



2026 Jim Scullion Age Group Showdown
January 17-18, 2026
Held under the sanction of USA Swimming
Sanction #: OH-26SC-83

Hosted by
Lakewood Rangers
Swim Team

Location:	Lakewood High School Pool 14100 Franklin Blvd. Lakewood, OH 44107
Facility:	25 yards by 8 lanes, indoor pool, locker rooms, grandstand seating, Colorado timing and scoreboard. Concessions will be available. Parking is located on Franklin Blvd. across from Lakewood High School. The depth of the pool at the start end is 9 feet, 0 inches. The depth at the turn end is 3 feet, 6 inches. The host will ensure the required course dimensions.
Meet Director:	Jodie Wohlfeil d_wohlfeil@att.net 216.409.2636
Meet Referee:	Bob Martens
Officials Contact for the Meet:	Dave Wohlfeil d_wohlfeil@att.net 216.337.1117
Entry Chair:	Dave Wohlfeil lrst.entries@att.net 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:	Saturday's events are Prelim/Finals Sunday events are Timed Finals
# of Sessions:	5
Description of Session:	<p>Session 1 – 1/17/2026 – Prelims Saturday morning warm-up is as follows: 11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.: 13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m.</p> <p>Session 2 – 1/17/2026 – Prelims Saturday afternoon warm-ups follows: Will begin 15 minutes after the conclusion of the morning session. 10 & under warm-ups will be for the first half hour: 11-12 boys will warm-up the second half hour.</p> <p>Session 3 – 1/17/2026 – Finals Saturday evening warm-ups as follows: Warm-ups for finals will last 45 minutes and may be split if the Safety Director deems necessary.</p> <p>Session 4 – 1/18/2026 – Sunday morning Timed Finals warm-up is as follows. 11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.: 13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m.</p> <p>Session 5 – 1/18/2026 – Sunday afternoon Timed Finals warm-ups follows: Will begin 15 minutes after the conclusion of the morning session. 10 & under warm-ups will be for the first half hour: 11-12 boys will warm-up the second half hour.</p> <p>Afternoon start times and estimated finals start times and warm-up plan will be posted on lakewoodrecreation.com/LRST by Wednesday, January 14, 2026.</p>
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.

Organization Regulations/Waivers	
	<ul style="list-style-type: none"> 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 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	<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 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	<ul style="list-style-type: none"> 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	<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.
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.

Organization Regulations/Waivers	
	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> All meet contestants must be a member in good standing per 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 two (2) 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. <p>Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host.</p>
Swimmers with a Disability:	<ul style="list-style-type: none"> Entry Procedures: <ol style="list-style-type: none"> 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:	<ul style="list-style-type: none"> Swimmers may swim a maximum of 3 individual events exclusive of relays on Saturday Swimmers may swim a maximum of 5 individual events exclusive of relays on Sunday. \$8.00 per individual prelim/finals event on Saturday \$7.00 per individual timed finals event on Sunday. \$10.00 per relay event. \$4.00 OH LSC surcharge per swimmer. There is a \$25.00/swimmer handling fee for entries not furnished in an electronic file.
Entry Procedures:	<ul style="list-style-type: none"> Deadline for receipt of entries is January 7, 2026. Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). Send entries to Entry Chair. Dave Wohlfeil lrst.entries@att.net. Make checks payable to: Lakewood Board of Education Mail to: Dave Wohlfeil 18312 Potomac Dr. Strongsville, OH 44136 The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session. "No Time" (NT) entries will not be accepted.
Qualifying Times	<ul style="list-style-type: none"> Please see event listings. Swimmers must be equal to or faster than the qualifying time listed as of the entry deadline. Swimmers should enter an event only if they have achieved the listed time standard for that event. All times are to be in yards. There are no qualifying times for 10 & Unders. except for the 500 Free. There are no qualifying times on Sunday except for 500 Free.
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 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.

Entering the Meet and Competition Information	
	<ul style="list-style-type: none"> 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 prelims/finals on Saturday and Timed Finals on Sunday. This meet will be contested in SCY. Age on the first day of the meet will determine age for the entire meet. Saturday 11-12 and 13 & O NAG B Times. 10 & U No Time Standards Sunday No Time Standards. This meet will be deck-seeded. Deck entries will be accepted at the meet. No Clerk of Course will be available.
Scratch Procedures	<ul style="list-style-type: none"> Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call. 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. Events Seeded on the Deck 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. 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 of \$25.00 per swimmer per day to be levied against the team, as the discretion of the Meet Referee. 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 of \$25.00, except as noted in "Exceptions for Failure to Compete" (below). Scratching from Finals 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 \$25.00 payable to the host team. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$100.00. A declared false start or deliberate delay of the meet is not permitted and will be regarded as a failure to compete. 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. 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. If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s). <p>5) 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.</p>

Entering the Meet and Competition Information	
	<ul style="list-style-type: none"> • 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. • It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
Deck Entries	<ul style="list-style-type: none"> • Deck entries will be taken on a space available basis up to 45 minutes before the start of the session and seeded at Deck NT. • Deck entrants should sign up at the deck entry table @ \$12.00 per individual event and \$20.00 per relay. • Deck entry swimmers new to the meet will be charged \$4.00 OSI surcharge and must provide proof of USA Swimming registration. • If a swimmer is closed out of an event, they will be given the option of a refund or to enter an alternate event.
Scoring	<ul style="list-style-type: none"> • <u>Individual Events</u>: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • <u>Relay Events</u>: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
Awards	<ul style="list-style-type: none"> • <u>Individual Events</u>: Medals for 1-3, ribbons 4-8. All awards must be picked up at the meet. No medals or ribbons will be issued for swimmers 13 & Over. • <u>Relay Events</u>: Medals for 1-3. No medals will be issued for Open Relays. • <u>High Point Awards</u> for 10 & U, 11-12, and 13 & O. • <u>Team Awards</u>: 1st, 2nd, 3rd.
General:	Admission Cost \$5.00 per person.

