

2021 All Star YMCA Zone Championship Swim Meet

MEET ANNOUNCEMENT



About the Meet

Date: March 19 – 21, 2021

Location: Bowling Green State University
Student Recreation Center

Final Entry Deadline: Tuesday, March 9, 2021, 8:00 PM

Hosted by: Ft. Meigs YMCA, Perrysburg, OH

Meet Directors: Dave Stannert, dstannert@ymcatoledo.org
Ken Gottschalk, swimfaster419@gmail.com

Web Site: www.GLZYswim.net

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ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Ohio Swimming LSC of USA Swimming.

YMCA Sanction number: CAQ-2021-OH01251273

USA-S/OH Approval number xxxxxx.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

2021 SPECIAL ANNOUNCEMENT: We are pleased to be able to offer the 2021 ALL STAR YMCA Zone Swim Championship Meet, especially when so many other events have been cancelled over the past 12 months.

This year we have made adjustments to the meet schedule and format in order to comply with State of Ohio, Wood County, and BGSU policies and recommendations. Please read this meet information so you are aware of the format for this year's meet.

Highlights of 2021 Specific Meet Information to help control the number of athletes per session: (See the meet information for details.)

1. Qualifying Times: Automatic and Consideration Times have been established. The qualifying Period is **Jan. 1, 2019** through the entry deadline.
2. Bonus Entries: have been added for swimmers with only one individual event OR only one relay event.
3. Sessions & Order of Events: The sessions and order of events have been adjusted.
4. Spectators: Will not be permitted.
5. Coaches: Only one coach per session will be permitted unless there are more than 10 swimmers in that session. "Reservations by session" must be made for all coaches attending the meet.
6. Entry Deadlines: Final Entries are due Tuesday, March 9. Swims that qualify after the entry deadline will be accepted only if there is space available.
7. The Qualifying Period and Date Requirements for 3 Inter-association meets has been expanded to include previous seasons. (See Appendix B)



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MEET TIMELINE: (See Appendix A – Order of Events & Schedule)

Warm-up and start times for all sessions are subject to change depending on the size of the meet. Changes will be announced as early as possible.

Friday, March 19, 2021

11 & Over Girls Distance Events. 11 & Over Boys Distance Events.

Saturday, March 20, 2021

15 & Over Girls; 13 – 14 Girls; 11 – 12 Girls; 10 & Under Girls.

Sunday, March 21, 2021

15 & Over Boys; 13 – 14 Boys; 11 – 12 boys; 10 & Under Boys.

INCLEMENT WEATHER/CANCELATION: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

If there would be a Winter Weather Advisory issued the plan will be as follows. For a Level 1 the meet will proceed as scheduled. A Level 2 will delay the Meet/Session and a Level 3 will cancel the Meet/Session. Updates will be posted on the Zone Website if any changes will be made.

LOCATION AND FACILITY

Location: Bowling Green State University, www.bgsu.edu/recwell
Student Recreation Center, Samuel Cooper Natatorium
1411 Ridge Road, Bowling Green, OH 43403

[CLICK HERE FOR DRIVING DIRECTIONS](#)

BGSU COVID SAFETY – Before arriving on Campus

BGSU COVID SAFETY – While on Campus

Emergency Phone Number: 419-372-2000.

Emergencies only. Do not call with questions about the meet.

The BGSU Cooper Pool is configured as a 10 lane, 25 Yard course. Water depth at start is 12 Feet (minimum 5 feet required) and at turn end is 12 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)

Six Lanes for continuous Warm-up and Warm-down are available.

Spectator Seating is not available for the 2021 Zone Meet.



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Swimmers will be designated a seating area, either on deck or in the upper bleachers.

Wifi is available for free by connecting to "BGSU-Guest Network."

WEB SITE

Meet Information and updates can be found at: www.GLZYswim.net

Meet Mobile will publish Unofficial Results as the meet runs. Official Meet Results will be posted at the end of each session.

