



NCAT WINTER INVITE
DECEMBER 5-7, 2025
Held under the sanction of USA Swimming
Sanction #: OH-26SC-53

Hosted by



Location:	Robert F. Busbey Natatorium 2451 Euclid Ave, Cleveland, OH 44115
Facility:	POOL: 25 yards by 10 lanes, Colorado timing system and 10 lane digital readout scoreboard with ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in non-competitive end of the pool. The depth of the pool at both the start end and turn end is 12 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The host will ensure the required course dimensions.
Meet Director:	MEET DIRECTOR: Eric Peterson eric.peterson@ncatswim.com 216-295-4163
Meet Referee:	David Brown dbrown2457@att.net
Officials Contact for the Meet:	David Brown dbrown2457@att.net
Entry Chair:	Dave Wohlfeil ncatmeetentries@gmail.com 216-337-1117
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:	Meet is timed finals on Friday, Prelim/Final Saturday, and timed finals Sunday. There are qualifying times located on event list page.
# of Sessions:	The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Ohio Swimming Policy & Procedures. Events will be contested in a 25-yard pool. Friday and Sunday events are timed finals. On Saturday, all individual events (except the 500 Free) will be prelim/final with a championship A final for 10&U and 11-12. Consolation and championship heats (in that order) will be offered for 13-14 & 15& O prelim/final events where a minimum of 20 athletes compete in the prelims. Ten lanes will be used at finals. Fly-over starts may be used in all prelim sessions. All relays are timed finals and will be swum in prelims. CONDUCT OF DISTANCE EVENTS/HEAT LIMITATIONS: The 500 free and 400 IM on Friday evening may be limited to the 3 fastest seeded heats each male and female. Events may be consolidated but scored separately to conserve time. Any swimmer closed out of the 400 IM or 500 freestyle because of heat limitations will receive a refund for that event. The 500 and 1000 freestyle will be swum fastest to slowest. The 500 will alternate women's and men's heats. In order to accommodate more swimmers, the meet host reserves the right to eliminate relays and refund entry fees. SEEDING & CHECK IN: This is a deck seeded meet. All swimmers must check in for all of their events no later than 45 minutes prior to the start of the session. Swimmers who fail to check in for their events will not be seeded. Heat and lane assignments will be posted on deck and in the spectator area. Relay cards must be turned in upon call in order to be seeded. Events may be seeded together but scored separately. The scratch rule will be in effect. Check in sheets for the 1000 Freestyle on Friday nights, will not be pulled before 6:30pm.
Medical Supervision available to athletes	Meet safety director will be on site throughout. Any medical issues should be directed to the lifeguards or safety personnel.

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

Organization Regulations/Waivers	
	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 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. (www.usaswimming.org/maapp) • 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.

Organization Regulations/Waivers	
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.

Entering the Meet and Competition Information	
Eligibility:	- All meet contestants must be a member in good standing per Article 302.. - All contestants must be verified USA Swimming members. Deck Entry at a meet must show electronic athlete membership or a club coach must sign the Deck Entry Form. - Membership verification deadline is 12:00 pm 48 hours 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. All 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 MAAPP is a condition of participation in the conduct of this competition. - Age on the first day of the meet will determine age for the entire meet.
Swimmers with a Disability:	- Entry Procedures: - Enter the USA-S swimmers with a disability electronically with your team entries. - Email the Meet Accommodation / Modification Form included in this meet information to the entry chair. - 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:	Individual events \$7.00 Friday & Sunday events, \$8.00 Saturday prelim/final events; Relays: \$10.00; plus a \$4.00 per swimmer OHIO surcharge, \$12.00 per swimmer facility charge. ONLY UNATTACHED SWIMMERS MAY ENTER INDIVIDUALLY. There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to North Coast Aquatic Team, Mail to: Dave Wohlfeil, 18312 Potomac Ave, Strongsville, OH 44136 Swimmers may compete in 3 individual events/day exclusive of relays. Swimmers may compete in as many relays as needed per day. Age as of December 5, 2025.
Entry Procedures:	ENTRY DEADLINE: Entries will NOT be accepted prior to Monday, November 10, 2025 at 9:00 p.m. The due date for entries, electronic or otherwise, is Monday, November 24, 2025. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so submit early. Hard copy, meet summary sheet and check must be received within five days of the receipt of the electronic file or by Wednesday, November 26, 2025, whichever comes first. Failure to submit the hard copy, summary sheet and payment or to make alternate arrangements with the meet director before the deadline will result in said entry being removed from the meet. Please DO NOT SEND MULTIPLE copies of your entry. If multiple entry files are received, they will be considered revised files and will be entered by the most recent date and time. Email electronic files to Dave Wohlfeil ncatmeetentries@gmail.com . Entries will be accepted and entered as they are received. Phone entries will not be accepted. ONLY UNATTACHED SWIMMERS WILL BE ACCEPTED INDIVIDUALLY. Mail hard copies and fees to: Dave Wohlfeil, 18312 Potomac Ave., Strongsville, OH 44136

