

	2024 NCAT Winter Invite December 6-8, 2024 Held under the sanction of USA Swimming Sanction/Approved #LE 25028 SS	North Coast Aquatic Team
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Location:	Robert F. Busbey Natatorium 2451 Euclid Ave, Cleveland, OH 44115
Facility:	POOL: 25 yards by 10 lanes, Colorado timing system and 10 lane digital readout scoreboard with ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in non-competitive end of the pool. The depth of the pool at both the start end and turn end is 12 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
Meet Director:	MEET DIRECTOR: Eric Peterson eric.peterson@ncatswim.com 216-295-4163
Meet Referee:	Chuck Kunsman
Meet Admin:	Jodie Wohlfeil
SAFETY DIRECTOR:	Sarah Ondrejka ondrejs@ccf.org 216-295-4163
Entry Chair:	ENTRY PERSON: Dave Wohlfeil ncatmeetentries@gmail.com 216-337-1117
Disclaimer:	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.
Meet Type:	Prelims/Finals
Entry Deadline	ENTRY DEADLINE: Entries will NOT be accepted prior to Wednesday, November 6, 2024 at 9:00 p.m. The due date for entries, electronic or otherwise, is Monday, November 25, 2024. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so submit early. Hard copy, meet summary sheet and check must be received within five days of the receipt of the electronic file or by Wednesday, November 27, 2024, whichever comes first. Failure to submit the hard copy, summary sheet and payment or to make alternate arrangements with the meet director before the deadline will result in said entry being removed from the meet. Please DO NOT SEND MULTIPLE copies of your entry. If multiple entry files are received, they will be considered revised files and will be entered by the most recent date and time. Email electronic files to Dave Wohlfeil 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: Dave Wohlfeil, 2140 Elbur Ave. Lakewood, Ohio 44107-6143

<p># and Description of Session:</p>	<p>Session 1-Friday, December 6 Timed Finals Warmup: 4:45-5:45 pm Meet Start: 5:50 pm</p> <p>Session 2 Saturday, December 7 Prelims 11-12 boys, 13 & Over boys and girls Warmup: 7:30-8:30 am Meet Start: 8:35 am</p> <p>Session 3 Saturday, December 7 Prelims 10 & Under boys and girls, 11-12 girls Warmup: 15 minutes after the completion of Session 2, 45 minutes Meet Start: 50 minutes after the start of warm-ups</p> <p>Session 4 – Saturday, December 7 Finals Warmup: To be announced during the prelim sessions Meet Start: 65 minutes after the start of warm-ups</p> <p>Session 5 Sunday, December 8 Timed Finals 11-12 boys, 13 & Over boys and girls Warmup: 7:30-8:30 am Meet Start: 8:35 am</p> <p>Session 6 Sunday, December 8 Timed Finals 10 & Under boys and girls, 11-12 girls Warmup: 15 minutes after the completion of Session 2, 45 minutes Meet Start: 50 minutes after the start of warm-ups</p> <p>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 pool. Friday and Sunday events are timed finals. On Saturday, all individual events (except the 500 Free) will be prelim/final with a championship A final for 10&U and 11-12. Consolation and championship heats (in that order) will be offered for 13&O prelim/final events where a minimum of 20 athletes compete in the prelims. Ten lanes will be used at finals. Fly-over starts may be used in all prelim sessions. All relays are timed finals and will be swum in prelims.</p> <p>CONDUCT OF DISTANCE EVENTS/HEAT LIMITATIONS: The 500 free and 400 IM on Friday evening may be limited to the 3 fastest seeded heats each male and female. Events may be consolidated but scored separately to conserve time. Any swimmer closed out of the 400 IM or 500 freestyle because of heat limitations will receive a refund for that event. The 500 and 1000 freestyle will be swum fastest to slowest. The 500 will alternate women’s and men’s heats. In order to accommodate more swimmers, the meet host reserves the right to eliminate relays and refund entry fees.</p> <p>SEEDING & CHECK IN: This is a deck seeded meet. All swimmers must check in for all of their events no later than 45 minutes prior to the start of the session. Swimmers who fail to check in for their events will not be seeded. Heat and lane assignments will be posted on deck and in the spectator area. Relay cards must be turned in upon call in order to be seeded. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. Check in sheets for the 1000 Freestyle on Friday nights, will not be pulled before 6:30pm.</p>
<p>Medical Supervision available to athletes</p>	<p>Meet safety director will be on site throughout. Any medical issues should be directed to the lifeguards or safety personnel.</p>

Organization Regulations/Waivers	
USA Swimming Rules	<ul style="list-style-type: none"> • 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. • 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. • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • 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 LESI Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. • Deck changes are prohibited. • 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. • Flash photography is not permitted at the start of any race. • 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.
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Racing Starts	<p>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.</p>
Ohio State Laws that are applicable to Lake Erie Swimming sanctioned events	<ul style="list-style-type: none"> • Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion. • 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.

