

	2026 Hang Ten Invitational Part 3 of the Poseidon Championship Series January 18 , 2026 Held under the sanction of USA Swimming Sanction/Approved : OH-26SC-143AP	Hosted by CFYN Tigersharks 
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Location:	Ocasek Natatorium University of Akron, 402 Carroll St, Akron, Oh 44304.
Facility:	25 yards by 8 lanes, Colorado timing system and 8 lanes digital readout score board with spacious locker room space and balcony seating for spectators, continuous warm-up and warm-down available. The depth of the pool at the start end is 14 feet. The depth of the pool at the turn end is 8 feet. The meet host will ensure the required course detentions.
Meet Director:	Becky Turnbull PCSentries@gmail.com 330-962-5427
Meet Referee:	Meet Referee: Keith Turnbull Deck Referee – Sharon Badertscher
Meet Admin:	Keith Turnbull
Entry Chair:	Keith Turnbull PCSentries@gmail.com 330-203-9037
Disclaimer:	In granting this approval 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:	Approved Closed YMCA Invitational Timed Finals
Entry Deadline	Entries must be received by 11:59pm Saturday January 10, 2026. Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at www.neoswim.org
# and Description of Session:	<p>Session 1 – 1/18/26- 10 & under swimmers -Timed Finals - warm-ups will begin at 7:45 am for CFYN swimmers. All other teams will begin warm-ups at 8:15. The meet will begin at 9:00am.</p> <p>Session 2- 1/18/26- 11 & over swimmers, Warm-up times and any necessary revisions to the warm-up plan will be posted on www.PoseidonChampionshipSeries.com, and sent to coaches by Friday January 16, 2026.</p>

Medical Supervision available to athletes	Life guards will be available for medical supervision. AED devices are available for use by trained life guards.
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Organization Regulations/Waivers	
USA Swimming Rules	<ul style="list-style-type: none"> <input type="checkbox"/> Any swimmer entered in the meet <u>must</u> be certified by a certified 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. <input type="checkbox"/> The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. <input type="checkbox"/> 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. <input type="checkbox"/> Deck changes are prohibited. <input type="checkbox"/> 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. <input type="checkbox"/> Flash photography is not permitted at the start of any race. <input type="checkbox"/> 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"> <input type="checkbox"/> 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 the Safe Sport>>>Concussion.. <input type="checkbox"/> 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.

Organization Regulations/Waivers	
Safe Sport 360	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> 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 <input type="checkbox"/> 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/maapp)
Child Protection Training	<ul style="list-style-type: none"> <input type="checkbox"/> All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the YMCA of the USA approved child protection training course.
Waiver/Release	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> 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 LEI 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. <input type="checkbox"/> RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc. cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or yourself to and/or increasing your risk of contracting or spreading COVID-19.

Organization Regulations/Waivers	
Code of Conduct	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> 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> Ohio Policy & Procedures Manual.
Entering the Meet and Competition Information	
Entry Limits Entry Fees:	<ul style="list-style-type: none"> <input type="checkbox"/> Swimmers may swim a maximum of 3 individual and 2 relay events per day. \$7.00 per individual event. \$18.00 per relay event. <input type="checkbox"/> A \$4.00 per swimmer surcharge will be added for Championship series fee and heat sheet printing privileges <input type="checkbox"/> All entries & surcharges are non-refundable.
Entry Procedures:	<ul style="list-style-type: none"> <input type="checkbox"/> Deadline for receipt of entries is Saturday January 10, 2026 <input type="checkbox"/> Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek). <input type="checkbox"/> Send entries to Entry Chair PCSentries@gmail.com <input type="checkbox"/> Bring check to the meet or mail check payable to CFYN Tigersharks to CFYN Swim Boosters, P.O. Box 49, Cuyahoga Falls, OH 44222. Please send only one check per team. . Entry fees may be paid by credit card upon request. Send your request with your entries and we will email an invoice through Square which can be paid on-line. A 3.5% service charge will be added for credit card processing. <p>Coaches are encouraged to estimate entry times rather than sending No Times (NT) The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</p>
Entry Eligibility	<ul style="list-style-type: none"> <input type="checkbox"/> All swimmers must be current athlete members of a YMCA swim team. This meet meets the requirements of a closed YMCA meet in determining eligibility to compete in the YMCA Great Lakes Zone meet. All coaches must display the deck pass (wristband) issued by the meet host. Only coaches, swimmers, and meet personnel will be permitted on deck. <input type="checkbox"/> Age is determined as of December 1, 2025.
Qualifying Times	<ul style="list-style-type: none"> <input type="checkbox"/> There are no qualifying times for this meet. <p>Coaches are encouraged to estimate entry times rather than sending No Times (NT)</p>

Entering the Meet and Competition Information	
Warm-up and Safety Guidelines:	<p><input type="checkbox"/> Session 1- 10 & Under Swimmers <i>CFYN Warm-ups begin at 7:45 am</i> <i>All other teams warm-up begins at 8:15 am</i></p> <p>Session 2- 11 & over swimmers <i>Warm-up times will be determined after entries have been received.</i> <i>Estimated Warm-up times and a detailed warm-up plan will be emailed out to the coaches and posted by Friday January 16, 2026.</i></p> <p><input type="checkbox"/> Ohio Swimming safety guidelines and warm-up procedures will be in effect at all times.</p> <p><input type="checkbox"/> Coaches must maintain contact with their swimmers during warm-up and throughout the meet.</p> <p><input type="checkbox"/> During sprint starts, swimmers are to sprint one way and climb out at the far end of the pool. Feet first entry only into the continuous warm-up lanes.</p>
Team Supervision	Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. If you are sending swimmers with no coach notify the meet director of who will be supervising your swimmers so they can be assigned to the correct warm-up lanes.
Competition Guidelines:	<p><input type="checkbox"/> The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Ohio Swimming Policy & Procedures, and the NEO/YMCA Swim League</p> <p><input type="checkbox"/> This meet will be pre-seeded. There is no check-in for this meet, and there is no penalty for failure to compete.</p> <p><input type="checkbox"/> Heats will be seeded based on times and run slowest to fastest.</p> <p><input type="checkbox"/> 25 yard events will start off the bulk head. All 8 & under swimmers must report to Clerk of Course prior to their event. 9 & over swimmers will report behind the block.</p>
Deck Entries	<input type="checkbox"/> Deck entries will be taken on a space available basis up to 35 minutes before the start of the meet and seeded as NT. No additional heats will be added to accommodate deck entries. Deck entrants should sign up at the deck entry table at a cost of \$10 per individual event and \$20 per relay.
Awards:	<p><input type="checkbox"/> Individual & Relay events: medals 1st -3rd place and ribbons 4th – 8th place. Heat winner awards will be given at the conclusion of each heat. Coaches should pick up all other awards at the conclusion of the meet. Coaches: Please be sure you or another representative of your team wait until all awards have been distributed before taking your team's bag. Awards left behind will NOT be mailed.</p> <p><input type="checkbox"/> SCORING: Points for each event will be awarded as follows from 1st through 19th places: 33, 30, 28, 26, 25, 23, 21, 20, 18, 16, 15, 13, 11, 10, 8, 6, 5, 3, 1. Relay events: 1st – 19th 40, 36, 34, 32, 30, 28, 26, 24, 20, 18, 14, 12, 10, 8, 6, 4, 2. These points will also be used for the Poseidon Championship Series standings.</p> <p><input type="checkbox"/> Events maybe swum together, but will score separately 8 & under, 9/10, 11.12, 13/14, & 15 & over.</p> <p><input type="checkbox"/> Poseidon Series points will be awarded and posted on the PoseidonChampionshipSeries.com at the end of each session of the meet.</p>

Entering the Meet and Competition Information

General:

- ☐ **Admission:** \$7.00cash/ \$8.00 credit ages 6 & older, Volunteers & swimmers are free
- ☐ **Heat sheets:** will be available for printing at no additional charge at www.cfyntigersharks.com by Saturday, January 17, 2026. A limited number of heat-sheets will be sold for \$4.00 each.
- ☐ **Concessions:** A Concession stand may be available and run by an independent company contract through the University of Akron. The host team does not control or profit from any part of the concession stand.
- ☐ **PARKING:** Parking is available in lots adjacent to and across the street from the natatorium and at the parking garage at the corner of Carroll and Spicer Streets. Parking costs are set by the University and the host team does not profit from or control the parking policies.
- ☐ **RESULTS:** Will be posted on the NEO YMCA League website & the Poseidon Championship series website. Teams may request a backup at the conclusion of the meet. This is an approved meet through USA swimming, in order to have your times uploaded the Swims database swimmer's Full name, date of birth and USA ID must be included in your entry AND a dated roster of your current USA team must be submitted with your entry.
- ☐ **POSEIDON CHAMPIONSHIP SERIES:** This is the final meet of the Poseidon Championship Series (PCS). Rules, scores, and other PCS information is available at www.PoseidonChampionshipSeries.com. Please note swimmers' scores are tracked in a computer program by their names and birthdates, therefore this data must remain consistent throughout the series of meets in order to ensure accurate scoring. The use of nicknames or neglecting to include a middle initial for swimmers can become a problem if the data changes from one meet to the next. It is the coach's responsibility to ensure their team's entry data is consistent and accurate for each meet.
- ☐ **PCS Towels** will be presented on the podium at the conclusion of each meet session to the top 8 swimmers in each age group and gender for combined PCS points. Only individual event points count toward final standings for towels, relay points do not count. I swam them all caps, and 100 point bags will be given to coaches at the end of the meet.
- ☐ **Team awards** will be presented at the conclusion of the meet.
- ☐ **OFFICIATING OPPORTUNITY** – If you are a certified official and are willing to help please contact Becky Turnbull PCSentries@gmail.com

Hang Ten Invitational **ORDER OF EVENTS**

Meet qualifying times:

☐ No qualifying times

Girls #	8 & Under	Boys #
1	100 Medley Relay	2
5	25 Free	6
9	25 Fly	10
17	25 Back	18
25	25 Breast	26
27	25 Breast	28
33	100 Freestyle Relay	34
Girls #	10 & Under*	Boys #
3	200 Medley Relay	4
7	200 Free	8
11	50 Fly	12
13	100 IM	14
15	100 Fly	16
19	50 Back	20
21	100 Free	22
23	100 Back	24
27	50 Breast	28
29	50 Free	30
31	100 Breast	32
35	200 Free Relay	36

*** Individual events will score 8 & under & 9/10.**

Session 2

Girls #	11 & Over	Boys #
37	11/12 200 Medley Relay	38
39	13 & over 200 Medley Relay	40
41	200 Free	42
43	50 Fly	44
45	100 IM	46
47	100 Free	48
49	100 Butterfly	50
51	50 Back	52
53	500 Free	54
55	100 Back	56
57	200 Fly	58
59	50 Breast	60
61	200 Back	62
63	100 Breast	64
65	200 IM	66
67	200 Breast	68
69	50 Free	70
71	11/12 200 Free Relay	72
73	13 & over 200 Free Relay	74

****Individual events will be scored 11/12, 13/14, and 15 & over.***

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?

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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?

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.