2017 OH NAAC Penguin Plunge

December 10, 2017

LOCATION:

- New Albany High School, 7600 Fodor Road, New Albany OH 43054

SANCTION:

- Held under the sanction of USA Swimming #OH-18SC-46
- It is understood and agreed that USA Swimming, New Albany High School and New Albany Aquatics Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

FACILITY:

- 6-lane, 25-yard pool, with Daktronics Automatic Timing System and Scoreboard
- Concession stand will be open the duration of the meet.
- Water depth measured for a distance of 3'8" (1.0 meter) to 4'8' (5.0 meters) and 12'4" (1.0 meters) to 12'1" (5.0 meters).
- Competition course is not certified in accordance with 104.2.2C(4).

MEET PERSONNEL:

- Meet Director: John Coffman, ape33coach@yahoo.com
- Meet Officials Contact: Jessica Morris, jessica.w.morris@gmail.com
- Meet Referee: Axel Birnbrich, coachaxel1980@gmail.com
- Entry Chair: Cyndi Rubcich, ohnaacentries@gmail.com

ELIGIBILITY:

- All swimmers must be currently registered athlete members of USA Swimming.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- USA Swimming registration will not be accepted at this meet.
- Swimmer's age on December 10, 2017 will determine eligibility for age division.
- Athletes must be slower than the Ohio "JO" in each event entered.

DISABILITY SWIMMERS:

- NAAC welcomes swimmers with disabilities to enter this meet.
- A list of swimmers and events must be submitted via email by the entry deadline.
- Include each athlete's USA number.
- Please specify necessary accommodations needed by each swimmer.

FORMAT:

- Three meet sessions:
    1. 11 & over swimmers,
    2. 9-10 swimmers
    3. 8 & under swimmers; awards for 6 & UN and 7-8.
- All events are timed finals and will be pre-seeded.
- Entry times must be slower than the current OH "JO" in each event entered.
- NAAC reserves the right to enter any NAAC team members regardless of the time standard or the entry limit.

ENTRIES:

- Entry Window = 9:00 am on November 17, 2017 to 9:00 pm on November 20, 2017
- Entries submitted before or after this time period will be returned.
- Email entries to: Cyndi Rubcich, ohnaac-entries@gmail.com
- Entry emails must include:
  1. Hy-Tek, TeamUnify entry file,
  2. completed Membership Verification/Entry Summary form
  3. pdf file of entries by name
  4. **Do Not** submit entry fees until your team has been accepted into the meet.
- Swimmers may enter a maximum of three (3) individual events.
- NAAC reserves the right to accept or reject a team, limit a team's entries, and/or limit the number of participants in an event, as necessary, to prevent lengthy sessions.

ENTRY FEES:

- Individual events - $5.00 per event entered
- Ohio LSC Travel Fund Surcharge - $2.00 per swimmer
- Checks should be made payable to "NAAC"
- Meet fees can be paid at the meet or mailed to

  NAAC
  PO Box 716
  New Albany OH 43054

DECK ENTRIES:

- Deck entries will be accepted if space is available. No new heats will be added.
- Deck entries close 30 minutes prior to the start of each session.
- Coaches must submit deck entries on the provided form.
- $10.00 per event must be paid at the time of entry.

WARM-UPS:

- Preliminary schedule:
  1. 11 & over warm-ups 7:00-7:55 am, competition starts at 8:00 am
  2. 9-10 warm-ups 11:30 am-12:30 pm, competition starts at 12:35 pm
  3. 8 & U warm-ups 3:30-4:30 pm, competition starts at 4:35 pm
- Warm-up and competition start times may be adjusted based on the number of entries received.
- An updated warm-up schedule with lane assignments will be emailed to each team's listed representative 4 days prior to meet date.
- Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect at this meet.
- Swimmers are not permitted to enter the pool for warm-up unless under they are under the direction of a supervising coach.
- During general warm-up, swimmers must enter the water feet-first in a cautious manner with one hand in contact with the pool edge.
  One-way sprints may be conducted in a lane upon unanimous agreement of the supervising coaches.

