

**M.E. LYONS YMCA/ANDERSON BARRACUDAS**

Presents the OH AP LARRY LYONS FALL INVITATIONAL

Nov 7 - 9, 2025



USA Swimming Approval - OH-26SC-44AP

This meet is in honor of Larry Lyons, past Head Coach of the M.E. Lyons YMCA/Anderson Barracudas swim team, who passed away on July 12, 1995. We hereby dedicate this meet in recognition of his gifts and dedication to the sport of swimming and youth in the Cincinnati Area.

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.	
DATE(S)	November 7 - 9, 2025	
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 lane 25 yard warm up/warm down pool. Electronic timing is by Colorado Gen 7. There is a LED 6-lane 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. 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	Hiroshi Tanaka Hiroshi.kan.tanaka@gmail.com	
ENTRY DEADLINE	<u>Wednesday, Oct 29th by 8pm</u>	
SANCTION	In granting this approval, 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.	
HOST FACILITY	Parking is available first come first serve at the YMCA. There is also parking on Saturday at the church parking lot and both days at Julifs Park. Check ablyswim.org for additional parking information.	
USA SWIMMING RULES	- 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. - All 18 & Over USA member swimmers must complete the MAAPP Safe Sport online course. - 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.	



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	- 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 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: 8 & Under, 9-10, 11-12, 13-14, 15 & Over, and Senior. - There are no minimum timestandards. - Age for the meet is determined by the age the swimmer will be on November 8, 2025. - 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.
ENTRY RULES -GENERAL	Entries will be accepted on a first received basis. 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 for Friday night events.
ENTRY RULES - INDIVIDUAL EVENTS	- Swimmers may swim a maximum of three (3) Individual Events per day and a maximum of six (6) Individual Events for the meet. - ABLY reserves the right to combine heats and/or events for time management purposes and may limit all events of 200 yards or longer.
ENTRY FEES	- Individual Events - \$5.00 per entry. - All swimmers must pay a \$2.00 meet surcharge. This fee will remain in place for virtual participants. - All entry fees must be paid to the meet host no later than 1 week after meet. (30 days late = 15% fee)

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ENTRY PROCEDURES	Hy-tek Team Manager entry files will be accepted. Hy-tek entries should be sent via Email to Entry Chairperson Mark Lingo at mark@lingomfg.com by the ENTRY DEADLINE of Friday, October 29th, 2025 at 5pm. The Hy-tek event file for Team Manager can be found on the League website. A print out of the Team Manager entries must be sent to the Entry Chairperson. All entries must include the Team Entry Summary Sheet and Team Certification Form. Teams should submit short course yard times with their entries. A check for all fees, made payable to "M.E. Lyons YMCA", must accompany your entry. If payment is made by inter-Y transfer, you must at least provide a copy of the transfer form with the entries. Checklist for Entries: 1. Team Manager Entry file sent via e- mail by Wednesday, October 29, 2025 at 8pm 2. Entries will be accepted on a first received basis with the meet limited to 100 swimmers per session, including ABLY. 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. Awards for 12 & under swimmers only. • Meet Mobile will be available pending internet availability
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 Warm-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 anybreaks and/or any areas used for warm-up and warm-down during the competition.
MEET OFFICIALS	The Meet Hosts will need the help of your USA Swimming Officials. Please contact Jon Saxton to provide names of your officials who wish to volunteer by Wednesday, November 1st at jsaxton@rendigs.com. Official's uniform will be white over navy for all sessions. Shorts are permitted.



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TIMERS	Those who would like to serve as a timer should complete the sign up on the event page on our website. Timers are asked to check in for their assigned session 30 min prior to the session start at the Timers meeting.
ADDITIONAL VENUE INFORMATION	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 limited concessions. Hospitality is available for coaches and officials. It is recommended that you bring any personal water or snacks. ME Lyons members may be using bathrooms and locker rooms during the swim meet. There are additional changing rooms off the front hallways if you are looking for more privacy.



