

2023 NCAT SummerSwimfest Meet

Hosted by

The North Coast Aquatic Team

June 10-11, 2023

Held under USA Swimming Sanction # LE 23076 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, the North Coast Aquatic Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and Cuyahoga 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 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 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.

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 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: Both Saturday and Sunday morning session warm-ups are from 7:45-8:30 a.m., with competition starting at 8:35 a.m. There will be a 15-minute break at the conclusion of the morning session before the start of afternoon 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. If this occurs, warm-ups shall be a minimum of thirty (30) minutes per group for swimmers age 14 and under, or a minimum of forty (40) minutes per group for swimmers age 15 and over. The finalized warm up plan may be found at www.lakeeriewimming.com on Wednesday, June 7, 2023.

ENTRY DEADLINE: ENTRIES WILL NOT BE ACCEPTED BEFORE MONDAY, MAY 15, 2023 at 9:00 p.m. Email electronic files to Eric Peterson at ncatmeetentries@gmail.com. Entries will be accepted and entered as they are received. Phone entries will not be accepted. ONLY UNATTACHED SWIMMERS WILL BE ACCEPTED INDIVIDUALLY. Mail hard copies and fees to: North Coast Aquatic Team, PO Box 201009, Shaker Heights, OH 44120.

Revised 04/06/2023

It is suggested that you sync your computer time with the official U.S. time clock found at <http://www.time.gov/> prior to submitting your entries.

Entries, electronic or otherwise, must be received by Thursday, June 1, 2023. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so mail early. Hard copy, meet summary sheet and check must be received by Monday, June 5, 2023 or the team's entry may be deleted.

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.

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 http://www.NFHSLearn.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES: Individual events \$7.00 plus a \$3.00 per swimmer surcharge. There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to "the North Coast Aquatic Team." If the meet should be canceled due to inclement weather, no refunds will be issued.

ENTRY LIMITATIONS: Swimmers may enter up to three (3) 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 at the discretion of the meet director up to 35 minutes before the start of the session and seeded at NT. The decision about deck entries will be published after the entry deadline on www.lakeeriewimming.com. Deck entrants should sign up at the deck entry table at \$10.00 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 entrants for whom there is no space will receive a refund.

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 10, 2023. There will not be on-deck USA registration for coaches or athletes.

QUALIFYING TIMES: There are no qualifying time standards for this meets. Swimmers must be entered with a time. NT will not be accepted. If the swimmer has no time, please provide an estimated time.

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 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 fastest to slowest. Heats of the 13-14 & Open 400 IM will be swim mixed gender and slowest to fastest. If time becomes an issue, the 400 I.M., 400 Free and 1500 Free may be limited to 3 heats (first 18 entries). The 1500 and 400 Free will be scored 12 & Under, 13-14, and 15 & Over. Swimmers closed out of these events may enter another event if space is available or receive a refund.

SEEDING & CHECK IN: This is a pre-seeded meet, except for the 1500 and 400 Free & 400 IM events. Those events will require a positive check-in on site, the day of the event. Check in sheets for those events will be posted on deck near the entrance of the pool. Heat and lane assignments will be posted for those events shortly after the deadline. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. Telephone/email check-in for the 400 Free or the 1500 is **NOT** available; however, check-in sheets for those events will remain posted until 45 minutes before the start time for the event. The estimated deadline check-in time for the 400 Free and the 1500 Free will be posted on the Lake Erie website by Wednesday, June 7, 2023.

CLERK OF COURSE: A Clerk of Course will not be provided. All swimmers must report to the blocks on time. Heat and Lane assignments will be posted around the pool deck.

AWARDS: Ribbons will be awarded 1st through 6th place for individual events for swimmers age 12 & Under. No awards for swimmers age 13 & Over. The 1500 and 400 Free will be scored 12 & Under, 13-14, and 15 & Over. **All awards will be picked up at the meet by the coach 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 (Senior 65 & over, and children under the age of 5 are free)
Heat sheets will be on Meet Mobile.

No smoking permitted in the facility.

PARKING: Parking is free at the adjacent Elementary School.

RESULTS: Will be posted on www.lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

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 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 by carefully stepping into the water 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).

Revised 04/06/2023

- (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.

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, and is limited to only those areas marked as designated camera zones. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of 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 for an initial distance or lead-off leg to be entered into SWIMS, the swimmer or the swimmer's coach must notify either the meet referee or the admin before the event and provide the necessary watches. If the swimmer wants the time to go into SWIMS, then the proper paperwork must be completed after the swim and all watches must be shown to the admin referee.

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: Eric Peterson eric.peterson@ncatswim.com

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

COACHES: Coach's should check in 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: Eric Peterson eric.peterson@ncatswim.com

SAFETY DIRECTOR: Sarah Ondrejka ondrejs@ccf.org

ENTRY PERSON: Eric Peterson ncatmeetentries@gmail.com

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.

2023 Swimfest
SCHEDULE OF EVENTS
June 10, 2023
Saturday AM Session
7:45-8:30 Warm-up, 8:35 Meet Start

Girls #	Qualifying Time (if applicable)	Age Group/Stroke	Qualifying Time (if applicable)	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		Open Mixed 1500 Free*		21

*** The Host team reserves the right to limit the 1500 Free to 3 heats (first 18 entries).**

***The 1500 Free will be swum mixed gender and heats will be fastest to slowest.**

***The 1500 Free will be scored 12 & Under, 13-14, and 15 & Over**

Saturday PM Session

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.

Competition will begin at the completion of the 45-minute warm-up.

Estimated start times will be listed at www.lakeerieswimming by June 7, 2023.

Girls #	Qualifying Time (if applicable)	Age Group/Stroke	Qualifying Time (if applicable)	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

June 11, 2023
Sunday AM Session
 7:45-8:30 Warm-up, 8:35 Meet Start

Girls #	Qualifying Time (if applicable)	Age Group/Stroke	Qualifying Time (if applicable)	Boys #
50		13-14 400 I.M.*\$		50
51		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		Open 400 Free*#		72

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

\$The 400 IM will be swum mixed gender slowest to fastest

#The 400 Free will be swum mixed gender and heats will be fastest to slowest.

***The 400 Free will be scored 12 & Under, 13-14, and 15 & Over**

Sunday PM Session

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session.

Competition will begin at the completion of the 45-minute warm-up.

Estimated start times will be listed at www.lakeerieswimming by June 7, 2023.

Girls #	Qualifying Time (if applicable)	Age Group/Stroke	Qualifying Time (if applicable)	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

**SWIMFEST
HOSTED BY Solon Stars
June 10-11, 2023**

MEET ENTRY SUMMARY PAGE

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

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) X \$3.00 (LESI Surcharge) = \$ _____

_____ (Total # of individual events) X \$7.00/event = \$ _____

_____ (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. 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 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: **North Coast Aquatic Team.**

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

DEADLINE FOR RECEIPT IS: Monday, June 5, 2023 for hard copy, meet summary sheet and check.

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

Mail to: The North Coast Aquatic Team, PO Box 201009, Shaker Heights, Oh 44120

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 the 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) 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 \$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 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 **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.

