

**2022 NCAT Fall Breakout Meet**  
**Hosted by**  
**The North Coast Aquatic Team**  
**Saturday, November 12, 2022**  
**Held under USA Swimming Sanction #LE 23016 SS**

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.

In granting this sanction, the North Coast Aquatic Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LE, the State of Ohio and Cuyahoga County (local jurisdiction).

**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 child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent 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 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 USA SWIMMING AND [THE LSC] 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.

**COVID PROTOCOLS:**

At this time there are not COVID protocols. This may change prior to the meet.

**LOCATION:** Solon High School Natatorium, 33600 Inwood Road, Solon, Ohio 44139.

Directions:

Exit from Route 422 at Route 91 (SOM Center Road),

Go South on Route 91 past Aurora Road (Route 43).

Inwood Road is the 2<sup>nd</sup> light after Aurora Road

turn right on Inwood, travel to the end of the school near

the marquee, and turn left at the stop sign into the parking lot.

**POOL:** 25 yard/8 lanes, electronic timing with 8 lane board, locker rooms, elevated spectator area. Continuous warm-up and warm-down will be available in the diving well.

The competition course has not been certified in accordance with 104.2.2C (4). The depth of the pool at the start end is 6 feet, 0 inches. The depth at the turn end is 4 feet, 0 inches.

**RACING STARTS:**

Any swimmer entered in the meet must 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.

**STARTING TIMES:**

Revised 9/14/2022

Warm ups will start at 7:30 am. Warm ups shall be 45 minutes and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. Sessions/Events may be split or combined depending on the number of entries. The finalized warm up plan may be found at [www.lakeerieswimming.com](http://www.lakeerieswimming.com) by November 9, 2022. The meet will start 5 minutes after the conclusion of the last warm ups.

#### **ENTRY DEADLINE:**

**Entries, electronic or otherwise, will not be accepted before Monday, October 24, 2022 at 9:00 PM.** Entries will be taken on a first come first serve basis. It is suggested that you sync your computer time with the official U.S. time clock found at <http://www.time.gov/> or [www.time.is](http://www.time.is) prior to submitting your entries. Deadline for submission of Hy-Tek/hard copy entries is November 2, 2022. The meet may close before the deadline if the sessions reach the maximum length so mail early. Those who get closed out will be notified by email as soon as the session closes.

Email entries to: [ncatmeetentries@gmail.com](mailto:ncatmeetentries@gmail.com) Mail hard copy & payment to: North Coast Aquatic Team, PO Box 201009, Shaker Heights, OH 44120

#### **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 or Meet Referee to be assigned to a coach on deck.

#### **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 <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

#### **ENTRY FEES/ADMISSION/DIGITAL HEAT SHEET:**

\$35 inclusive of FOUR (4) events, admission, digital heat sheet and \$3 swimmer surcharge. Additional \$2.00 for any manual entries submitted.

#### **ENTRY LIMITATIONS:**

Swimmers may enter up to 4 events/day.

#### **DECK ENTRIES:**

Deck entries will be accepted at the discretion of the meet director and that information will be published after the entry deadline. If deck entries are accepted, they will be on a space available basis and will be seeded at NT. Deck entries are \$12/event plus \$3 surcharge if not in the meet.

#### **ELIGIBILITY:**

Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. Age as of the date of the meet November 13, 2022.

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.

#### **QUALIFYING TIMES:**

Please see event listings. Swimmers must be slower than NAG BB times as of the entry deadline. If the swimmer has no time, please include a time even if it is a practice time. NT will NOT be accepted.

#### **SWIMMERS WITH A DISABILITY:**

Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for

swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

**CONDUCT:**

The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Lake Erie Swimming Policy & Procedures. Events will be contested in a 25-yard course. All events are timed finals. The Lake Erie scratch rule (attached) will be in effect. The meet host reserves the right to combine/split sessions and events and/or limit the number of entries in one or more events in order to control the length of the meet. Heats may be limited. Teams will be notified by email of swimmers who are affected by such limits by November 4, 2022. Such swimmers may either enter another event if space is available or receive a refund.