BULLPEN:

- Swimmers competing in 9-10 and 8 & U events must promptly report to the bullpen when their event is announced.
- The bullpen will be located in the wrestling room located down the hallway to the right of the pool entrance.

AWARDS:

- Individual Events: Ribbons 1st-12th for 6 & under, 7-8, and 9-10 age groups.
- Heat Winner Ribbons: All 10 & under events.
- Coaches can pick up their team's awards after each meet session or by the end of the meet.

VENUE RULES:

- 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 swimmer's legal guardian to ensure compliance with this requirement.
- Deck changes are PROHIBITED.
- In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Under no circumstances are cameras or any other recording device allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during the competition and warm-up. 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.
- In accordance with Ohio Swimming, only those coaches who have current, valid USA Swimming credentials will be permitted to act with a coaching capacity at this meet.
- Prior to each session, all coaches will be required to sign-in at the timing table and present proof of current USA Swimming Coaching membership.
- No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet director.
- 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.

SWIMMER, PARENT & SPECTATOR CONDUCT:

- Swimmers, parents and spectators are expected to conduct themselves in an appropriate and sportsman-like manner.
- It is the responsibility of all parents to ensure all minor spectators are well behaved and under supervision at all times.
- Any swimmer or minor spectator acting in an inappropriate manner will be reported to their coach or parent for disciplinary action, which may include removal from the meet and facility.

SAFETY:

- This facility and event comply with Ohio's Return to Play Law found at www.healthy.ohio.gov/concussion and submits concussion reports and return-to-play forms to Ohio Swimming.
- Any swimmer who is suspected of sustaining a concussion should seek medical attention immediately and will not be permitted to return to competition until cleared by a medical professional with a signed Return to Play form.

2017 PENGUIN PLUNGE ORDER OF EVENTS

Session #1

Warm-Ups 7:00-7:55 am, Meet Starts at 8:00 am

Girls	11 & Over Swimmers	Boys
101	100 Butterfly	102
103	50 Freestyle	104
105	200 Breaststroke	106
107	100 Backstroke	108
109	100 Freestyle	110
111	200 Butterfly	112
113	200 Backstroke	114
115	100 Breaststroke	116
117	200 Freestyle	118

Session #2

Warm-Ups 11:30 am-12:30 pm, Meet Starts at 12:35 pm

Girls	9-10 Swimmers	Boys
201	100 Individual Medley	202
203	50 Freestyle	204
205	50 Breaststroke	206
207	50 Backstroke	208
209	50 Butterfly	210
211	100 Freestyle	212

Session #3

Warm-Ups 3:30-4:30 pm, Meet Starts at 4:35 pm

Girls	8 & Under Swimmers	Boys
301	25 Butterfly	302
303	25 Freestyle	304
305	25 Breaststroke	306
307	50 Freestyle	308
309	25 Backstroke	310
311	100 Individual Medley	312

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Please attach a completed copy of this form to your entry email.

USA Swimming Membership Verification

Meet Location: New Albany High School, 7600 Fodor Rd, New Albany OH 43054

Meet Date: Sunday, December 10, 2017

1. The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this meet are currently member athletes of USA Swimming, Inc.

2. USA Swimming registration will not be available at this meet.

3. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is a current coach member in good standing of USA Swimming, Inc.

Team: _____ Code: _____

Head Coach Name: _____ Email: _____

Team Representative: _____

Signature: _____

Email _____

Phone: _____

Team Address: _____

Entry & Financial Summary

Number of Outreach Swimmers:
Number of Outreach Events:
Names of Outreach Swimmers:
Number of Swimmers (minus Outreach) x $2.00 per swimmer (LSC fee) = $
Number of Individual Events (minus Outreach) x $5.00 per event = $
Total Amount Remitted: $

⇒ Make checks payable to: "NAAC" and mail to: NAAC, PO Box 716, New Albany OH 43054

⇒ DO NOT mail entry fees until your team has been accepted into the meet.

⇒ Email entry packet to: ohnaac-entries@gmail.com, attn Cyndi Rubcich, NAAC Entry Chair