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|  | **2020 OH RAYS Start of Winter Slam****December 4-6, 2020****Held under the sanction of USA Swimming****Sanction #: OH-21SC-[xx]** | **Hosted by****Mason Manta Rays** |

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| **Location:** | Mason Community Center6050 Mason-Montgomery Rd.513-229-8555 |
| **Facility:** | SCY, 25 yards, 10.5-12.5 feet deep, 8 lanes for competition and 3 lanes for warm-up.Colorado Timing System. Indoor pool.The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4).  |
| **Meet Director:** | Todd Billhimer/Ken HeisSwimcoach25@gmail.com/kheis@masonoh.org513-229-8555 |
| **Meet Referee:** | Terry Anchrum |
| **Officials Contact for the Meet:** | Terry Anchrumterrence@anchrum.com |
| **Entry Chair:** | Matthew Claytonclaytomp@mail.uc.edu |
| **COVID Compliance Officer for Meet** | Ken Heiskheis@masonoh.org |
| **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, Mason Manta Rays 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 Mason Manta Rays 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 |
| **# of Sessions:** | 7 |

| **Disclaimers** |
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| The Mason Manta Rays 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** |
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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.
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| **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.
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| **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.
* 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.
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| **COVID-19 Information** | * 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 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.
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| **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.
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| **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.
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| **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.
* 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).
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| **Entry Limits****Entry Fees:** | * Swimmers may swim a maximum of 3 individual events per day.
* $4.00 per individual event.
* No relays
* $5 OH LSC surcharge per swimmer.
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| **Entry Procedures:** | * Deadline for receipt of entries is 11/30/2020.
* 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: claytomp@mail.uc.edu
* Please include the names of any Outreach swimmers in the email.
* Checks should be made payable to: City of Mason
* “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.
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| **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.
* No spectators allowed on deck.
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| **Competition Guidelines:** | * This meet will be a timed finals meet.
* This meet will be contested in SCY.
* This meet will be pre-seeded. No deck entries will be accepted at the meet.
* No Clerk of Course will be available for 8 & Under events.
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| **Awards:** | * There will be no awards at this meet.
* No results will be posted during the meet.
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| **General:** | Each team should provide bottled water for officials, coaches and volunteers during the meet. |

| **Facility Information** |
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| **Facility Rules and Policies:** | All swimmers will enter through the Mason High School natatorium/theater entrance. No spectators will be permitted in the stands. |
| **Locker Rooms / Changing** | Athletes must arrive in their suits. Locker rooms are for restroom use and changing only, not for showering. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals. |
| **Facility Capacity** | Indicate the planned number of individuals gathering in areas (pool, deck, spectator seating).Due to the current COVID-19 environment and limited pool deck space at Mason Community Center, the Mason Manta Rays is strongly discouraging spectators at this time, however, there are many 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: The maximum number of spectators gathered at this indoor/outdoor sports venue is 0.POOL DECK: Planned total number of people on the pool deck area per session will not exceed 227 people and will be distributed as follows:Swimmers: 170-190Coaches: 12-16Officials: 10-12 (includes deck officials and AO/scoring table personnel)Volunteers on the pool deck: 10 timers / 1 runner / 4 safety marshals / 0 sanitizersLifeguards: 2 |