CONTACT INFORMATION

Meet Directors: Dave Stannert, dstannert@ymcatoledo.org
Ken Gottschalk, swimfaster419@gmail.com

Entry Chairperson: Dave Stannert, dstannert@ymcatoledo.org

Meet Referee: Shelly Gottschalk, 2021allstarzone@gmail.com

Officials Coordinator: 2021allstarzone@gmail.com

Safety Director: Christy Gano

NOTICES

T-SHIRTS & MEET APPAREL:

T-Shirt Online Orders

Graduating SENIOR SWIMMERS:

Submit a list of your Graduating Seniors with your team's entry. Include Name / College / Major / or Other future plans

ELIGIBILITY

ATHLETE ELIGIBILITY

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.



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Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: Swimmers' ages will be determined by their age on December 1, 2020.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since **September 1, 2019**. (List any other conditions that athletes must meet to compete in this championship]

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of **January 1, 2019 and the entry deadline**.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to 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.

COACH ELIGIBILITY

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- SafeSport Training
- Concussion Training
- Lindsay's Law Certification



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Return to Play:

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.

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet. Insurance Certificates should be sent to 2021allstarzone@gmail.com.

ENTRY INFORMATION

ENTRY LIMITS: Swimmer may enter and compete in a maximum of five events in their age group session, with no more than four individual events. (Swimmers can swim a maximum of 4 individuals and 1 relay, or a maximum of 3 individuals



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and 2 relays.) For Friday's Distance Sessions, swimmers may enter and compete in a maximum of three individual events. (Relays are not offered on Friday.)

There is no limit on the number of entries a team may have in each event provided the time standard has been met. Entries in excess of the limit will be deleted in event number order. The oversubscribed events will be deleted. Coaches will be notified before the correction deadline.

Time Trials will not be offered at the 2021 Zone meet.

QUALIFICATION PERIOD: The qualification period is January 1, 2019 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix B.

In 2021 there will be A (Automatic) and B (Consideration) Qualifying Standards. Swimmers entering with the A Qualifying Standards will automatically be entered in the meet. Swimmers with B Qualifying Standards will be considered for the meet and will be based on a limited number of swimmers per session. A psych sheet will be posted at least 8 days before the first day of the meet.

BONUS EVENTS: Swimmers entered in only one individual event or in only one relay event may enter a bonus event. *This entry must be marked as a "Bonus" entry in your entry software to be considered for this meet.*

TIMES: No Times (NT) are not allowed. Submit entry times in their Actual time (no conversion) in SCY, SCM, or LCM. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES:

Individual Events:

\$8 per Individual Event

Relay Events:

\$32 per Relay

Swimmer Surcharge:

\$8 per Swimmer



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PAYMENT:

Please submit one check per team and Make all checks payable to:

Ft. Meigs YMCA Swim Team,

13415 Eckel Junction Road, Perrysburg, OH 43551.

Coaches must deliver the check, check request, or purchase order during check-in. Do Not mail checks to the host unless you show a check request/purchase order at check in. Personal checks will be accepted if a YMCA check is not available. You must have your check or copy of the check request to compete at this meet.

Checks will be cashed by March 31, 2021. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.

Your fees will be based on your final entry submission. you are responsible for payment of entry fees, even if you do not attend the meet.

Entry Fees not received by May 1 will be considered overdue. The overdue penalty is a payment of your normal entry fee plus \$100 payable to the Meet Host Failure to meet this obligation by May 15 has a possible penalty of a suspension from future meets.

ENTRY DEADLINE:

The FINAL ENTRY DEADLINE is Tuesday, March 9, 2021, 8:00 PM.

Swims that qualify after the entry deadline will be accepted only if there is space available.

If your team enters the meet, but then decides to not attend the meet you must email Dave at dstannert@ymcatoledo.org to scratch your team and avoid owing entry fees.

Teams are responsible for paying their entry fees based on their last submitted entry, even if they do not participate in the meet, unless the team is properly scratched.

ENTRY PROCEDURE: All entries must be submitted through the YMCA competitive swim entry platform at (THIS LINKXXXXXXXXXXXXXXXXXX)

A team summary is sent immediately after entries are submitted- this is your confirmation. Mistakes can be corrected by immediately (before the entry deadline) by submitting a corrected entry through the entry platform.



