



WTRC Sharks “Swim Your Age” Winter Invitational

December 3rd and 4th 2016

Held under the Sanction of USA Swimming, Inc

Sanction # OH-17SC-41

Pool Location: Washington Township Recreation Center
895 Miamisburg-Centerville Rd Centerville OH 45459

Eligibility Regulations: The meet will be governed by current USA Swimming Rules. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No USA Swimming registration will be accepted at the meet. The entry must contain the USA Registration number. Age of the first day of competition will determine eligibility for the meet.

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. 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.

Ohio LSC swimming safety guidelines and warm-up procedures will be in effect during the meet. See the section entitled Warm-ups for the description of warm-up procedures to be followed during the meet.

Each competing Club's coach must be present and have current USA-S Coaches' Registration available to show the Meet Director. All persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming. Teams are required to register the coach's

name with the Meet Director before their swimmers will be permitted to warm-up, showing current registration when signing in.

All meet directors, referees, starters, and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming.

By the act of entering, each team, coach and swimmer agrees to abide by the rules in the current USA Swimming Rules and Regulations and the Ohio Swimming Handbook (posted on the Ohio Swimming website).

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.

“Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.” (202.4.9J)

General Organization/Schedule:

Saturday & Sunday Dec 3rd & 4th Warm-ups: 7:00 – 8:00 AM Meet Starts: 8:15 AM

Meet Entries:

Swimmers may compete in four (4) individual events per day. All events will be swum in a mixed gender format.

- The age eligibility of a swimmer to compete in events at this meet will be determined by his/her age on the first day of the meet.
- The meet director and/or event chairperson reserves the right to limit participation in any event or events in order to maintain a meet of reasonable time duration. Teams will be notified prior to the meet, and entry fees will be refunded if swimmers are not permitted to compete due to this reason.

Meet entries shall be submitted electronically, using Hy-Tek or compatible software by November 23, 2016 to: Rick Guerin at fhguerin4th@gmail.com

Entry Fees may be mailed or hand carried to the meet. Mail entry fees to:
Brydgett Lair, WTRC Sharks, 895 Miamisburg-Centerville Road Centerville, Ohio 45459

Individual events are \$5.00 each. Ohio Travel fund fee is \$2.00 per swimmer.

Make checks payable to: WTRC Sharks Swim Team, Inc.

Deck Entries: Deck entries will be permitted at the discretion of the Meet Director for a \$10 per individual event fee. If a swimmer is not previously entered in the meet, then the swimmer must show proof of USA Swimming registration for the current season and pay the applicable \$2 Ohio Swimming, Inc. surcharge in addition to any event fees. Payment must be received prior to the swimmer being entered in any event. Deck entries will be accepted until 30 minutes prior to the start of the meet. Coach approval for all deck entries is requested.

Awards: The top 16 finishers in each event will be awarded ribbons for 12 & under. No awards given for open events. WTRC requests that all awards be picked up following the conclusion of the meet. Unclaimed awards will not be mailed or hand-delivered.

Procedure: The meet host may combine events if in accordance with the official USA Swimming rules.

Warm-ups: Controlled, supervised warm-up sessions will be utilized. Teams will be assigned warm-up lanes and times prior to the meet. Refer to our website www.wtrcsharks.net for these assignments. Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets and shall actively supervise their swimmers throughout the warm-up session.

- All swimmers must enter the water in accordance with USA Swimming rules, one hand on deck, feet first entry.
- Some teams may have to share lanes during warm-ups. Lanes will be controlled by the team(s) in that lane. If teams are sharing a lane, it is up to the coaches in that lane to work out general warm-up and sprint times.
- Sprints will be open only when the lane has been cleared by the team(s) in the lane. Sprints will be one way. After each sprint, the swimmer will be required to exit the pool and walk around to the starting end of the pool. No paddles, pull-buoys, kick boards or any other equipment may be used during warm-ups.
- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks, and they must enter the pool feet first. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- Swimmers are required to exit the pool upon completion of their warm-up period to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.

