



2026 GCSTO Last Ditch
1/30/26 – 2/01/26
Held under the sanction of USA Swimming
Sanction #: OH-26SC-93
Hosted by the Greater Columbus Swim Team of Ohio



Location	The Columbus Academy: 4300 Cherry Bottom Road, Gahanna, OH 43230 PARKING IS AVAILABLE ON THE EAST SIDE OF THE FACILITY, only.
Facility	This indoor competition course has a water depth at the starting block end of the pool is 10.0 feet to at least 5.0M off of the wall. Water depth at the shallow end of the pool is at least 3.5 feet at its shallowest to at least 5.0M off of the wall. There are 6 X 25-yard lanes with Kiefer lane lines & a Daktronics timing system. The meet host will ensure the required course dimensions.
Meet Director	Chris Binting: cbinting@gmail.com (614) 309-5256
Meet Referee	Jay Dahlman: dahlman.jason@gmail.com (585) 615-3118, Cecelia Doenges: cecelia.doenges@gmail.com (614) 314-6261
Officials Contact for the Meet	Jay Dahlman: dahlman.jason@gmail.com (585) 615-3118, Cecelia Doenges: cecelia.doenges@gmail.com (614) 314-6261
Entry Chair	Kristina Price: kristina0972@hotmail.com (614)-296-9679
Sanction	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	Open – Timed Final
Sessions Information	Friday (Open): Warm-ups 6:00 p.m. – 6:40 p.m./ Meet 6:45 p.m. – 9:15 p.m. Saturday (10&U): Warm-ups: 7:00 a.m. – 7:45 a.m./Meet 7:55 a.m. – 11:55 a.m. Saturday (11-12): Warm-ups 12:10 p.m. – 12:55 a.m./ Meet 1:00 p.m. – 5:00 p.m. Saturday (13&O): Warm-ups 5:20 p.m. – 6:00 p.m./ Meet 6:05 p.m. – 9:30 p.m. Sunday (10&U): Warm-ups: 7:00 a.m. – 7:45 a.m./Meet 7:55 a.m. – 11:15 a.m. Sunday (11-12): Warm-ups 11:30 a.m. – 12:15 p.m./ Meet 12:20 p.m. – 4:15 p.m. Sunday (13&O): Warm-ups 4:35 p.m. – 5:15 p.m./ Meet 5:20 p.m. – 8:00 p.m.
Medical Supervision available to athletes	There will be lifeguards and rescue equipment, including an AED device, on site available to athletes participating in the meet.

Organization Regulations/Waivers	
USA Swimming Rules	<ul style="list-style-type: none">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 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	<ul style="list-style-type: none">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

Organization Regulations/Waivers	
Ohio Swimming sanctioned events	<p>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.</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. (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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> All contestants must be verified USA Swimming members. Membership will NOT be verified at the meet. Membership verification deadline is 12:00 PM EST two (2) business days prior to the first day of the meet. Unverified swimmers will be scratched from the meet. 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	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures: <ol style="list-style-type: none"> 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	<ul style="list-style-type: none"> Swimmers may swim a maximum of 3 individual events per day.
Entry Fees	<ul style="list-style-type: none"> \$10.00 GCSTO facility surcharge. \$4.00 OSI Surcharge.

Entering the Meet	
	<ul style="list-style-type: none"> • \$7.00 per individual event.
Entry Procedures	<ul style="list-style-type: none"> • The entry window will open at 1:00 p.m. Friday, January 16, 2026. Please do not submit entries prior to this time as they will be moved to the back of the line. Entries will be accepted in the order they are received. The entry window will close at 5:00pm Thursday, January 22, 2026, or when the meet/session reaches capacity, whichever comes first. • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify).Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • Send entries via email to: kristina0972@hotmail.com • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: Greater Columbus Swim Team (or GCSTO) • If mailing checks, please send to: GCSTO, 11613 Amsden Ct. NW, Pickerington, OH 43147 • “No Time” (NT) entries will NOT be accepted. Please enter a “best guess” time for swimmers with “no time.” • 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	<ul style="list-style-type: none"> • 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 delegates). • 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	<ul style="list-style-type: none"> • This meet will be a timed finals meet & will be contested in SCY. • This meet will be pre-seeded. Deck entries will be accepted only if lane space permits and only for swimmers whose membership was verified by the deadline. • Clerk of Course will be available for the 10&U session only. • Heats will be contested slowest to fast.
Awards	<ul style="list-style-type: none"> • There will not be awards at this meet & results will be posted on Meet Mobile (during the meet if internet service allows). Heat winner ribbons will be presented during the 10&U session.
Hospitality	<ul style="list-style-type: none"> • Lunch as well as beverages and snacks will be provided to coaches, officials, and volunteers throughout the meet.
Code of Conduct	<ul style="list-style-type: none"> • 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.

**2026 GCSTO Last Ditch
ORDER OF EVENTS**

Friday: OPEN	
Mixed	Event Description
101	400 yd IM
102	500 yd Free

Saturday: 10 & Under	
Mixed	Event Description
201	50 yd Free
202	100 yd IM
203	100 yd Breast
204	50 yd Back
204	100 yd Fly
206	200 yd Free

Saturday: 11-12	
Mixed	Event Description
207	50 yd Free
208	100 yd IM
209	200 yd Breast
210	100 yd Back
211	200 yd Fly
212	50 yd Breast
213	200 yd Free

Saturday: 13&O	
Mixed	Event Description
214	100 yd Free
215	200 yd Breast
216	100 yd Back
217	100 yd Fly
218	200 yd Free

Sunday: 10 & Under	
Mixed	Event Description
301	100 yd Free
302	50 yd Breast
303	100 yd Back
304	50 yd Fly
305	200 yd IM

Sunday: 11-12	
Mixed	Event Description
306	100 yd Free
307	50 yd Back
308	100 yd Fly
309	200 yd Back
310	100 yd Breast
311	50 yd Fly
312	200 yd IM

Sunday: 13&O	
Mixed	Event Description
313	200 yd Fly
314	100 yd Breast
315	200 yd Back
316	50 yd Free
317	200 yd IM

APPENDIX 1: Meet Safety Plan for GCSTO

Facility Information	
Facility Rules and Policies	Spectators and meet participants are not to "explore" the Columbus Academy facility. Please remain in the designated areas assigned for use during the swim meet.
Locker Rooms / Changing	Locker rooms will be available for athletes to change. We encourage swimmers to arrive in their suits to help limit congestion in the locker rooms. Locker rooms will be available for restroom use for athletes as well. Deck changing is prohibited.
Parking/Drop-Off	All meet participants must park on the EAST side of the facility (by the baseball field) and enter the facility by following the sidewalk up through the courtyard to the double glass doors. The bleachers to the pool will be immediately on the right. Athletes being dropped off must also do so on the EAST side of the facility. Parking, dropping off and entering the building on the WEST side (by the football field) is strictly prohibited.
Restrooms	Athletes must use the restrooms inside the locker rooms. Coaches, officials, and volunteers are to use the restrooms located at the bottom of the stairs from the lobby (the restrooms will be to the left). These stairs are located around the corner from the stairwell leading up to the pool bleachers. The restrooms at the front (WEST side) of the building, near the concession stands are not to be used by swim meet participants.