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Deadline for entry corrections (without penalty) is Wed., March 10, 8 PM. These corrections must be emailed to the entry chairperson.

A Psych sheets will be posted by noon Thursday. This will include all of the A Qualifiers and the B Qualifiers that will be entered in the meet. Once the psych sheets have been posted, no additional changes or additions will be made.

Exception:

A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 48 hours before the beginning of the meet, provided he/she pay the appropriate entry fee plus a \$50.00 processing charge (per event) to the meet host. The swimmer will be entered in an open lane, if available. The event will not be reseeded.

SENIOR EVENTS:

A Swimmer who can swim Senior Events is one who is 11 by 3-30-2021 and has a qualifying time. The events are 200 Back, 200 Breast, 200 Fly, & 400 IM.

Swimmers who can swim the Senior 50 events (50 Fly, 50 Back, 50 Breast) must be 13 and over on Dec. 1, 2020, and must swim in their own age group.

SWIM-UPS:

Swimmers may swim up one age group for relay swims, if the qualifying time is achieved, with that swimmer's time. Relay Swim ups are not encouraged this year unless absolutely necessary in order to limit the session to one age group only.

OVER-SUBSCRIPTION:

Teams who submit entries that violate the above entry limits will see this mistake in their confirmation email after submitting entries. Coaches do not get to enter extra events and scratch swimmers from their least desirable events. Teams who submit entries that violate the above entry limits will be notified that they must make changes. The team has until 5 PM on Wednesday, March 10, 2021 to make changes. If the matter is not addressed, then the swimmer is automatically dropped from the offending event.



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VOLUNTEERS/OFFICIALS/TIMERS

TIMERS:

This year we will not be assigning teams to timing assignments. We will ask for volunteers who wish to attend the meet. Look for information to be posted on the website.

Names of volunteers must be submitted in advance of the meet to be admitted into the facility.

Volunteers should check-in upon arrival at the meet. TIMERS will not be allowed to Split their Timing session, this is due to the new Safe Sport requirements for volunteers.

Only pre-registered volunteers will be permitted in the building. Additional family members will not be able to be in the building unless they are pre-registered as a swimmer, coach, or volunteer.

Please enter through the ADA door (the "back door") located in Lot X. (Do not park in Lot X or you will be ticketed.) Only park in the designated Lots. Volunteers will go through a temperature check and the waiver will be collected.

OFFICIALS:

All YMCA and/or USA Swimming Certified Officials willing to volunteer should email 2021allstarzone@gmail.com to volunteer for the meet. We would appreciate if you could stay for an additional session if you are able.

Official's uniform will be white polo shirt over navy shorts/long pants (men or women) or modest length skirts (women) for all sessions. White covered toes athletic or deck shoes for all sessions.

Please contact Shelly Gottschalk, Meet Referee, for any questions 2021allstarzone@gmail.com. Officials Meeting times and locations will be available on the [ALL STAR YMCA Zone Championship Meet website](#) early March.

SIGN-UP PROCEDURE:

Additional information and Sign-ups will be on the website.



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CHECK-IN PROCEDURE

Everyone entering the building must enter through the ADA Door in Lot X and **must turn in a waiver and must have their temperature checked**; CDC regulations and procedures will be followed.

Everyone entering the building must be pre-registered for that session including swimmers, coaches, and volunteers. Swimmers will be registered based on entries, but coaches and volunteers need to register online before entering for that session.

Everyone will need to exit the building after each session and then re-enter and be verified that they are registered for that session. (A 're-entry station' will be set-up for those returning for the next session.)

A coach should check-in before swimmers.

COACHES:

Coaches will need the following items at Team check-in.

- Check for Entry Fees
- Proof of certifications (if not on the Certified Coaches List)
- Signed Declaration form
- BGSU Waiver
- YMCA Waiver

Coach Deck Passes will be issued to individual coaches.

Coaches must pre-register for each session they plan to attend. This must be done by 8:00 PM the Wednesday before the meet.

