



CAC Pentathlon

October 5, 2025

Held under the sanction of USA Swimming
Sanction #: OH-26SC-19

Hosted by
Cincinnati Aquatic
Club

Location:	Cincinnati Country Day School 6905 Given Road Cincinnati, OH 45243
Facility:	The Cincinnati Country Day School ("CCDS") facility is a completely, renovated indoor 6 lane 25 yard pool. Electronic timing facilities are provided by Colorado System VI. There is a Colorado Time LED six lane scoreboard, and there is ample spectator seating in a gallery overlooking the pool. The Cincinnati Country Day School ("CCDS") facility is a completely, renovated 6 lane 25 yard pool. Electronic timing facilities are provided by Colorado System VI. There is a Colorado Time LED six lane scoreboard, and there is ample spectator seating in a gallery overlooking the pool. The competition pool has a continuous water depth of 7 feet measured for a distance of 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the start end of the pool. The turn end of the pool is 4 feet in depth. The host will ensure the required course dimensions.
Meet Director:	Chip Carrigan 513-404-6530 chip.carrigan@gmail.com
Meet Referee:	Tom Mankowski (513) 328-7469 mailto:tmantkowski@gmail.com
Officials Contact for the Meet:	Chip Carrigan 513-404-6530 chip.carrigan@gmail.com
Entry Chair:	Chip Carrigan 513-404-6530 chip.carrigan@gmail.com
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 Timed Finals
# of Sessions:	2 Sessions
Medical Supervision available to athletes	Lifeguard and AED device, is available to athletes participating in the meet.

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.
- 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

Organization Regulations/Waivers	
	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 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 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.
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:	- All contestants must be verified USA Swimming members. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Membership will not be verified at the meet. - Membership verification deadline is 5 PM EST on Friday, October 3, 2025. 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. - Age on the first day of the meet will determine age for the entire meet.
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.

Entering the Meet	
	See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits Entry Fees:	- Swimmers may swim a maximum of 5 individual events per day. \$7.00 per individual event. \$16.00 per Athlete (includes \$4.00 OH LSC surcharge per swimmer and \$12.00 Facility Fee per swimmer).
Entry Procedures:	- Deadline for receipt of entries is Saturday September 27, 2025 - 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: chip.carrigan@gmail.com - Please include the names of any Outreach swimmers in the email. - Checks should be made payable to: Cincinnati Aquatic Club - Cincinnati Aquatic Club, c/o Jenn Zugelder – Treasurer, PO Box 43425, Madeira, OH 45243 "No Time" (NT) entries will 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 Warn-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. This meet will be pre-seeded. Deck entries will be accepted at the meet (see Deck entry section below). - Clerk of Course will be available for 8 & Under events.
Deck Entries	Deck entries will be accepted at this meet for athletes verified by the published deadline in this meet information. Deck entries will be entered in empty lanes only.
Awards:	Individual Events 1st – 12th - Ribbons
General:	Concessions will be available at 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.

CAC Pentathlon Meet
ORDER OF EVENTS

Schedule of Events
Sunday October 6, 2024

Warm-up: TBA

Session Starts TBA

Event No.	Boys/Girls	Age Group	Distance	Stroke
101	G	13&Over	100 Yard	Freestyle
102	B	13&Over	100 Yard	Freestyle
103	G	11-12	50 Yard	Freestyle
104	B	11-12	50 Yard	Freestyle
105	G	9-10	50 Yard	Freestyle
106	B	9-10	50 Yard	Freestyle
107	G	8& Under	25 Yard	Freestyle
108	B	8& Under	25 Yard	Freestyle
109	G	13& Over	100 Yard	Backstroke
110	B	13& Over	100 Yard	Backstroke
111	G	11-12	50 Yard	Backstroke
112	B	11-12	50 Yard	Backstroke
113	G	9-10	50 Yard	Backstroke
114	B	9-10	50 Yard	Backstroke
115	G	8& Under	25 Yard	Backstroke
116	B	8& Under	25 Yard	Backstroke
117	G	13& Over	100 Yard	Butterfly
118	B	13& Over	100 Yard	Butterfly
119	G	11-12	50 Yard	Butterfly
120	B	11-12	50 Yard	Butterfly
121	G	9-10	50 Yard	Butterfly
122	B	9-10	50 Yard	Butterfly
123	G	8& Under	25 Yard	Butterfly
124	B	8& Under	25 Yard	Butterfly
125	G	13& Over	100 Yard	Breaststroke
126	B	13& Over	100 Yard	Breaststroke
127	G	11-12	50 Yard	Breaststroke
128	B	11-12	50 Yard	Breaststroke
129	G	9-10	50 Yard	Breaststroke
130	B	9-10	50 Yard	Breaststroke
131	G	8& Under	25 Yard	Breaststroke
132	B	8& Under	25 Yard	Breaststroke
133	G	13& Over	200 Yard	Individual Medley
134	B	13& Over	200 Yard	Individual Medley
135	G	11-12	100 Yard	Individual Medley
136	B	11-12	100 Yard	Individual Medley
137	G	9-10	100 Yard	Individual Medley
138	B	9-10	100 Yard	Individual Medley
139	G	8& Under	100 Yard	Individual Medley
140	B	8& Under	100 Yard	Individual Medley

Summary of Fees/Release Form CAC Pentathlon

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)		\$7.00 per event	
Athlete Surcharge [\$4.00 OSI + 12.00 Facility] (exclude Outreach)		\$16.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# swimmers x # entries x \$4.00)		Total # of Outreach swimmers x \$\$16.00 surcharge:	
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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 and coaches listed on the enclosed entry are registered with USA Swimming. 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. Cincinnati Aquatic Club, Cincinnati Country Day School, 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:

Cincinnati Aquatic Club, c/o Jenn Zugelder – Treasurer, PO Box 43425, Madeira, OH 45243

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