



**6<sup>th</sup> ANNUAL JILL GRIESSE MEMORIAL INVITATIONAL**  
**June 19-20, 2021**  
**Held under the sanction of USA Swimming**  
**Sanction #: OH-21SC-18**

**Hosted by**  
**Pau Hana Swim**  
**Team**

<b>Location:</b>	Dresden Swim Center 1330 Main St, Dresden, OH 43821 740.754.6567
<b>Facility:</b>	The Dresden Swim Center features an outdoor 8-lane, 50-meter by 25-yard competition course. The water depth ranges from 5' to 5'8" at the start end and is 3'6" at the turn end. Colorado timing will be used. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4). A large diving well is available for warm up / warm down during the meet. The pool is surrounded by a large grassy park for swimmer camps and spectator seating. Bleacher seating is not available.
<b>Meet Director:</b>	Christi Holmes scottieswimcoach@yahoo.com 740-565-0985
<b>Meet Referee:</b>	Steve Connock
<b>Officials Contact for the Meet:</b>	Steve Connock sconnock3@gmail.com 513-633-3860
<b>Entry Chair:</b>	Erin Schwab erin@swimohio.com 513-673-3326
<b>COVID Compliance Officer for Meet</b>	Christi Holmes
<b>Sanction:</b>	<p>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.</p> <p>As a condition of sanction, Paul Hana 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 Pau Hana Swim Team 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.</p>
<b>Meet Type:</b>	Invitational Meet. This is an in-person meet by invitation only. If your team is interested in attending, please contact PHST Head Coach Teresa Fightmaster at <a href="mailto:tfightmaster23@gmail.com">tfightmaster23@gmail.com</a> .
<b># of Sessions:</b>	5

#### Disclaimers

Pau Hana Swim Team 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	
<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><b>HEALTH ASSESSMENTS:</b> Each team <b>MUST</b> assess all meet participants (athletes, coaches, volunteers, and spectators) for COVID-19 symptoms prior to entering the facility. <b>MEET PARTICIPANTS WITH ANY SYMPTOMS OF ANY ILLNESS MUST NOT ATTEND!</b></li> <li><b>FACE COVERINGS:</b> Per the Ohio Department of Health (ODH) Director's Order of April 5, 2021. All meet participants – coaches, officials, administrators, spectators, vendors, and athletes must wear face coverings (1) <b>INDOORS</b> and (2) <b>OUTDOORS if unable</b> to consistently maintain six feet or more from individuals who are not members of their family/household. <b>ALL MEET PARTICIPANTS MUST WEAR A MASK</b> when 6 ft social distancing cannot be maintained, such as during timing assignments, spectating in a crowd, debriefing athletes, sitting together under a tent, working at the score table, etc.</li> <li>Teams will be assigned a team seating/camping area inside the gated area. Bring your own tents and chairs. Canopies will need to be dropped at the end of the Saturday pm session.</li> <li>Spectators will be permitted and encouraged to watch their swimmers race at this meet. Spectator tents and chairs may be limited inside the gated area due to space limitations and/or COVID-19 restrictions. Additional space for spectator seating and camping will be available outside the gated area.</li> <li>Athletes are encouraged to arrive and depart in their suits. Locker rooms will be available for quick changes and restroom use. Masks must be worn in locker rooms. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals.</li> <li>Updated COVID-19 Information for this meet will be shared prior to the meet start date to reflect any new ODH orders, policies, and guidelines.</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</li> </ul>

<b>Organization Regulations/Waivers</b>	
	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.
<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> <li>Seasoned competitors only requested for this meet. Thanks!</li> </ul>
<b>Disability Swimmers:</b>	<ul style="list-style-type: none"> <li>Ohio Swimming welcomes swimmers with a disability.</li> <li>Entry Procedures:               <ol style="list-style-type: none"> <li>Enter the USA-S swimmers with a disability electronically or on the paper entry form.</li> <li>Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>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> </li> <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 Entry Fees:</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 3 individual events per session. Those events marked with an asterisk (*) may be limited due to time constraints.</li> <li>\$5 per individual event.</li> <li>\$5 OH LSC surcharge per swimmer.</li> <li>\$12 facility fee</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li>Entries open at 12:00 pm EST on Friday, May 7, 2021. Entries will be considered on a first-come, first-served basis until the meet capacity has been reached and no later than 12:00 pm on Friday, May 21, 2021.</li> <li>Entries must be submitted in LCM 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: erin@swimohio.com</li> <li>Please include the names of any Outreach swimmers in the email.</li> <li>Checks should be made payable to: Pau Hana Swim Team</li> <li>"No Time" (NT) entries will not be accepted.</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors for 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>Start swimmers from both ends of the pool. Swimmers must not stop and congregate at the ends of the pool during warmup.</li> <li>Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.</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 LCM.</li> <li>This meet will be pre-seeded. Deck entries will not be accepted at the meet.</li> <li>No Clerk of Course will be available for 10 &amp; Under events.</li> <li>All events will be seeded from slowest to fastest. All events will begin at the start end of the pool. Timers will move to the turn end for the 50's. The 400 free will be seeded from fastest to slowest.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>There will be no awards given at this meet.</li> <li>Results will not be posted during the meet.</li> </ul>
<b>General:</b>	Full concessions will be available. Limited hospitality for coaches and officials will be available. Aquatic Outfitters of Ohio will be onsite with swimsuits and gear for sale. Custom meet t-shirts will also be available for purchase onsite.

**6<sup>th</sup> ANNUAL JILL GRIESSE MEMORIAL INVITATIONAL  
ORDER OF EVENTS**

Saturday, June 19, 2021					
Session #1 AM		Session #2 PM		Session #3 PM	
Warm Up 7:00 am Start 8:10 am		Warm Up 1:00 pm Meet Start 2:10 pm		Warm Up TBD Meet Start TBD	
Event #	Event Description	Event #	Event Description	Event #	Event Description
101	Mixed 12&U 50 Breast	151	Mixed 13&O 50 Breast	171	Mixed 12&O 400 Free**
102	Mixed 12&U 100 Fly	152	Mixed 13&O 100 Back		
103	Mixed 12&U 200 Free*	153	Mixed 13&O 200 Free		
104	Mixed 12&U 100 Back	154	Mixed 13&O 100 Fly		
105	Mixed 12&U 50 Free	155	Mixed 13&O 200 Back		
		156	Mixed 13&O 100 Breast		

Sunday, June 20, 2021			
Session #4 AM		Session #5 PM	
Warm Up 7:00 am Start 8:10 am		Warm Up 1:00 pm Meet Start 2:10 pm	
Event #	Event Description	Event #	Event Description
201	Mixed 12&U 50 Fly	251	Mixed 13&O 50 Fly
202	Mixed 12&U 100 Free	252	Mixed 13&O 100 Free
203	Mixed 12&U 200 IM*	253	Mixed 13&O 200 Breast
204	Mixed 12&U 100 Breast	254	Mixed 13&O 200 IM
205	Mixed 12&U 50 Back	255	Mixed 13&O 200 Fly
		256	Mixed 13&O 50 Back
		257	Mixed 13&O 50 Free

\* Entries may be limited if timeline warrants.

\*\* Only top 24 entries for boys and top 24 entries for girls will be accepted. Athletes in this event must provide their own timers.

**Summary of Fees/Release Form**  
**6<sup>th</sup> ANNUAL JILL GRIESSE MEMORIAL INVITATIONAL**

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$5.00 per event	
OSI Swimmer Surcharge		\$5.00 per swimmer	
Host Team Facility Surcharge		\$12.00 per swimmer	
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. Pau Hana Swim Team, Dresden Swim 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 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.

I, the undersigned coach, or team representative, shall ensure that all meet participants from my team (athletes, coaches, volunteers, and spectators) are assessed for COVID-19 symptoms upon arrival at the Dresden Swim Center. I shall ensure that any meet participants from my team with COVID-19 symptoms are not permitted to enter the Dresden Swim Center or attend this meet.

\_\_\_\_\_  
 Signature (Coach or Club Representative)

\_\_\_\_\_  
 Club Title (Coach, etc.)

\_\_\_\_\_  
 Name of Club

\_\_\_\_\_  
 Date

Make check payable to 'Pau Hana Swim Team' and mail to Teresa Fightmaster, 764 S 3<sup>rd</sup> St, Columbus, OH 43206.

Visit  
**Zanesville**  
 Muskingum County  Ohio  
 Dining Options

**DRESDEN FOOD OPTIONS**

1340 Café & Sweet Shop  
 1340 Main St  
 740-754-1696

Crenos Pizza  
 199 Main St  
 740-754-2066

Dresden Tavern  
 622 Main St  
 740.565.4026

McDonalds  
 71 McCoy Crossing  
 740.754.1171

Scotties Den Restaurant  
 (Closed Sundays)  
 33 E Muskingum Ave  
 740-754-9106

Subway  
 93 W 3<sup>rd</sup> St  
 740-754-9138

The Warehouse Dresden  
 (Lunch & Dinner-closed Monday)  
 18 E 9<sup>th</sup> St, Dresden  
 740-754-5646

**NASHPORT FOOD OPTIONS**

The Clover Key (Breakfast & Lunch)  
 6005 Newark Rd, 220-201-4224

**ZANESVILLE FOOD OPTIONS**

Adornetto' s Pizzeria (Dinner)  
 2224 Maple Ave  
 740-453-0789 www.adornettos.com  
 Pizza, pastas and salads.

The Barn Bar & Grill (Lunch & Dinner)  
 1947 Linden Ave 740-455-2276  
 www.thebarnzanesville.com  
 Zanesville's original, locally owned  
 sports bar and grill

Bill's Real Pit Bar BQ  
 (Lunch & Dinner)  
 5945 Frazeyburg Rd  
 740-588-0888  
 www.billsrealpitbbq.com  
 Southern style BBQ, Mexican menu.

***Due to COVID, please call ahead  
 for hours.***

Bryan Place (Lunch & Sunday Brunch)  
 49 N Sixth St 740-450-8008

Darrell's Donuts (closed Sunday)  
 1 N Maysville Ave 740-454-0332

Ditty's Downtown Deli (Breakfast &  
 Lunch Weekdays)  
 61 S Fourth St 740-450-2219  
 Donald's Donuts (Opens at 5am daily)  
 2622 Maple Ave 740-453-4749

Dooley's Diner (Lunch-weekdays)  
 231 Market St 740-868-7890

Giacomo's Deli & Bread (Breakfast,  
 Lunch, Dinner-closed Sunday)  
 2236 Maple Ave 740-452-7323  
 Wines, cheeses, deli salads, sweets  
 and sandwiches.

Grillin Dave Style (Lunch & Dinner)  
 1612 Linden Ave 740-452-3808

Happy Donuts (Breakfast & Lunch)  
 1835 Maple Ave 740-221-3151

The Inn at Eagle Sticks (Lunch &  
 Dinner)  
 2655 Maysville Pike 740-454-4900  
 www.eaglesticks.com  
 American cuisine, informal dining.

Lang's Pizza & Subs (Dinner-closed  
 Monday)  
 6735 West Pike 740-452-1590

Muddy Miser's Cool River Café (Lunch  
 & Dinner closed Sunday & Monday)  
 112 Muskingum Ave 740-588-9210  
 Seafood, steaks and ribs.  
 Full bar, casual riverfront dining.

Olde Falls Inn (Lunch Wed-Fri &  
 Dinner Daily)  
 3452 Newark Rd 740-452-2300  
 Restaurant and pub.  
 Full menu, cheeseburgers to scampi.

Old Market House Inn  
 (Dinner-Closed Sunday)  
 424 Market St 740-454-2555  
 Seafood, aged beef & Italian cuisine.  
 English Pub Atmosphere.

Picnic Pizza at the Italian Eatery  
 (Lunch & Dinner)  
 3575 Maple Ave 740-450-7201

Rake's Place (Lunch & Dinner-closed  
 Monday)  
 2207 Linden Ave 740-868-8314

Russo's Pizza & Salads  
 (Lunch & Dinner)  
 2526 Maple Ave 740-487-1021  
 Russoswoodfired.com

Tat's Pizzeria (Lunch & Dinner)  
 2440 Maysville Pike  
 740-454-6261  
 Pizza, pastas and salads.

Tom's Ice Cream Bowl  
 (Lunch & Dinner)  
 532 McIntire Ave 740-452-5267  
 www.tomsicecreambowl.com  
 Candy, nuts, soup, sandwiches &  
 homemade ice cream.

Urban Comforts Eatery Restaurant  
 (Dinner-closed Sunday)  
 32 N Third St 740-453-2227

The Walk Café & Bakery (Breakfast &  
 Lunch-closed Sunday & Monday)  
 1329 Maysville Ave 740-868-4190

Weasel Boy Brewing Co.  
 (Dinner-closed Sunday & Monday)  
 126 Muskingum Ave  
 740-455-3767  
 Brewpub and full service pizzeria.

**Visit**  
[www.visitzanesville.com](http://www.visitzanesville.com)  
**for a complete list of  
 restaurants,  
 accommodations,  
 attractions and more!**

Zanesville-Muskingum County Convention & Visitors Bureau  
 205 North 5<sup>th</sup> Street, Zanesville, Ohio 43701  
 740-455-8282 \* [www.visitzanesville.com](http://www.visitzanesville.com)



**WELCOME SWIMMERS TO THE  
6th ANNUAL JILL GRIESSE MEMORIAL INVITATIONAL**

Good luck in your races at the Dresden Swim Center!

Dresden & Zanesville-Muskingum County would like to thank you for planning a visit to our area! Please, feel free to reach out to the Zanesville-Muskingum County Convention & Visitor's Bureau with any accommodation, dining, or area information questions.

**ACCOMMODATIONS-** Find a full list of accommodations @ [www.visitzanesville.com](http://www.visitzanesville.com).

**Hotels & Motels**

- Baker's Motel, 8855 East Pike, Norwich [www.bakersmotel.com](http://www.bakersmotel.com) 740.872.3232
- Baymont Inn & Suites, 230 Scenic Crest Drive, Zanesville 740.454.9332
- Best Western, 4929 East Pike, Zanesville 740.453.6300
- Garland Hotel, 150 Garland Way, New Concord 855.462.9255 [www.choicehotels.com](http://www.choicehotels.com)
- Hampton Inn, 1009 Spring Street, Zanesville 740.453.6511 [www.hamptoninn.com/hi/zanesville](http://www.hamptoninn.com/hi/zanesville)
- Holiday Inn Express, 1101 Spring Street, Zanesville 740.297.4751 [www.ihg.com](http://www.ihg.com)
- Quality Inn & Suites, 500 Monroe Street, Zanesville 740.454.4144
- Super 8, 2440 National Road, Zanesville 740.455.3124 [www.super8.com](http://www.super8.com)
- Zane's Inn & Suites, 725 Zane Street, Zanesville 740.617.8342

**Bed and Breakfasts**

- The Inn at Dresden, 209 Ames Drive, Dresden [www.theinnatdresden.com](http://www.theinnatdresden.com), 740.754.1122
- The Jennie-Marie Inn B & B, 12230 Main Street, Trinway, 740.704.2750
- The Pines of Dresden B & B, 42 Dave Longaberger Avenue, Dresden [www.thepinesofdresden.com](http://www.thepinesofdresden.com), 740.754.4422
- Village Victorian Scrapbook Retreat, 815 Chestnut Street, Dresden, [www.villagevictorianscrapbookretreat.com](http://www.villagevictorianscrapbookretreat.com), 740.565.4500
- Whispering Hills B & B, 10001 N Morrison Road, Dresden, 740.754.1512

**Cabins**

- Dillon State Park Cabins, 5265 Dillon Hills Drive, Nashport-29 cottages with 2 bedrooms, bath, kitchen and living room. [www.ohiodnr.gov](http://www.ohiodnr.gov), 866.644.6727
- Straker Cabins at the Wilds, 1400 International Road, Cumberland-7 cabins with a kitchen living area, two bathrooms and three bedrooms. [www.thewilds.org](http://www.thewilds.org) 740.638.5030

**RV Park**

- American Legion RV Park, 1384 S Main St, Dresden, 740.754.1399



The Zanesville Muskingum County Convention & Visitors Bureau  
205 North 5<sup>th</sup> Street, Zanesville, Ohio 43701  
740.455.8282 [www.visitzanesville.com](http://www.visitzanesville.com)