**SEEDING & CHECK IN:**

**THE FIRST FOUR EVENTS OF EACH SESSION WILL BE PRESEDED.** All other events will be deck seeded. Check in sheets will be available on tables near the pool doors. The Lake Erie scratch rule (attached) / National Scratch Rule will be in effect.

**CLERK OF COURSE:**

A Clerk of Course will not be provided.

**SCORING:**

The meet will not be scored

**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.

**ADMISSION COST:**

Admission is included in the entry fee.

**PARKING:**

Parking is free directly in front of the Natatorium.

**CONCESSIONS:**

Concessions will be available.

**RESULTS:**

Results will be available on [Lakeerieswimming.com](http://Lakeerieswimming.com). Teams may request a backup at the conclusion of the meet.

**AWARDS:**

Ribbons for 1<sup>st</sup> through 6<sup>th</sup> place for age groups 8 and Under, 9-10, 11-12

**TIME TRIALS:**

Time Trials will not be available.

**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. Warm ups shall be 30-40 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts. Swimmers should maintain social distancing while waiting to start. 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-up, except in designated sprint lanes. The final 15 minutes of a 30-minute warm-up shall be conducted as follows: *(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)*

*For a 6-lane pool:*

- (a) Lane 1 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).
- (b) Lanes 2 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool.
- (c) Lanes 3, 4, and 6 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers should follow the posted direction to return to the blocks. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

#### **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.

#### **DECK CHANGES:**

Deck changes are prohibited.

#### **INITIAL DISTANCE:**

In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.

#### **OFFICIATING OPPORTUNITY:**

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES) officials in working this meet. Please contact the meet director or the Lake Erie Officials Chair in advance of the meet, if at all possible, to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director's name and email: Shannon Cooch [slfcooch@gmail.com](mailto:slfcooch@gmail.com)

Official's Chair: Jen Butler [jle3@case.edu](mailto:jle3@case.edu)

**NOTE:** Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

#### **MEDICAL SUPERVISION:**

Lifeguards and a Meet Safety Director will be present during the meet.

**MEET DIRECTOR:** Shannon Cooch [slfcooch@gmail.com](mailto:slfcooch@gmail.com)

**ENTRY PERSON:** Eric Peterson [ncatmeetentries@gmail.com](mailto:ncatmeetentries@gmail.com)

**EVACUATION PLAN:** In the event of an alarm or an emergency requiring an evacuation:

- Remain calm
- Do not gather belongings, just leave
- Use nearest exit

#### Swimmers and Coaches

Follow EXIT SIGNS on the scoreboard end of the pool deck.

Revised 9/14/2022

Spectators- Bleachers

Exit through EXIT SIGN on the balcony and walk down the stairs which lead to outside.

Locker rooms/Main Lobby

Exit through the pool emergency exit doors on the scoreboard end of the pool.

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**The North Coast Aquatic Team**

**Saturday, November 12, 2022**

**AM SESSION (10 AND UNDER GIRLS AND 12 & UNDER BOYS)**

Warm-ups start at 7:30 am; Warm-ups will be 45 minutes and will be 30 minutes if split. Events may be combined depending on number of entries. Finalized warm-ups plan will be posted by Wednesday, November 9, 2022

<b>Girls Event#</b>	<b>Qualifying Time Must be slower than</b>	<b>Age Group/Stroke</b>	<b>Qualifying Time Must be slower than</b>	<b>Boys Event #</b>
		11-12 200 Free	2:23.49	1
2	47.49	10 & U 50 Breast	46.59	3
		11-12 50 Breast	39.49	4
5	1:30.69	10 & U 100 Back	1:29.29	6
		11 – 12 100 Back	1:15.69	7
8	41.79	10 & U 50 Fly	40.49	9
		11 – 12 50 Fly	34.19	10
11	1:19.99	10 & U 100 Free	1:18.79	12
		11-12 100 Breast	1:24.49	13
14	41.89	10 & U 50 Back	42.29	15
		11 – 12 50 Back	34.99	16
17	1:31.69	10 & U 100 IM	1:28.89	18
		11-12 100 IM	1:14.99	19
20	35.19	10 & U 50 Free	34.49	21
		11-12 U 50 Free	30.29	22