Organization Regulations/Waivers

Safe Sport 360

- 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.
- 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.
- 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 www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- 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 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.
- 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.
- 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
- 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 www.usaswimming.org/report

Waiver/Release

- 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.
- 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.
- 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 LEI 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.
- 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 children) 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 yourself to and/or increasing your risk of contracting or spreading COVID-19.

Organization Regulations/Waivers	
Code of Conduct	<ul style="list-style-type: none"> 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. 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. The LESI 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. LESI 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 LESI Swimming. The complete LESI Swimming Code of Conduct can be reviewed on the LESI Swimming website under Governance> LESI Policy & Procedures Manual.

Entering the Meet and Competition Information	
Eligibility: <u>Applies only to USA meet</u>	<ul style="list-style-type: none"> All meet contestants must be a member in good standing per Article 302.. All contestants must be verified USA Swimming members. Deck Entry at a meet must show electronic athlete membership or a club coach must sign the Deck Entry Form. Membership verification deadline is 5 PM EST two (2) 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. All adult athletes must hold current Athlete Protection Training certification. 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. Age on the first day of the meet will determine age for the entire meet.
Swimmers with a Disability:	<ul style="list-style-type: none"> Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically with your team entries. Email the Meet Accommodation / Modification Form included in this meet information to the entry chair. 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.
Entry Limits Entry Fees:	<p>Individual events \$8.00; Relays: \$12.00; plus a \$3.00 per swimmer LESI surcharge. ONLY UNATTACHED SWIMMERS MAY ENTER INDIVIDUALLY. There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to North Coast Aquatic Team.</p> <p>Swimmers may compete in 3 individual events/day exclusive of relays. Swimmers may compete in as many relays as needed per day. Age as of December 6, 2024.</p>
Entry Procedures:	<ul style="list-style-type: none"> Deadline for receipt of entries is Monday, November 25, 2024. Entries must be submitted in (SCY)using an electronic meet entry software (Hy-Tek/Team Unify). Swimmers may compete in 3 individual events/day exclusive of relays. Swimmers may compete in as many relays as needed per day. Age as of December 6, 2024. The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Entry Eligibility	<ul style="list-style-type: none"> Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming and have met the time standard requirements. 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.

Entering the Meet and Competition Information	
Qualifying Times	<ul style="list-style-type: none"> Please see event listings. Swimmers must be equal to or faster than the qualifying time listed as of the entry deadline. NT will not be accepted; if the swimmer has no time, please provide an estimate.
Proof of Time	Swimmers should enter an event only if they have achieved the listed time standard for that event. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time. Proof of time shall be from an observed swim or from a sanctioned or approved competition only unless the meet announcement specifically states that times from other meets such as high school, YMCA or NCAA may also be submitted. A fine of \$10.00 for each swim listed in the notice for which acceptable proof of time is not provided will be levied against the team or unattached swimmer.
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> 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 (40) 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. There should be only two swimmers behind the blocks during starts. 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: <i>(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)</i> <p><i>For a 10 lane pool:</i></p> <ol style="list-style-type: none"> 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). Lanes 2 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool 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.. <p>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.</p>
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.
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.
Competition Guidelines:	<ul style="list-style-type: none"> The meet is deck seeded. Events seeded on the deck shall be closed for seeding 45 minutes prior to the start of the session.
Scratch Procedures	See Scratch Rules at end
Deck Entries	Deck entries will be accepted on a space available basis only and will be seeded at no time (NT) . Deck entries will be closed 50 minutes before the start of each session. The deck entry table will be located on the pool deck. The cost of deck entries is \$15.00 per individual event and \$20.00 per relay. Switching events constitutes a deck entry. Deck entry swimmers will be permitted to score. Deck entry swimmers new to the meet must pay the \$3.00 surcharge and provide proof of USA Swimming membership. Deck entrants for whom there is no space will receive a refund. <u>NO on deck athlete or coach or Non-Athlete USA Swimming registration will be available</u>

Entering the Meet and Competition Information

Awards:

All awards must be picked up at the meet.

