

# UPPER ARLINGTON SWIM CLUB TRIPLE CROWN INVITATIONAL

Held Under the Sanction of USA Swimming, Inc.  
Sanction #OH-20SC-53

**WELCOME** On behalf of the Upper Arlington Swim Club, it is our pleasure to welcome your participation in the Upper Arlington Swim Club Triple Crown Invitational.

**DATES** January 4-5, 2020

**LOCATION** Upper Arlington High School Natatorium  
1650 Ridgeview Road, Upper Arlington, Ohio 43221

**MEET FORMAT & FACILITIES** Timed finals events for 8 and under, 9-10, 11-12, and 13-14 age groups. No entry time standards.

The venue features a 6-lane, 25-yard pool with an automated Colorado touch pad timing system, integrated horn starting system, and running time display. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 3 1/2 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**MEET MANAGEMENT**

**MEET DIRECTOR**  
Jamie Masters  
(614) 327-2536  
Jamiemasters1@gmail.com

**ADMIN OFFICIAL**  
Brian Campbell  
bcampbell@kmpg.com

**MEET REFEREE**  
Tom Trace  
Tetrace311@yahoo.com

**ENTRY CHAIR**  
Erin Reetz  
917 Windbourne St.  
Gahanna, OH 43230  
(614) 832-1976  
Erin.reetz@gmail.com

**WEBSITE** All meet information, including notices of program changes, warm-up times and lane assignments, host club contacts, and complete meet results and meet backups will be posted on the UASC website, [www.uasc.org](http://www.uasc.org). Coaches and club entry chairs are responsible for checking the UASC website for changes in meet format and final warm up times, all of which will be published on the website by 10am on the Wednesday preceding the meet.

## ELIGIBILITY

All swimmers must be currently registered athlete members of USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. USA Swimming registration will not be available at the meet.

Swimmer's age on Saturday, January 4, 2020 will determine eligibility for age division.

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.

UASC welcomes swimmers with disabilities to enter this meet. At the time of entry, the coach or person entering the swimmer is asked to:

Provide advance notice of any necessary accommodations

List in the email with the Hy-Tek entry or Team Unify entry the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. More information is available under Adaptive Swimming on the OSI website ([www.swimohio.com](http://www.swimohio.com)).

## WARM-UP & START TIMES

Saturday and Sunday Morning Sessions (10 & under)

Warm-ups 8:00-9:00 AM

Meet Start 9:05 AM

Saturday and Sunday Afternoon Sessions (11 & over)

Warm-ups TBA

Meet Start TBA

Warm-up and start times are tentative and may be changed by the Meet Director. Once all entries have been received, final warm-up and start times may be adjusted and all changes will be posted on the UASC website, [www.uasc.org](http://www.uasc.org).

## MEET RULES

USA and Ohio Swimming rules and regulations will govern the meet.

## ENTRY LIMITATIONS

The Meet Director reserves the right to limit entries to the first 450 athletes or 2,000 entries, exclusive of UASC swimmers.. The Meet Director reserves the right to exclude or otherwise limit entries, teams, or alter events as follows to observe Ohio Swimming's four (4) hour session limit: Adjust session start times; Limit relay entries or eliminate relay events; Eliminate no time (NT) entries; Events longer than 200 yards may be limited to the top 24 swimmers positively checked in by the deadline announced on the day of the event. Any limits and adjustments will be communicated to entry contacts by the Monday preceding the meet. Refunds will be given to those who did not swim due to entry limits. Due to limitations in overflow seating and parking these numbers have been decreased from 2019.

Each contestant may enter no more than three (3) individual events per day. If an entry is submitted with an individual entered in more than three (3) events per day, then the swimmer entries will be entered in chronological order until the limit is reached. There will be no refunds.

Teams whose entries have been rejected due to space limits will be informed by the Monday preceding the meet.

**ENTRY PROCEDURES**

Entries will open at 1:00pm on Thursday, December 12<sup>th</sup>. **Please do not submit entries prior to or after this window.** Entries will close on Sunday, December 15<sup>th</sup>. Entries received prior to 1:00 pm on Thursday, December 12<sup>th</sup>, 2019 will be placed at the end of all entries received.

Please submit only best short-course yard times for seeding. All times must be able to be verified against USA Swimming's SWIMS database. Entries produced using Hy-Tek Team Manager software and submitted by electronic mail are preferred. Fax or telephone entries will not be accepted.

