



40th Annual Flag City Invitational
June 16th, 17th and 18th, 2023
Held under the sanction of USA Swimming
Sanction #: OH-23LC-14

Hosted by
Findlay YMCA Frogs

Location:	Riverside Pool and Park 231 McManness Ave, Findlay, OH 45840 419-422-4424
Facility:	Riverside pool is an outdoor 10-lane, 50-meter competition pool with Colorado timing, computer scoring, and bleacher seating. Eight (8) lanes will be used for competition. Lane 10 will be available for continuous warm-up and warm-down during the meet. OSI warm-up procedures will be followed. The competition course has been measured and certified in accordance with Article 104.2.2C(4). A copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3, is 4' 9" at the start end and 3' 6" at the turn end.
Meet Director:	Katie Nielson knielson@findlayymca.com 419-422-4424
Meet Referee:	Alan Jaffee
Officials Contact for the Meet:	Alan Jaffee jaffeea@yahoo.com
Entry Chair:	Mary Jo Geise fastohswim@gmail.com 419-722-6215
Disclaimer:	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.
Meet Type:	<p>This is a timed finals meet and contested in LCM. The number of swimmers will not exceed the facility capacity listed in this meet announcement.</p> <ul style="list-style-type: none">• With the exception of the Friday afternoon session, all 13 and overs will swim in the morning sessions and 12 and unders will swim in the afternoon sessions.• The 1500m Free, 400 IM and 400 Free on Friday are positive check-in.• The 1500m Freestyle event will be limited to no more than 4 heats each from men and women with the fastest 36 times being accepted. The 1500m Free will be swum alternating women's and men's heats fastest to slowest. Entry fees for those not accepted will be refunded at the meet. Each swimmer is required to provide their own timer and lap counter. <p>Coaches must show proof of current USA Swimming membership and must sign in at the official's tent prior to each session.</p> <p>All contestants, coaches, officials and participating teams must be current USA Swimming members. No USA Registration will be accepted at the meet.</p> <ul style="list-style-type: none">• No Clerk of Courts will be available for 8 & Under events.
# of Sessions:	5 – Timed Finals

Organization Regulations/Waivers

USA Swimming Rules	<ul style="list-style-type: none">• 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.• 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.• The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.• 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.• Deck changes are prohibited.• 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.
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Organization Regulations/Waivers	
	<ul style="list-style-type: none"> Flash photography is not permitted at the start of any race. 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	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	<ul style="list-style-type: none"> Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) 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 Safe Sport>Concussion. 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. An AED device is located at the pool.
Safe Sport 360	<ul style="list-style-type: none"> The USA Swimming Safe Sport program is USA Swimming's 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. 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. 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 720-531-0340 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. 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.
Waiver/Release	<ul style="list-style-type: none"> 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. 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.

Entering the Meet	
Eligibility:	<ul style="list-style-type: none"> All contestants must be currently registered USA Swimming members. Membership will not be verified at the meet. Membership verification deadline is 5 PM EST one (1) business day 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. All adult athletes must hold current Athlete Protection Training certification. Age on the first day of the meet will determine age for the entire meet.
Disability Swimmers:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically or on the paper entry form.

