



2024 OH Mako Holiday Spirit Classic
Dec. 13-15, 2024
Held under the sanction of USA Swimming
Sanction #: OH-25SC-45 / #QM25-

Hosted by
Makos

Location:	Corwin M. Nixon Aquatic Center, Miami University 750 S. Oak St. Oxford, OH 45056 [513] 529-1844
Facility:	The Corwin M. Nixon pool is a 50-meter x 25-yard pool with adjacent diving well. The competition pool will consist of one 25-yard course, 18 lanes for preliminary competition and 9 lanes in final competition with a depth of 8 to 10 feet. Continuous warm-up and warm-down areas will be available in the Dive well during prelims, Lanes 5-8 and in the 50M West end of the pool during finals. The host will ensure the required course dimensions. Note: Swimmers will not be permitted in the adjacent leisure pool. Locker rooms are open.
Meet Director:	Terri Shannon, Associate Director Shannot1@miamioh.edu 513-255-5043
Meet Referee:	Edgar Caraballo
Officials Contact for the Meet:	Edgar Caraballo Caraballo.ej@gmail.com [513] 461-1458
Entry Chair:	Terri Shannon, Associate Director Shannot1@miamioh.edu 513-255-5043
Disclaimer:	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.
Meet Type:	Invitational for swimmers 11 years and older. Prelim/Finals Meet
# of Sessions:	7

Medial Supervision available to Athletes

Aquatic Professional Staff, Lifeguards and AED device will on location and available to all athletes participating in the meet

Organization Regulations	
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.
Safe Sport 360	<ul style="list-style-type: none"> • The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. • Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. • All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. • 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.
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.

Organization Regulations	
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. • Membership verification deadline is 5 PM EST one (1) business day prior to the first day of the meet. Unverified swimmers will be scratched from the meet after that deadline. There will be no refunds for unverified swimmers scratched from the meet. • Age on the first day of the meet will determine age for the entire meet. • All adult athletes must hold current Athlete Protection Training
Disability Swimmers:	<ul style="list-style-type: none"> • Ohio Swimming welcomes swimmers with a disability. • Entry Procedures: <ol style="list-style-type: none"> 1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. 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 WITH A MAXIMUM OF 7 FOR THE MEET. FRIDAY NIGHT IS ONLY 1 RACE PER ATHLETE. • \$8.00 per individual event. • 10.00 per relay event. • \$5.00 OH LSC surcharge per swimmer • \$12.00 Facility Surcharge per swimmer.

Entering the Meet	
Entry Procedures:	<ul style="list-style-type: none"> • Entries will not be accepted until 8a on TUESDAY, DEC. 3, 2024 • Entry forms and fees should be mailed to: Terri Shannon, 750 S. Oak St. Oxford, OH 45056 Email: meetentries@miamioh.edu. Make checks payable to: Miami University. Checks may be mailed or hand carried to the meet. A psych sheet will be posted on the MAKO website by Monday, Dec. 9, 2024. www.swimmakos.com. • Friday evening events and all relay events will be timed finals. We reserve the right to require positive check in on Friday evening and limit events if the timeline is over four hours. • The 1000-yard freestyle will be a timed final event on Sunday morning. Positive check in will close at 10a on Sunday. Athletes will NOT be seeded unless they check in. All heats of the 1000-yard freestyle will be swum fastest to slowest following Sunday morning prelims in two courses. We reserve the right to limit the numbers of heats in the 1000 to three for each gender. • The 400 IM and 500 Free will require "B" cut to quality to swim. Qualifying ties are listed on the Schedule of Events. • The remaining individual events will be PRELIMINARY and FINALS. Consolation & Championship finals will be swum for the 11-12, 13-14, and 15 & over events. • 18 lanes will be used for prelims and timed final events. One course of 9 lanes will be used for finals. • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a \$25/swimmer surcharge. These fees are due at the time of the entry submission. • Send entries via email to: meetentries@miamioh.edu • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: Miami University • "No Time" (NT) entries will be accepted. • The Meet Director reserves the right to return entries in order to control the duration of the meet. Entries will be accepted on a first come basis (SEE ENTRY DEADLINE). The Meet Director will also have the authority to add heats if time permits. The meet will be limited to 1000 swimmers. No team will be split. • No Deck entries will be allowed.
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.
Competition Guidelines:	<ul style="list-style-type: none"> • This meet will be a preliminary and finals meet. • This meet will be contested in SCY. • This meet will be pre-seeded. No deck entries will be accepted at the meet. • No Clerk of Course will be available.
Scratch Rule:	<ul style="list-style-type: none"> • Scratch Procedures will follow the OSI Scratch rules: Section 4.5.6 of the OSI Policy Manual.
Awards:	<ul style="list-style-type: none"> • Individual Events Medals: 1st-3rd place, Ribbons 4th – 18th. Relays: Medals 1st -3rd place. • Results will not be posted during the meet. Results will be available on Meet Mobile.
General:	There will be hospitality for coaches or officials at this time. Limited concession will be sold at the Pro Shop. Credit Purchases only. No cash or checks are accepted at the Pro Shop. Heat sheets will be available on Meet Mobile.
Code of Conduct	<ul style="list-style-type: none"> • Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams. • Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials, and meet staff are expected to be respectful of others.