SWIMMERS:

Only swimmers in the current session should be in the building. Names will be checked upon entering the building.

Deck Passes will be given to the coaches to distribute to the swimmers as a meet souvenir. They are not required for access to the pool deck since access is limited at check-in.

VOLUNTEERS, TIMERS AND OFFICIALS:

Only pre-registered volunteers will be allowed in the building during each session. Names will be checked upon entering the building.

EVENT CHECK-IN:

All events will be pre-seeded. If you have scratches in distance events on Friday, please notify the Meet Referee.



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COACHES MEETING/SCRATCH MEETING:

There will not be a coaches meeting. Coaches should review the pre-meet information and be familiar with the format and policies of the meet.

OFFICIALS AND TIMERS MEETING:

Officials will meet 45 minutes prior to the start of each session.

Timers will meet 20 minutes prior to the start of the session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Meet Committee will consist of the Meet Director, Meet Referee, and Present Members of the Zone Committee.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports (Appendix E), and USA Swimming Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of December 1, 2020.

All heats of the 500 Free will swim together but will be scored and awarded separately.

EVENT SEEDING: Events will be pre-seeded and will swim Slowest to Fastest.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

NO SHOW: An athlete who is seeded in an event and fails to compete will be listed as a no-show.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.



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STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

Starting Procedures:

- Swimmers should arrive to the designated staging area no earlier than 3 heats before their event.
- Only two swimmers should be behind each lane, one at the blocks preparing to swim, and one at the cone behind the blocks.
- When one heat starts, the next swimmers may step to the blocks, remove their mask, and prepare to swim.
- The following swimmer can go to the cone behind their lane.
- Swimmers should stay in the pool until the next heat starts or when instructed to by a meet official. (Backstrokers should exit before the ready whistle for the next heat.)
- Swimmers should put on their mask after exiting the pool.
- It is suggested to have a plastic bag or small plastic container to keep their mask clean and dry. Please label this with the swimmer's name.
- If swimmers are warming down, they must wear a mask when walking to the warm-down area, and immediately after their warm-down.

SWIM-OFFS: Swim offs will not be conducted at this meet.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard and on Meet Mobile are unofficial until final results are published. Official Meet Results will be posted on the meet website following each session.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).



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CONDUCT AND RESTRICTIONS:

- To provide a safe and fun swimming environment for athletes, coaches, volunteers, and spectators, your 2021 All Star Zone YMCA Swimming Championship hosts have embraced Safe Sport. The February 14, 2018 passing of Public Law 115-126 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 identifies additional policies & procedures that will allow us to continue to strengthen our ability to protect our athletes from all forms of abuse. We thank you in advance for familiarizing your team athletes, coaches and volunteers with the following policies & procedures:
- Deck and building access is limited to only pre-registered and approved coaches, swimmers, and volunteer meet workers.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or behind the blocks.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted outside of meet specific areas of the Rec Center.
- Shaving is not permitted in any areas of the facility.
- Locker Rooms are only available to use as a restroom. COVID Procedures prohibit changing in the Locker Rooms. Swimmers should arrive and leave in their swim suits.
- Adults should not use the designated Athlete Restrooms.



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- Rubdowns and massages are not allowed except by a Licensed Massage Therapist or other certified professional who is not a coach. Inappropriate touching between an athlete and an adult is prohibited. Massage Tables are not permitted in the building.
- Swimmers are not allowed to sit on the laps of any coach or other non-athlete member that is not part of their family (parents/siblings).

GOOD SPORTSMANSHIP is expected at all times. Bullying or taunting is prohibited at all times. Bullying is defined as any severe word, act or gesture directed at someone that a reasonable person believes has the effect of causing harm, the fear of harm or a hostile environment. Disorderly conduct will not be tolerated. Vandalism of any nature will be just cause for team disqualification. A designated person shall be responsible for the supervision and conduct of their team members and to safely maintain their team areas until the end of each session.

The Meet Committee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate/unacceptable conduct/behavior.

AWARDS AND RECOGNITION

SCORING: The Top-16 Places will be scored using traditional 16 place scoring methods.