Entering the Meet and Competition Information	
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:	• No Clerk of Course will be available. • The meet is deck seeded. • Events seeded on the deck shall be closed for seeding 45 minutes prior to the start of the session. • Warm-up and start times for finals will be announced at the meet, prior to the conclusion of the morning session and throughout the Saturday afternoon session. All individual events will be prelim/final with a championship. • Consolation and championship heats (in that order) will be offered for 10U,11/12, and 13-14, 15&O prelim/final events where a minimum of 20 athletes compete in the prelims.
Scratch Procedures	• See Scratch Rules at end
Deck Entries	• Deck entries will not be accepted at this meet.
Awards:	All awards must be picked up at the meet by the coach at the conclusion of the last session. 12 & under Individual Events as follows 10 & U, 11-12 by gender. Medals for 1st, 2nd and 3rd; ribbons for places 4-10. 12 & under Relay Events: Ribbons for 1st, 2nd, 3rd • Results will be posted during the meet in the spectator lobby, on the pool deck and on MeetMobile.
General:	Admissions is included in the facility fee. Concessions will be available through CSU on side. Parking is \$10 per session on the CSU campus. City parking is available on nearby streets, metered on Friday and free on Saturday and Sunday. We will have a t-shirt vendor and apparel vendor on site. Details in the meet warm-up information emailed week of meet.

2025 TYR NCAT WINTER INVITE**SCHEDULE OF EVENTS***December 5-7, 2025****Friday, December 5, 2025 (Timed Finals)******4:45 Warm-Up, 5:50pm meet start***

All swimmers must be equal to or faster than the times listed

Girls #	Cutoff Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & UNDER		
101	3:42.09	200 IM	3:38.59	102
109	8:36.69	500 Free	8:24.29	110
		11-12		
103	2:59.49	200 Back	2:52.89	104
107	3:22.59	200 Fly	3:15.09	108
111	7:16.89	500 Free	6:59.89	112
		11 & Over		
105	6:31.69 (11-12)	400 IM	6:17.09 (11-12)	106
	6:05.79(13&O)		5:37.69 (13&O)	
		13 & Over		
113	14:11.09	Mixed 1000 Free	13:17.99	114

The 500 freestyle events will be swum fastest to slowest, alternating girls and boys.

The 1000 freestyle will be swum fastest to slowest.

2025 TYR NCAT WINTER INVITE***AM Session Saturday December 6, 2025******7:30 Warm-Up, 8:35 meet start (Prelim/Final)***

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		13-14		
201	2:51.79	200 IM	2:37.99	202
205	1:16.89	100 Back	1:11.29	206
209	32.49	50 Free	29.89	210
213	3:10.99	200 Breast	2:54.89	214
217	1:16.79	100 Fly	1:10.49	218
221	2:33.59	200 Free	2:22.49	222
		15 & Over		
203	2:46.19	200 IM	2:30.89	204
207	1:14.69	100 Back	1:07.49	208
211	31.79	50 Free	28.29	212
215	3:05.99	200 Breast	2:47.09	216
219	1:14.39	100 Fly	1:07.19	220
223	2:28.99	200 Free	2:15.99	224
		Open		
225		200 Medley Relay (TF)		226

TF=Timed Final in prelims

PM Session : Warmup starts 15 minutes after the end of the AM session. Meet will begin 50 minutes after the start of warm-ups (Prelim/Final)

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & Under		
227	1:45.79	100 Back	1:40.69	228
231	1:30.79	100 Free	1:27.99	232
235	54.59	50 Breast	53.39	236
239	48.39	50 Fly	46.49	240
243	1:44.29	100 IM	1:39.69	244
249		200 Medley Relay (TF)		250
		11 – 12		
229	1:26.59	100 Back	1:22.19	230
233	1:14.69	100 Free	1:11.49	234
237	3:25.69	200 Breast	3:16.39	238
241	36.89	50 Fly	37.09	242
245	1:25.19	100 IM	1:21.89	246
247	43.99	50 Breast	43.49	248
251		200 Medley Relay (TF)		252

