



30th Annual Northwest Ohio Winter Invitational
January 29-30, 2022
Held under the sanction of USA Swimming
Sanction #: OH-22SC-62

Hosted by
Sylvania
Tsunami Swim
Club (SYL)

Location:	Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403 419.372.2000
Facility:	10-Lane, 25-yard pool. 12 feet at the dive end and 12 feet at the turn end of the competition pool. Blocks with wedges. Colorado Timing System with scoreboard display. Indoor pool. 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.
Meet Director:	Jamie Szymanski Jjj1625@aol.com (419) 276-0971
Meet Referee:	Alan Jaffee
Officials Contact for the Meet:	Jamie Szymanski Jjj1625@aol.com (419) 276-0971
Entry Chair:	Larry Jukes coachlarry74@gmail.com (618) 315-1475
COVID Compliance Officer for Meet	Lauren Borer swimsylvaniatsunami@gmail.com (419) 376-1709 **Currently, BGSU is allowing spectators. Masks must be worn by all spectators. Masks are optional for deck participants (coaches, officials, meet personnel, swimmers, etc).
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, Sylvania Tsunami Swim Club 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 Sylvania Tsunami Swim Club 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 Meet: This will be an in-person meet. The number of swimmers will not exceed the facility capacity in effect at the time of the meet.
# of Sessions:	Four (4)

Disclaimers

Sylvania Tsunami Swim Club 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. 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.
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. FACE COVERINGS: All spectators must wear face coverings and comply with mandated social distancing and mass gathering rules.
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.
Disability Swimmers:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures:

Entering the Meet	
	<ol style="list-style-type: none"> 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. <ul style="list-style-type: none"> • 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 4 individual events per day. • \$5 per individual event • \$5 OH LSC surcharge per swimmer. • \$10 Facility Fee per swimmer
Entry Procedures:	<ul style="list-style-type: none"> • Deadline for receipt of entries is January 14, 2022. 5:00pm. • 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: coachlarry74@gmail.com • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: Sylvania Tsunami Swim Club • "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 Warm-Up Procedures will be in effect for this meet. • No spectators allowed on deck.
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 not be accepted at the meet. • No Clerk of Course will be available for 8 & Under events.
Awards:	<ul style="list-style-type: none"> • There will not be awards at this meet. • Results will not be posted during the meet.
General:	<ul style="list-style-type: none"> • There will be concessions. • There will be hospitality • Vendor – TBA • Heat sheets will be sold at the meet

ORDER OF EVENTS

Saturday January 29, 2022			
Session #1		Session #2	
Event #	Event Description	Event #	Event Description
101	11-12 Girls 200 Medley Relay	201	8 & Under Girls 100 Medley Relay
102	11-12 Boys 200 Medley Relay	202	8 & Under Boys 100 Medley Relay
103	Open Girls 200 Medley Relay	203	10 & Under Girls 200 Medley Relay
104	Open Boys 200 Medley Relay	204	10 & Under Boys 200 Medley Relay
105	11 & Over Girls 200 IM	205	10 & Under Girls 100 I.M.
106	11 & Over Boys 200 IM	206	10 & Under Boys 100 I.M.
107	11 & Over Girls 50 Back	207	10 & Under Girls 50 Free
108	11 & Over Boys 50 Back	208	10 & Under Boys 50 Free
109	11 & Over Girls 100 Breast	209	10 & Under Girls 100 Fly
110	11 & Over Boys 100 Breast	210	10 & Under Boys 100 Fly
111	11 & Over Girls 200 Fly	211	8 & Under Girls 25 Fly
112	11 & Over Boys 200 Fly	212	8 & Under Boys 25 Fly
113	11 & Over Girls 100 Back	213	10 & Under Girls 200 Free
114	11 & Over Boys 100 Back	214	10 & Under Boys 200 Free
115	11 & Over Girls 50 Breast	215	10 & Under Girls 50 Breast
116	11 & Over Boys 50 Breast	216	10 & Under Boys 50 Breast
117	11 & Over Girls 200 Free	217	10 & Under Girls 100 Back
118	11 & Over 200 Free	218	10 & Under Boys 100 Back
119	11 & Over Girls 1000 Free*	219	8 & Under Girls 25 Free
	*1000 Free Qualifying Time = 14:48.09	220	8 & Under Boys 25 Free
120	11 & Over Boys 1000 Free*		
	*1000 Free Qualifying Time = 14:32.59		

Sunday January 30, 2022

Session #3		Session #4	
Event #	Event Description	Event #	Event Description
301	11-12 Girls 200 Medley Relay	401	8 & Under Girls 100 Free Relay
302	11-12 Boys 200 Medley Relay	402	8 & Under Boys 100 Free Relay
303	Open Girls 200 Medley Relay	403	10 & Under Girls 200 Free Relay
304	Open Boys 200 Medley Relay	404	10 & Under Boys 200 Free Relay
305	11 & Over Girls 400 IM	405	10 & Under Girls 200 I.M.
306	11 & Over Boys 400 IM	406	10 & Under Boys 200 I.M.
307	11 & Over Girls 50 Free	407	8 & Under Girls 25 Breast
308	11 & Over Boys 50 Free		8 & Under Boys 25 Breast
309	11 & Over Girls 100 Fly		10 & Under Girls 100 Breast
310	11 & Over Boys 100 Fly		10 & Under Boys 100 Breast
311	11 & Over Girls 200 Back		10 & Under Girls 50 Back
312	11 & Over Boys 200 Back		10 & Under Boys 50 Back
313	11 & Over Girls 100 Free		10 & Under Girls 100 Free
314	11 & Over Boys 100 Free		10 & Under Boys 100 Free
315	11 & Over Girls 50 Fly		10 & Under Girls 50 Fly
316	11 & Over Boys 50 Fly		10 & Under Boys 50 Fly
317	11 & Over Girls 200 Breast		8 & Under Girls 25 Back
318	11 & Over Boys 200 Breast		8 & Under Boys 25 Back
319	11 & Over Girls 100 IM		
320	11 & Over Boys 100 IM		
321	11 & Over Girls 500 Free		
322	11 & Over Boys 500 Free		

Summary of Fees/Release Form
30th Annual Northwest Ohio Winter Invitational

Team Name/Abbreviation	
Coach/Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$5 per event	
Relay Entries		\$8 per relay	
OSI Swimmer Surcharge		\$5.00 per swimmer	
Host Team Facility Surcharge		\$10 per swimmer	
		Sub-Total Due:	
# Outreach Swimmers		\$5.00 per swimmer (subtract)	
# Outreach Individual Events		\$5.00 per event (subtract)	
		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. Sylvania Tsunami Swim Club, BGSU Student Recreation Center, 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:
 Sylvania Tsunami Swim Club
 PO Box 262
 Sylvania, OH 43560

APPENDIX 1: Meet Safety Plan for Sylvania Tsunami Swim Club and all participating teams

Facility Information	
Facility Rules and Policies:	<p>(1) Swimmers will enter the facility using the ADA access. Exit only through the ADA entrance of the SRC.</p> <p>(2) Smoking is not allowed on the campus of BGSU.</p> <p>(3) All swimmers are to stay in the areas of the Recreation Center designated for the swim meet (Cooper Pool and possibly the bleacher area – this will be identified in advance). Other areas of the Recreation Center will be closed or in use by individuals or groups during the meet.</p> <p>(4) There will be concessions. There will be hospitality for coaches and officials.</p> <p>(5) Only swimmers, coaches, officials and meet personnel are to be on deck.</p> <p>(6) For their own safety, if the spectator bleacher areas are used, swimmers must wear shoes or sandals when they go upstairs.</p> <p>(7) All SRC rules and regulations are in effect during all meet sessions.</p>
Locker Rooms / Changing	Locker rooms/family restrooms are available for changing and showering. Restrooms will be monitored by Safety Marshals. Deck changing is prohibited.
Facility Capacity	<p>SPECTATORS: Will be permitted.</p> <p>POOL DECK: 400</p> <p>Swimmers: 350</p> <p>Coaches: 15</p> <p>Officials: 10 (includes deck officials and AO/scoring table personnel)</p> <p>Volunteers on the pool deck: 20 timers / 0 runners / 2 safety marshals</p> <p>Lifeguards: 5</p>

COVID Procedures / Information	
Specific COVID Protocols for this Meet	<p>Sylvania Tsunami Swim Club/BGSU 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.</p> <p><u>Mask/Cloth Face Covering Wearing Requirements:</u> Masks/cloth face coverings may be mandatory for all people entering the facility. Face coverings must be worn by spectators at all times. Volunteers, coaches, officials and athletes will NOT be required to wear a mask while on the pool deck.</p>
Entry and Exit Procedures and Health Screening	Safety Marshal will be responsible for monitoring all safety procedures.
Athlete Seating Areas	Swimmers will have bleacher seating on the pool deck
Swimmer Limitations and Protocols	<p>If you use the restrooms, spray all touched surfaces upon leaving the locker room (assuming spray sanitizer available at facility).</p> <p>Locker rooms are available for changing before and after the meet.</p> <p>Athletes are expected to maintain proper distancing at all times.</p> <p>We will do fly-over (dive-over) starts.</p>

COVID Procedures / Information**Parental Access and Safe Sport Considerations for Athletes**

The Meet Safety Marshal as well as the Sylvania Tsunami Swim Club Safe Sport/COVID Coordinator will provide oversight for this.
Sylvania Tsunami Swim Club will allow parent volunteers from visiting teams to time.

For posting at the Meet Facility and/or added to Heat Sheets

Sylvania Tsunami Swim Club has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. Everyone must follow all posted instructions while attending this meet

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