



John Lunsford Memorial Classic Swim Meet
November 5-7, 2021
Held under the sanction of USA Swimming
Sanction #: OH-21SC-[xx]

Hosted by
Kettering City Swim
Team (KCST)

Location:	Kettering Recreation Complex 2900 Glengarry Rd. Kettering, OH 45420 927-296-2587
Facility:	The pool 25-yard length and is 8 lanes wide with a Colorado timing system and scoreboard. There is adequate spectator viewing. The pool depth at the start wall is 10 feet and at the turn end, the depth is 4 feet. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool area is covered by retractable roof with permanent sidewalls. Free parking available in two large lots adjacent to the facility.
Meet Director:	Margaux Frazee Mfrazee0320@gmail.com 937-603-9506
Meet Referee:	Janelle Kime Twinmom314@hotmail.com
Officials Contact for the Meet:	Margaux Frazee Mfrazee0320@gmail.com The Kettering City Swim Team will need the help of your USA Swimming Officials. Please provide the names of your officials on the entry summary form or email the Officials Contact directly
Visiting Team Timer Requirements	KCST requires all visiting teams with at least six (6) or more swimmers participating to provide two (2) volunteer timers for each session in which the team has entries submitted. Timer positions may be reduced for teams providing two or more officials who are specified and committed at the time of meet entries submission. If your team can NOT assist with these timing responsibilities, PLEASE EXPLAIN AT TIME OF ENTRY for consideration of exemption.
Entry Chair:	David Back Swimdavidc@woh.rr.com
COVID Compliance Officer for Meet	Stephanie Hundt 937-231-5936
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, KCST 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, local jurisdictions and the KCST 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:	Open - This will be an in-person meet. The number of swimmers will not exceed the facility capacity listed in this meet announcement KCST will be the host team. The host team is responsible for ensuring all the requirements for sanctioning an OSI meet are met. Teams will comply with the current state, local, health and USA Swimming guidelines available on the meet date and should meet or exceed all requirements in their facility during the meet.
# of Sessions:	Six (6)

Disclaimers

KCST 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

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	<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 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	<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.
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. The required number of certified lifeguard(s) will be on duty at this meet per Ohio Administrative Code 3701-31-04-E-4.
COVID-19 Information	<ul style="list-style-type: none"> 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.
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.

Entering the Meet

Eligibility:	<ul style="list-style-type: none"> 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. Current USA Swimming registration numbers must accompany each entry
Disability Swimmers:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability.

Entering the Meet	
	<ul style="list-style-type: none"> Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically or on the paper entry form. 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. Relay members should accompany your entry but may be changed up to the start of the event. Relays must be made up of swimmers entered in the meet in individual events. If entering more than one relay team in an event, please indicate by "Team A", "Team B" etc. 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 five (5) individual events per day. <ul style="list-style-type: none"> INDIVIDUAL EVENTS \$5.00 per event RELAYS \$8.00 per event DECK ENTRIES Individual \$10.00 per event Relays \$16.00 per event \$5 OH LSC surcharge per swimmer. \$12 KCST Facility Charge per swimmer
Entry Procedures:	<ul style="list-style-type: none"> Deadline for receipt of entries is 10PM Sunday, October 24, 2021 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: swimdavidc@woh.rr.com Please include the names of any Outreach swimmers in the email Checks should be made payable to KCST and mailed to entry chair upon submission of entries "No Time" (NT) entries will 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 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.
Competition Guidelines:	<ul style="list-style-type: none"> This meet will be a timed finals meet. This meet will be contested in SCY This meet will be pre-seeded. Deck entries will be accepted at the meet to fill open lanes in existing heats. No additional heats will be added to facilitate deck entries. Deck Entries close 45 minutes before the start of the session. Positive Check-in WILL BE REQUIRED for all events that are 500 yards or greater, (500 Freestyle & 1650 Freestyle). All other events will be pre-seeded. Meet Management reserves the right to combine heats to fill empty lanes. POSITIVE CHECK IN CLOSSES 30 MINUTES BEFORE THE START OF THE FRIDAY NIGHT SESSION FOR THE 500 FREE AND AT 2PM ON SATURDAY FOR THE 1650 FREESTYLE. The Meet Referee may choose to combine events and heats at their discretion in order to fill lanes. The Meet Referee & Meet Director may choose to use Fly over starts to improve the time line.
Awards:	<ul style="list-style-type: none"> Events will be awarded 1st through 8th place according to times. Awards will be given for all relays 1st through 3rd place. HEAT WINNER suckers will be given for all 12 and under events. 13-14 swimmers will be swimming in many 13-Open events. These events will be awarded as 13-14 and Open, with each Age Group receiving awards. The 500 & 1650 Freestyle will be awarded as 11-12, 13-14, and Open.