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**Sunday, November 13, 2022**

**PM SESSION (11 AND OVER GIRLS AND 13 AND OVER BOYS)**

Events may be combined depending on number of entries  
45 minute Warm-ups will start 15 Minutes after the conclusion of the AM Session  
Finalized warm-ups plan will be posted by Wednesday, November 9, 2022

Girls Event#	Qualifying Time Must be slower than	Age Group/Stroke	Qualifying Time Must be slower than	Boys Event #
23	2:28.99	11 – 12 200 Free		
24	13 -14: 2:21.29 15 & O: 2:18.69	13 & O 200 Free	13-14: 2:12.79 15 & O: 2:06.79	25
26	1:27.19	11 – 12 100 Breast		
27	13-14: 1:21.69 15 & O: 1:19.69	13 & O 100 Breast	13-14: 1:15.49 15 & O: 1:11.09	28
29	35.39	11 – 12 50 Back		
30	13-14: 1:05.49 15 & O: 1:03.99	13 & O 100 Free	13-14: 1:00.89 15 & O: 57.89	31
32	33.89	11 – 12 50 Fly		
33	13-14: 1:10.89 15 & O: 1:09.39	13 & Over 100 Fly	13-14: 1:06.09 15 & O: 1:02.69	34
35	31.29	11 – 12 50 Free		
36	13-14: 30.19 15 & O: 29.49	13 & O 50 Free	13-14: 27.79 15 & O: 26.39	37
38	1:18.09	11 – 12 100 Back		
39	13-14: 1:11.19 15 & O: 1:09.39	13 & O 100 Back	13-14: 1:06.39 15 & O: 1:03.19	40
41	39.99	11 – 12 50 Breast		
42	13-14: 2:37.59 15 & O: 2:34.89	13 & O 200 IM	13-14: 2:28.49 15 & O: 2:20.89	43

44	1:18.09	11 – 12 100 IM		
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**MEET ENTRY SUMMARY PAGE**

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_ LSC Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Email \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$35.00 (Entry fee) \$ \_\_\_\_\_

\_\_\_\_\_ (Total # of swimmers) X \$2.00 (handling fee for paper entries) \$ \_\_\_\_\_

**TOTAL AMOUNT REMITTED:** \$ \_\_\_\_\_

Swimmers will be without a coach on deck:

Sun. am, Sun p.m.

I have arranged for my swimmer/s to be supervised by \_\_\_\_\_.

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND LAKE ERIE SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: \_\_\_\_\_ (coach or member team representative). DATE: \_\_\_\_\_

Make checks payable to **The North Coast Aquatic Team**

**Please note:** All entries submitted with this sheet should be covered by a single check.

**DEADLINE FOR RECEIPT OF HY-TEK/HARD COPY IS November 2, 2022.**

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: **North Coast Aquatic Team**

Revised 9/14/2022

**PO Box 201009  
Shaker Heights, OH 44120**

**LAKE ERIE SWIMMING, INC.  
INDIVIDUAL AND RELAY SCRATCH RULE**

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

- A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized.
- B. Events Seeded on the Deck –
  - (1) Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, fax) for swimmers who do not plan to arrive before the scratch deadline.
  - (2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Clerk of Course or Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
  - (3) Any agent of a team (coach, parent, swimmer, etc.) who checks in a swimmer for any event when that swimmer is not present at the meet may cause a fine of \$2.00 per swimmer per day to be levied against that team.
  - (4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- C. Scratching from Bonus Finals, Consolation Finals and Finals
  - (1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - (2) In the event of withdrawal or barring a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
  - (3) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
  - (4) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- D. Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if
  - (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - (2) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
  - (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.



