



BBA/LSSC Pentathlon Sunday, October 5, 2025

Hosted by
Blazing Barracudas

Held under the sanction of USA Swimming
Sanction/Approved #OH-26SC-21

Location:	Butler Aquatic Center, Hathaway Brown School 19600 North Park Blvd, Shaker Heights, OH 44122. The pool is located across from the tennis courts off Sherbrook Road.
Facility:	25 yards by 8 lanes, electronic timing and handicap accessible seating, continuous warm-up in the diving well, locker rooms, close parking (street parking is available on Sherbrook Rd, the lot adjacent to the pool and the front lot near the main entrance). The average depth of the pool at the start is 6 feet 9 inches and turn end is 5 feet. The host will ensure the required course dimensions.
Meet Director:	Sarah Tobin bbameetentries@hb.edu 440-552-7023
Meet Referee:	Branden Burns
Officials Contact for the Meet:	Branden Burns bburns@hb.edu 330-888-8940
Entry Chair:	Sarah Tobin bbameetentries@hb.edu 440-552-7023
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:	This meet is open to all eligible swimmers. Swimmers must be USA registered. All events are Timed Finals All events will be pre-seeded Events will be swim slowest to fastest
# of Sessions:	Two sessions – both timed finals Session 1 – Sun, Oct 5 – 12 & Under Swimmers/Timed Finals ☐ Warm ups will begin at 9:00 am ☐ Meet will begin at 10:05 am Session 2 – Sun, Oct 5 – Open Swimmers/Timed Finals ☐ Warm-ups will begin 15 minutes after the conclusion of the morning session ☐ Meet will begin 65 minutes after the start of warm-ups Warm-ups may be split by team if needed. The finalized warm up plan will be available by Wednesday, October 1, 2025.
Medical Supervision available to athletes	A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed.

Organization Regulations/Waivers

USA Swimming Rules

- 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 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.
- 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.

Organization Regulations/Waivers	
	- 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	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 that are applicable to Ohio Swimming sanctioned 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.
Safe Sport 360	- The U.S. Center for Safe Sport program is a 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 833-5US-SAFE (833-587-7233) 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. - For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report
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. - 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:	- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. - All contestants must be verified USA Swimming members. Membership will not be verified 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. - All adult athletes must hold current Athlete Protection Training certification.

Entering the Meet	
	- Age on the first day of the meet will determine age for the entire meet. - The meet is open to all swimmers. - There are no qualifying times.
Disability Swimmers:	- Ohio Swimming welcomes swimmers with a disability. - Entry Procedures: - Enter the USA-S swimmers with a disability electronically or on the paper entry form. - Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. - 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:	Swimmers must swim all 5 events 12 & Unders – 50 fly, 50 back, 50 breast, 50 free, 100 IM OR 100 fly, 100 back, 50 breast, 100 free, 200 IM - Open – 100 fly, 100 back, 100 breast, 100 free, 200 IM OR 200 fly, 200 back, 200 breast, 200 free, 400 IM \$20/swimmer (includes \$4 OSI surcharge and sanction fees)
Entry Procedures:	Deadline for receipt of entries is Wednesday, September 24, 2025 - Email entries to bbameetentries@hb.edu - Mail hard copy to Blazing Barracudas c/o Sarah Tobin 5525 Kenbridge Dr. Highland Heights, OH 44143. - Make checks payable to Blazing Barracudas. - Entries must be submitted in Short Course Yards using electronic meet entry software (Hy-Tek/Team Unify). - Please include the names of any Outreach swimmers in the email. "No Time" (NT) entries will NOT be accepted. - The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
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. - 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 Warm-Up Procedures will be in effect for this meet. - No spectators allowed on deck.
Competition Guidelines:	- This meet will be a timed finals meet. - This meet will be contested in SCY. - All events will be pre-seeded - Deck entries will not be accepted. - No Clerk of Course - Events will be swum slowest to fastest
Deck Entries	Deck entries will NOT be offered
Time Trials	Time Trials will NOT be offered.
Awards	- No awards - Results will not be posted during the meet.
Scoring	The meet will be scored to 8th place 9-7-6-5-4-3-2-1 12 & Unders will be scored 10 & Under and 11-12 Open will be scored 14 & Under and 15 & Over
General	Admissions: No charge for admissions.; Spectator seating is limited. Parking: Parking is free. Parking in the lot near the gym is available. Street parking on Sherbrooke is also available.

Entering the Meet	
	Concessions: Concessions will NOT be provided Heat Sheets: Heat Sheets will be sent out prior to the meet and will not be available on the day of the meet. Results: Results will not be posted on site. If technology permits, the meet results will be available on Meet Mobile. TM/TU and PDF of the results will be sent to the team representatives after the meet
Code of Conduct:	- 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. - 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.

EVACUATION PLAN

Emergency Information

Spectator Emergency Evacuation Plan

In the event of an alarm or emergency evacuation:

Remain calm, walk to the nearest exit, and leave the building.

Do not use the elevators.

Do not attempt to go on deck or in the locker rooms.

Swimmers will be directed by their coach or meet workers to

The exits located on the south side of the pool (diving block side of the pool)

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SCHEDULE OF EVENTS

SESSIONS/EVENTS MAY BE SPLIT OR COMBINED DEPENDING ON NUMBER OF ENTRIES. HEATS MAY BE LIMITED.
 FINALIZED WARM UP WILL BE AVAILABLE BY OCTOBER 1, 2025

Morning Session

9:00 Warm-up, 10:05 Meet Start (Timed Finals)

Girls #	Age Group/Stroke 12 & UNDER	Boys #
1	50 Butterfly	2
3	100 Butterfly	4
5	50 Backstroke	6
7	100 Backstroke	8
9	50 Breaststroke	10
11	100 Breaststroke	12
13	50 Freestyle	14
15	100 Freestyle	16
17	100 IM	18
19	200 IM	20

12 & Under events will be scored 10 & Under and 11-12

Afternoon Session

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session
 Competition will begin at the completion of the 65-minute warm-up.

Girls #	Age Group/Stroke Open	Boys #
21	100 Butterfly	22
23	200 Butterfly	24
25	100 Backstroke	26
27	200 Backstroke	28
29	100 Breaststroke	30
31	200 Breaststroke	32
33	100 Freestyle	34
35	200 Freestyle	36
37	200 IM	38
39	400 IM	40

Open events will be scored 14 & Under and 15 & Over

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Summary of Fees/Release Form

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries (exclude Outreach)		\$20/swimmer (includes \$4 OSI surcharge and sanction fees)	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# swimmers x # entries)		Total # of Outreach swimmers	
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(Outreach fees can be subtracted from your team totals)

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. BBA, CSU, Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

 Signature (Coach or Club Representative)

 Club Title (Coach etc)

 Name of Club

 Date

Send this form with check to: Blazing Barracudas
 Send payment to: Sarah Tobin, 5525 Kenbridge Drive, Highland Heights, OH 44143