Entering the Meet	
	<ul style="list-style-type: none">• Results will be posted on Meet Mobile.
General:	<ul style="list-style-type: none">• Deck entries will not be in the heat sheets or coaches heat sheets, SWIMMERS MUST INFORM COACH OF HEAT AND LANE ASSIGNMENTS.• Parking is only available in front of the water park entrance area and out towards the School. There will be no parking next to the Recreation Complex and the Senior Center. This lot will be marked as Senior Center parking only.• There will be a live stream feed for all sessions.

**KCST JOHN LUNSFORD MEMORIAL CLASSIC Swim Meet
ORDER OF EVENTS**

**FRIDAY
November 5, 2021**

Session 1 Warm-ups 5:00-6:00pm Start: 6:10pm OPEN			
Girls	Age	Event	Boys
101	Open	400 Y Ind. Med.	102
103	11-12	200 Y Ind. Med.	104
105	8 - Under	100 Y Ind. Med.	106
107	10 - Under	200 Y Ind. Med.	108
109	11 & Over	500 Y Freestyle*	110

**SATURDAY
November 6, 2021**

Session 2 - Saturday Nov 6 Warm-ups 7:00-8:00am Start: 8:10am 10 & Under only			
Girls	Age	Event	Boys
201	10 - Under	200 Y Med. Relay	202
203	8 - Under	100 Y Med. Relay	204
205	10	50 Y Butterfly	206
207	9	50 Y Butterfly	208
209	8	50 Y Butterfly	210
211	7	25 Y Butterfly	212
213	6 - Under	25 Y Butterfly	214
215	10	50 Y Freestyle	216
217	9	50 Y Freestyle	218
219	8	50 Y Freestyle	220
221	7	25 Y Freestyle	222
223	6 - Under	25 Y Freestyle	224
225	10	100 Y Ind. Medley	226
227	9	100 Y Ind. Medley	228
229	8 - Under	100 Y Freestyle	230
231	10	100 Y Freestyle	232
233	9	100 Y Freestyle	234

Session 3 - Saturday Nov 6 Warm-ups 12:30-1:30pm Start: 1:40pm 11-Open			
Girls	Age	Event	Boys
235	Open	200 Y Medley Relay	236
237	13 - 14	200 Y Medley Relay	238
239	11 - 12	200 Y Medley Relay	240
241	13 - Open	100 Y Backstroke	242
243	11 - 12	50 Y Backstroke	244
245	13 - Open	50 Y Butterfly	246
247	11 - 12	100 Y Butterfly	248
249	13 - Open	50 Y Freestyle	250
251	11 - 12	100 Y Ind. Medley	252
253	13 - Open	100 Y Breaststroke	254
255	11 - 12	50 Y Breaststroke	256
257	13 - Open	200 Y Freestyle	258
259	11 - 12	100 Y Freestyle	260

Session 4 - Saturday Nov 6 Warm-ups: Immediately after Session 3 end Start: TBD Open			
Girls	Age	Event	Boys
261	Open	1650 Freestyle*	262

*The 500 Freestyle will be swum as 11 and over, fastest to slowest, for both girls and boys, but will be scored in Age Group format. Swimmers must provide their own counters. The Open 1650 will also be swum fastest to slowest and will alternate between girls and boys heats and will be scored in Age Group format. Swimmers must provide their own counters and timers