12 & under Individual Events as follows 10 & U, 11-12 by gender.

Medals for 1st, 2nd and 3rd; ribbons for places 4-10.

12 & under Relay Events: Ribbons for 1st, 2nd, 3rd

No awards will be issued for swimmers aged 13 & Over.

Team trophies will be provided for the 1st and 2nd place teams overall at the conclusion of the meet.

IMX Trophies will be awarded for the top swimmer in each age group (10 & Under, 11-12, 13-14), based on the IMX events.

10 & Under- 200 IM, 200 free, 100 back, 100 breast, 100 fly

11-12- 200 IM, 500 free, 100 back, 100 breast, 100 fly

13-14- 200 IM, 400 IM, 500 free, 200 back, 200 breast, 200 fly

Swimmers must complete all IMX events offered to be eligible for trophies.

General:

2024 TYR NCAT WINTER INVITE**SCHEDULE OF EVENTS***December 6-8, 2024***Friday, December 6, 2024 (Timed Finals)****4:45 Warm-Up, 5:50pm meet start**

All swimmers must be equal to or faster than the times listed

Girls #	Cutoff Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & UNDER		
101	3:38.49	200 IM (IMX)	3:35.49	102
109	8:25.39	500 Free	8:16.69	110
		11-12		
103	2:56.59	200 Back	2:51.99	104
107	3:20.89	200 Breast	3:14.09	108
111	7:08.79	500 Free (IMX)	6:57.29	112
		11 & Over		
105	6:24.19 (11-12)	400 IM (13-14 IMX)	6:13.09 (11-12)	106
	6:03.59 (13&O)		5:41.49 (13&O)	
		13 & Over		
113	14:01.99	Mixed 1000 Free	13:21.19	

The 500 freestyle events will be swum fastest to slowest, alternating girls and boys.

The 1000 freestyle will be swum fastest to slowest.

2022 TYR NCAT WINTER INVITE**AM Session****Saturday December 7, 2024****7:30 Warm-Up, 8:35 meet start (Prelim/Final)**

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		11 – 12		
		100 Back (IMX)	1;22.19	201
		50 Fly	37;09	204
		100 Free	1:10.99	207
		200 Breast	3:14.09	210
		100 IM	1:20.89	213
		50 Breast	42.89	216
		200 Medley Relay (TF)		219
		13 & Over		
202	2:49.79	200 IM (IMX)	2:39.99	203
205	1:16.69	100 Back	1:11.49	206
208	32.59	50 Free	29.89	209
211	3:10.89	200 Breast (IMX)	2:56.59	212
214	1:16.39	100 Fly	1:11.19	215
217	2;32.09	200 Free	2:22.99	218
		Open		
220		200 Medley Relay (TF)		221

TF=Timed Final in prelims

PM Session

Warmup starts 15 minutes after the end of the AM session. Meet will begin 50 minutes after the start of warm-ups (Prelim/Final)

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & Under		
223	1:41.99	100 Back (IMX)	1:39.79	224
226	1:29.59	100 Free	1:27.79	227
229	53.19	50 Breast	52.09	230
232	47.39	50 Fly	45.69	233
235	1:42.59	100 IM	1:38.79	236
238		200 Medley Relay (TF)		239
		11 – 12		
222	1:24.79	100 Back		
225	1:13.59	100 Free		
228	3:20.89	200 Breast		
231	42.99	50 Fly		
234	1:24.09	100 IM		
237	42.99	50 Breast		
240		200 Medley Relay (TF)		

Order of Events for Finals: 202, 203, 234, 213, 235, 236, 205, 206, 222, 201, 223,224, 214, 215, 228, 204, 229, 230, 217, 218, 231, 207, 232, 233, 208, 209, 237, 216, 226, 227, 211, 212, 225, 210

TF= Timed Finals in prelims

Warm-up and start times for finals will be announced at the meet, prior to the conclusion of the morning session and throughout the Saturday afternoon session.