Order of Events for Finals: 247, 248, 201, 202, 203, 204, 227, 228, 229, 230, 205, 206, 207, 208, 231, 232, 233, 234, 209, 210, 211, 212, 213, 214, 215, 216, 235, 236, 237, 238, 217, 218, 219, 220, 239, 240, 241, 242, 221, 222, 223, 224, 243, 244, 245, 246

TF= Timed Finals in prelims

Warm-up and start times for finals will be announced at the meet, prior to the conclusion of the morning session and throughout the Saturday afternoon session. All individual events will be prelim/final with a championship. Consolation and championship heats (in that order) will be offered for 10U, 11/12, and 13-14, 15&O prelim/final events where a minimum of 20 athletes compete in the prelims.

2025 TYR NCAT WINTER INVITE**AM Session*****Sunday December 7, 2025******7:30 Warm-Up, 8:35 meet start (Timed Finals)***

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		13-14		
301	1:10.99	100 Free	1:04.99	302
305	2:51.19	200 Fly	2:36.79	306
309	1:28.69	100 Breast	1:20.49	310
313	2:46.39	200 Back	2:34.69	314
317		200 Free Relay		318
		15 & Over		
303	1:08.79	100 Free	1:01.99	304
307	2:45.79	200 Fly	2:30.19	308
311	1:25.89	100 Breast	1:16.89	312
315	2:42.19	200 Back	2:27.59	316
319		200 Free Relay		320
		13 & Over		
321	6:52.19 (13-14) 6:40.99 (15 & Over)	500 Free	6:25.69 (13-14) 6:08.39 (15 & Over)	322

The 500 freestyle events will be swum fastest to slowest, alternating girls and boys

PM Session***Warmup start 15 minutes after the end of the AM session. Meet will begin 50 minutes after the start of warm-ups (Timed Final)***

All swimmers must be equal to or faster than the times listed

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Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & Under		
327	3:22.79	200 Free	3:09.49	328
331	2:00.29	100 Breast	1:54.09	332
335	39.79	50 Free	38.19	336
339	1:56.69	100 Fly	1:53.49	340
343	48.59	50 Back	48.29	344
349		200 Free Relay		350
		11 & 12		
329	3:03.89	200 IM	2:59.29	330
333	33.99	50 Free	32.79	334
337	1:25.79	100 Fly	1:22.89	338
341	1:36.49	100 Breast	1:32.59	342
345	2:42.59	200 Free	2:35.99	346
347	38.79	50 Back	38.49	348
351		200 Free Relay		352

SCRATCH RULE

- 1) Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.
- 2) Pre-Seeded Event: Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.
- 3) Events Seeded on the Deck
 - a) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
 - b) Any agent of a team (coach, parent, swimmer, etc) who check in swimmers for events when those swimmers are not present at the meet may cause a fine per swimmer per day to be levied against the team, as the discretion of the Meet Referee.
 - c) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmers the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the check-in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine, except as noted in "Exceptions for Failure to Compete" (below).
- 4) Scratching from Finals
 - a) Any swimmer qualifying for a bonus, consolation, or championship final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete ". If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined. A declared false start or deliberate delay of the meet is not permitted and will be regarded as a failure to compete.
 - b) In the event of withdrawal or barring a swimmer from competition, the Referee shall fill the bonus, consolation, or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with final qualifiers. These alternates shall not be penalized if unavailable to compete at finals.
 - c) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - d) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).

Exceptions for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if a) The Referee is notified in the event of illness or injury and accepts the proof thereof.

- b) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within 30 minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within 30 minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.
- c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Summary of Fees/Release Form

NCAT WINTER INVITE

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 individual event Friday and Sunday \$8.00 per event (Sat)	
Relay Entries		\$10.00 per relay	
OSI Swimmer Surcharge (exclude Outreach)		\$4.00 per swimmer	
Host Team Facility Surcharge (exclude Outreach)		\$12.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:		

Total # outreach IEs: (# swimmers x # entries x \$7.00 or \$8.00)		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 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 expectations of the OSI Code of Conduct and also 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 and parents with the respective rules during this meet. North Coast Aquatic Team, Cleveland State University, 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:

Dave Wohlfeil, 18312 Potomac Dr., Strongsville, OH 44136

Ohio Swimming Meet Accommodation Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event? Please list all entered events and indicate N/A if no modification is requested.

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.