AWARDS: Due to COVID restrictions on spectators, awards will be limited for the 2021 Zone Meet. Any awards given must be picked up before the end of the meet. Awards will not be mailed.

SENIOR RECOGNITIONS: Please include your graduating Senior Information when submitting your entry using the online entry platform.

ATKINSON AWARD SCHOLARSHIP: Will not be presented in 2021.

TIME TRIALS

There will NOT be time trials at the 2021 Zone Meet.

SPECTATORS

SPECTATORS are not permitted at the 2021 Zone Meet.

HEAT SHEETS/PROGRAMS: Heat Sheets will be available on meet mobile.



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CONCESSION STAND will not be available. Swimmers can bring snacks and drinks to the meet. Please be responsible for cleaning up your area before you leave. Please use the proper receptacles for trash during the meet.

APPAREL will be available to order online and have shipped directly to you. Ordering information will be posted online.

SEAT SAVING POLICY: You may save seats for the 2021 Zone Meet!!! Feel free to save seats where ever you are watching the live stream of the meet. Please remember to Social Distance from those not living in your household.

HANDICAP SEATING: If any coach, swimmer, or volunteer requires special needs or accommodations, please email Dave at dstannert@ymcatoledo.org as early as possible.

LOST AND FOUND: Per COVID protocols, we are unable to collect/retain lost & found items. We will have a table for unclaimed belongings during the event, but anything left behind at the conclusion of the meet will be discarded.

CONDUCT AND RESTRICTIONS: There are no restrictions for Spectators watching the live stream of the meet.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

Ft Meigs YMCA and the YMCA of Greater Toledo have 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,



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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.

PUBLIC POSTING OF NAMES:

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.

PHOTOGRAPHY RELEASE:

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.

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/Ohio Swimming, Inc. approval, it is understood and agreed that USA Swimming and Ohio Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA, and the YMCA of Greater Toledo shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

Parental Access and Safe Sport Considerations for Athletes

- The Meet Safety Marshal as well as the FMST Safe Sport/COVID Coordinator will provide oversight for this.



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- 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.
- FMST will provide a live stream so parents will have access to and/or opportunity to observe their swimmer.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing, a coach from another team to represent their team and be responsible for the swimmer(s). This should be done in advance of the meet.

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.



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SEVERE WEATHER POLICY: The meet may be delayed or postponed in the case of severe weather. Information will be posted on the meet website regarding any delays or cancellations.

DRONES: 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.

EVACUATION PROCEDURE: Follow Instructions from BGSU Staff or proceed to the nearest emergency exit.

DIRECTIONS

Bowling Green State University, www.bgsu.edu/recwell
Student Recreation Center, Samuel Cooper Natatorium
1411 Ridge Road, Bowling Green, OH 43403

[CLICK HERE FOR DRIVING DIRECTIONS](#)

PARKING

The Meet Hosts cover the cost of parking for everyone at the meet.

A Parking Pass is required for this meet. Everyone should print their own parking pass and bring it to the meet. Place it on your dashboard while parked in the approved Parking Lots on the BGSU Campus. The parking pass will be available on the website. Please park in the designated lots.

Parking is limited to Lots 10 & 18.

LODGING

Hotel rooms are located in Bowling Green, Findlay to the South, and Perrysburg/Toledo to the north.



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APPENDIX A: TENTATIVE MEET SCHEDULE AND ORDER OF EVENTS

2021 All Star YMCA Zone Meet

Tentative Meet Schedule and Order of Events

Friday, March 19, 2021

Distance Sessions

Session 1	Girls 11 & Over	Session 2	Boys 11 & Over
1:00 PM	Coach Check-in Opens	4:30 PM	Coach Check-in Opens
1:45 PM	Session Swimmer Entrance	5:00 PM	Session Swimmer Entrance
2:15 PM	Warm-up	5:30 PM	Warm-up
3:00 PM	Start of Session	6:15 PM	Start of Session
4:45 PM	End of Session	8:00 PM	End of Session
	101 400 IM		121 400 IM
	102 500 Freestyle		122 500 Freestyle
	103 200 Backstroke		123 200 Backstroke
	104 200 Breaststroke		124 200 Breaststroke
	105 200 Butterfly		125 200 Butterfly