Entering the Meet																																																				
	<div><div><div>2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</div><div>3. 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.</div></div><div><div><div></div><div>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.</div></div><div><div></div><div>See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).</div></div></div></div>																																																			
Entry Limits Entry Fees:	<div><div><div></div><div>Swimmers may swim a maximum of 4 individual events per day.</div></div><div><div></div><div>\$5 per individual event.</div></div><div><div></div><div>\$8 per relay event.</div></div><div><div></div><div>\$5 OH LSC surcharge per swimmer.</div></div><div><div></div><div>\$10 Facility Fee per swimmer</div></div></div>																																																			
Entry Procedures:	<div><div><div></div><div>Entries will open Monday, May 15th, 2023, at 12:00pm</div></div><div><div></div><div>Deadline for receipt of entries is 6:00pm, Wednesday, June 7th, 2023.</div></div><div><div></div><div>Entries must be submitted in LCM using an electronic meet entry software (Hy-Tek/Team Unify).</div></div><div><div></div><div>Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a \$25/swimmer surcharge. These fees are due at the time of the entry submission.</div></div><div><div></div><div>Send entries via email to: fastohswim@gmail.com</div></div><div><div></div><div>Please include the names of any Outreach swimmers in the email.</div></div><div><div></div><div>Checks should be made payable to: Findlay Family YMCA</div></div><div><div></div><div>"No Time" (NT) entries will be accepted.</div></div><div><div></div><div>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</div></div></div>																																																			
Warm-up and Safety Guidelines:	<div><div><div></div><div>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.</div></div><div><div></div><div>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</div></div><div><div></div><div>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.</div></div><div><div></div><div>Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.</div></div><div><div></div><div>No spectators allowed on deck.</div></div></div>																																																			
Competition Guidelines:	<div><div><div></div><div>This meet will be a timed finals meet.</div></div><div><div></div><div>This meet will be contested in LCM.</div></div><div><div></div><div>This meet will be pre-seeded.</div></div><div><div></div><div>No Clerk of Course will be available for 8 & Under events.</div></div><div><div></div><div>Deck entries will be accepted at the meet up to 15 minutes before the start time of each session. Swimmers will be seeded in existing empty lanes on a space available basis and will not be eligible to score points or receive awards. Swimmers will be assessed a \$10.00 per individual event fee and \$16.00 per relay event to deck enter, payable at the time of entry. Participants deck entering the meet must have a current USA Swimming registration card to show as proof of registration or a roster from the USA Swimming database.</div></div></div>																																																			
Awards:	<div><div><div></div><div>Events will be scored by the following age groups: 8 & under, 9-10, 11-12, 13-14, 15-16 and 17 & over including those events in the Open, 13 & over and 12 & under categories.</div></div><div><div></div><div>High Point Awards will be given per age group along with FAST's Jake Deehake Award only.</div></div><div><div></div><div>For 14 and under, only those events that are also listed on the OH LSC JO meet program for the corresponding age groups will be eligible to score points to go towards the high point awards.</div></div><div><div></div><div>The Jake Deerhake Award will be awarded at the end of the meet. All age swimmers are eligible, and the winner will be based upon USA Swimming IMR events for each age group.</div></div><div><div></div><div>Points will be awarded through 16th place as follows:</div></div></div> <table><tr><td></td><td>1st</td><td>2nd</td><td>3rd</td><td>4th</td><td>5th</td><td>6th</td><td>7th</td><td>8th</td><td>9th</td><td>10th</td><td>11th</td><td>12th</td><td>13th</td><td>14th</td><td>15th</td><td>16th</td></tr><tr><td>Individual</td><td>20</td><td>17</td><td>16</td><td>15</td><td>14</td><td>13</td><td>12</td><td>11</td><td>9</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td></tr><tr><td>Relay</td><td>40</td><td>34</td><td>32</td><td>30</td><td>28</td><td>26</td><td>24</td><td>22</td><td>18</td><td>14</td><td>12</td><td>10</td><td>8</td><td>6</td><td>4</td><td>2</td></tr></table>		1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th																																				
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1																																				
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2																																				

Entering the Meet	
General:	<ul style="list-style-type: none"> • Final Results: Final results will be available on the FAST web page (www.fastswim.com). Meet Mobile will be used if technology allows. • Parking & Directions: Lots are located on either side of the pool on McManness Ave. as well as west of the pool on Center St. (on-street parking also available on Center St.). Please see the parking map for more detail. Refer to the enclosed map for directions to Riverside Park and Pool. • Hotels: A listing of hotels can be found near the end of this meet packet. More detailed information is available by calling or emailing the Meet Director. • Hospitality: There will be hospitality available for officials and coaches. • Vendors: Food trucks will be available. • We encourage everyone to utilize the shaded grass areas within Riverside Park; beside the gated Riverside Pool. There are several playsets along with lots of open areas for children to run and play! Bring a ball to kick or bubbles to blow, the park is open for the kids to use. FUN can be had by ALL! • The smaller shallow pool will not be available again this year. There are no lifeguards to ensure your children's safety. We apologize for any inconvenience.
Code of Conduct:	<ul style="list-style-type: none"> • 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.

