



**BGSC Holiday IMX Invite**  
**December 4-5, 2021**  
**Held under the sanction of USA Swimming**  
**Sanction #: OH-22SC-39**

**Hosted by**  
**Bowling Green**  
**Swim Club**

<b>Location:</b>	Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403 419.372.2000
<b>Facility:</b>	8-Lane, 50-meter pool. 13 feet to 18 feet in the competition pool. 10 Lanes in 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.
<b>Meet Director:</b>	Julie Price 419.340.2754 <a href="mailto:Jasmine0857@gmail.com">Jasmine0857@gmail.com</a>
<b>Meet Referee:</b>	Tom Knox
<b>Officials Contact for the Meet:</b>	Tom Knox <a href="mailto:tknox@bgsu.edu">tknox@bgsu.edu</a> 419.601.5698
<b>Entry Chair:</b>	Gary Layne <a href="mailto:bgsccgatorsmeetentries@gmail.com">bgsccgatorsmeetentries@gmail.com</a> 419.367.1081
<b>COVID Compliance Officer for Meet</b>	Carolyn Strunk <a href="mailto:bgsccgatorsmeetentries@gmail.com">bgsccgatorsmeetentries@gmail.com</a> 419.356.4776 <b>**Currently, BGSU is allowing spectators. Masks must be worn by all participants (coaches, officials, meet personnel, swimmers, etc) at all times until the swimmer steps onto the block.</b>
<b>Sanction:</b>	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, Bowling Green 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 Bowling Green 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.
<b>Meet Type:</b>	Invitational Meet: This will be an in-person meet. The number of swimmers will not exceed the facility capacity listed in this meet announcement
<b># of Sessions:</b>	Four (4)

**Disclaimers**

Bowling Green 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.

<b>Organization Regulations/Waivers</b>	
<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>Flash photography is not permitted at the start of any race.</li> <li>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.</li> </ul>
<b>Technical Suit Ban</b>	<p>Per USA Swimming Rule 102.8.1F, 12 &amp; 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"> <li>Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li>Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul>
<b>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</b>	<ul style="list-style-type: none"> <li>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 <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> <li>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.</li> </ul>
<b>COVID-19 Information</b>	<ul style="list-style-type: none"> <li>Avoid getting closer than six (6) feet to anyone coughing or sneezing.</li> <li>Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol.</li> <li>Avoid touching your eyes, nose, and mouth.</li> <li>Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash then wash your hands.</li> <li>Stay home if you are sick, and away from the pool and from fellow team members.</li> <li>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.</li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>

<b>Entering the Meet</b>	
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet.</li> <li>All adult athletes must hold current Athlete Protection Training certification.</li> <li>Age on the first day of the meet will determine age for the entire meet.</li> </ul>
<b>Disability Swimmers:</b>	<ul style="list-style-type: none"> <li>Ohio Swimming welcomes swimmers with a disability.</li> <li>Entry Procedures:</li> </ul>

<b>Entering the Meet</b>	
	<ol style="list-style-type: none"> <li>1. Enter the USA-S swimmers with a disability electronically or on the paper entry form.</li> <li>2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>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.</li> </ol> <ul style="list-style-type: none"> <li>• 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.</li> <li>• See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).</li> </ul>
<b>Entry Limits</b> <b>Entry Fees:</b>	<ul style="list-style-type: none"> <li>• Swimmers may swim a maximum of 5 individual events per day.</li> <li>• \$5 per individual event</li> <li>• \$8 per relay event</li> <li>• \$5 OH LSC surcharge per swimmer.</li> <li>• \$10 Facility Fee per swimmer</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li>• Deadline for receipt of entries is Tuesday November 23, 2021. 5:00pm.</li> <li>• Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify).</li> <li>• 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.</li> <li>• Send entries via email to: bgscgatorsmeetentries@gmail.com</li> <li>• Please include the names of any Outreach swimmers in the entry email.</li> <li>• Checks should be made payable to: Bowling Green Swim Club</li> <li>• "No Time" (NT) entries will not be accepted. Please be sure all swimmers have entry times.</li> <li>• The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</li> </ul>
<b>Warm-up and Safety Guidelines:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> <li>• 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.</li> <li>• Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.</li> <li>• No spectators allowed on deck.</li> </ul>
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li>• This meet will be a timed finals meet.</li> <li>• This meet will be contested in SCY.</li> <li>• This meet will be deck-seeded. Deck entries will be accepted at the meet and must be received no later than 15 minutes into warm ups.</li> <li>• No Clerk of Course for any age group.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>• There will not be awards at this meet.</li> <li>• Results will not be posted during the meet.</li> </ul>
<b>General:</b>	<p>There will not be concessions at this meet.  Hospitallity will be determined at a later date.  Poco Loco will be on site as a vendor  Bottled water will be provided for officials, coaches and volunteers during the meet.</p>

**\*\*\*After entries are received, same events in the same session will be combined to 'Mixed'\*\*\*  
Please Plan Accordingly**