2026 Jim Scullion Meet
SCHEDULE OF EVENTS
January 17, 2026
Saturday A.M.

11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.
13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m.

Girls #	Equal to or faster than	Age Group/Stroke	Equal to or faster than	Boys #
1	2:33.59	13 & Over 200 Free	2:22.49	2
3	2:42.59	11-12 Girls 200 Free		
4	1:16.79	13 & Over 100 Fly	1:10.49	5
6	1:25.79	11-12 Girls 100 Fly		
7	1:28.69	13 & Over 100 Breast	1:20.49	8
9	1:36.49	11-12 Girls 100 Breast		
10	32.49	13 & Over 50 Free	29.89	11
12	33.99	11-12 Girls 50 Free		
13	2:51.79	13 & Over 200 IM	2:37.99	14
15	3:03.89	11-12 Girls 200 IM		
16		Open 400 Medley Relay**		17
18		11-12 Girls 400 Medley Relay**		

January 17, 2026
Saturday P.M.

Afternoon warm-up will begin 15 minutes after the conclusion of the Morning session. 10 & under warm-ups will be for the first half hour. 11-12 boys will warm-up the second half hour. Start times will be available after Wednesday, January 14, 2026

Girls #	Equal to or faster than	Age Group/Stroke	Equal to or faster than	Boys #
19		10 & Under 200 Free		20
		11-12 Boys 200 Free	2:35.99	21
22		10 & Under 100 Fly		23
		11-12 Boys 100 Fly	1:22.89	24
25		10 & Under 50 Breast		26
		11-12 Boys 100 Breast	1:32.59	27
28		10 & Under 50 Free		29
		11-12 Boys 50 Free	32.79	30
31		10 & Under 200 IM		32
		11-12 Boys 200 IM	2:59.29	33
34		10 & Under 200 Medley Relay**		35
		11-12 Boys 400 Medley Relay**		36

** Indicates timed finals event

Order of Events for Finals: 19, 20, 3, 21, 1, 2, 22, 23, 6, 24, 4, 5, 25, 26, 9, 27, 7, 8, 28, 29, 12, 30, 10, 11, 31, 32, 15, 33, 13, 14.

2026 Jim Scullion Meet
SCHEDULE OF EVENTS, All events are timed finals
January 18, 2026
Sunday A.M.

11-12 girls warm-up will be 7:30 a.m.-8:00 a.m.

13 & Over warm-up will be 8:00 a.m.-8:40 a.m., with competition starting at 8:45 a.m.

Girls #	Equal to or faster than	Age Group/Stroke	Equal to or faster than	Boys #
37		13 & Over 200 Fly		38
39		11-12 Girls 50 Fly		
40		13 & Over 200 Breast		41
42		11-12 Girls 200 Breast		
43		13 & Over 100 Back		44
45		11-12 Girls 50 Back		
46		13 & Over 100 Free		47
48		11-12 Girls 100 Free		
49		13 & Over 200 Back		50
51		11-12 Girls 200 Back		
52		Open 400 Free Relay		53
54		11-12 Girls 400 Free Relay		
55	6:52.19	13 & Over 500 Free*	6:25.69	56
57	7:16.89	11-12 Girls 500 Free*		

January 18, 2026
Sunday P.M., All events are timed finals

Afternoon warm-up will begin 15 minutes after the conclusion of the

Morning session. 10 & under warm-ups will be for the first half hour: 11-12 boys will warm-up the second half hour.

Start times will be available after Wednesday, January 14, 2026.

Girls #	Equal to or faster than	Age Group/Stroke	Equal to or faster than	Boys #
58		10 & Under 50 Fly		59
		11-12 Boys 50 Fly		60
61		10 & Under 200 Back		62
		11-12 Boys 200 Back		63
64		10 & Under 50 Back		65
		11-12 Boys 50 Back		66
67		10 & Under 100 Free		68
		11-12 Boys 100 Free		69
70		10 & Under 100 Breast		71
		11-12 Boys 200 Breast		72
73		10 & Under 200 Free Relay		74
		11-12 Boys 400 Free Relay		75
	8:36.69	10 & Under 500 Free*	8:24.29	77
		11-12 Boys 500 Free*	6:59.89	78

*500 free may be limited to the 3 fastest heats

Summary of Fees/Release Form
2026 Jim Scullion Age Group Showdown
January 17-18, 2026

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)		Prelims(Sat) \$8.00 per event Timed Finals (Sun) \$7.00 per event	
Relay Entries		\$10.00 per relay	
OSI Swimmer Surcharge (exclude Outreach)		\$4.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:		

Total # outreach IEs: (# swimmers x # entries x \$8.00/\$7.00)		Total # of Outreach swimmers x \$4.00 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. Lakewood Recreation, 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: Lakewood Board of Education
c/o 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.