



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



FORMAT	This meet is a closed (YMCA teams only) invitational meet open for in person competition to all YMCA registered swim teams in the YMCA of Greater Cincinnati association. Teams outside the association who wish to compete are encouraged to submit results from a virtual session conducted at their home pool and submit results to be combined.	
LOCATION & CONTACT INFORMATION	Location M.E. Lyons YMCA 8108 Clough Pike Cincinnati, OH 45244 (513) 474-1400	Contact Ed Bachman ebachman@myy.org (513) 474-1400 ablyswim.org
FACILITY	The M.E. Lyons Branch YMCA facility is a Domed 6 lane 50-meter pool, configured for this meet as a 25-yard competition pool and 6 lanes 25 yard warm up/warm down pool. Electronic timing is by Gen 7. There is a LED 6lane scoreboard, spectator seating in bleachers on the pool deck. The competition course has not been certified in accordance with Rule 104.2.3C (4). The pool has a depth of approximately 12 feet at the start end of the pool and approximately 4 ½ feet at the turn end of the pool. Competition course is not certified in accordance with 104.2.2C(4). The host will ensure the required course dimensions.	
MEET MANAGEMENT	Meet Director: Ed Bachman ebachman@myy.org 513-474-1400	Entry Chair: Mark Lingo mark@lingomfg.com 8108 Clough Pike Cincinnati, Ohio 45255
MEET REFEREE	Jon Saxton jsaxton@rendings.com 513-518-5153	
TIMES	All time(s) are tentative and final warm up times/lane assignments will be posted to ablyswim.org once the event has been seeded. Meet WU: 12:30 pm Meet Start: 1:15 pm	
ENTRY DEADLINE	Friday, December 5th no later than 6 pm	
DISCLAIMER(S)	We have taken enhanced health and safety measures – for you, the other participants, and meet volunteers. You must follow all instructions while visiting M.E. Lyons YMCA. 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 guests with underlying medical conditions are especially vulnerable. By visiting M.E. Lyons YMCA, you voluntarily assume all risks related to exposure to 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 THEREWITH.	
CHILD PROTECTION TRAINING	All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the YMCA of the USA approved child protection training course.	



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



HOST FACILITY	Parking is available first come first serve at the YMCA. There is also parking at Julifs Park. There is to be no parking at the church across from the YMCA
USA SWIMMING RULES	• In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising b reason of injuries to anyone during the conduct of the event. • 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. • 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 • The 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.
TECHNICAL SUIT BAN	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.
OHIO STATE LAWS APPLICABLE TO USA APPROVED EVENTS	• Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) 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.
WAIVER/RELEASE	• 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. • BY AGREEING TO PARTICIPATE, I GIVE MY PERMISSION AND CONSENT TO THE USE OF ANY PHOTOGRAPHS, VIDEOTAPES, OR OTHER MEDIA RECORD OF MY CHILD'S PARTICIPATION IN THE EVENT FOR ANY LAWFUL PURPOSE, WITHOUT COMPENSATION TO ME OR ON MY BEHALF.
ELIGIBILITY	• Age classifications for events are: 9-10, 11-12, and 13- 14 □ There are no minimum time standards. • Age for the meet is determined by the age the swimmer will be on December 16, 2023. • All participants must be a member of the YMCA they represent for a minimum of 30 days prior to the start of the meet.
COMPETITION GUIDELINES & MEET FORMAT	• This meet will be contested in Short Course Yards (SCY). • This meet will be a Timed Finals Meet • Six (6) lanes will be used for all heats in all sessions. The meet referee reserves the right to combine events in accordance with USA Swimming Rules & Regulations. • There will be no Clerk of Course. • A timeline will be posted however, timelines are approximate and subject to changes.