Saturday, March 20, 2021

Session 3	Girls 15 & Over	Session 4	Girls 13 - 14
6:30 AM	Coach Check-in Opens	9:45 AM	Coach Check-in Opens
7:00 AM	Session Swimmer Entrance	10:00 AM	Session Swimmer Entrance
7:15 AM	Warm-up	10:30 AM	Warm-up
8:00 AM	Start of Session	11:15 AM	Start of Session
9:45 AM	End of Session	1:00 PM	End of Session
	201 200 Medley Relay		221 200 Medley Relay
	202 200 Freestyle		222 200 Freestyle
	203 50 Backstroke		223 50 Backstroke
	204 200 IM		224 200 IM
	205 50 Freestyle		225 50 Freestyle
	206 100 Butterfly		226 100 Butterfly
	207 50 Breaststroke		227 50 Breaststroke
	208 100 Freestyle		228 100 Freestyle
	209 100 Backstroke		229 100 Backstroke
	210 50 Butterfly		230 50 Butterfly
	211 100 Breaststroke		231 100 Breaststroke
	212 400 Freestyle Relay		232 200 Freestyle Relay
Session 5	Girls 11-12	Session 6	Girls & 10 & Under
1:00 PM	Coach Check-in Opens	4:15 AM	Coach Check-in Opens
1:15 PM	Session Swimmer Entrance	4:45 PM	Session Swimmer Entrance
1:45 PM	Warm-up	5:15 PM	Warm-up
2:30 PM	Start of Session	6:00 PM	Start of Session
4:15 PM	End of Session	7:45 PM	End of Session
	241 200 Medley Relay		261 200 Medley Relay
	242 100 Backstroke		262 100 Backstroke
	243 100 IM		263 100 IM
	244 100 Freestyle		264 100 Freestyle
	245 50 Butterfly		265 50 Butterfly
	246 100 Breaststroke		266 100 Breaststroke
	247 200 Freestyle		267 200 Freestyle
	248 50 Backstroke		268 50 Backstroke
	249 200 IM		269 200 IM
	250 50 Freestyle		270 50 Freestyle
	251 100 Butterfly		271 100 Butterfly
	252 50 Breaststroke		272 50 Breaststroke
	253 200 Freestyle Relay		273 200 Freestyle Relay



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APPENDIX B: QUALIFYING TIMES

[Click Here for the Qualifying Times](#)



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APPENDIX C: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: ALL STAR YMCA Zone Swimming Championship Meet

Meet Dates: March 19 – 21, 2021

Meet Host: Ft. Meigs YMCA / YMCA of Greater Toledo

Meet Location: Bowling Green State University, Bowling Green, OH 43403

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2021 All Star YMCA Zone Meet for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2021 All Star YMCA Zone Meet and will provide a Certificate of Insurance naming the YMCA of Greater Toledo as Additional Insured.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, the YMCA of Greater Toledo their agents, representatives or assigns, and the Bowling Green State University for any and all injuries which may be suffered by participants at the 2021 All Star YMCA Zone Meet. Furthermore, we understand that the YMCA of the USA and the YMCA of Greater Toledo are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



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APPENDIX D: SAFE SPORT TRAINING FOR 18 & OVER ATHLETES

Safe Sport training, for athletes, 18 or older, must be completed. Please be sure your swimmers complete this training.

