

Freestyle Frenzy

Hosted by Kraken Swimming

January 28, 2024

Held under USA Swimming Sanction - #LE 24039 SS

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.

In granting for this sanction, Kraken Swimming agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio and Trumbull County.

RISK OF EXPOSURE TO COVID 19:

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 [THE LSC] 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION:

Hubbard Community Pool, 200 Hall Ave. Hubbard, Oh. 44425

POOL:

25 yards by 6 lanes, Daktronics, Inc. Timing System with digital scoreboard, spectator seating, dive well for continuous warm-up and warm-down, public restrooms, and locker rooms. The competition course has not been certified in accordance with 104.2.2C(4). The start end of the pool is 6 feet 0 inches and turn end is 3 feet 6 inches.

MEET DIRECTOR:

Aaron Wirtz wirtza@hubbard.k12.oh.us

CONDUCT:

The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Lake Erie Swimming Policy & Procedures and the Return to Competition Guidelines. The meet will be contested in a 25-yard pool. Events may be combined but scored separately. All events are timed finals and swam slowest to fastest except for Events 13 and 14 which will be swam fastest to slowest.

ELIGIBILITY:

Swimmers must be current athlete members of USA Swimming. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. Age is as of the first day of the meet.

All 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.

QUALIFYING TIMES:

There are no qualifying times for this meet.

ENTRY LIMITATIONS:

Swimmers may enter up to 4 individual events and 2 relays for a total of 6 events for the meet.

ENTRY FEES:

Individual Events: \$8.00
Relay Events: \$12.00
LESI Swimmer Surcharge: \$3.00

There is a \$2.00 per swimmer handling fee for entries not received in an electronic file.

ENTRY DEADLINE:

Entries, electronic or otherwise, must be received by Sunday January 14, 2024. The meet will be closed before the entry deadline if the sessions are estimated to be full, so mail early. Hard copy, meet summary sheet, and check must be received by Friday January 19, 2024 or the team's entry may be deleted.

Email entries to Aaron Wirtz at wirtza@hubbard.k12.oh.us.

Make checks payable to Kraken Swimming and mail to Adrienne Poullas at 200 Hall Ave. Hubbard, OH. 44425.

DECK ENTRIES:

Deck entries are **NOT** permitted.

TIME TRIALS:

Time Trials will not be available

ENTRY PERSON:

Aaron Wirtz wirtza@hubbard.k12.oh.us

STARTING TIMES:**Morning Session**

Warm-Ups: 8:00-9:00 am

Races Start: 9:05 am

Afternoon Session

Warm-Ups: Will begin 15 minutes after the conclusion of the Morning Session.

Races Start: Will begin 35 minutes after the start of warm-ups.

The finalized warm up plan will be sent to the head coaches by Thursday January 25, 2024.

SEEDING & CHECK IN:

All events will be pre-seeded except for events 13 and 14 which will be deck seeded. There will be no penalty for failure to compete events 400 yards or shorter. The Lake Erie scratch rule (attached) / National Scratch Rule will be in effect.

CLERK OF COURSE:

A Clerk of Course will not be provided.

SCORING:

This meet will not be scored.

AWARDS:

There will be no awards at this meet.

RESULTS:

Results will not be posted on site. Will be e-mailed to whoever submits the meet entries.

SAFETY/WARM-UP:

Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. Warm-ups for the Morning Session will start at 8:00 a.m. and end at 9:00 a.m. The meet will begin at 9:05 a.m. Warm-ups for the Afternoon Session will begin 15 minutes after the conclusion of the Morning Session and will last 30 minutes. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge or using 3 point entry. There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of warm-ups shall be conducted as follows:

For a 6 lane pool:

- (a) Lanes 1, 2, 3, 4, & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (b) Lane 6 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers should follow the posted direction to return to the blocks. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

COACHES INFO:

Coach's packets and check-in shall be located at the admin table.

TEAM SUPERVISION:

Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

RACING STARTS:

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.

SWIMMERS WITH A DISABILITY:

Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

RETURN TO PLAY LAW:

Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

MEDICAL SUPERVISION:

A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed.

DECK CHANGES:

Deck Changes are prohibited.

CAMERA ZONES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

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) anytime athletes, coaches, officials, and/or spectators are present.

ADMISSION COST:

Adults: \$7

Students and Seniors (65+): \$5

Heat Sheet: \$2

Spectator seating is located in the 2nd floor balcony. There is NO elevator to the 2nd floor. Deck side seating will be available for those not able to use the stairs.

PARKING:

Free parking is available on site. Additional parking will be available in the Hubbard Middle School parking lot next door.

CONCESSIONS:

Concessions will be available throughout the meet in the main lobby.

EVACUATION PLAN:

In the event of an alarm or an emergency requiring an evacuation:

- Remain calm
- Do not gather belongings, just leave
- Use nearest exit

Pool Deck

Follow EXIT SIGNS on the North and South ends of the pool deck.

East Bleachers

Exit through east EXIT SIGN and walk down the stairs and out the main entrance.

Locker Rooms/Main Lobby

Exit through the main doors on the east side of the pool.

OFFICIATING OPPORTUNITY:

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES) officials in working this meet. Please contact the meet director or the Lake Erie Officials Chair in advance of the meet if at all possible to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director's Name and Email:

Aaron Wirtz wirtza@hubbard.k12.oh.us

Official's Chair:

Jen Butler jle3@case.edu

Freestyle Frenzy

Order of Events

Morning Session

8:00 AM Warm-up, 9:05 AM Meet Start (Timed Finals)

Swimmers may enter up to 4 individual events and 2 relays.

Girls	Event	Boys
1	Open 400 Free Relay	2
3	Open 25 Freestyle	4
5	Open 200 Freestyle	6
7	Open 50 Freestyle	8
9	Open 100 Freestyle	10
11	Open 200 Free Relay	12

Afternoon Session

(Timed Finals)

Warm-ups will begin 15 minutes after the conclusion of the morning session.

	Event	
13	Mixed Open 500 Freestyle	
14	Mixed Open 1000 Freestyle	

There will be a 15 minute break after Event 13 if time allows.

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January 28, 2024

Meet Entry Summary Page

Team Name: _____ **Team Code:** _____ **LSC Code:** _____

Contact Person: _____

Phone: _____ **Email:** _____

Address:

City: _____ **State:** _____ **Zip:** _____

_____ (Total # of Swimmers)

- Swimmers will be without a coach on deck
- I have arranged for my swimmer/s to be supervised by: _____

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

Signed: _____ (coach or member team representative). **Date:** _____

Make checks payable to Kraken Swimming.

Please note: All entries submitted with this sheet should be covered by a single check.

Deadline for Receipt is: January 14, 2024

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy, and check.

Mail to: Adrienne Poullas, 200 Hall Ave. Hubbard, Oh. 44425

LAKE ERIE SWIMMING, INC.

INDIVIDUAL AND RELAY SCRATCH RULE

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

(A) Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized.

(B) Events Seeded on the Deck –

(1) Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, fax) for swimmers who do not plan to arrive before the scratch deadline.

(2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Clerk of Course or Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.

(3) Any agent of a team (coach, parent, swimmer, etc.) who checks in a swimmer for any event when that swimmer is not present at the meet may cause a fine of \$2.00 per swimmer per day to be levied against that team.

(4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).

(C) Scratching from Bonus Finals, Consolation Finals and Finals

(1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming

member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

- (2) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
 - (3) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - (4) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- (D) Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if
- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - (2) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
 - (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