Entering the Meet	
	<ul style="list-style-type: none"> The Ohio Swimming Code of Conduct governs this meet. The purpose of the Zero Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. Ohio Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of Ohio Swimming. The complete Ohio Swimming Code of Conduct can be reviewed on the Ohio Swimming website under Governance>OSI Policy & Procedures Manual, Appendix 18.
Timers:	<p>Because we conduct competition in two pools, it is necessary to ask that each teams provide timers each session, possibly including the final sessions. NUMBER OF TIMERS NEEDED WILL BE BASED ON TEAM ENTRY SIZE. A list of assignments will be provided prior to the meet based upon team size. Timers will need to sign in at the timer check-in table in the concourse and report to the Head Timer 30 minutes prior to the beginning of each preliminary session in the Aquatic vestibule.</p>
Venue Rules	<p>Deck Access: Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except at the request of the meet officials or meet director.</p> <p>Locker Rooms and Changing Facilities: The Women and Men's locker rooms are located on the pool deck level. Locker space is not available. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items.</p> <p>First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Staff.</p> <p>Prohibited Items: The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons. There is no food allowed on the pool deck.</p> <p>Banners: One professionally made banner per team may be displayed. All banners will be hung by the facility staff.</p> <p>Flash Photography: Flash photography is not permitted at the start of any race.</p> <p>Deck changing is not permitted.</p> <p>Team Seating: Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first-come basis. Saving of seats is prohibited.</p> <p>Wireless Internet Access: Wireless internet access will be available throughout the meet. Access through MU-Guest.</p>
MEET OFFICIALS:	<p>All USA Swimming certified officials willing to volunteer should fill out and submit the Application to Officiate found in the meet information on the Ohio Swimming Website or the MAKOS website. Requests for evaluations are also located on these websites.</p> <p>Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals.</p> <p>White covered toe athletic or deck shoes for all sessions</p> <p>Please provide the names of your officials via e-mail to Bill Houk at houktw@miamioh.edu.</p> <p>This meet is an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications. Officials wishing to be evaluated should note this on the Officials Application form. Requests for Evaluation should be submitted to Bill Houk. Note: to be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position."</p> <p>Special notice to those interested in obtaining National Certification as a Chief Judge, Starter, or Referee: First priority for assigned positions will be given to an N2 or N3 Evaluation as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. If the evaluation is for "Recertification", then one must work the minimum number of sessions in each position in which he/she is recertifying.</p>

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Schedule of Events

<u>Friday Evening</u>					
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>B Cut Times</u>	<u>Boys</u>
101	13-14 400 IM	102		6:03.59	5:41.49
103	15 & Over 400 IM	104		5:55.89	5:26.99
105	11-12 200 IM	106			
107	13-14 500 Free	108			
109	15 and Over 500 Free	110			
111	11- 12 500 Free	112			
<u>Saturday Morning</u>			<u>Sunday Morning</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
201	13-14 200 Free Relay	202	301	13-14 200 Medley Relay	302
203	15 & over 200 Free Relay	204	303	15 & over 200 Medley Relay	304
205	13-14 50 Free	206	305	13-14 200 Fly	306
207	15 & Over 50 Free	208	307	15 & Over 200 Fly	308
209	13-14 100 Fly	210	309	13-14 100 Breast	310
211	15 & Over 100 Fly	212	311	15 & Over 100 Breast	312
213	13-14 200 Free	214	313	13-14 200 IM	314
215	15 & over 200 Free	216	315	15 & over 200 IM	316
217	13-14 200 Breast	218	317	13-14 100 Free	318
219	15 & Over 200 Breast	220	319	15 & Over 100 Free	320
221	13-14 200 Back	222	321	13-14 100 Back	322
223	15 & Over 200 Back	224	323	15 & Over 100 Back	324
			325	Open 1000 Free	326
<u>Saturday Afternoon</u>			<u>Sunday Afternoon</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
225	11-12 200 Free Relay	226	327	11-12 200 Medley Relay	328
227	11-12 50 Free	228	329	11-12 100 Fly	330
229	11-12 50 50 Fly	230	331	11-12 50 Breast	332
231	11-12 200 Free	232	333	11-12 100 IM	334
233	11-12 100 Breast	234	335	11-12 100 Free	336
235	11-12 100 Back	236	337	11-12 50 Back	338

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Schedule of Events

<u>Saturday Evening</u>				<u>Sunday Evening</u>	
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
227	11-12 50 Free	228	329	11-12 100 Fly	330
205	13-14 50 Free	206	305	13-14 200 Fly	306
207	15 & Over 50 Free	208	307	15 & Over 200 Fly	308
229	11-12 50 Fly	230	331	11-12 50 Breast	332
209	13-14 100 Fly	210	309	13-14 100 Breast	310
211	15 & Over 100 Fly	212	311	15 & over 100 Breast	312
231	11-12 200 Free	232	333	11-12 100 IM	334
213	13-14 200 Free	214	313	13-14 200 IM	314
215	15 & Over 200 Free	216	315	15 & Over 200 IM	316
233	11-12 100 Breast	234	335	11-12 100 Free	335
217	13-14 200 Breast	218	317	13-14 100 Free	318
219	15 & Over 200 Breast	220	319	15 & Over 100 Free	320
235	11-12 100 Back	236	337	11-12 50 Back	338
221	13-14 200 Back	222	321	13-14 100 Back	322
223	15 & Over 200 Back	224	323	15 & Over 100 Back	324

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USA Swimming Registration Waiver Form

Location: Corwin M. Nixon Natatorium, Miami University
Date: Dec. 13-15, 2024

You must return this form with your check.

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

Team: _____ Code: _____

Head Coach Name: _____ Email: _____

Team Representative's Name
(printed): _____

Team Representative's Signature: _____

Team Contact's Email Address: _____

(We will use this email to update you on this meet)

Number of Coaches Attending: _____

Team Contact Phone: _____

Team Address: _____

Did you include:

Entry report

Check

This report, completed and signed

Financial Summer: Meet Entry Summary

Number of Outreach swimmers attending the meet: _____

Number of Outreach Individual Events: _____

List the names of Outreach swimmers attending the meet: _____

Number of Swimmers (do not include Outreach) x \$5.00 per swimmer (LSC fee) \$ _____

Number of Swimmers (do not include Outreach) x \$12.00 per swimmer (facility fee) \$ _____

Number of Individual Events (do not include Outreach) x \$8.00 \$ _____

Number of Relay Events x \$10.00 = \$ _____

Total Amount Remitted: \$ _____

A paper copy of your entries may be sent along with your check and this page.
Makes checks payable to: Miami University

Hard copies can be sent to Miami Recreational Sports Center. c/o Terri Shannon, 750 S. Oak St. Oxford, OH 45056
Phone: 513-529-8154 Cell 513-255-5043
Email: meetentries@miamioh.edu Web: www.swimmakos.com