Please do not submit payment until your entries have been accepted. Upon acceptance please mail a check covering all entry fees and surcharges, a completed Entry Summary Sheet (attached), and completed and signed USA Swimming Membership Verification Form (attached), Please mail entries, checks, and supporting documentation to:

Erin Reetz  
UASC Entry Chair  
917 Windbourne St.  
Gahanna, OH 43230  
(614) 832-1976  
[Erin.reetz@gmail.com](mailto:Erin.reetz@gmail.com)

Relay participants may be declared at the meet, but must be limited to swimmers entered in the meet.

**ENTRY FEES**

Individual Events:	\$5.00 per individual
Relay Events:	\$8.00 per relay team
Ohio LSC Travel Fund Surcharge:	\$5.00 per swimmer

**DECK ENTRIES**

Deck entries will be permitted at the discretion of the Meet Director, if time permits, on a first come, first served basis. Check-in for deck entries will close 30 minutes prior to the start of competition in the session in which the event will be swum. **There will be no deck entries allowed for the 200 yard individual events.** The deck entry fee will be \$10.00 per individual event and \$16.00 per relay event and must be paid in cash before the swimmer will be permitted to swim --- no checks please. Swimmers must present proof of USA Swimming membership to deck-enter an event, unless already entered in the meet.

**POSITIVE CHECK-IN REQUIREMENTS & DECK-SEEDED EVENTS**

All 200 yard freestyle (9-10, 11-12, and 13-14) and 200 yard IM (11-12 and 13-14) events will require positive check-in. Swimmers must check-in for deck-seeded events no later than **30** minutes prior to the start of the session in which the event will be swum. **The positive check-in sessions will be deck-seeded.**

**WARM-UP PROCEDURES**

Teams will be assigned lanes for warm-up and the supervising coaches in each lane will run their warm-up as they see fit. Boys and girls may warm-up together. Warm-up times and lane assignments will be posted on the UASC website,

[www.uasc.org](http://www.uasc.org), at least three days prior to the meet. The Meet Director reserves the right to revise warm-up procedures to ensure the safety of the swimmers.

Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect at this meet. Swimmers must enter the water feet-first in a cautious manner with one hand in contact with the pool edge except in lanes that have been cleared and specifically declared one-way sprint lanes by unanimous agreement of the supervising coaches

#### **BULLPEN**

Swimmers competing in 10 and under individual events must report promptly to the bullpen when called over the public announcement system prior to their events. No bullpen will operate for 10 and under relays or for swimmers aged 11 and over.

#### **COACHES' REGISTRATION**

All coaches must be registered members of USA Swimming. Prior to each session, coaches will be required to sign-in and present proof of valid USA Swimming Coaching Membership to the Meet Coordinator at the table in the front lobby.

#### **AWARDS**

In each individual event, swimmers will be divided into three divisions based on seed time: Kentucky Derby division, Preakness division, and Belmont division. Awards will be given to only the 8 & under, 9-10, and 11-12 age groups. The top three finishers in each division will receive medals; the fourth through sixth finishers in each division will receive ribbons. Relays will receive medals for first place and ribbons for second through sixth place. Heat winner ribbons for 10 and under and Ohio championship meet qualifier ribbons for all age groups will also be awarded. The top six relays and top six individual swimmers in each division score.

Awards will be collected and distributed to one designated club representative at the conclusion of the meet. Awards remaining at the end of the meet will not be forwarded by mail.

#### **FINAL RESULTS**

Complete meet results and Hy-Tek back-up files will be posted on the Upper Arlington Swim Club website, [www.uasc.org](http://www.uasc.org), within 4 hours after the conclusion of the meet and will be e-mailed to participating clubs.

#### **FACILITIES**

A concession stand will be open throughout the meet.

## **VENUE RULES**

### **Deck Access**

No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet director or his designee.

### **Spectators & Safety**

Equipment bags, wet towels, and wet swimmers are not permitted on the bleachers. Please keep all thoroughfares in the building, especially hallways and door areas, open and free of equipment and chairs. No alcohol or tobacco shall be consumed in the venue.

Please park only in designated spaces and help keep traffic lanes near the pool open at all times.

In compliance with USA Swimming Rules and Regulations , the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Under no circumstances are cameras or any other recording device allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during the competition and warm-up. 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.

### **Swimmer & Parent Conduct**

Swimmers, parents, and spectators are expected to conduct themselves in an appropriate and sportsman-like manner. It is the responsibility of all parents to ensure all minor spectators are well behaved and under supervision at all times. Any swimmer or minor spectator acting in an inappropriate manner will be reported to their coach or parent for disciplinary action, which may include removal from the meet and facility.