| **COVID Procedures / Information** |
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| **Specific COVID Protocols for this Meet** | The Mason Manta Rays 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.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. |
| **Entry and Exit Procedures and Health Screening** | Ingress into the facility may include health screening questions and should include temperature screening either at the facility or prior to arrival, no person shall be admitted with a temperature over 99.5F or in accordance with CDC, or local health department recommendations.Volunteers, coaches, officials and athletes will be required to wear a mask at all times while inside the building. All volunteers, coaches, officials and athletes may be required to answer health questions take a temperature screening which will happen at the main desk of the community center before they enter the pool area.Safety Marshal will be responsible for monitoring all safety procedures. |
| **Athlete Seating Areas** | Athletes will be spread out through the bleachers on the pool deck and spectator gallery to ensure a minimum of 6’ for social distancing. |
| **Swimmer Limitations and Protocols** | DURING RACES:Swimmers will put items on the bleacher behind the lane 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 swim to the opposite end and exit the pool.After the next heat begins, swimmers in session may move to the cool down lane to swim, 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 -around the scoreboard side of the pool.Restrooms are being cleaned regularly by community center staff members.Locker rooms are available for changing before or 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 at all times. |
| **Spectator Limitations and Protocols** | No spectators at this time. |
| **Parental Access and Safe Sport Considerations for Athletes** | The Meet Safety Marshal as well as the Mason Manta Rays 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.The Mason Manta Rays will encourage parents to volunteer during the swim meet to reduce the number of people in the facility.The Mason Manta Rays will provide a live stream so parents will have access to and/or opportunity to observe their swimmer. |

**2020 OH RAYS Start of Winter Slam**

ORDER OF EVENTS

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| Friday, December 4, 2020 |
| Session # 1 |  | Session # |  | Session # |
| Event # | Event Description |  | Event # | Event Description |  | Event # | Event Description |
| 101-102 | Open 500 Freestyle\*^ |  |  |  |  |  |  |
| 103-104 | Open 400 IM\*^ |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Saturday, December 5, 2020 |
| Session # 2 |  | Session # 3 |  | Session # 4 |
| Event # | Event Description |  | Event # | Event Description |  | Event # | Event Description |
| 201-202 | 11-12 50 Free |  | 215-216 | 13-14 50 Free |  | 225-226 | 15 & Over 50 Free |
| 203-204 | 11-12 100 Breast |  | 217-218 | 13-14 100 Breast |  | 227-228 | 15 & Over 100 Breast |
| 205-206 | 11-12 200 Back |  | 219-220 | 13-14 200 Back |  | 229-230 | 15 & Over 200 Back |
| 207-208 | 11-12 100 IM |  | 221-222 | 13-14 100 Fly |  | 231-232 | 15 & Over 100 Fly |
| 209-210 | 11-12 200 Free |  | 223-224 | 13-14 200 Free |  | 233-234 | 15 & Over 200 Free |
| 211-212 | 11-12 100 Fly |  |  |  |  |  |  |
| 213-214 | 11-12 50 Back |  |  |  |  |  |  |
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| Sunday, December 6, 2020 |
| Session # 5 |  | Session # 6 |  | Session # 7 |
| Event # | Event Description |  | Event # | Event Description |  | Event # | Event Description |
| 301-302 | 11-12 50 Breast |  | 317-318 | 13-14 200 Breast |  | 329-330 | 15 & Over 200 Breast |
| 303-304 | 11-12 100 Free |  | 319-320 | 13-14 100 Free |  | 331-332 | 15 & Over 100 Free |
| 305-306 | 11-12 200 Fly |  | 321-322 | 13-14 200 Fly |  | 333-334 | 15 & Over 200 Fly |
| 307-308 | 11-12 100 Back |  | 323-324 | 13-14 100 Back |  | 335-336 | 15 & Over 100 Back |
| 309-310 | 11-12 200 Breast |  | 325-326 | 13-14 200 IM |  | 337-338 | 15 & Over 200 IM |
| 311-312 | 11-12 50 Fly |  | 327-328 | 13-14 1000 Free\* |  | 339-340 | 15 & Over 1000 Free\* |
| 313-314 | 11-12 200 IM |  |  |  |  |  |  |
| 315-316 | 11-12 1000 Free\* |  |  |  |  |  |  |
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\* Denotes swimming fastest to slowest, alternating girls and boys.

Open 500 Free and Open 400 IM will be multi-age scored as 11-12, 13-14, and 15 & Up.

^ Denotes events which may be limited based on entries.

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

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