Facilities: The meet will be conducted in the WTRC Competition Pool in Centerville, Ohio. The pool consists of eight lanes, 25 yards in length. The 25 yard competition course has not been certified in accordance with 104.2.2C(4) and ranges from a minimum water depth of 4.5 feet and a maximum of 5.5 feet measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. A warm-up/cool-down area is available in the recreational pool. Colorado Automatic Timing and electronic score board are included with an area for spectators.

Venue Rules: Deck access is limited to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be permitted on deck except at the request of the meet officials or meet director.

A limited number of lockers are available in the locker rooms and swimmers must provide their own locks.

Deck changes are prohibited.

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

and warm-up. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.

Flash photography is not permitted at the start of any race.

Swimmer and Parent Conduct: All swimmers and parents are expected to conduct themselves in an appropriate manner. It is the responsibility of all parents to ensure all minor participants/spectators are well behaved and under supervision at all times. Any swimmer or minor spectator acting in an inappropriate manner will be reported to their coach or parent for disciplinary action which may include removal from the meet and facility. Any swimmer or spectator caught damaging or defacing property will be banned from the meet and appropriate actions for remedying all damages will be pursued.

Adaptive Swimming: Ohio Swimming and WTRC welcome swimmers with a disability to participate in this meet. At the time of entry, the Meet Director requests the following:

- The athlete's coach provide advance notice of any necessary accommodations
- List in the email with the Hy-Tek entry (or on paper) the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded.

Preferred seeding will be with the same age group in either the same distance race or a longer distance race (i.e., 50 free during the 100 free). Exceptions to this should be listed in the "necessary accommodations" information that accompanies the meet entries. More information is available under Adapted Swimming on the Ohio Swimming website.

Meet Officials: The WTRC Sharks greatly appreciate the help of your USA Swimming Officials. Please contact Rob Brooks, Meet Referee, to provide names of your officials who wish to volunteer. Official's uniform will be white over navy for all sessions. Please provide the names of your officials via email to Rob Brooks at teambrooks@woh.rr.com by November 28, 2016.

Directions: From I-75, take Exit St. Rt. 725 and proceed east. Travel approximately 2 miles. The Washington Township Rec Center (WTRC) is located on the north side of St. Rte. 725.

From I-675 South, take Exit 2 Miamisburg-Centerville Road (St. Rte. 725). Go east (left) at second stop light. This is Miamisburg-Centerville Road (St. Rte 725). Proceed east approximately one mile to the facility. WTRC is located on the north side of Miamisburg-Centerville Road.

Parking: In the event parking fills up in front of the Rec Center, please be aware that there is ample additional parking at Rec West (directly to the west of the Rec Center), on all sides of the building. This is a very short distance from the pool entrance. Please do not use the Subaru lot for parking, and park only in designated parking spaces. See aerial map below.



Website: Please refer to our team website for additional meet information: www.wtrcsharks.net

Admissions: The WTRC Sharks reserve the right to charge a nominal admissions fee for entrance into the aquatic facility.

Concessions: A full concession area with a wide variety of breakfast menu items will be available throughout the meet.

Meet Director: Brydgett Lair
895 Miamisburg-Centerville Road Centerville, Ohio 45459
(937) 609-1643 Email: brydgett.lair@wtrcsharks.net

Meet Referee:
Rob Brooks
Email: teambrooks@woh.rr.com

WTRC Sharks Winter Invitational
Order of Events
All events will be swum in a mixed gender format

