

CFYN Sleigh Ride Spectacular
Part II of the Poseidon Championship Series
Sunday, December 11, 2022

Held under USA Swimming Approval #LE 23009 SA

In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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. Free parking in lots adjacent to the natatorium. 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 7:30 am for CFYN swimmers. All other teams will begin warm-ups at 8:15. The meet will begin at 9:00am. 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 December 8th.

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, **Saturday December 3, 2022**. Mail check payable to CFYN to CFYN Swim Boosters, P.O. Box 49, Cuyahoga Falls, OH 44222. Please only send one check per team entry.

ENTRY FEES: \$5.00 per individual event, \$16.00 per relay event. 1650 time trial fee is \$13.00. Entry fees are non-refundable. There is also a \$3.00 per swimmer surcharge for heat sheet printing privileges and PCS fee. Heat sheets will be available for printing at no additional charge at www.cfyntigersharks.com & www.PoseidonChampionshipSeries.com by Noon on Saturday December 11, 2021.

ENTRY LIMITATIONS: Swimmers may participate in up to 4 individual events and 3 relay events.

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 for individual events, and \$20 for relay events. **Please note that once the preliminary heat sheets/ psych 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. Age is determined as of December 1, 2022.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, and the NEO/YMCA Swim League. All events will be timed finals. Heats will be seeded based on times and run slowest to fastest. Multiple age groups may be combined, but the events will be scored by age groups 8 & under, 9/10, 11/12, 13/14, and 15 and over. 25 yard events will start from the blocks on the bulkhead.

Time Trials: Time trials will be held after the PM session for the 1650 Free at a cost of \$13. Swimmers may enter up to one (1) time trial event. Time trial events should be included with your original Hytek entry. Entries will be limited to 2 total heats (mixed gender) and will be given on a first come first served basis so please send your entries early. The 1650 will require a positive check-in. No refunds will be given for scratches. We will accept deck entries for the 1650 time trial only if space is available within the 2 heat limit. The 1650 will NOT score points for the PCS. This time trial does not count against the maximum number of events per day. We would appreciate if swimmers can provide a timer for their race.

CLERK OF COURSE: A Clerk of Course will be provided for 8 & under events only, for all other event's athletes should report behind the blocks.

SCORING: 1st -19th place: 25, 22, 21, 20, 19, 17, 16, 15, 14, 12, 11, 10, 9, 7, 6, 5, 4, 2, and 1

AWARDS: 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.

POSEIDON CHAMPIONSHIP SERIES: This is the second 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; all children 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.

Concessions : Concessions may be limited or not available at all due to staffing issues at the University. The host team does not control any aspect of the concessions. 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.

T-Shirts: T-shirts and other Poseidon Championship Series merchandise will be available to pre-order on-line at www.PoseidonChampionshipSeries.com. A small number of shirts and other merchandise will be available on the day of the meet.

Parking: Parking is free at the lots adjacent to and across the street from the natatorium and at the parking garage at the corner of Carroll and Spicer Streets.

OFFICIATING OPPORTUNITY – If you are a YMCA certified official interested in officiating, please contact the meet director (Becky@cfyntigersharks.com) prior to the meet to notify her of your availability. We appreciate your help!

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.***

SAFETY/WARM-UP: Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. All entry into the pool for warm-up is feet first from the starting block end of the pool. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge. There is no diving during warm-ups, except during the portion of the warm-up specifically designated for starts. During the portion of the warm-up designated for starts, swimmers are to sprint one way and climb out at the far end of the pool. The feet first entry with one hand in contact with the pool deck will also be enforced in the warm-up/warm-down pool throughout the entire meet. Swimmers may be removed from warm-up for violating safety rules.

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 CHAIRMAN: 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 warm-up pool. Meet personnel will also exit through these doors.

CFYN SLEIGH RIDE SPECTACULAR
SCHEDULE OF EVENTS
SUNDAY, DECEMBER 11, 2022
AM SESSION

7:30 CFYN Warm-up, 8:15 All other teams warm-up, 9:00 Meet Start (Timed Finals)

| Girls # | 8 & Under | Boys # |
|----------------|----------------------------|---------------|
| 1 | 100 Medley Relay | 2 |
| 7 | 25 Free | 8 |
| 13 | 25 Fly | 14 |
| 19 | Mixed 100 Free Relay ** | 19 |
| 23 | 25 Back | 24 |
| 27 | 25 Breast | 28 |
| | | |
| Girls # | 10 & Under* | Boys # |
| 3 | 200 Medley Relay | 4 |
| 5 | 200 Free | 6 |
| 9 | 100 IM | 10 |
| 11 | 50 Free | 12 |
| 15 | 50 Fly | 16 |
| 17 | 200 IM | 18 |
| 20 | Mixed 200 Free Relay ** | 20 |
| 21 | 100 Free | 22 |
| 25 | 50 Back | 26 |
| 29 | 50 Breast | 30 |
| 31 | 500 Free | 32 |

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

** The mixed 100 free relay and 200 free relay will consist of 2 girls and 2 boys.

If a team chooses to swim this even with only one gender they may do so but the relay will be considered exhibition.

CFYN SLEIGH RIDE SPECTACULAR
SCHEDULE OF EVENTS
SUNDAY, DECEMBER 11, 2022
PM SESSION

Warm-up Times will be posted on www.PoseidonChampionshipSeries.com by Thursday December 8th
(Timed Finals)

| Girls # | 11-12 | Boys # |
|----------------|-----------------------------------|---------------|
| 33 | 200 Medley Relay | 34 |
| 47 | 200 Mixed Free Relay | 47 |
| | | |
| Girls # | 11 & Over * | Boys # |
| 35 | 13 & Over 200 Medley Relay | 36 |
| 37 | 200 Free | 38 |
| 39 | 50 Free | 40 |
| 41 | 50 Fly | 42 |
| 43 | 100 IM | 44 |
| 45 | 100 Fly | 46 |
| 48 | 13 & Over Mixed 200 Free Relay ** | 48 |
| 49 | 50 Back | 50 |
| 51 | 100 Free | 52 |
| 53 | 100 Back | 54 |
| 55 | 50 Breast | 56 |
| 57 | 400 IM | 58 |
| 59 | 100 Breast | 60 |

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

***The mixed 200 free relay will consist of 2 girls and 2 boys. If a team chooses to swim this even with only one gender they may do so but the relay will be considered exhibition.*

Time Trials

| | | |
|----|------------|----|
| 61 | 1650 Free* | 62 |
|----|------------|----|

*** Limited to 2 heats, first come first served.**

***May be swum as mixed gender.**

***Will NOT score points toward the PCS standings.**