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|  | **Toni & Bruce Bischoff Medals Trials**  **January 21-23, 2022**  **Held under the sanction of USA Swimming**  **Sanction #: OH-22SC-[xx]** | **Hosted by**  **Kettering City Swim Team (KCST)** |

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| **Important Facts About the Meet** |
| * Entry Deadline:   + **Sunday, January 9, 2022 at 10:00 P.M.**   + All paperwork and entry fees must be postmarked by January 15, 2022 * Time Standards - There are no minimum Time Standards for this meet. * Entry times shall be in short course yards (Y) achieved since January 1, 2019. No Converted Times will be accepted. * Swimmers may swim a maximum of five (5) individual events per day. * Per USA Swimming Rules 102.2, the swimmer may compete in not more than six (6) individual events per day inclusive of all meets. * Events will be awarded 1st through 8th place according to times. Awards will be given for all relays 1st through 3rd place. * 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 each session.** * Positive Check-in WILL BE REQUIRED for all events that are 500 yards or greater, (500 Freestyle & 1650 Freestyle). * 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 |

| **Disclaimers** |
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| 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. |

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| **Facility and Meet Personnel Information** | |
| **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 *USA Swimming Rules and Regulations*, 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](mailto:Mfrazee0320@gmail.com)  937-603-9506 |
| **Meet Referee:** | Janelle Kime  [Twinmom314@hotmail.com](mailto:Twinmom314@hotmail.com) |
| **Officials Contact for the Meet:** | Margaux Frazee  [Mfrazee0320@gmail.com](mailto: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:** | Stephanie Hundt  [Stephanie.m.hundt@gmail.com](mailto: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, Kettering City Swim Team 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 facility guidelines. |
| **Meet Type:** | Timed Final Meet - This will be an in-person meet. |
| **# of Sessions:** | Six (6) |

| **Organization Regulations/Waivers** | |
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| **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](http://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. |
| **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** | |
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| **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. * Current USA Swimming registration numbers must accompany each entry |
| **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.   4. 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:** | * Swimmers may swim a maximum of five (5) individual events per day. * 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:** | * Deadline for receipt of entries is **10PM Sunday, January 9, 2022** * 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: [Stephanie.m.hundt@gmail.com](mailto: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:** | * 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:** | * 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 CLOSES 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:** | * Events will be awarded 1st through 8th place according to times. Awards will be given for all relays 1st through 3rd place. * HEAT WINNER ribbons 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. * Results will be posted on Meet Mobile. |
| **General:** | * Deck entries will not be in the heat sheets or coaches heat sheets, SWIMMERS MUST INFORM COACH OF HEAT AND LANE ASSIGNMENTS. * Parrot Sports Gear will be on site starting with the Saturday a.m. session and will provide a full service of swimming supplies. * A SNACK BAR will be open for all sessions. KCST will sponsor a concession stand featuring drinks and snacks. * 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. |

**Toni & Bruce Bischoff Medals Trials**

ORDER OF EVENTS

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| FRIDAY  January 21, 2022 | | | |
| Session 1  Warm-ups 5:00-6:00pm Start: 6:10pm  OPEN | | | |
| Girls | Age |  | Event |
| 101 | Open | Boys & Girls | 400 Y Ind. Med. |
| 102 | 11-12 | Boys & Girls | 200 Y Ind. Med. |
| 103 | 8 - Under | Boys & Girls | 100 Y Ind. Med. |
| 104 | 10 - Under | Boys & Girls | 200 Y Ind. Med. |
| 105 | 11 & Over | Boys & Girls | 500 Y Freestyle\* |