**BGSC Holiday Invite  
ORDER OF EVENTS**

<u>Saturday AM</u>			
101	10-UN	Girls 100 Back	1:40.19
102	12-UN	Boys 100 Back	1:40.19
103	8-UN	Girls 25 Back	
104	8-UN	Boys 25 Back	
105	10-UN	Girls 200 IM	3:20.69
106	12-UN	Boys 200 IM	3:08.29/3:20.49
107	8-UN	Girls 25 Breast	
108	8-UN	Boys 25 Breast	
109	10-UN	Girls 100 Breast	1:49.99
110	12-UN	Boys 100 Breast	1:38.39/1:53.19
111	10-UN	Girls 50 Free	
112	12-UN	Boys 50 Free	
113	8-UN	Girls 25 Free	
114	8-UN	Boys 25 Free	
115	10-UN	Girls 100 Fly	1:40.89
116	12-UN	Boys 100 Fly	1:25.59/1:42.09
117	8-UN	Girls 25 Fly	
118	8-UN	Boys 25 Fly	
119	10-UN	Girls 200 MR	
120	12-UN	Boys 200 MR	
121	12-UN	Mixed 200 MR	

(Swimmers can't be in multiple relays in same session)

<u>Sunday AM</u>			
301	10-UN	Girls 200 Free	3:18.29
302	12-UN	Boys 200 Free	2:43.79/3:18.89
303	10-UN	Girls 50 Back	
304	12-UN	Boys 50 Back	
305	10-UN	Girls 100 Free	
306	12-UN	Boys 100 Free	
307	10-UN	Girls 50 Breast	
308	12-UN	Boys 50 Breast	
309	10-UN	Girls 50 Fly	
310	12-UN	Boys 50 Fly	
311	10-UN	Girls 100 IM	
312	12-UN	Boys 100 IM	
313	10-UN	Girls 200 Fr Rel	
314	12-UN	Boys 200 Fr Rel	
315	12-UN	Mixed 200 Fr Rel	

(Swimmers can't be in multiple relays in same session)

#1 Virtual Distance meet 1650  
(NO NT's - please estimate time)  
(separate event file for this meet)

#2 Virtual Distance meet 500  
(NO NT's - please estimate time)  
(separate event file for this meet)

<u>Saturday PM</u>			
201	11-12	Girls 200 IM	3:09.29
202	13 & over	Women 200 IM	
203	13 & over	Men 200 IM	
204	11-12	Girls 100 Back	1:34.29
205	13 & over	Women 100 Back	
206	13 & over	Men 100 Back	
207	11-12	Girls 50 Free	
208	13 & over	Women 50 Free	
209	13 & over	Men 50 Free	
210	11-12	Girls 100 Fly	
211	13 & over	Women 100 Fly	1:38.59
212	13 & over	Men 100 Fly	
213	11-12	Girls 50 Breast	
214	Open	Women 400 MR	
215	Open	Men 400 MR	
216	Open	Mixed 400 MR	
217	11-12	Girls 200 MR	

(Swimmers can't be in multiple relays in same session)

<u>Sunday PM</u>			
401	11-12	Girls 200 Free	3:03.29
402	13 & over	Women 200 Free	
403	13 & over	Men 200 Free	
404	11-12	Girls 50 Fly	
405	11-12	Girls 100 Breast	1:49.99
406	13 & over	Women 100 Breast	
407	13 & over	Men 100 Breast	
408	11-12	Girls 100 Free	
409	13 & over	Women 100 Free	
410	13 & over	Men 100 Free	
411	11-12	Girls 50 Back	
412	Open	Women 400 Fr Rel	
413	Open	Men 400 Fr Rel	
414	Open	Mixed 400 Fr Rel	
415	11-12	Girls 200 Fr Rel	
416	11-12	Girls 100 IM	
417	Open	Women 400 IM	6:34.59
418	Open	Men 400 IM	6:08.59

(Swimmers can't be in multiple relays in same session)

## Summary of Fees/Release Form BGSC Holiday IMX Invite

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:	
Outreach Swimmer Names/# Ind Ev:			

**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. Bowling Green 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:  
Bowling Green Swim Club  
P.O. Box 793  
Bowling Green, Ohio 43402

## APPENDIX 1: Meet Safety Plan for Bowling Green Swim Club and all participating teams

Facility Information	
Facility Rules and Policies:	<p>(1) Swimmers will enter the facility using the ADA access or the gated courtyard directly onto the pool deck. 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 telescopic bleacher area). Other areas of the Recreation Center will be closed or in use by individuals or groups during the meet.</p> <p>(4) No concessions, hospitality, or vendor will be in the facility. Any food or beverages brought into the pool should be prepackaged or well-sealed in a lunch box.</p> <p>(5) Only swimmers, coaches, and meet personnel are to be on deck.</p> <p>(6) For their own safety, if the telescopic bleacher area is 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 as of 11/2/21.</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>Bowling Green 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 will be mandatory for all participants and spectators. 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.</p> <p>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.</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><b>Face coverings are required on BGSU Campus! Social distance on deck and during warm up and warm down. Use readily available hand sanitizer as much as possible.</b></p> <p><b>DURING RACES:</b></p> <p><b>Swimmers will put items in their own container/Ziploc bag behind the lane.</b></p> <p><b>We will do fly-over (dive-over) starts.</b></p> <p><b>If you use the restrooms, spray all touched surfaces upon leaving the locker room.</b></p>

**COVID Procedures / Information**

**Locker rooms are available for changing before and after the meet.**  
**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 when possible.**

**Parental Access and Safe Sport Considerations for Athletes**

The Meet Safety Marshal as well as the Bowling Green Swim Club Safe Sport/COVID Coordinator will provide oversight for this.

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

Bowling Green 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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