OH CM Long Course Challenge

June 3 & 4, 2022

Held under the sanction of USA Swimming

Sanction #: OH-22LC-36

Location:	Keating Natatorium, St. Xavier High School 616 W. North Bend Rd Cincinnati, OH 45224
Facility:	Keating Natatorium is an 8 lane x 50 meter indoor pool with a removable bulkhead in place to make 2 25 yard competition pools. The water depth is 6ft from the balcony (south) end of the pool to 4ft in depth at the Scoreboard (north) end of the pool The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.
Meet Director:	Brad Isham bisham@cincy-marlins.com
Meet Referee:	Steven Connock sconnock@cincy-marlins.com / 513.633.3860
Officials Contact for the Meet:	Rob Razzano officials@cincy-marlins.com
Entry Chair:	Lisa Habel lhabel@cincy-marlins.com / 513.604.4214 Entries: mmanager@cincy-marlins.com
COVID Compliance Officer for Meet	Andrew Nixon Andrewnixon1@gmail.com
Sanction:	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. As a condition of sanction, Cincinnati Marlins agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face covering, social distancing and mass gatherings) of USA Swimming, Ohio Swimming, the State of Ohio, local jurisdictions and the Cincinnati Marlins Meet Plan detailed in this packet. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.
Meet Type:	Invitational
# of Sessions:	2

Disclaimers

Cincinnati Marlins has taken enhanced health and safety measures for you, our other guests, volunteers, and our athletes. Everyone must follow all posted instructions while attending this meet.

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 Ohio Swimming and each of their officers, directors, agents, employees or other representatives from any liability or

Disclaimers
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 herewith.

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. • 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. • 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 Ohio 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	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: • 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.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	• 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 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 www.swimohio.com under Safe Sport>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	
COVID-19 Information	• Avoid getting closer than six (6) feet to anyone coughing or sneezing. • Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol. • Avoid touching your eyes, nose, and mouth. • Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash then wash your hands. • Stay home if you are sick, and away from the pool and from fellow team members. • FACE COVERINGS: All meet participants – coaches, officials, administrators, spectators, vendors and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.
Waiver/Release	• 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 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.

Entering the Meet	
Eligibility:	• All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet. • All adult athletes must hold current Athlete Protection Training certification. • Age on the first day of the meet will determine age for the entire meet.
Disability Swimmers:	• Ohio Swimming welcomes swimmers with a disability. • Entry Procedures: 1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. • 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. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits **Entry Fees:**	• Swimmers may swim a maximum of 4 individual events per day. • **$5** per individual event. • **$8** Relays • $5 OH LSC surcharge per swimmer. • $12 Facility Fee per swimmer • Deck Entries at the discretion of Meet Management and if the meet is not closed: : $10.00 per event.

Entering the Meet	
Entry Procedures:	• Deadline for receipt of entries is **6:00 PM Friday 5/27/22.** • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • 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 $25/swimmer surcharge. These fees are due at the time of the entry submission. • Send entries via email to: mmanager@cincy-marlins.com • Please include the names of any Outreach swimmers in the email. • "No Time" (NT) entries will be accepted. • The Meet Director reserves the right to limit entries and combine heats, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	• 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. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • 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. • Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet. • No spectators allowed on deck.
Competition Guidelines:	• This meet will be a timed finals meet. • This meet will be contested in LCM. • Heats for Individual Events will be "Mixed" gender & ages. Meet will be pre-seeded, no NT's, to insure competitive heats. • Relays will be "Gender". "Mixed-Relays" are allowed but must consist of 2 Girls - 2 Boys participant teams. • Heat will be combined as needed. • All events will start from the Balcony End. • No Clerk of Course will be available for 8 & Under events.
Awards:	• There will not be awards at this meet.
General:	• Bottled water will be provided for officials, coaches and volunteers during the meet. • • NO GLASS CONTAINERS permitted. • Concessions may not be available. • GYM will not be available. Spectators may bring chairs/tents for outside use. • This meet will be published on Meet Mobil (technology permitting) and on the Meet Page after the meet. • This meet will be live-streamed (technology permitting). Meet Page will have live links a few days prior to the meet.
Meet Revisions:	Cincinnati Marlins reserves the right to modify meet format as necessary for session limits. Any changes will be reviewed with teams already entered in the meet. **Please visit the meet page on cincy-marlins.com for updated meet information the week of the meet**

