



WOR-NAAC-UASC November Tri Meet
November 22, 2025
Held under the sanction of USA Swimming
Sanction #: OH-26SC-52



Location:	Worthington Natatorium 400 W. Dublin-Granville Rd., Worthington, OH 43085 614-885-1619
Facility:	The Worthington Natatorium is a 10-lane, 25-yard indoor facility with a fully automated Colorado timing system. 8 lanes are used for competition with the remaining 2 lanes used for warm-up and warm-down. Water depth measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls is as follow: Lane 1 is a constant depth of 6 feet. Lane 2 is a constant depth of 7 feet 10 inches. Lane 3 is a constant depth of 9 feet 4 inches. Lanes 4-8 are a constant depth of 12 feet. The host will ensure the required course dimensions.
Meet Director:	Bernard Vrancken coachbernard@worthingtonpools.com 614-598-7064
Meet Referee:	Kemal Oz burcoz@yahoo.com
Officials Contact for the Meet:	Kemal Oz burcoz@yahoo.com
Entry Chair:	Bernard Vrancken coachbernard@worthingtonpools.com 614-598-7064
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:	Timed Finals meet for swimmers ages 14 & Under who are not eligible to participate in the Ohio Senior Invite. No time standards.
# of Sessions:	2
Medical Supervision available to athletes	Pool supervision by lifeguards and deck supervisor. AED on site.

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 <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.
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

Organization Regulations/Waivers	
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.
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. Membership will not be verified at the meet. - Membership verification deadline is 5 PM EST one (1) 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. - 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:	- Swimmers may swim a maximum of 3 individual events and 1 relay per day. \$7.00 per individual event. \$10.00 per relay event. \$4.00 OH LSC surcharge per swimmer. \$5.00 Facility Fee.

Entering the Meet and Competition Information	
Entry Procedures:	• Deadline for receipt of entries is Tuesday, November 11, 2025. • 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 \$50/swimmer surcharge. These fees are due at the time of the entry submission. • Send entries via email to: coachbernard@worthingtonpools.com • Please include the names of any Outreach swimmers or Swimmers with a Disability on the respective form(s) included in this meet information. • Checks should be made payable to: Swiminc., Inc. • "No Time" (NT) entries will be accepted. • Time breaks will not be inserted in the timeline. Please select events accordingly. • 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:	• 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. • At the discretion of the Meet Director, 2 lanes will remain open for continuous warm-up and warm-down during competition. Swimmers shall only enter/exit the pool at the opposite end of the starting blocks. • No spectators allowed on deck.
Competition Guidelines:	• 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 (see Deck entry section below). • Events #139 to 144 will not be pre-seeded and will require positive check-in (closes at 9:30 AM) • A bullpen will be available for session 2.
Deck Entries	• Deck entries will not be accepted at this meet.
Awards:	• There will be awards at this meet. Ribbons will be awarded for places 1-6 in individual events in the following age groups: 6U, 7, 8, 9, 10, 11, 12. • Results will be posted during the meet.
General:	• There will be no swim shop on site. • Concession is tentative and will be confirmed at a later date. • Hospitality will be provided for officials and coaches.

WOR-NAAC-UASC November Tri Meet

ORDER OF EVENTS

Saturday, November 22, 2025				
Session # 1			Session # 2	
Tentative timeline: (to be confirmed once entries are received) 9-9:50 AM warm-ups 10:00 AM-1:00 PM swim meet			Tentative timeline: (to be confirmed once entries are received) 1:00-1:40 PM warm-ups 1:50-4:30 PM swim meet	
Event #	Event Description		Event #	Event Description
101-102	11-12 200 yards Free Relay		151-152	9-10 200 yards Free Relay
103-104	13-14 200 yards Free Relay		153-154	8&U 100 yards Free Relay
105-106	11-12 50 yards Backstroke		155-156	9-10 50 yards Backstroke
107-108	13 & Over 50 yards Backstroke		157-158	8&U 50 yards Backstroke
109-110	11-12 100 yards Backstroke		159-160	9-10 100 yards Backstroke
111-112	13 & Over 100 yards Backstroke		161-162	8U 25 yards Backstroke
113-114	11-12 50 yards Freestyle		163-164	9-10 50 yards Freestyle
115-116	13 & Over 50 yards Freestyle		165-166	8&U 50 yards Freestyle
117-118	11-12 100 yards Freestyle		167-168	9-10 100 yards Freestyle
119-120	13 & Over 100 yards Freestyle		169-170	8U 25 yards Freestyle
121-122	11-12 50 yards Breaststroke		171-172	9-10 50 yards Breaststroke
123-124	13 & Over 50 yards Breaststroke		173-174	8&U 50 yards Breaststroke
125-126	11-12 100 yards Breaststroke		175-176	9-10 100 yards Breaststroke
127-128	13 & Over 100 yards Breaststroke		177-178	8U 25 yards Breaststroke
129-130	11-12 50 yards Butterfly		179-180	9-10 50 yards Butterfly
131-132	13 & Over 50 yards Butterfly		181-182	8&U 50 yards Butterfly
133-134	11-12 100 yards Butterfly		183-184	9-10 100 yards Butterfly
135-136	13 & Over 100 yards Butterfly		185-186	8U 25 yards Butterfly
137-138	11-12 100 yards Individual Medley		187-188	10U 100 yards Individual Medley
139-140	13 & Over 200 yards Individual Medley			
141-142	11-12 200 yards Freestyle			
143-144	13 & Over 200 yards Freestyle			

Summary of Fees/Release Form WOR-NAAC-UASC November Tri Meet

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 event	
Relay Entries		\$10.00 per relay	
OSI Swimmer Surcharge (exclude Outreach)		\$4.00 per swimmer	
Host Team Facility Surcharge (exclude Outreach)		\$5.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:		

Total # outreach IEs: (# swimmers x # entries x \$7.00)		Total # of Outreach swimmers x \$9.00 surcharge:	
--	--	---	--

(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. The Worthington Swim Club, Swiminc, Inc., 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

Checks should be made payable to: **Swiminc., Inc.** Send this form with check to:
Worthington Swim Club, 400 W. Dublin-Granville Rd., Worthington, OH 43085

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.