



34th Annual Northwest Ohio Winter Invitational
NWOWI
January 17-18, 2026
Held under the sanction of USA Swimming
Sanction #: OH-26SC-82

Hosted by
Sylvania Tsunami
Swim Club

Location:	Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403 419.372.2000
Facility:	The Cooper Pool is a ten-lane, twenty-five yard pool with Colorado timing and scoreboard display. The minimum water depth, measured in accordance with Article 103.2.3, is 12 feet at the start end and 12 feet at the turn end. Multiple-lane continuous warm-up/warm-down is available outside the competition area. The gutter system is 6 inches below the deck for easy entrance/exit. The host will ensure the required course dimensions.
Meet Director:	Chris Carter chcarter@hotmail.com
Meet Referee:	Joe Sobczak sobczakjoe@gmail.com
Officials Contact for the Meet:	Joe Sobczak sobczakjoe@gmail.com
Entry Chair:	Austin Axe sylcoachAustin@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 Meet – Timed Final
# of Sessions:	Four (4)
Medical Supervision Available to Athletes	Certified lifeguards on staff at all times along with facility student managers and supervisors.

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 <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. 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.

Organization Regulations/Waivers	
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 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 720-531-0340 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 no later than 12 PM EST two (2) business days 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. Age on the first day of the meet will determine age for the entire meet.
Swimmers with Disabilities:	<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 Entry Fees:	<ul style="list-style-type: none"> • Swimmers may swim a maximum of 5 individual events and 1 relay per day. • \$7 per individual event. • \$8 per relay event. • \$4 OH LSC surcharge per swimmer. • \$12 Facility Fee per swimmer.
Entry Procedures:	<ul style="list-style-type: none"> • Deadline for receipt of entries is January 8, 2025. 5:00pm. • 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: sylcoachaustin@gmail.com • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: Sylvania Tsunami • "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:	<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. • 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. • This meet will be contested in SCY. • This meet will be pre-seeded. Deck entries will not be accepted at the meet. • No Clerk of Course will be available for 8 & Under events.
Awards:	<ul style="list-style-type: none"> • There will be awards for 10 and Under swimmers at this meet for 1st through 16th place and heat winners. • Results will not be posted during the meet.
General:	<p>Hospitality will be available for coaches and officials. Breakfast, Lunch, Snack, and Drinks are provided each day. Wilkinson's will be on site with apparel, equipment, and more. A T-shirt ordering site will be sent out in advance. Concessions will be available on both days. We will offer Snacks, Walking Tacos, and drinks. Heat Sheets will be posted on our Team Website and made available in Meet Mobile(Technology Permitting)</p>
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 NWOWI Order of Events					
Saturday, January 17th					
Session #1 AM Warm Ups at 8:00AM / Start 9:05AM			Session #2 PM Warm Ups TBD / Starts NOT before 12:05 PM		
Girls	Event	Boys	Girls	Event	Boys
101	10 & Under 200 Medley Relay	102	201	11-12 200 Medley Relay	202
103	8 & Under 100 Medley Relay	104	203	13 & Over 200 Medley Relay	204
105	9-10 50 Free	106	205	11-12 100 Fly	206
107	8 & Under 25 Free	108	207	13 & Over 200 Fly	208
109	9 -10 200 IM	110	209	11-2 50 Free	210
111	8 & Under 100 IM	112	211	13 & Over 50 Free	212
113	9-10 50 Back	114	213	11-12 200 IM	214
115	8 & Under 25 Back	116	215	13 & Over 200 IM	216
117	9-10 100 Breast	118	217	11-12 50 Back	218
119	8 & Under 50 Breast	120	219	13 & Over 100 Back	220
121	9-10 100 Fly	122	221	11-12 100 Breast	222
123	8 & Under 50 Fly	124	223	13 & Over 200 Breast	224
			225	11-12 500 Free	226
			227	13 & Over 500 Free	228

2026 NWOWI Order of Events

Sunday, January 18th

Session #3 AM Warm Ups at 8:00AM / Start 9:05AM			Session #4 PM Warm Ups TBD / Starts NOT before 12:05 PM		
Girls	Event	Boys	Girls	Event	Boys
301	10 & Under 200 Free Relay	302	401	11-12 200 Free Relay	402
303	8 & Under 100 Free Relay	304	403	13 & Over 200 Free Relay	404
305	9-10 200 Free	306	405	11-12 200 Free	406
307	8 & Under 100 Free	308	407	13 & Over 200 Free	408
309	9-10 50 Fly	310	409	11-12 50 Fly	410
311	8 & Under 25 Fly	312	411	13 & Over 100 Fly	412
313	9-10 100 IM	314	413	11-12 100 IM	414
315	8 & Under 50 Free	316	415	13 & Over 100 Free	416
317	9-10 100 Free	319	417	11-12 100 Free	418
319	8 & Under 25 Breast	320	419	13 & Over 100 Breast	420
321	9-10 50 Breast	322	421	11-12 50 Breast	422
323	8 & Under 50 Back	324	423	13 & Over 200 Back	424
325	9-10 100 Back	326	425	11-12 100 Back	426
			427	13 & Over 400 IM	428

APPENDIX 1: Meet Safety Plan for Bowling Green Swim Club

Facility Information	
Facility Rules and Policies:	<ol style="list-style-type: none">1) Swimmers will enter the facility using the ADA access. Exit only through the ADA entrance of the SRC.2) Smoking is not allowed on the campus of BGSU.3) All swimmers are to stay in the areas of the Recreation Center designated for the swim meet (Cooper Pool and possibly the bleacher area – this will be identified in advance). Other areas of the Recreation Center will be closed or in use by individuals or groups during the meet.4) Any food or beverages brought into the pool should be prepackaged or well-sealed in a lunch box and inside the swimmers' backpack/swim bag.5) Only swimmers, coaches, officials and meet personnel are to be on deck.6) For their own safety, if the spectator bleacher areas are used, swimmers must wear shoes or sandals when they go upstairs.7) All SRC rules and regulations are in effect during all meet sessions
Locker Rooms/Changing	Locker rooms/family restrooms are available for changing and showering. Restrooms will be monitored by Safety Marshals. Deck changing is prohibited.

Summary of Fees/Release Form
34th Annual Northwest Ohio Winter Invitational
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Team Name/Abbreviation	
Coach/Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$8.00 per relay	
OSI Swimmer Surcharge		\$4.00 per swimmer	
Host Team Facility Surcharge		\$12.00 per swimmer	
		Sub-Total Due:	
# Outreach Swimmers		\$16.00 per swimmer (subtract)	
# Outreach Individual Events		\$7.00 per event (subtract)	
		Total Fees Due:	

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. Sylvania Tsunami Swim Club, BGUSU Student Recreation Center, 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: Sylvania Tsunami Swim
Club PO Box 268
Sylvania, OH 43560