ORDER	OF	EVENTS	
Friday PM	**Session Start: 5:00 pm.**		**Warmups: 4:00 pm.**
	101 mixed	Open	400 Free
	103 mixed	Open	400 IM
Saturday AM	**Session Start: 8:00 am.**		**Warmups: 7:00 am.**
	201/202	11 & Over	200 Medley Relay*
	203/204	10 & Under	200 Medley Relay*
	205 mixed	11 & Over	100 Free
	206 mixed	10 & Under	100 Free
	207 mixed	11 & Over	200 Breast
	208 mixed	10 & Under	50 Breast
	209 mixed	11 & Over	200 Back
	210 mixed	10 & Under	50 Back
	211 mixed	11 & Over	200 Fly
	212 mixed	10 & Under	50 Fly
	213 mixed	11 & Over	200 Free
	214 mixed	10 & Under	200 Free
	215 mixed	Open	50 Free
	216 mixed	Open	100 Back
	217 mixed	Open	100 Breast
	218 mixed	Open	100 Fly
	219 mixed	11 & Over	400 Free Relay*
	220 mixed	10 & Under	200 Free Relay*
	221 mixed	11 & Over	200 Free Relay*

*** Relays may be limited to manage timeline**

APPENDIX 1: Meet Safety Plan for all teams participating.

COVID Procedures / Information	
Specific COVID Protocols for this Meet	The following COVID-19 Protocols will be observed to ensure the safety of all athletes, coaches, volunteers, and spectators during the meet: Capacity • Per ODH regulations, the maximum number of participants gathered at Keating may be limited. Participants are defined as swimmers, coaches, officials, volunteers, and all other applicable adults as defined by MAAPP. • Cincinnati Marlins will "live stream" the Meet (technology permitted) so parents will have an opportunity to watch their swimmer. Parents are encouraged to volunteer. Athlete, Coaches & Volunteer Safety • Masks/cloth face coverings will be are optional. • Gym will not be available. • Spectators can bring chairs/tents to be used outside. • Appropriate social distancing should be maintained. • Meet Marshals will help monitor the number of people on the pool deck throughout the meet. • Additional or modified protocols may be in place. This will be announced 1 week before the meet. Spectator Safety • The number of spectators, if any, may be limited. This will be announced approximately 1 week before the meet. Meet Safety • Concessions will not be available. • Meet Marshals will help monitor the number of people on the pool deck throughout the meet and help direct traffic from the entrance to the pool area and then to the exit upon the conclusion of the meet.
Locker rooms/restrooms	• Locker rooms will be open for swimmers to quickly change in to/out of suits. At no time should swimmers congregate in the locker rooms. • Spectators must use lobby restrooms not locker rooms.

Summary of Fees/Release Form
2022 OH CM LONG COURSE CHALLENGE

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		$5.00 per event	$
Relay Entries		$10.00 per event	$
OSI Swimmer Surcharge $5 + Facility Fee $12 (Do not include Outreach Swimmers)		$18.00 per swimmer	Plus $
Outreach Swimmer Entries		$5.00 per event	Minus $
Total Fees Due:			$

Waiver, Acknowledgement and Liability Release:
I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. 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. Cincinnati Marlins, Keating Natatorium, 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)

_____

Name of Club Date

Send this form with check to OR bring to start of warmups.:
Cincinnati Marlins, Business Manager, 616 W. North Bend Rd. Cincinnati, OH 45224-1424