



2022 GCSTO Last Ditch
2/04/22 – 2/06/22
Held under the sanction of USA Swimming
Sanction #: OH-22SC-46
Hosted by the Greater Columbus Swim Team of Ohio



Location:	The Columbus Academy: 4300 Cherry Bottom Road, Gahanna, OH 43230 PARKING IS AVAILABLE ON THE EAST SIDE OF THE FACILITY, only.
Facility:	This indoor competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). Water depth at the starting block end of the pool is 10.0 feet to at least 5.0M off of the wall. Water depth at the shallow end of the pool is at least 3.5 feet at its shallowest to at least 5.0M off of the wall. There are 6 X 25-yard lanes with Kiefer lane lines & a Daktronics timing system.
Meet Director:	Chris Binting: cbinting@gmail.com (614) 309-5256
Meet Referee:	Ron Wesley: rtwesley@hotmail.com (757) 500-1063
Officials Contact for the Meet:	Ron Wesley: rtwesley@hotmail.com (757) 500-1063
Entry Chair:	Kristina Price: kristina0972@hotmail.com (614) 296-9679
COVID Compliance Officer for Meet	Chris Binting: cbinting@gmail.com (614) 309-5256
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, GCSTO 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 GCSTO 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 (timed-finals)
Sessions Information:	Friday (Open): Warm-ups 5:00 p.m. – 6:00 p.m./ Meet 6:05 p.m. – 8:30 p.m. Saturday (10&U): Warm-ups: 7:00 a.m. – 8:00 a.m./Meet 8:05 a.m. – 10:30 a.m. Saturday (11-12): Warm-ups 10:40 a.m. – 11:40 a.m./ Meet 11:45 a.m. – 2:30 p.m. Saturday (13&O): Warm-ups 2:40 p.m. – 3:40 p.m./ Meet 3:45 p.m. – 6:15 p.m. Sunday (10&U): Warm-ups: 7:00 a.m. – 8:00 a.m./Meet 8:05 a.m. – 10:30 a.m. Sunday (11-12): Warm-ups 10:40 a.m. – 11:40 a.m./ Meet 11:45 a.m. – 2:30 p.m. Sunday (13&O): Warm-ups 2:40 p.m. – 3:40 p.m./ Meet 3:45 p.m. – 6:15 p.m. <ul style="list-style-type: none">Note that this timeline will be adjusted once entries are finalized and a more accurate timeline can be determined.

Disclaimers

GCSTO has taken enhanced health and safety measures for officials, coaches, volunteers, and 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	
USA Swimming Rules	<ul style="list-style-type: none"> 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 <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. 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	<p>Per USA Swimming Rule 102.8.1F, 12 & 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"> 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	<ul style="list-style-type: none"> 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 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	<ul style="list-style-type: none"> 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 (when applicable), vendors and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules. Please bring backup masks in the event of failure of your primary mask.
Waiver/Release	<ul style="list-style-type: none"> 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	
Eligibility:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures: <ol style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Swimmers may swim a maximum of 3 individual events per day plus relays. \$5.00 GCSTO facility surcharge. \$5.00 OSI Surcharge. \$5.00 per individual event.
Entry Procedures:	<ul style="list-style-type: none"> Deadline for receipt of entries is 1:00 p.m. Friday, January 21, 2022. Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). Send entries via email to: kristina0972@hotmail.com Checks should be made payable to: Greater Columbus Swim Team (or GCSTO) If mailing checks, please send to: GCSTO, 11613 Amsden Ct. NW, Pickerington, OH 43147 "No Time" (NT) entries will be accepted, though it is preferred to enter a "best guess" time. 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:	<ul style="list-style-type: none"> 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.
Competition Guidelines:	<ul style="list-style-type: none"> This meet will be a timed finals meet & will be contested in SCY. This meet will be pre-seeded. Deck entries will be accepted only if lane space permits. No Clerk of Course will be available for any age group. Relays will only be seeded in lanes 2, 4 & 6 (3 maximum per heat) to help maintain social distancing of relay participants on dry land during these events. Heats will be contested slowest to fast.
Awards:	<ul style="list-style-type: none"> There will not be awards at this meet & results will be posted on Meet Mobile (during the meet if internet service allows).
General:	<ul style="list-style-type: none"> Beverages and snacks will be provided to coaches, officials and volunteers throughout the meet. Lunch or dinner may be provided to coaches and officials, depending on the timing of the meet sessions.

**2022 GCSTO Last Ditch
ORDER OF EVENTS**

Friday: OPEN	
Mixed	Event Description
101	400 yd IM
102	500 yd Free

Saturday: 10 & Under	
Mixed	Event Description
201	50 yd Free
202	100 yd IM
203	100 yd Breast
204	50 yd Back
204	100 yd Fly
206	200 yd Free

Saturday: 11-12	
Mixed	Event Description
207	50 yd Free
208	100 yd IM
209	200 yd Breast
210	100 yd Back
211	200 yd Fly
212	50 yd Breast
213	200 yd Free

Saturday: 13&O	
Mixed	Event Description
214	100 yd Free
215	200 yd Breast
216	100 yd Back
217	100 yd Fly
218	200 yd Free

Sunday: 10 & Under	
Mixed	Event Description
301	100 yd Free
302	50 yd Breast
303	100 yd Back
304	50 yd Fly
305	200 yd IM