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



ENTRY RULES-GENERAL	• Entries will be accepted on a first received basis with the meet limited to 250 swimmers including ABLY. If your entries are limited, your coach will be notified. ABLY reserves the right to combine events and/or combine heats of opposite genders. ABLY reserves the right to require positive check – in.
ENTRY RULES-INDIVIDUAL EVENTS	• Swimmers may swim a maximum of two (2) Individual Events and one (1) Relay Event for the meet. ABLY reserves the right to combine heats and/or events for time management purposes and may limit all events
ENTRY FEES	• All swimmers must pay a \$20.00 meet fee. • All entry fees are to be paid to the meet host prior to the start of the meet
ENTRY PROCEDURES	Checklist for Entries: 1. Team Unify Entry file sent via e- mail to Mark Lingo 2. The following sent via US Mail to Entry Chair: a. Printout of Team Manager Entries; b. Team Summary Form/Membership Certification Form; and c. Check for Total Entry Fees. ☐ Entries will be accepted on a first received basis. If your entries are limited, your coach will be notified.
SWIMMERS WITH A DISABILITY	ABLY welcomes swimmers with disabilities to participate in the meet. • Entry Procedures: 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)
MEMBERSHIP REQUIREMENT	• All coaches must sign in for each session and present current YMCA credentials to be present on deck in a coaching capacity. • At the discretion of the Meet Director, there may be a brief coaches' meeting prior to start of the meet. ☐ Coaches must be prepared to prove current YMCA credentials to be on deck in coaching capacity.
AWARDS, RESULTS & SCORING	• The Meet shall score 12 places using the traditional scoring method. • Meet Mobile will be available pending internet availability



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



WARM-UP AND SAFETY GUIDELINES	• 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 and published on the meet host website. • 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. • Team representatives (a coach or designated volunteer) shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. • Coaches shall actively supervise their swimmers throughout the warm-up session at meets • Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period. • Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.
MEET OFFICIALS	The Meet Hosts may need the help of your USA Swimming Officials. Please contact Jon Saxton to provide names of your officials who wish to volunteer by Thursday, December 14, 2023 at jsaxton@rendigs.com .



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



APPENDIX 1: MEET SAFETY PLAN

FACILITY INFORMATION

Facility Rules and Policies	Locker Rooms and Changing Facilities: The Women and Men's locker rooms are located in the YMCA. Locker space is available at every 3rd locker only. Belongings may be stored on deck in team areas. M.E. Lyons YMCA is not responsible for any lost or stolen items. 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. Prohibited Items: The following items are not permitted in the facility: Glass, coolers, and helium balloons. Wireless Internet Access: We will attempt to make wireless internet access available throughout the meet. Please connect to the "YMCA_Guest" network.
	Concessions: There will be no concessions or hospitality available.



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



APPENDIX 2: ORDER OF EVENTS

GIRLS	EVENTS	BOYS
1	*9-10 200 MEDLEY RELAY	2
3	*11-12 200 MEDLEY RELAY	4
5	12 & UNDER 200 FLY	6
7	13-14 200 FLY	8
9	9-10 200 FREE	10
11	11-12 200 FREE	12
13	13-14 200 FREE	14
15	12 & UNDER 200 BACK	16
17	13 & 14 200 BACK	18
19	9-10 500 FREE	20
21	11-12 500 FREE	22
23	13 & 14 500 FREE	24
25	12 & UNDER 200 BREASTROKE	26
27	13 & 14 200 BREASTROKE	28

- Relays may be eliminated if time line is very long (over 4 hours)



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



TEAM ENTRY SUMMARY

TEAM NAME:

YMCA CODE:

TEAM CONTACT:

TEAM CONTACT E-MAIL:

DAYTIME PHONE:

EVENING PHONE:

AGE GROUP	# OF SWIMMERS	INDIVIDUAL EVENTS	RELAY EVENTS
9/10 GIRLS			
9/10 BOYS			
11/12 GIRLS			
11/12 BOYS			
13/14 GIRLS			
13/15 BOYS			

_____ of Athletes x \$20.00 charge = \$ _____ TOTAL

#_ AMOUNT REMITTED = \$ _____

**MAKE CHECK PAYABLE TO M.E. LYONS YMCA AND ATTACH CHECK TO THIS
SUMMARY SHEET**

Entry fee not paid by Jan 1st will be subjected to a 15% late penalty fee.



M.E. LYONS YMCA/ANDERSON BARRACUDAS
Presents the OH ABLY Youth Distance Challenge
Saturday, December 13, 2025



YMCA MEMBERSHIP CERTIFICATION

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this YMCA meet are currently members of the YMCA they represent. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach has current YMCA credentials.

TEAM:

PRINTED NAME:

SIGNATURE:

DATE: