



**2025 COA v DCST Dual Meet**  
**December 28, 2025**  
**Held under the sanction of USA Swimming**  
**Sanction #OH-26SC-72**  
**Hosted by Central Ohio Aquatics**



<b>Location:</b>	<u>St. Charles Prep</u> 2010 E. Broad St. Columbus, Ohio 43209
<b>Facility:</b>	Water depth at the starting block end of the pool is 6.0 feet to at least 5.0M off of the wall. Water depth at the shallow end of the pool is at least 4.5 feet at its shallowest to at least 5.0M off of the wall. There are 6 X 25-yard lanes with Antiwave lane lines & a Colorado timing system. The host will ensure the required course dimensions.
<b>Meet Director:</b>	Kyle Goodrich <a href="mailto:centralohioaquatics@gmail.com">centralohioaquatics@gmail.com</a> 614-582-7443
<b>Meet Referee:</b>	Matt Fortney <a href="mailto:coaentries@gmail.com">coaentries@gmail.com</a> 614-370-5102
<b>Entry Chair:</b>	Nick McKinley <a href="mailto:coaentries@gmail.com">coaentries@gmail.com</a>
<b>Sanction:</b>	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.
<b>Meet Type:</b>	Dual, Timed Finals.
<b>Session Information:</b>	Session 1 (11&O): Warm-ups 9:00–9:50 a.m./ Meet 10:00 a.m. – __ Session 2 (10&U): Warm-ups will begin within 30 minutes after the conclusion of Session 1 / Meet __ p.m. – __ p.m.
<b>Medical Supervision Available to Athletes:</b>	There will be lifeguards and rescue equipment, including an AED device, on-site available to athletes participating in the meet.

## Organization Regulations/Waivers

<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>Flash photography is not permitted at the start of any race.</li> <li>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.</li> </ul>
<b>Technical Suit Ban</b>	<ul style="list-style-type: none"> <li>Per USA Swimming Rule 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.</li> </ul>
<b>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</b>	<ul style="list-style-type: none"> <li>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 <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> <li>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.</li> </ul>
<b>Safe Sport 360</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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. (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>)</li> <li>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 <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>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.</li> <li>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 <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a></li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>

	<ul style="list-style-type: none"> <li>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.</li> </ul>
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<b>Entering the Meet</b>	
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>All contestants must be verified USA Swimming members. Membership will not be verified at the meet.</li> <li>Membership verification deadline is <b>no later than 12:00 noon two (2) business days</b> 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.</li> <li>All adult athletes must hold current Athlete Protection Training certification.</li> <li>Age on the first day of the meet will determine age for the entire meet.</li> </ul>
<b>Disability Swimmers:</b>	<ul style="list-style-type: none"> <li>Ohio Swimming welcomes swimmers with a disability.</li> <li>Entry Procedures: <ul style="list-style-type: none"> <li>Enter the USA-S swimmers with a disability electronically or on the paper entry form.</li> <li>Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>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.</li> </ul> </li> <li>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.</li> <li>See the Ohio Swimming Policy Book for grouping descriptions (P1, P2, P3).</li> </ul>
<b>Entry Limits:</b> <b>Entry Fees:</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 4 individual events per day.</li> <li>\$10.00 facility surcharge.</li> <li>\$4.00 OSI Surcharge.</li> <li>\$5.00 per individual event.</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li><b>Deadline for receipt of entries is 8:00 p.m. Sunday, December 21, 2025.</b></li> <li>Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify).</li> <li>Send entries via email to: <a href="mailto:coaentries@gmail.com">coaentries@gmail.com</a></li> <li>Checks should be made payable to: Central Ohio Aquatics (or COA)</li> <li>"No Time" (NT) entries will be accepted.</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</li> </ul>
<b>Warm-up and Safety Guidelines:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> <li>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.</li> <li>Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.</li> <li>No spectators allowed on deck.</li> </ul>
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li>This meet will be a timed finals meet &amp; will be contested in SCY.</li> <li>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.</li> <li>Heats will be contested slowest to fast.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>There will not be awards at this meet. Results will be posted on SwimCloud (during the meet if internet service allows).</li> </ul>
<b>General:</b>	<ul style="list-style-type: none"> <li>Beverages and snacks will be provided to coaches, officials, and volunteers throughout the meet.</li> </ul>
<b>Code of Conduct:</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>

## Entering the Meet

- 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.

## COA v DCST Dual Meet

### ORDER OF EVENTS

#### Session 1: 11 & Over

- 101 Mixed 500 free
- 102 Mixed 100 free
- 103 Mixed 50 fly
- 104 Mixed 200 fly
- 105 Mixed 100 fly
- 106 Mixed 50 back
- 107 Mixed 200 back
- 108 Mixed 100 back
- 109 Mixed 100 IM
- 110 Mixed 400 IM
- 111 Mixed 200 IM
- 112 Mixed 50 breast
- 113 Mixed 200 breast
- 114 Mixed 100 breast
- 115 Mixed 200 free
- 116 Mixed 50 free

#### Session 2: 10 & Under

- 201 Mixed 200 free
- 202 Mixed 50 free
- 203 Mixed 100 fly
- 204 Mixed 50 fly
- 205 Mixed 25 fly
- 206 Mixed 25 back
- 207 Mixed 50 back
- 208 Mixed 100 back
- 209 Mixed 100 IM
- 211 Mixed 200 IM
- 212 Mixed 100 breast
- 213 Mixed 50 breast
- 214 Mixed 25 breast
- 215 Mixed 25 free
- 216 Mixed 100 free

## APPENDIX 1: Meet Safety Plan for COA

<b>Facility Information</b>	
<b>Facility Rules and Policies:</b>	Please remain in the designated areas assigned for use during the swim meet.
<b>Locker Rooms / Changing</b>	Locker room 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.
<b>Parking/Drop-Off</b>	All meet participants should park on the west side of the facility and follow the "Swim Meet" sign toward the facility entrance.
<b>Restrooms</b>	Athletes will use the restrooms inside the natatorium. All non-swimmers are to use the restrooms located in the lobby.

**Summary of Fees/Release Form**  
**2025 COA v DCST Dual 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)		\$5.00 per event	
Relay Entries		N/A	
OSI Swimmer Surcharge (exclude Outreach)		\$4.00 per swimmer	
Host Team Facility Surcharge (exclude Outreach)		\$10.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:		

**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. Central Ohio Aquatics & St. Charles Prep School, 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:

Central Ohio Aquatics  
 7736 Rowles Drive  
 Columbus, OH 43235

## 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.