All individual events will be prelim/final with a championship A final for 10U, 11/12, and 13O. Consolation and championship heats (in that order) will be offered for 10U,11/12, and 13O prelim/final events where a minimum of 20 athletes compete in the prelims

Sunday December 8, 2024

7:30 Warm-Up, 8:35 meet start (Timed Finals)

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		11 – 12		
		200 IM (IMX)	2:57.29	301
		50 Free	32.59	304
		100 Fly (IMX)	1:22.89	307
		100 Breast (IMX)	1:31.39	310
		200 Free	2:34.59	313
		50 Back	37.89	314
		200 Free Relay		317
		13 & Over		
302	1:10.59	100 Free	1:05.59	303
305	2:48.99	200 Fly (IMX)	2:38.19	306
308	1:27.99	100 Breast	1:21.29	309
311	2:46.79	200 Back (IMX)	2:36.29	312
315		200 Free Relay		316
		13 & Over		
318	6:47.79	500 Free (IMX)	6:26.59	319

The 500 freestyle events will be swum fastest to slowest, alternating girls and boys

PM Session

Warmup start 15 minutes after the end of the AM session. Meet will begin 50 minutes after the start of warm-ups (Timed Final)

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & Under		
327	3:18.99	200 Free (IMX)	3:06.69	328
330	1:58.09	100 Breast (IMX)	1:53.39	331
333	38.89	50 Free	38.09	334
336	1:53.99	100 Fly (IMX)	1:51.39	337
339	46.99	50 Back	47.49	340
342		200 Free Relay (TF)		343
		11 & 12		
326	3:00.19	200 IM (IMX)		
329	1:34.09	100 Breast (IMX)		
332	33.59	50 Free		
335	1:24.39	100 Fly		
338	38.09	50 Back		
341	2:40.39	200 Free		
344		200 Free Relay (TF)		

SCRATCH RULE

- 1) Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.
 - 2) **Pre-Seeded Event:** 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.
 - 3) **Events Seeded on the Deck**
 - a) 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.
 - b) Any agent of a team (coach, parent, swimmer, etc) who check 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 the team, as the discretion of the Meet Referee.
 - c) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmers 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 check-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).
 - 4) **Scratching from Finals**
 - a) Any swimmer qualifying for a bonus, consolation, or championship 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 \$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 the meet is not permitted and will be regarded as a failure to compete.
 - b) In the event of withdrawal or barring a swimmer from competition, the Referee shall fill the bonus, consolation, or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with final qualifiers. These alternates shall not be penalized if unavailable to compete at finals.
 - c) 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.
 - d) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- 5) **Exceptions for Failure to Compete:** No penalty shall apply for failure to withdraw or compete in an individual event if a) The Referee is notified in the event of illness or injury and accepts the proof thereof.
- b) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within 30 minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within 30 minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.
 - c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

2024 TYR NCAT WINTER INVITE

SPONSORED BY NORTH COAST AQUATIC TEAM December 6-8, 2024

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

Contact Person: _____ Email: _____

Daytime Phone: _____ Evening Phone: _____

Address: _____ City: _____ State: _____ Zip _____

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

____ (total # of individual events) X \$8.00/event = \$ _____

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

____ (total # of swimmers) X \$5.00 (handling fee for paper entry) = \$ _____

TOTAL AMOUNT REMITTED \$ _____

- Swimmers will be without a coach on deck:
- Fri. pm, • Sat. am, • Sat. pm, • Sun. am, • Sun pm.
- I have arranged for my swimmer/s to be supervised by _____.
- A coach will be present during the meet

Please indicate how many coaches will be attending on Saturday _____; on Sunday _____

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 North Coast Aquatic Team and mail to: 2022 TYR NCAT WINTER INVITE, c/o Dave Wohlfeil 2140 Elbur Ave., Lakewood, Oh 44107-6143, . **Please note:** All entries submitted with this sheet should be covered by a single check. Do not send multiple checks with a single-entry form. **Entries will not be accepted prior to Monday, November 14 at 9:00pm. Email electronic files to ncatmeetentries@gmail.com . DEADLINE FOR RECEIPT of the entries is November 25, 2024** This sheet must accompany all entries, including HY-TEK Meet Manager electronic entries. Hard copy and check must be received within 5 days of receipt of the electronic file. If hard copy and check are not received within 5 days, entries will be removed from the meet until the hard copy and check are received. Remember that this meet will most likely close before the meet entry deadline.

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 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 with those rules during this meet, The North Coast Aquatic Team, Cleveland State University, 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 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)

Name of Club

Date

Lake Erie 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?

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.