

THE 2023 NCAT TYR LC AGE GROUP & OPEN MEET

Hosted by

THE NORTH COAST AQUATIC TEAM

May 6, 2023

Held under USA Swimming Sanction # LE 23071 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 injury 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: Robert F. Busbey Natatorium, Cleveland State University, 2451 Euclid Avenue, Cleveland, OH 44115

POOL: 50 Meters by 9 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 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.

RACING STARTS: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

STARTING TIMES:

Saturday: Morning session 12 & Under Boys and Girls: warm-up will be 7:30 – 8:30 a.m., with boys and girls combined. Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to substantially exceed 30 swimmers per lane, into a minimum of two groups, in which case warm-up shall be a minimum of thirty minutes.

Afternoon warm-up: 13 & Over Boys and Girls: will begin 15 minutes after the conclusion of the morning session. Warm-ups will be 45 minutes with girls and boys combined. Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to substantially exceed 30 swimmers per lane, into a minimum of two groups, in which case warm-up shall be a minimum of thirty minutes. Estimated afternoon start times will be posted on www.lakeeriewimming.com website by May 3, 2023.

ENTRY DEADLINE: Entries will NOT be accepted prior to Monday, April 10, 2023 at 9:00 p.m. The due date for entries, electronic or otherwise, is Wednesday, April 26, 2023. The meet will be closed before the entry deadline if the sessions are full, so submit early. Hard copy, meet summary sheet and check must be received within five days of the receipt of the electronic

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file or by Wednesday, April 26, 2023, 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 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: Dave Wohlfeil, 2140 Elbur Ave. Lakewood, Ohio 44107-6143

TEAM SUPERVISION: Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

RETURN TO PLAY LAW: Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES: Individual \$6.50 per individual event, of up to 3 individual events and \$3.00 per athlete LESI 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*.

ENTRY LIMITATIONS: Swimmers may compete in 3 individual events. Age as of May 6, 2023.

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 45 minutes before the start of each session. The deck entry table will be located on the pool deck. The cost of deck entries is \$8.00 per individual. 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. **NO on deck athlete or coach or Non-Athlete USA Swimming registration will be available**

ELIGIBILITY: Swimmers must be current athlete members of USA 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. On deck USA Swimming athlete registration will **not** be available. Age is as of the first day of the meet, May 6, 2023.

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 the MAAPP policy is a condition of participation in the conduct of this competition.

QUALIFYING TIMES: Please see event listings. Entry times must be equal to or faster than the qualifying time listed as of the entry deadline or the entry will be rejected. Please enter an estimate for any relay entries that do not have a time.

PROOF OF TIME: N/A

SWIMMERS WITH A DISABILITY: Qualifying times for 50-yard 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.

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CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Lake Erie Swimming Policy & Procedures. Events will be contested in a 50-meter pool. Fly-over starts may be used in all prelim sessions. **All events are timed finals.**

PRE-SEEDED MEET: Heat and Lane assignments will be posted on deck and in the spectator area. In accordance with 102.1.4, events may be seeded together but scored separately.

CLERK OF COURSE: A Clerk of Course will not be provided. Teams may designate a representative to assist their swimmers age 8 & younger. Please contact the meet host for a deck pass.

SWIMMERS WITHOUT COACH SUPERVISION must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

SCORING: N/A

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.

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

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: \$5.00 per session (Senior 65 & over, and children under the age of 5 are free)

PSYCH SHEETS: Heat and lane assignments will be posted on MeetMobile and on the pool deck.

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

PARKING: CSU charges for event parking (est. \$10 per day). Parking lots are available at the corner of Chester and E. 22nd Street or on Euclid Ave and E. 24th Street. City of Cleveland Meter parking is free after 6:30 p.m. on Friday and all day Saturday and Sunday on Chester Avenue. Cleveland State University Meter parking is available on a very limited basis.

TIME TRIALS: Will not be offered.