Below are the specific steps for 18 years of age or older athletes to access the Athlete Protection Training. You will need to create a USA Swimming Account first, as noted below:

1. Go to <https://www.usaswimming.org/learn>.
2. Sign in by using your first name, last name, and date of birth. Signing in with this information automatically connects you to your USA Swimming account and will allow all of your trainings to be tracked.
3. Your name and YMCA should pop up. If it does not, try typing in another name you go by.
4. Click "Continue"
5. Once you hit continue, you will be taken to your main page.
6. Scroll down until you see the "Athlete Protection Training" section
7. If you are under 18 you will need to check the box that says you have parental consent to take the course.
8. Hit "Start"
9. If you have not made a USA Swimming Account, you will need to do so by entering your email, your LSC (Ohio Swimming) and your club (YMCA).
10. After creating an account, go back to the "Athlete Protection Training" section and hit "Start."
11. After hitting start, it will say you do not have any courses. Hit the "Courses" button
12. Scroll down to "Safe Sport for Athletes" and hit "Add to Cart." This is a free course so it will not cost your par-ents anything.
13. Enter in all of your information. Again, this is a FREE course. You will not need to pay for anything.
14. After you enter in all your information, you are able to begin the course. You are able to take the course over multiple days and the website should save your progress.
15. After you complete the training take a picture or screenshot of your certificate and email it to your Coach.

Please direct any Safe Sport questions/concerns to the Meet Director or Meet Referee.

THANK YOU for helping us create a SAFE ALL STAR YMCA Zone Championship for ALL.



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APPENDIX E: COVID SAFETY

The meet format and procedures have been adjusted to encourage COVID safety, especially by limiting the number of athletes, coaches, and meet workers permitted in the building at one time.

BGSU – Before arriving on Campus

BGSU COVID SAFETY – While on Campus

Click the links above for important information before arriving on campus.

Basic Prevention of Spread of Diseases:

- 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.

COVID Safety at the Meet:

- We expect everyone to self-monitor for symptoms, and we ask you not attend the meet if you show symptoms of COVID, or have knowingly been exposed to someone who has tested positive.
- Temperature Checks will be taken for all swimmers, coaches, and volunteers.
- Everyone will wear a mask while in the building, except for swimmers while they swim or prepare to swim.
- Social Distancing will be required in all areas and will be monitored.
- Breaks between sessions will allow for cleaning, and to reduce interaction between swimmers in different sessions.
- Most swimmers will only swim one day, reducing travel related risks.
- Spectators will not be permitted. The meet will be streamed Live, and Results will be on Meet Mobile.
- A Minimum number of meet workers will be allowed in the building.
- We will limit the number of coaches on deck.
- We will not have vendors or a concession stand.
- Shirts and apparel will be available online.
- The BGSU Staff and meet volunteers will be cleaning all areas of the building at regular intervals.



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Entrance into the Facility:

- Everyone will enter through the ADA entrance accessed from Lot X.
- Only pre-registered individuals will be allowed in the building.
- Everyone entering the building will have their temperatures taken.
- All athletes, coaches, and volunteers must wear a facial cover while they are inside of the facility.
- Locker Rooms are to be used as a restroom only. Changing is not permitted in the locker rooms.

Team Seating:

- Teams will have designated seating areas for each session. These areas will be announced before the meet.
- Athletes should remain in their team area unless swimming or warming-up.
- The pool deck will be closed between sessions.
- There will be a designated area for coaches & volunteers attending multiple sessions.

Vendors:

- Vendors will not be allowed in the building.
- T-Shirts and Apparel will be available online and items can be shipped to your home.

Concession Stand:

- Concessions will not be available.
- Swimmers can bring snacks and drinks to the meet.
- Please be responsible for cleaning up your area before you leave.

Starting Procedures:

- Swimmers should arrive to the designated staging area no earlier than 3 heats before their event.
- Only two swimmers should be behind each lane, one at the blocks preparing to swim, and one at the cone behind the blocks.
- When one heat starts, the next swimmers may step to the blocks, remove their mask, and prepare to swim.
- The following swimmer can go to the cone behind their lane.
- Swimmers should stay in the pool until the next heat starts or when instructed to by a meet official. (Backstrokers should exit before the ready whistle for the next heat.)
- Swimmers should put on their mask after exiting the pool.
- It is suggested to have a plastic bag or small plastic container to keep their mask clean and dry. Please label this with the swimmer's name.
- If swimmers are warming down, they must wear a mask when walking to the warm-down area, and immediately after their warm-down.



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This is the last page of the Meet Announcement