Sunday: 11 & Over	
Mixed	Event Description
306	100 yd Free
307	50 yd Back
308	100 yd Fly
309	200 yd Back
310	100 yd Breast
311	50 yd Fly
312	200 yd IM

Sunday: 13&O	
Mixed	Event Description
313	200 yd Fly
314	100 yd Breast
315	200 yd Back
316	50 yd Free
317	200 yd IM

APPENDIX 1: Meet Safety Plan for GCSTO

Facility Information	
Facility Rules and Policies:	GCSTO's COVID Safety Guidelines and Procedures always remain in effect for this event. Once seated after COVID check-in everyone is to remain seated until called down onto deck by coaches and/or the announcer. Athletes should remain in their team areas until receiving instructions to begin warm-ups or to report to the bullpen/blocks for their event. While on deck, regardless of being masked, we ask that all individuals try to maintain social distancing when possible.
Locker Rooms / Changing	Athletes should plan on arriving and departing in their suits as locker rooms may not be available for changing. Locker rooms will be available for restroom use. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals.
Parking/Drop-Off	All meet participants must park on the EAST side of the facility (by the baseball field) and enter the facility by following the sidewalk up through the courtyard to the double glass doors. The bleachers to the pool will be immediately on the right. Athletes being dropped off must also do so on the EAST side of the facility. Parking, dropping off and entering the building on the WEST side (by the football field) is strictly prohibited.
Restrooms	Athletes must use the restrooms inside the locker rooms. Coaches, officials and volunteers are to use the restrooms located at the bottom of the stairs from the lobby (the restrooms will be to the left). These stairs are located around the corner from the stairwell leading up to the pool bleachers. The restrooms at the front (WEST side) of the building, near the concession stands are not to be used by swim meet participants.
Spectators	Due to the current COVID-19 environment and the limited available space at Columbus Academy, spectators will not be permitted at this meet. 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 and update accordingly.

COVID Procedures / Information	
Specific COVID Protocols for this Meet	GCSTO 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, during the course of the meet and then again to exit the venue 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 starting their warmup or race until their warmup/race has ended. They will take their mask off when called to the blocks for their heat during competition or told to start their warm-up swim in the warm-up session. They will place their mask back on immediately upon exiting the pool in both circumstances. Swimmers must wear their mask/cloth face covering when not swimming.
Entry and Exit Procedures and Health Screening	Upon arrival onto facility grounds all individuals are to be properly masked when inside any building on campus. All individuals will enter the facility via the glassed double doors located at the end of the covered walkway in the courtyard on the east side of the facility. Please check your own temperatures before coming to the pool and do not come to the pool if you get a reading of 99.5 or higher or if <u>anyone</u> in your household is exhibiting signs/symptoms of COVID. Anyone who is showing any signs/symptoms of any illness will be turned away from entering the facility. GCSTO Safety Marshals and COVID monitors will be responsible for overseeing all safety procedures.
Athlete Seating Areas	Upon entrance, athletes will be directed to assigned seating, either in the bleachers, the Barton Room (wrestling room) or on the pool deck. Their parent volunteers will accompany them to those seats. Everyone is to remain masked and seated with their team areas when not swimming. Any time you walk down the stairwell to the deck or down the stairwell to the foyer to exit please remain on the far-right side of the stairwell in single file while doing so. The same is true (staying to your far right) for walking up either stairwell as this will keep everyone traveling downward on one side of the stairwell and upward on the other.
Swimmer Limitations and Protocols	PRE-RACE GUIDELINES Athletes are to remain in the assigned team area until their heat of their event is called to the bullpen (when applicable) or to the blocks by the announcer or by the coach/volunteer. Remaining masked they should bring only their towel, cap and goggles down onto deck with them in preparation for their race. Once on deck they immediately turn right on deck and walk

COVID Procedures / Information

down the deck on the bleacher side of the pool across the deck at the shallow end and then along the wall on the far side of the pool taking a seat on the bench along the wall. Once the heat before them finishes the starter will then instruct them to walk to their lanes. The heat behind them will then move down to the numbers closest to that started and so on and so on with ensuing heats.

For individual events NO MORE THAN 5 heats are to be on deck waiting to swim. For relay events NO MORE THAN 3 heats are to be on deck waiting to swim.

BEHIND THE BLOCKS GUIDELINES

Swimmers will put items on the chair (or box if available) behind their lane. They will then unmask and move directly to prepare to step onto the block for the start of the race. Once your race is finished you will exit the pool, immediately put on your mask & then pick up your towel exiting towards the bleacher side of the deck to quickly speak with your coach about your race.

POST RACE GUIDELINES

You and the coach should be located close to the edge of the pool while talking and should remain masked. Not so close to the edge that you interfere with officiating but close enough so that there is plenty of room behind you for athletes to pass behind you to walk around the pool to the far side to sit in preparation for their own event. Once you are done speaking with your coach simply travel back upstairs to your assigned seating making sure to always keep appropriate distancing between yourself and any other athlete.

GENERAL REMINDERS

Locker rooms may not be available for changing before or after the meet.

When not in the water, athletes are expected to always wear a mask, 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 GCSTO Safe Sport/COVID Coordinator will provide oversight for this event.

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.

GCSTO will encourage parents to volunteer during the swim meet to reduce the number of people in the facility.

GCSTO will live stream the event so that parents will have access to and/or opportunity to observe their swimmer.

Information as to the live stream connection will be made available prior to the meet.

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

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