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. All entry into the pool for warm-up is from the starting block end of the pool. Swimmers must enter the pool feet first in a cautious manner 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 20 minutes of a 45 min or 60 minute warm-up shall be conducted as follows:

For a 9 lane pool:

- (a) Lanes 1 & 9 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 & 8 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-7 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 (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: Eric Peterson,
Official's Chair: Jen Butler:

eric.peterson@ncatswim.com
jle3@case.edu

COACHES: If needed, coaches' meetings will be held after the conclusion of warm-ups prior to the start of the session.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants must remain in the spectator area.

MEET DIRECTOR: Eric Peterson	eric.peterson@ncatswim.com	216-295-4163
SAFETY DIRECTOR: Sarah Ondrejka	ondreis@ccf.org	216-295-4163
ENTRY PERSON: Dave Wohlfeil	ncatmeetentries@gmail.com	216-337-1117

NCAT INVITATIONAL EMERGENCY EVACUATION PLAN

In the event of an emergency requiring evacuation of the facility, please remain calm, listen for instructions and be aware that:

1. Swimmers, coaches and officials will exit the natatorium from the deck through the nearest available exit – most likely the west doors on the pool deck (the scoreboard end).
2. Spectators should exit the nearest exit available from the spectator area. (There are doors on the north, east and south walls of the gallery.) Please **DO NOT** attempt to meet your swimmer(s) before exiting the building.
3. Plan to meet your swimmer(s) in the area outside the west (scoreboard) end of the natatorium.
4. In the event of inclement weather, plan to meet your swimmer(s) in Stillwell Hall, directly across the walk from the west end of the pool.

**CLEVELAND STATE CAMPUS PHONE NUMBERS TO CALL IN CASE YOU NEED
TELEPHONE ASSISTANCE**

**EMERGENCY – 211
CSU POLICE – 2020**

2023 NCAT TYR AGE GROUP AND OPEN MEET

SCHEDULE OF EVENTS

Saturday AM - 7:30 Warm-Up, 8:20 meet start (Timed Finals) May 6, 2023

Girls #	Age Group/Stroke	Boys #
	10 & Under	
1	50 free	2
5	50 breast	6
9	50 back	10
13	50 fly	14
17	100 free	18
21	100 breast	22
25	100 back	26
29	100 fly	30
	11-12	
3	50 free	4
7	50 breast	8
11	50 back	12
15	50 fly	16
19	100 free	20
23	100 breast	24
27	100 back	28
31	100 fly	32

Saturday PM – Estimated warm-up times will be posted on lakeerieswimming.com and Shakerswimming.org by Wednesday, May 3, 2023

Meet will begin 50 minutes after the start of warm-ups. (Timed Finals) May 6, 2023

Girls #	Age Group/Stroke	Boys #
	13-14	
33	50 free	34
37	50 breast	38
41	50 back	42
45	50 fly	46
49	100 free	50

53	100 breast	54
57	100 back	58
61	100 fly	62
	15 & Over	
35	50 free	36
39	50 breast	40
43	50 back	44
47	50 fly	48
51	100 free	52
55	100 breast	56
59	100 back	60
63	100 fly	64

2023 NCAT TYR AGE GROUP AND OPEN LC MEET

SPONSORED BY THE NORTH COAST AQUATIC TEAM

May 6, 2023

MEET ENTRY SUMMARY PAGE

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 \$6.50/event = \$ _____

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

TOTAL AMOUNT REMITTED \$ _____

- Swimmers will be without a coach on deck:
 - Sat. am, • Sat. 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 _____

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: NCAT LC MEET, 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, April 10, 2023 at 9:00pm. Email electronic files to Dave Wohlfeil ncatmeetentries@gmail.com. DEADLINE FOR RECEIPT of the entries is April 26, 2023.** 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.

2023 NCAT Age Group and Open LC Meet
 May 6, 2023

ENTRY SHEETS
 Please print

GIRLS		TEAM CODE _____	LSC CODE _____		
NAME	AGE	USA SWIMMING #	EVENT #	TIMES (in yds)	

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 May 6, 2023

ENTRY SHEETS
 Please Print

BOYS		TEAM CODE _____	LSC CODE _____	
NAME	AGE	USA SWIMMING #	EVENT #	TIMES (in yds)

**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.