



The Open Water Championship
June 21, 2023
Held under the sanction of USA Swimming
Sanction #: OH-23LC-20

Hosted by
Ohio Swimming &
Bobcat Swim Club

Location:	Lake Snowden 5900 US 50, Albany, OH 45710 740-698-6373
Facility:	This lake course is a 1 Kilometer Course. One lap = 1 Kilometer Timing system be the Nielsen-Kellerman Interval 2000 Split/Rate Watches The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4). An "In-water" start and a "beach finish" will be used for all individual events
Meet Director:	Denise Humphrey (740) 602-1355 ohsbravesswim@gmail.com
Meet Referee:	Chip Carrigan (513) 404-6530 chip.carrigan@gmail.com
Entry Chair:	Paige Klatt P. O. Box 319, Shawnee, Ohio 43782 740.593.4494, mklatt@ohio.edu
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:	Invitational LSC Championship
# of Sessions:	1

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 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. • 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.
Swimwear Rule	<ul style="list-style-type: none"> • Swimwear/swimsuits are governed in Rule 701.4 on page 122 of the USA Swimming Rulebook. • Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition. • Swimsuits for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle
Ohio State Laws that are applicable to Ohio 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 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.

Organization Regulations/Waivers	
	<ul style="list-style-type: none"> 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.
Safe Sport 360	<ul style="list-style-type: none"> The USA Swimming Safe Sport program is USA Swimming's 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 720-531-0340 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 age 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.
Waiver/Release	<ul style="list-style-type: none"> 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.
Athlete Attitude	<ul style="list-style-type: none"> Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.
Officials	<ul style="list-style-type: none"> We welcome all USA Swimming Certified Officials, and you may receive your certification as an Open Water Judge or Open Water Referee at this meet. Please refer to the Ohio Swimming website for complete certification requirements. The on-line tests for Open Water Judge and Open Water Referee can be found on the USA Swimming website in the Officials Section.

Entering the Meet	
Eligibility:	<ul style="list-style-type: none"> Swimmer(s) must be registered with Ohio Swimming to be accepted into this meet. Memberships will not be verified at the meet. Membership verification deadline is 5 PM EST one (1) business day 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. Age as of June 21, 2023 shall determine the swimmer's age for the Open Water Championships. Swimmers shall have the National BB time for the 200/400/500 freestyle distance for his or her age group (see page 5). This cut shall have been achieved during any USA Swimming sanctioned event since January 1, 2021 through the Entry Deadline. Pre and or post verification of the entry times is not required. <u>Registered athletes from other LSCs may enter as Unattached Swimmers.</u>
Disability Swimmers:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures: <ul style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically or on the paper entry form.

Entering the Meet	
	<ul style="list-style-type: none"> • Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. • 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:	<ul style="list-style-type: none"> • Swimmers may swim a maximum of 1 individual event. • \$35.00 per individual event. • \$0.00 per relay event. • \$5.00 OH LSC surcharge per swimmer.
Entry Procedures:	<ul style="list-style-type: none"> • Deadline for receipt of entries is: Wednesday, June 14, 2023 • Entries must be submitted in [SCY / LCM / SCM] 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: • Paige Klatt mklatt@ohio.edu <ul style="list-style-type: none"> • (740).593.4494 • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: <ul style="list-style-type: none"> • Bobcat Swim Club • P. O. Box 319, Shawnee, Ohio 43782 • "No Time" (NT) entries /will not/ be accepted. • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> • The meet host will provide a complete schedule of warm-up procedures, which must be adhered to by all participants. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • An area adjacent to the competition course will be available for continuous warm-up and warm-down during competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.
Competition Guidelines:	<ul style="list-style-type: none"> • This meet will be a timed finals meet. • This meet will be contested in LCM • This meet will be pre-seeded. Deck entries will not be accepted at the meet.
Awards:	<ul style="list-style-type: none"> • There will be awards at this meet. <ul style="list-style-type: none"> ○ Individual Events: 1st through 16th place will receive medals ○ Relay Events: 1st through 3d place will receive medals. ○ Team Awards: 1st through 3rd place will receive plaques
Scoring	<ul style="list-style-type: none"> • Individual Events (16 Places): 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • Relay Events (16 Places): 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 <ul style="list-style-type: none"> • Only the Top 2 Relays are eligible for Points & Awards
Program/Results	<ul style="list-style-type: none"> • Psych sheets will be available on Meet Mobile, and on-line at OhioOpenWater.com • Final results and Hy-tek Team Manager Results file will be posted to OhioOpenWater.com
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.

The Open Water Championship
Wednesday, June 21, 2023

OPEN WATER EVENTS

BOYS EVENT #	AGE	DIST	TYPE	GIRLS EVENT #
1	15 & Over	4 Kilometer	Individual	2
3	13-14	3 Kilometer	Individual	4
5	11-12	2 Kilometer	Individual	6
7	10 & Under	1 Kilometer	Individual	8
1R	15 & Over	12 Kilometer	Relay	2R
3R	13-14	9 Kilometer	Relay	4R
5R	11-12	6 Kilometer	Relay	6R
7R	10 & Under	3 Kilometer	Relay	8R

TIME STANDARDS

Girls

Boys

National BB Cut

National BB Cut

SCM	LCM	SCY	EVENT	SCY	LCM	SCM
			10 & Under			
3:15.99	3:20.99	2:57.19*	200 Free	2:47.99	3:12.09	3:05.69
			11 & 12			
5:48.69	5:56.49	6:38.19*	400 / 500 Free	6:27.49	5:48.69	5:39.09
			13 & 14			
5:32.69	5:40.59	6:18.59*	400 / 500 Free	5:58.99	5:24.09	5:14.19
			15 & Over			
5:25.59	5:32.89	6:11.99*	400 / 500 Free	5:44.09*	5:09.89	5:02.79

Source: 2021 – 2024 USA Swimming National Age Group Motivational Times

Swimmers will compete as individuals. However, swimmers may also compete on relays. A relay consists of three (3) swimmers, in the same age group/same sex, from the same club. The cumulative finishing times of the three fastest swimmers in each age group/sex/club will make up the A relay. The second fastest cumulative times will make up the B relay, etc. The fastest cumulative time will be used to determine the winners and the place. Only the Top 2 Relays are eligible for Points & Awards

Summary of Fees/Release Form The Open Water Championship

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$35.00 per event	
Relay Entries		\$0.00 per relay	
OSI Swimmer Surcharge		\$5.00 per swimmer	
Host Team Facility Surcharge		\$0.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# swimmers x # entries x \$35)		Total # of Outreach swimmers x \$0 surcharge:	
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(Outreach fees can be subtracted from your team totals)

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. Bobcat Swim Club, Lake Snowden, 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: Bobcat Swim Club, P. O. Box 319, Shawnee, Ohio 43782, (740) 593-4494, mklatt@ohio.edu