

HANG TEN INVITATIONAL
Part III of the Poseidon Championship Series
Hosted by the CFYN Tigersharks
Sunday, January 14, 2024

Held under USA Swimming Approval #LE 24044 SA

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.

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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.

YMCA Swimming, USA Swimming, Inc., and the CFYN Tigersharks cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in meets. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in this meet, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS YMCA SWIMMING, USA SWIMMING AND LE, CFYN TIGERSHARKS, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION: Ocasek Natatorium, University of Akron, 402 Carroll St, Akron, Oh 44304.

POOL: 25 yards by 8 lanes, with Colorado Timing system and digital scoreboard. Continuous warm-up and warm-down during competition will be available. Concessions will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 14 feet, 0 inches. The depth at the turn end is 8 feet, 0 inches.

STARTING TIMES: Morning session warm-ups will begin at 7:45 am for CFYN swimmers. All other teams will begin warm-up 8:15- 9:00 am. The meet will begin at 9:00 am. Time for the second session warm-ups and any necessary revisions to the warm-up plan will be posted on www.PoseidonChampionshipSeries.com, and sent to coaches by Thursday January 11, 2024

ENTRY DEADLINE: Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at www.neoyswim.org. Send entries to Keith Turnbull at Entries@cfyntigersharks.com. Entries must be received by midnight, January 6, 2024. Make checks payable to CFYN Tigersharks and mail to CFYN Swim Boosters, P.O. Box 49, Cuyahoga Falls, OH 44222 or bring payment to the meet. Please submit only one check per team.

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. Swimmers without coach supervision must contact the Meet Director to be assigned to a coach on deck.

ENTRY FEES: Individual events \$6.00; Relays \$18.00; plus a \$3.00 per swimmer surcharge for PCS fee and heat sheet printing privileges. Heat sheets will be available for printing at no additional charge at www.poseidonchampionshipseries.com by Noon on Saturday, January 13, 2024. **Entry fees are non-refundable and no refunds or invoice revisions will be issued for scratches made after the entry deadline.** Please send one check for the entire team entry, and be sure to include the per swimmer surcharge.

ENTRY LIMITATIONS: Swimmers may enter up to 3 individual events and compete in 2 relays.

DECK ENTRIES: 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 @ \$ 8.00 per individual event and \$20.00 per relay. **Please note once the preliminary heat sheets are released, we will not be able to switch events for swimmers unless they do so by scratching and adding events at the deck entry cost. Please be sure your event choices are accurate when you submit your original entries. No refunds will be given for scratches made after the entry deadline.**

ELIGIBILITY: This is a closed YMCA invitational swim meet. All swimmers must be current athlete members of a YMCA swim team. All coaches must display the deck pass (wristband) issued by the meet host. Only coaches, swimmers, and meet personnel will be permitted on deck. Age is determined as of December 1, 2023.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Lake Erie Swimming Policy & Procedures, and the NEO/YMCA Swim League. All events will be timed finals. Heats will be seeded based on times and run slowest to fastest. For individual events, multiple age groups will be combined, however 10U events will be scored as 8U, 9-10; afternoon events will be scored as 11/12, 13/14, and 15 and over. Backstroke wedges may be used. 25 yard events will start from the blocks on the bulkhead.

CLERK OF COURSE: A Clerk of Course will be provided for 8 and under individual events only, for all other events swimmers should report behind the blocks.

SCORING: Individual events-1st -19th place: 33, 30, 28, 26, 25, 23, 21, 20, 18, 16, 15, 13, 11, 10, 8, 6, 5, 3, and 1. Relay Events- 1st – 19th place: 40, 36, 34, 32, 30, 28, 26, 24, 20, 18, 14, 12, 10, 8, 6, 4, 2.

AWARDS: Individual and relay events: Medals will be awarded for 1st through 3rd places and ribbons will be awarded for 4th through 8th places. Meet awards & Poseidon Championship Series caps and bags will be distributed to the coaches at the end of the meet. High Point towels (1-8th place) will be presented in to the swimmers on the podium at the end of each session. Photos of this presentation will be made available on PoseidonChampionshipSeries.com after the meet.

POSEIDON CHAMPIONSHIP SERIES: This is the third 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 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.

ADMISSION COST: \$6.00 Adults; children 5 & under are free. A limited number of heat sheets will be available at \$4.00 each. Everyone is encouraged to print heat sheets at no additional cost at www.Poseidonchampionshipseries.com. Heat sheets will be posted at this web address by noon on Saturday, January 13, 2024.

OFFICIATING OPPORTUNITY – Please contact the meet director if you are a YMCA certified official and you'd like to help with officiating. Becky@cfyntigersharks.com We appreciate your assistance!

PARKING: Parking is available in surrounding lots. The University may charge a fee. CFYN has no control over parking fees and does not profit from it in any way.

CONCESSIONS: A concession stand with a small selection of snacks and drinks will be available at the front desk. Swimmers and spectators are welcome to bring in their own food and drinks. NO glass containers please! If the concession stand is closed, beverages will be available for purchase at the merchandise table.

RESULTS: Will be posted on the NEO YMCA League website. Teams may request a backup at the conclusion of the meet. Results will also be submitted to the USA Swimming SWIMS database **if the swimmer is a USA Swimming member and his/her USA Registration ID is included on the entry.**

RETURN TO PLAY LAW: Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at http://www.nfhslearn.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

CAMERA ZONES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DRONES: 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. **DECK CHANGES:** Deck changes are prohibited.

NOTE: Only athletes entered in the meet, coaches, officials, and designated meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area. Wrist bands are required for deck access and will be issued to coaches and meet workers. All swimmers will be housed on deck during the meet.

VOLUNTEERS: 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.

MEET DIRECTOR: Becky Turnbull Becky@cfyntigersharks.com 330-962-5427

ENTRY PERSON: Keith Turnbull Entries@cfyntigersharks.com 330-203-9037

EVACUATION PLAN: Spectator Emergency Evacuation Plan: In the event of an alarm or emergency evacuation, remain calm, walk to the nearest exit, and leave the building. Do not use the elevators. Do not attempt to go on deck or into the locker rooms. Deck Emergency Evacuation Plan: Swimmers will be directed by their coaches or meet workers to exit via the doors on the south side of the pool deck near the 1 meter diving board or at the shallow end of the warmup pool. Meet personnel will also exit through these doors.

**SUNDAY, JANUARY 14, 2024
AM SESSION**

CFYN Warm up 7:45,
all other teams Warm-up 8:15 - 8:55 am (Timed Finals)

| Girls # | 8 & under | Boys # |
|----------------|----------------------|---------------|
| 1 | 100 Medley Relay | 2 |
| 5 | 25 Freestyle | 6 |
| 9 | 25 Butterfly | 10 |
| 17 | 25 Backstroke | 18 |
| 25 | 25 Breaststroke | 26 |
| 33 | 100 Freestyle Relay | 34 |
| | | |
| Girls # | 10 and under | Boys # |
| 3 | 200 Medley Relay | 4 |
| 7 | 200 Freestyle | 8 |
| 11 | 50 Butterfly | 12 |
| 13 | 100 IM | 14 |
| 15 | 100 Butterfly | 16 |
| 19 | 50 Backstroke | 20 |
| 21 | 100 Freestyle | 22 |
| 23 | 100 Backstroke | 24 |
| 27 | 50 Breaststroke | 28 |
| 29 | 50 Freestyle | 30 |
| 31 | 100 Breaststroke | 32 |
| 35 | 200 Freestyle Relay | 36 |

**CFYN HANG TEN INVITATIONAL
SCHEDULE OF EVENTS
SUNDAY, JANUARY 14, 2024
PM SESSION**

Warm up times to be announced on PoseidonChampionshipSeries.com
(Timed Finals)

| Girls # | 11 and over | Boys # |
|----------------|----------------------------|---------------|
| 37 | 11/12 200 Medley Relay | 38 |
| 39 | 13 & over 200 Medley Relay | 40 |
| 41 | 200 Freestyle | 42 |
| 43 | 50 Butterfly | 44 |

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|----|---------------------------------|----|
| 45 | 100 IM | 46 |
| 47 | 100 Freestyle | 48 |
| 49 | 100 Butterfly | 50 |
| 51 | 50 Backstroke | 52 |
| 53 | 500 Freestyle | 54 |
| 55 | 100 Backstroke | 56 |
| 57 | 200 Butterfly | 58 |
| 59 | 50 Breaststroke | 60 |
| 61 | 200 Backstroke | 62 |
| 63 | 100 Breaststroke | 64 |
| 65 | 200 IM | 66 |
| 67 | 200 Breaststroke | 68 |
| 69 | 50 Freestyle | 70 |
| 71 | 11/12 200 Freestyle Relay | 72 |
| 73 | 13 and over 200 Freestyle Relay | 74 |