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| SATURDAY  January 22, 2022 | | | | | | | | |
| Session 2  Warm-ups 7:00-8:00am Start: 8:10am  10 & Under only | | | |  | Session 3  Warm-ups 12:30-1:30pm Start: 1:40pm 11-Open | | | |
|  | Age |  | Event |  |  | Age |  | Event |
| 201 | 10 - Under | Boys & Girls | 200 Y Med. Relay |  | 209 | 11 - Open | Boys & Girls | 200 Y Medley Relay |
| 202 | 8 - Under | Boys & Girls | 100 Y Med. Relay |  | 210 | 13 - 14 | Boys & Girls | 200 Y Medley Relay |
| 203 | 10 - Under | Boys & Girls | 50 Y Butterfly |  | 211 | 11 - 12 | Boys & Girls | 200 Y Medley Relay |
| 204 | 8 - Under | Boys & Girls | 25 Y Butterfly |  | 212 | 13 - Open | Boys & Girls | 100 Y Backstroke |
| 205 | 10- Under | Boys & Girls | 50 Y Freestyle |  | 213 | 11 - 12 | Boys & Girls | 50 Y Backstroke |
| 206 | 8-Under | Boys & Girls | 25 Y Freestyle |  | 214 | 11 - Open | Boys & Girls | 200 Y Butterfly |
| 207 | 10-Under | Boys & Girls | 100 Y Ind. Medley |  | 215 | 11-12 | Boys & Girls | 100 Y Butterfly |
| 208 | 10 - Under | Boys & Girls | 100 Y Freestyle |  | 216 | 13 - Open | Boys & Girls | 50 Y Freestyle |
|  |  |  |  |  | 217 | 11-12 | Boys & Girls | 100 Y Ind Medley |
|  |  |  |  |  | 218 | 13-Open | Boys & Girls | 100 Y Breaststroke |
|  |  |  |  |  | 219 | 11-12 | Boys & Girls | 50 Y Breaststroke |
|  |  |  |  |  | 220 | 13-Open | Boys & Girls | 200 Y Freestyle |
|  |  |  |  |  | 221 | 11-12 | Boys & Girls | 100 Y Freestyle |
|  |  |  |  |  |  | Age |  | Event |
|  |  |  |  |  | 222 | Open | Boys & Girls | 1650 Freestyle\* |

\*The 500 Freestyle will be swum as 11 and over, fastest to slowest, 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 be scored in Age Group format. Swimmers must provide their own counters and timers

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| SUNDAY January 23, 2022 | | | | | | | | |
| Session 5  Warm-ups 7:00-8:00am Start: 8:10am  10 & Under only | | | |  | Session 6  Warm-ups 12:30-1:30pm Start: 1:40pm 11-Open | | | |
|  | Age |  | Event |  |  | Age |  | Event |
| 301 | 10 - Under | Boys & Girls | 200 Y Free Relay |  | 308 | 11 - Open | Boys & Girls | 200 Y Free Relay |
| 302 | 8 - Under | Boys & Girls | 100 Y Free Relay |  | 309 | 13 - 14 | Boys & Girls | 200 Y Free Relay |
| 303 | 10-Under | Boys & Girls | 50 Y Backstroke |  | 310 | 11-12 | Boys & Girls | 200 Y Free Relay |
| 304 | 8-Under | Boys & Girls | 25 Y Backstroke |  | 311 | 13 - Open | Boys & Girls | 200 Y Backstroke |
| 305 | 10-Under | Boys & Girls | 50 Y Breaststroke |  | 312 | 11-12 | Boys & Girls | 100 Y Backstroke |
| 306 | 8-Under | Boys & Girls | 25 Y Breaststroke |  | 313 | 13-Open | Boys & Girls | 100 Y Butterfly |
| 307 | 10-Under | Boys & Girls | 200 Y Freestyle |  | 314 | 11-12 | Boys & Girls | 50 Y Butterfly |
|  |  |  |  |  | 315 | 13-Open | Boys & Girls | 200 Y Breaststroke |
|  |  |  |  |  | 316 | 11-12 | Boys & Girls | 100 Y Breaststroke |
|  |  |  |  |  | 317 | 13-Open | Boys & Girls | 100 Y Freestyle |
|  |  |  |  |  | 318 | 11-12 | Boys & Girls | 50 Y Freestyle |
|  |  |  |  |  | 319 | 13-Open | Boys & Girls | 200 Y Ind Medley |
|  |  |  |  |  | 320 | 11-12 | Boys & Girls | 200 Y Freestyle |

**APPENDIX 1: Meet Safety Plan for Kettering City Swim Team**

| **Facility Information** | |
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| **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** | There is adequate spectator viewing. 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.  For safety reasons KCST requests no personal camp style chairs be used behind the glass. |

| **COVID Procedures / Information** | |
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| **Specific COVID Protocols for this Meet** | Mask/Cloth Face Covering Wearing Requirements:  Masks/cloth face coverings will be mandatory for all participants. Participants are defined as swimmers, coaches, officials, volunteers, and all other applicable adults as defined by MAAPP. Everyone must wear a mask/face covering for the duration of the meet.  Swimmers only have an exception during the swim cycle. The ‘swim cycle’ is defined as the time period beginning with the swimmer being called for their warmup or race until their warmup/race/cool down has ended. Swimmers must wear their mask/cloth face covering when not swimming. |
| **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.  After the next heat begins, swimmers in session may move to the cool down lane to swim a 50. then exit the pool and proceed to collect their towel and mask, dry face, put mask on, and proceed to exit the pool area -maintaining physical distance  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.  THESE PROTOCOLS WILL BE ADHERED TO OR YOU WILL BE DISQUALIFIED FROM THE COMPETITION.  Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by the Kettering City Swim Team or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines. |