Saturday Mixed Events	Girls and Boys
Event Number	Event
1	7 & Under 50 yd. Backstroke
2	8 year old 50 yd. Backstroke
3	9 year old 100 yd. Backstroke
4	10 year old 100 yd. Backstroke
5	11 year old 100 yd. Backstroke
6	12 year old 100 yd. Backstroke
7	Open 200 yd. Backstroke
8	6 & Under 25 yd. Freestyle
9	7 year old 25 yd. Freestyle
10	8 year old 25 yd. Freestyle
11	9 year old 50 yd. Freestyle
12	10 year old 50 yd. Freestyle
13	11 year old 50 yd. Freestyle
14	12 year old 50 yd. Freestyle
15	Open 50 yd. Freestyle
16	6 & under 25 yd. Breaststroke
17	7 year old 25 yd. Breaststroke
18	8 year old 25 yd. Breaststroke
19	9 year old 50 yd. Breaststroke
20	10 year old 50 yd. Breaststroke
21	11 year old 50 yd. Breaststroke
22	12 year old 50 yd. Breaststroke
23	Open 100 yd. Breaststroke
24	7 & Under 50 yd. Butterfly
25	8 year old 50 yd. Butterfly
26	9 year old 100 yd. Butterfly
27	10 year old 100 yd. Butterfly
28	11 year old 100 yd. Butterfly
29	12 year old 100 yd. Butterfly
30	Open 200 yd. Butterfly
31	8 & under 100 yd. Freestyle
32	9-10 200 yd. Freestyle
33	11-12 200 yd. Freestyle
34	Open 200 yd. Freestyle

Sunday Mixed Events	Girls and Boys
Event Number	Event
35	7 & Under 50 yd. Freestyle
36	8 year old 50 yd. Freestyle
37	9 year old 100 yd. Freestyle
38	10 year old 100 yd. Freestyle
39	11 year old 100 yd. Freestyle
40	12 year old 100 yd. Freestyle
41	Open 100 yd. Freestyle
42	7 & Under 50 yd. Breaststroke
43	8 year old 50 yd. Breaststroke
44	9 year old 100 yd. Breaststroke
45	10 year old 100 yd. Breaststroke
46	11 year old 100 yd. Breaststroke
47	12 year old 100 yd. Breaststroke
48	Open 200 yd. Breaststroke
49	6 & Under 25 yd. Backstroke
50	7 year old 25 yd. Backstroke
51	8 year old 25 yd. Backstroke
52	9 year old 50 yd. Backstroke
53	10 year old 50 yd. Backstroke
54	11 year old 50 yd. Backstroke
55	12 year old 50 yd. Backstroke
56	Open 100 yd. Backstroke
57	6 & Under 25 yd. Butterfly
58	7 year old 25 yd. Butterfly
59	8 year old 25 yd. Butterfly
60	9 year old 50 yd. Butterfly
61	10 year old 50 yd. Butterfly
62	11 year old 50 yd. Butterfly
63	12 year old 50 yd. Butterfly
64	Open 100 yd. Butterfly
65	8 & Under 100 yd. Individual Medley
66	9-10 200 yd. Individual Medley
67	11-12 200 yd. Individual Medley
68	Open 200 yd. Individual Medley

WTRC Sharks Winter Invitational
December 3rd and 4th, 2016
Held under the Sanction of USA Swimming, Inc
Sanction # OH-17SC-41

Please email or mail this form to the Meet Director.

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

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned for himself, his successor, and assigns, hereby releases and forever discharges the WTRC Sharks Swim Team Inc and its officers and Board of Directors, USA Swimming, Washington Township Parks and Recreation, and each of their respective officers, agents, employees, members, successors, and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, costs, or causes of action of whatever kind or character raising out of, or in connection with this event.

Further, the undersigned shall indemnify and hold harmless the WTRC Sharks Swim Team Inc, USA Swimming and Washington Township Rec Parks and Recreation, its officers, board members, trustees, agents and employees and members of the foregoing and all other persons in any way connected with this event, for any and all losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have been sustained in connection with or to have arisen out of this event.

Team Information	
Team Name:	
Team Contact:	
Daytime Phone:	Evening Phone:
Email:	
Signature:	

Meet Entry Summary
Number of Swimmers x \$2.00 per swimmer = \$
Number of Individual Events x \$5.00 per event = \$
Total Amount: