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|  | 2021 CAC Summer Classic Meet  June 4-6, 2021  Held under the sanction of USA Swimming  Sanction #: OH-21LC-XX | Hosted by  Cincinnati Aquatic Club |

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| Location: | Corwin M. Nixon Aquatic Center, Miami University, Oxford, OH 44056 |
| Facility: | The Corwin M. Nixon pool is a 50-meter x 25-yard pool with adjacent diving well.  The competition pool will consist of one 50 Meter course, 8 lanes each with a depth of 8 to 10 feet. Continuous warm-up and warm-down areas will be available in the 25M Diving Well, 4 Lanes available.  **The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming;** |
| Meet Director: | Chip Carrigan  513-404-6530  chip.carrigan@gmail.com |
| Meet Referee: | Tom Mantkowski  tmantkowski@mindspring.com |
| Entry Chair: | Chip Carrigan  513-404-6530  [meetentry@swimcincinnati.org](mailto:meetentry@swimcincinnati.org) |
| COVID Compliance Officer for Meet | Kevin Rachel  513-984-5255  cackevin@aol.com |
| 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, Cincinnati Aquatic 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 Cincinnati Aquatic 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: | Closed Invitational Meet |
| # of Sessions: | 8 |

| Disclaimers |
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| Cincinnati Aquatic 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 | |
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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. * 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 | * 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. |
| 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. |
| Disability Swimmers: | * Ohio Swimming welcomes swimmers with a disability. * Entry Procedures:   + 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. * 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:   5 individual events per day   * $5.00 per individual event. * $5 OH LSC surcharge per swimmer. * $12.00 Facility Fee |
| Entry Procedures: | * Deadline for receipt of entries is 5-7-21, 12:00 noon * Entries may be submitted in LCM/SCM/SCY using an electronic meet entry software (Hy-Tek/Team Unify).   + Entries will be converted to LCM for seeding purposes. * *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: meetentry@swimcincinnati.org * Please include the names of any Outreach swimmers in the email. * Checks should be made payable to: Cincinnati Aquatic Club   + c/o Chip Carrigan, 2567 Queen City Avenue, Cincinnati, OH 45238 * “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. * No spectators allowed on Deck.or in Gallery |
| Competition Guidelines: | * This meet will be a timed final meet. * This meet will be contested in LCM. * This meet will be pre-seeded. No deck entries will be accepted at the meet. * No Clerk of Course will be available for any events. |
| Awards: | * There will not be awards at this meet. * Results will not be posted during the meet. |
| General: | There will no hospitality for officials and coaches. |

2021 CAC Summer Classic - ORDER OF EVENTS

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| Friday Session 1 (13 & Over) | | |
| Warmups 9:30 AM - Start 10:30 AM - End 1:30 PM | | |
| Girls | Event | Boys |
| 101 | 13-14 400 Freestyle | 102 |
| 103 | 15 & Over 400 Freestyle | 104 |
| 105 | 13-14 400 IM | 106 |
| 107 | 15 & Over 400 IM | 108 |
| 109 | 13 & Over 200 Butterfly | 110 |
| 111 | 13 & Over 200 Backstroke | 112 |
| 113 | 13 & Over 200 Breaststroke | 114 |

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| Friday Session 2 (12 & Under) | | |
| Warmups 2:15 PM - Start 3:15 PM - End 5:45 PM | | |
| Girls | Event | Boys |
| 115 | 12 & Under 400 Freestyle | 116 |
| 117 | 12 & Under 200 IM | 118 |
| 119 | 12 & Under 200 Butterfly | 120 |
| 121 | 12 & Under 200 Backstroke | 122 |
| 123 | 12 & Under 200 Breaststroke | 124 |

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| Saturday Session 3 (15 & Over) | | |
| Warmups 7:30 AM - Start 8:30 AM - End 10:30 AM | | |
| Girls | Event | Boys |
| 201 | 15 & Over 100 Freestyle | 202 |
| 203 | 15 & Over 50 Backstroke | 204 |
| 205 | 15 & Over 100 Breaststroke | 206 |
| 207 | 15 & Over 50 Butterfly | 208 |
| 209 | 15 & Over 200 Butterfly | 210 |
| 211 | 15 & Over 200 Backstroke | 212 |
| 213 | 15 & Over 200 Breaststroke | 214 |
| 215 | 15 & Over 200 IM | 216 |
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| Saturday Session 4 (13 - 14) | | |
| Warmups 11:15 AM - Start 12:15 PM - End 2:15 PM | | |
| Girls | Event | Boys |
| 217 | 13-14 100 Freestyle | 218 |
| 219 | 13-14 50 Backstroke | 220 |
| 221 | 13-14 100 Breaststroke | 222 |
| 223 | 13-14 50 Butterfly | 224 |
| 225 | 13-14 200 Butterfly | 226 |
| 227 | 13-14 200 Backstroke | 228 |
| 229 | 13-14 200 Breaststroke | 230 |
| 231 | 13-14 200 IM | 232 |
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| Saturday Session 5 (12 & Under) | | |
| Warmups 3:00 PM - Start 4:00 PM - End 6:00 PM | | |
| Girls | Event | Boys |
| 233 | 12 & Under 100 Freestyle | 234 |
| 235 | 12 & Under 50 Backstroke | 236 |
| 237 | 12 & Under 100 Breaststroke | 238 |
| 239 | 12 & Under 50 Butterfly | 240 |

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| Sunday Session 6 (15 & Over) | | |
| Warmups 7:30 AM - Start 8:30 AM - End 10:30 AM | | |
| Girls | Event | Boys |
| 301 | 15 & Over 100 Backstroke | 302 |
| 303 | 15 & Over 50 Freestyle | 304 |
| 305 | 15 & Over 100 Butterfly | 306 |
| 307 | 15 & Over 50 Breaststroke | 308 |
| 309 | 15 & Over 200 Freestyle | 310 |
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| Sunday Session 7 (13 - 14) | | |
| Warmups 11:15 AM - Start 12:15 PM - End 2:15 PM | | |
| Girls | Event | Boys |
| 311 | 13-14 100 Backstroke | 312 |
| 313 | 13-14 50 Freestyle | 314 |
| 315 | 13-14 100 Butterfly | 316 |
| 317 | 13-14 50 Breaststroke | 318 |
| 319 | 13-14 200 Freestyle | 320 |
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| Sunday Session 8 (12 & Under) | | |
| Warmups 3:00 PM - Start 4:00 PM - End 6:00 PM | | |
| Girls | Event | Boys |
| 321 | 12 & Under 100 Backstroke | 322 |
| 323 | 12 & Under 50 Freestyle | 324 |
| 325 | 12 & Under 100 Butterfly | 326 |
| 327 | 12 & Under 50 Breaststroke | 328 |
| 327 | 12 & Under 200 Freestyle | 328 |

APPENDIX 1: Meet Safety Plan for Cincinnati Aquatic Club

| **Facility Information** | |
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| Facility Rules and Policies: | All Athletes, Officials, Coaches, and Volunteers will access the pool deck through the aquatic center rear doors located on the ground floor where their temperatures will be checked. |
| 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 | **Miami University**: Due to the current COVID-19 environment and limited deck space at Miami University, only one spectator per Athlete will be allowed in the Spectator Gallery 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.  CAC encourage parents to volunteer during the swim meet to reduce the number of people in the facility, as there will be NO Spectators in the Aquatic Center during any session  POOL DECK: Planned total number of people on the pool deck area per session will not exceed 250 on Deck, and 125 in Gallery, and will be distributed as follows:  Swimmers: 325  Coaches: 12  Officials: 15 (includes deck officials and AO/scoring table personnel)  Volunteers on the pool deck: 18 (includes timers / runners / safety marshals)  Lifeguards: 5-7 |

| COVID Procedures / Information | |
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| Specific COVID Protocols for this Meet | Host team 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.  Currently, Butler County and the State of Ohio are requiring masks be worn in all indoor facilities. To this end, all volunteers (timers, officials, etc.) as well as coaches must be masked. Swimmers will be sat a distance of no less than 6 feet apart. It is suggested that they wear masks until such time as they are lined up for their heats. Swimmers will be lined up along the wall 6 feet apart and led to the blocks for their heat. Swimmers will enter the deck from the west end of the pool. Upon completion of their heat, then will swim down 25 yeards to the turn end of the pool, and will exit the pool. After each heat, timers will be responsible for cleaning the blocks and backstroke ledges, as well as any other items the swimmers may have made physical contact with including but limited to, chairs.  Only one timer will be permitted per lane to minimize individuals on the pool deck.  Officials and coaches will maintain social distance from each other and swimmers on deck.  At the conclusion of each session, swimmers will leave the facility through the rear doors. Cleaning volunteers will wipe down all doors, bleachers, and rails before the next session will be permitted to enter the facility.  Locker rooms will be closed for the meet. All swimmers must arrive in and depart in their suits. Restrooms will be available for individual use only and will be cleaned after each use by cleaning volunteers.  No food/drinks will be provided or sold at the meet. All food/drinks must be brought from home and can be eaten in the facility.  Cincinnati Aquatic Club 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: |
| Entry and Exit Procedures and Health Screening | Ingress into the facility must 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 will be required to answer health questions and take a temperature screening which will happen in the rear doors before they enter the pool area. |
| Athlete Seating Areas | Athletes will have seating on the pool deck following the ODH protocols for social distancing. |
| Swimmer Limitations and Protocols | DURING RACES:  Swimmers will leave their items where they are seated in the Aquatic Center.  Locker rooms are not available for changing before or after the meet.  When not in the water, athletes are expected to wear a mask at all times.  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 are restroom facilities available for spectators in the Concourse.  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 USA 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.  Spectator Requirement: All Spectators are required to wear Face Masks at all time, inside the Facility. We do not accept any “Medical Mask Waivers” from local government, or medical organizations. Only Medical Mask Waivers issued by Human Resources at Miami University will be accepted.  In order to qualify for a medical mask exemption, you must register with the Student Disability Services prior to using the Recreation Center Facility. To do so, you must submit documentation of your medical condition that would prevent ypu from wearing a mask to the Human Resources department of the J. Scott and Susan MacDonald Miller Center for Student Disability Services (SDS) at [sds@miamioh.edu](mailto:sds@miamioh.edu) After proper documentation has been received, you will receive a letter stating you have a medical exemption from wearing a mask. Please carry a copy of this letter with you at all times. Anyone without a letter from SDS will be asked to leave the facility or wear a mask until they possess proper documentation. |
| Parental Access and Safe Sport Considerations for Athletes | CAC will provide a live stream (technology permitting) so parents will have access to and/or opportunity to observe their swimmer.  The Meet Safety Marshal as well as the USA 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. CAC+ will encourage parents to volunteer during the swim meet to reduce the number of people in the facility. |