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APPENDIX 1: ORDER OF EVENTS

Session	Girls #	Age Group	Event	Boys #
Friday PM	101	Senior	400 Individual Medley	102
Warm Up 4:30pm	103	9 - 12	500 Freestyle	104
Start 5:30pm	105	13- 14	500 Freestyle	106
	107	15 & Over	500 Freestyle	108
	109	Senior	200 Butterfly	110
	111	Senior	200 Backstroke	112
	113	Senior	200 Breaststroke	114
Saturday AM	201	11-12	50 Butterfly	202
Warm Up: 7:00am	203	15 & Over	100 Breaststroke	204
Meet Start: 8:15am	205	13 -14	100 Breaststroke	206
	207	11-12	100 Breaststroke	208
	5 minute break			
	209	11-12	50 Backstroke	210
	211	15 & Over	100 Freestyle	212
	213	13 -14	100 Freestyle	214
	215	11-12	100 Freestyle	216
	217	15 & Over	200 Individual Medley	218
	219	13 - 14	200 Individual Medley	220
	221	11 - 12	200 Individual Medley	222
	231	12 & Over	Girls 1000 Freestyle	-
Saturday PM	251	9 - 10	100 Individual Medley	252
Warm Up: TBD	253	8 & Under	100 Individual Medley	254
Meet Start: TBD	255	9 - 10	50 Breaststroke	256
	257	8 & Under	25 Breaststroke	258
	259	6 & Under	25 Breaststroke	260
	261	9 - 10	50 Freestyle	262
	263	8 & Under	50 Freestyle	264
	265	6 & Under	50 Freestyle	266
	267	9 - 10	200 Freestyle	368
	269	8 & Under	100 Medley Relay	270
	271	9 - 10	200 Medley Relay	272
Sunday AM	301	11 – 12	50 Breaststroke	302
Warm Up: 7:00am	303	15 & Over	50 Freestyle	304
Meet Start: 8:15am	305	13 - 14	50 Freestyle	306
	307	11 - 12	50 Freestyle	308
	309	15 & Over	100 Butterfly	310
	311	13 - 14	100 Butterfly	312
	313	11 - 12	100 Butterfly	314
	315	15 & Up	100 Backstroke	316
	317	13 - 14	100 Backstroke	318
	319	11 – 12	100 Backstroke	320
	321	15 & Over	200 Freestyle	322
	323	13 - 14	200 Freestyle	324
	325	11 - 12	200 Freestyle	326
	-	12 & Over	Boys 1000 Freestyle	328



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Sunday PM	351	9-10	50 Backstroke	352
Warm Up: TBD	353	8&Under	25 Backstroke	354
Meet Start: TBD	355	6&Under	25 Backstroke	356
	357	8&Under	25 Freestyle	358
	359	6&Under	25 Freestyle	360
	361	9-10	50 Butterfly	362
	363	8&Under	25 Butterfly	364
	365	9-10	100 Freestyle	366
	367	8&Under	100 Freestyle	368
	369	9-10	200 Free Relay	370
	371	8&Under	100 Free Relay	372



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APPENDIX 2: 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. 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. Livestreaming: This meet will NOT be livestreamed. Concessions: There will be no concessions available. It is recommended that you bring any personal water or snacks. There will be a coaches/officials hospitality available.
Locker Rooms / Changing	It is suggested Athletes arrive and depart in their suits. Deck changing is prohibited by USA Swimming Rules.
Swimmer Limitations and Protocols	Swimmers/Coaches: All participants must adhere to the Deck Marshals'/Coaches instructions. Within team areas, the team representatives are responsible for the necessary social distancing of 6 feet (u
Spectator Limitations and Protocols	Spectators must conduct daily symptom assessments and stay home if displaying any symptoms.
Parental Access and Safe Sport Considerations for Athletes	The Meet Safety Marshal as well as the ABLY Safe Sport/COVID Coordinator will provide oversight for this. ABLY will encourage parents to volunteer during the swim meet to reduce the number of people in the facility.



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TEAM ENTRY SUMMARY

YMCA: _____ Y CODE: _____

TEAM CONTACT: _____

TEAM CONTACT E-MAIL: _____

DAYTIME PHONE: _____ EVENING PHONE: _____

Age Group	# OF SWIMMERS	INDIV. EVENTS	RELAY EVENTS
8 & U Girls			
8 & U Boys			
9-10 Girls			
9-10 Boys			
11 - 12 Girls			
11 - 12 Boys			
13 – 14 Girls			
13 - 14 Boys			
15 & Over Girls			
15 & Over Boys			
Total			

_____ of Athletes x \$2.00 Surcharge* = \$ _____

_____ INDIVIDUAL EVENTS X \$5.00 = \$ _____

TOTAL AMOUNT REMITTED = \$ _____

*The \$2.00/swimmer surcharge is still required for any virtual results provided to us

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



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M. E. LYONS YMCA/ANDERSON BARRACUDAS (ABLY)

2020 LARRY LYONS INVITATIONAL

Nov 6-8, 2020

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: _____