### **Concussion in Youth Sports: Ohio's Return-to-Play Law**

This facility and event complies with Ohio's Return-to-Play Law found at [www.healthy.ohio.gov/concussion](http://www.healthy.ohio.gov/concussion) and submits concussion reports and return-to-play forms to Ohio Swimming. Any swimmer who is suspected of sustaining a concussion should seek medical attention immediately and will not be permitted to return to competition until the swimmer has been cleared by a medical professional with a Return to Play form.

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 this event.

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

# UASC TRIPLE CROWN ORDER OF EVENTS

## ORDER OF EVENTS

### SATURDAY AM

<b>Girls</b>	<b>Age</b>	<b>Event</b>		<b>Boys</b>
101	9-10	200 Yd.	Medley Relay	102
103	8&U	200 Yd.	Medley Relay	104
105	9-10	50 Yd.	Freestyle	106
107	8&U	25 Yd.	Freestyle	108
109	9-10	50 Yd.	Backstroke	110
111	8&U	25 Yd.	Backstroke	112
113	9-10	50 Yd.	Breaststroke	114
115	8&U	25 Yd.	Breaststroke	116
117	9-10	200 Yd.	Freestyle	118

### SATURDAY PM

<b>Girls</b>	<b>Age</b>	<b>Event</b>		<b>Boys</b>
119	11-12	200 Yd.	Medley Relay	120
121	13-14	200 Yd.	Medley Relay	122
123	11-12	50 Yd.	Freestyle	124
125	13-14	50 Yd.	Freestyle	126
127	11-12	100 Yd.	Backstroke	128
129	13-14	100 Yd.	Backstroke	130
131	11-12	100 Yd.	Breaststroke	132
133	13-14	100 Yd.	Breaststroke	134
135	11-12	200 Yd.	Freestyle	136
137	13-14	200 Yd.	Freestyle	138

### SUNDAY AM

<b>Girls</b>	<b>Age</b>	<b>Event</b>		<b>Boys</b>
201	8&U	200 Yd.	Freestyle Relay	202
203	9-10	200 Yd.	Freestyle Relay	204
205	8&U	50 Yd.	Freestyle	206
207	9-10	100 Yd.	Freestyle	208
209	8&U	25 Yd.	Butterfly	210
211	9-10	50 Yd.	Butterfly	212
213	8&U	100 Yd.	Individual Medley	214
215	9-10	100 Yd.	Individual Medley	216

### SUNDAY PM

<b>Girls</b>	<b>Age</b>	<b>Event</b>		<b>Boys</b>
217	11-12	200 Yd.	Freestyle Relay	218
219	13-14	200 Yd.	Freestyle Relay	220
221	11-12	100 Yd.	Freestyle	222
223	13-14	100 Yd.	Freestyle	224
225	11-12	100 Yd.	Butterfly	226
227	13-14	100 Yd.	Butterfly	228
229	11-12	100 Yd.	Individual Medley	230
231	13-14	200 Yd.	Individual Medley	232



# ENTRY SUMMARY SHEET

OH-20SC-53

**PLEASE RETURN THIS FORM WITH YOUR ENTRIES**

Date \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Code: \_\_\_\_\_

Team Contact: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address for  
Final Results: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Number of entered swimmers: Boys \_\_\_\_\_ + Girls \_\_\_\_\_ = Total \_\_\_\_\_

\_\_\_\_\_ Swimmers @ \$5.00 per swimmer = \$ \_\_\_\_\_ (Ohio LSC surcharges)

\_\_\_\_\_ Individual Events @ \$5.00 each = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Events @ \$8.00 each = \$ \_\_\_\_\_

\_\_\_\_\_ Outreach Swimmers = \_\_\_\_\_

**Total Amount Remitted = \$ \_\_\_\_\_**

**Please attach check, payable to "Upper Arlington Swim Club", and mail entries to**

Erin Reetz  
UASC Entry Chair  
917 Windbourne St.  
Gahanna, OH 43230  
(614) 832-1976  
**erin.reetz@gmail.com**



# Upper Arlington Swim Club Triple Crown Invitational Entry Packet

January 5-6, 2019

Held under the sanction of USA Swimming:

Sanction # OH-20SC-53

## USA Swimming Membership Verification Form

**Meet:** Upper Arlington Swim Club Triple Crown Invitational  
**Location:** Upper Arlington High School Natatorium, Upper Arlington, OH 43221  
**Dates:** January 4-5, 2020  
**Sanction:** Held under the sanction of USA Swimming. Sanction #OH-20SC-53

***PLEASE RETURN THIS FORM WITH YOUR ENTRIES***

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

Team: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

-  
Email: \_\_\_\_\_