-type: none"> <li>Fine Designs will be on sight for meet apparel sales (days/time pending on vendor)</li> <li>Lucky Ducks \$2.00</li> </ul> <p><b>Heat Sheets:</b> Will be emailed to entry chairs, posted around the facility, posted on Meet Mobile.</p> <p><b>Results:</b> Results will be posted on site. If technology permits, the meet results will be available on Meet Mobile.</p> <p><b>SPECTATORS:</b> Restrooms are located in the hallway just outside the pool area. Due to USA Swimming's MAAPP Policy, no parents are permitted on deck or in the locker rooms at any time. The spectators will sit in the spectator pool seating towards the starting/block end of the pool.</p> <p><b>SWIMMERS:</b> Swimmers will be located in the gym. No parents are permitted to sit in the gym area—swimmers/coaches only</p>

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ORDER OF EVENTS

**SATURDAY, JANUARY 10 PRELIMS**

NAG 'BB' and slower than	Girls #	Event	Boys #	NAG 'BB' and slower than
1:33.99	1	10 & Under 100 Back	2	1:30.09
1:19.79	3	11-12 100 Back	4	1:15.69
1:11.39	5	13-14 100 Back	6	1:06.19
35.99	7	10 & Under 50 Free	8	34.59
31.69	9	11-12 50 Free	10	30.49
30.19	11	13-14 50 Free	12	27.69
1:46.89	13	10 & Under 100 Breast	14	1:42.29
1:29.29	15	11-12 100 Breast	16	1:25.49
1:22.29	17	13-14 100 Breast	18	1:14.79
42.69	19	10 & Under 50 Fly	20	41.29
34.29	21	11-12 50 Fly	22	34.19
33.29	23	13-14 50 Fly	24	30.79
3:00.59	25	10 & Under 200 Free	26	2:50.59
2:30.89	27	11-12 200 Free	28	2:24.89
2:22.69	29	13-14 200 Free	30	2:12.29

**SATURDAY, JANUARY 10 FINALS WILL BE SWUM IN THE FOLLOWING ORDER:**

- EVENTS 1-30
- Consolation B Final, followed by Championship A Final

**SUNDAY, JANUARY 11 PRELIMS**

NAG 'BB' and slower than	Girls #	Event	Boys #	NAG 'BB' and slower than
1:21.09	31	10 & Under 100 Free	32	1:18.89
1:09.39	33	11-12 100 Free	34	1:06.39
1:05.89	35	13-14 100 Free	36	1:00.29
48.69	37	10 & Under 50 Breast	38	47.69
40.89	39	11-12 50 Breast	40	40.09
39.09	41	13-14 50 Breast	42	35.79
1:41.39	43	10 & Under 100 Fly	44	1:38.99
1:18.89	45	11-12 100 Fly	46	1:16.09
1:11.29	47	13-14 100 Fly	48	1:05.49
43.29	49	10 & Under 50 Back	50	42.89
35.99	51	11-12 50 Back	52	35.59
33.69	53	13-14 50 Back	54	31.29
1:33.19	55	10 & Under 100 IM	56	1:29.69
1:19.09	57	11-12 100 IM	58	1:15.89
1:13.09	59	13-14 100 IM	60	1:09.99

**SUNDAY, JANUARY 11 FINALS WILL BE SWUM IN THE FOLLOWING ORDER:**

- EVENTS 31-60
- Consolation B Final, followed by Championship A Final

**Summary of Fees/Release Form**  
**FAST's 'B'lizzard 'B'last**  
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Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Athletes (exclude Outreach)		\$8.00 per event	
OSI Swimmer Surcharge (exclude Outreach)		\$4.00 per swimmer	
Host Team Facility Surcharge (exclude Outreach)		<del>\$45</del> 12.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:		

Total # outreach IEs: (# swimmers x # entries x \$8.00)		Total # of Outreach swimmers x <del>\$45</del> 16.00 surcharge:	
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**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members IN GOOD STANDING. I acknowledge that I am familiar with the expectations of the OSI Code of Conduct and also the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers and parents with the respective rules during this meet. FAST, Firestone CLC, Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature (Coach or Club Representative)	Club Title (Coach etc)
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Name of Club	Date
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Checks made out to: Firestone Akron Swim Team  
 Send this form with check to:  
 FAST  
 Attn: Kim Long, Treasurer  
 542 Fairhill Dr  
 Akron, OH 44313

### Ohio Swimming Meet Accommodation Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?  
Please list all entered events and indicate N/A if no modification is requested.

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.