SUNDAY
November 7, 2021

Session 5 - Sunday Nov 7 Warm-ups 7:00-8:00am Start: 8:10am 10 & Under only			
Girls	Age	Event	Boys
301	10 - Under	200 Y Free Relay	302
303	8 - Under	100 Y Free Relay	304
305	10	50 Y Backstroke	306
307	9	50 Y Backstroke	308
309	8	50 Y Backstroke	310
311	7	25 Y Backstroke	312
313	6 - Under	25 Y Backstroke	314
315	10	50 Y Breaststroke	316
317	9	50 Y Breaststroke	318
319	8	50 Y Breaststroke	320
321	7	25 Y Breaststroke	322
323	6 - Under	25 Y Breaststroke	324
325	10	200 Y Freestyle	326
327	9	200 Y Freestyle	328
329	8 - Under	200 Y Freestyle	330

Session 6 - Sunday Nov 7 Warm-ups 12:30-1:30pm Start: 1:40pm 11-Open			
Girls	Age	Event	Boys
331	Open	200 Y Free Relay	332
333	13 - 14	200 Y Free Relay	334
335	11-12	200 Y Free Relay	336
337	13 - Open	50 Y Backstroke	338
339	11-12	100 Y Backstroke	340
341	13 - Open	100 Y Butterfly	342
343	11-12	50 Y Butterfly	344
345	13 - Open	50 Y Breaststroke	346
347	11-12	100 Y Breaststroke	348
349	13 - Open	100 Y Freestyle	350
351	11-12	50 Y Freestyle	352
353	13 - Open	200 Y Ind. Medley	354
355	11-12	200 Y Freestyle	356

APPENDIX 1: Meet Safety Plan for Kettering City Swim Team

Facility Information	
Facility Rules and Policies:	All team banners must conform to the 5' X 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen items. Pool policies: no food on deck and no camp chairs on deck please. To maximize spectator seating on the pool deck KCST requests that swimmers put their bags against the wall and refrain from putting them in the stands.
Locker Rooms / Changing	Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals.
Facility Capacity	Due to the current COVID-19 environment and limited pool deck space at Kettering Recreation Center, KCST will not allow spectators on deck, however, there are several volunteer roles that will be required. We will continuously monitor the evolving guidelines pertaining to group size as it relates to COVID-19 and guidelines from various local and state agencies. SPECTATORS: There are NO SPECTATORS permitted in the building.

COVID Procedures / Information	
Specific COVID Protocols for this Meet	KCST staff 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.
Entry and Exit Procedures and Health Screening	Volunteers, coaches, officials and athletes will be required to wear a mask at all times while inside the building. Safety Marshal will be responsible for monitoring all safety procedures.
Athlete Seating Areas	Athletes are to be staged on the pool deck in the bleachers. Athletes are always required to be socially distanced and wear masks on the bleachers while awaiting the next event.
Swimmer Limitations and Protocols	DURING RACES: Swimmers will put items in a basket behind the lane with your lane number and then be staged on the back wall of the pool. When the heat before you dives in and the previous heat has moved to the warm down lane or exit the pool, you will be called to move to the block at your assigned lane and be ready to begin to begin your heat. When you finish your race, you will stay in the water. When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. Masks may be removed masks for swimming but must put them on again once they exit the water. Athletes are expected to maintain proper distancing at all times.
Spectator Limitations and Protocols	Safety Marshal will have primary responsibility for maintaining guidelines. There will be no spectators permitted into the facility for this meet. If a swimmer (or their parent) is uncomfortable with this scenario, this is not the meet to enter them in. THESE PROTOCOLS WILL BE ADHERED TO OR YOU WILL BE DISQUALIFIED FROM THE COMPETITION. Volunteers are expected to comply with all mandated state/local/facility COVID-19 guidelines.
Parental Access and Safe Sport Considerations for Athletes	The Meet Safety Marshal as well as the KCST Safe Sport/COVID Coordinator will provide oversight for this. Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child.