40th Annual Flag City Invitational ORDER OF EVENTS

Session #1: Friday, June 16 th Warmups at 3:00pm, Meet starts at 4:00pm			Session #2: Saturday, June 17 th Warmups at 7:30am, Meet starts at 8:30am			Session #3: Saturday, June 17 th Warmups at 12:30pm, Meets starts at 1:30pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>	<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>	<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>
1	13-Over 1500 Free	2	101	13-Over 200 Free Relay	102	125	11-12 200 Free Relay	126
3	13-Over 800 Free Relay	4	103	13-Over 200 Back	104	127	10-Under 200 Free Relay	128
5	13-Over 400 IM	6	105	13-Over 50 Free	106	129	12-Under 200 Free	130
7	Open 400 Free	8	107	13-Over 100 Breast	108	131	10-Under 100 Back	132
			109	13-Over 100 Fly	110	133	11-12 100 Back	134
			111	13-Over 200 Free	112	135	10-Under 100 Fly	136
			113	13-Over 400 Medley Relay	114	137	11-12 100 Fly	138
						139	12-Under 200 IM	140
						141	10-Under 50 Breast	142
						143	11-12 50 Breast	144
						145	10-Under 50 Free	146
						147	11-12 50 Free	148
						149	12-Under 200 Breast	150
						151	11-12 400 Medley Relay	152
Session #4: Sunday, June 18 th Warmups at 7:30am, Meet starts at 8:30am			Session #5: Sunday, June 18 th Warmups at 12:30am, Meets starts at 1:30pm					
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>			
<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>	<u>Event #</u>	<u>Event Description</u>	<u>Event #</u>			
201	13-Over 200 Medley Relay	202	225	11-12 200 Medley Relay	226			
203	13-Over 200 Breast	204	227	10-Under 200 Medley Relay	228			
205	13-Over 100 Free	206	229	12-Under 200 Back	230			
207	13-Over 200 Fly	208	231	10-Under 100 Free	232			
209	13-Over 100 Back	210	233	11-12 100 Free	234			
211	13-Over 200 IM	212	235	10-Under 100 Breast	236			
213	13-Over 400 Free Relay	214	237	11-12 100 Breast	238			
			239	10-Under 50 Back	240			
			241	11-12 50 Back	242			
			243	10-Under 50 Fly	244			
			245	11-12 50 Fly	246			
			247	12-Under 200 Fly	248			
			249	11-12 400 Free Relay	250			

Summary of Fees/Release Form 40th Annual Flag City Invitational

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$5.00 per event	
Relay Entries		\$8.00 per relay	
OSI Swimmer Surcharge		\$5.00 per swimmer	
Host Team Facility Surcharge		\$10.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# swimmers x # entries x \$5.00)		Total # of Outreach swimmers x \$5.00 surcharge:	
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(Outreach fees can be subtracted from your team totals)

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with 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 with those rules during this meet. The Findlay YMCA Frogs, Riverside Park, 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:

Findlay Family YMCA

300 E. Lincoln St

Findlay, OH 45840

Checks should be made out to "Findlay Family YMCA"

Findlay Hotels

Baymont Inn

941 Interstate Dr., 419-420-1776

Country Inn & Suites

903 Interstate Dr., 419-422-4200

Extended Stay America

2355 Tiffin Ave., 419-425-9696

Findlay Inn

200 E. Main Cross St., 419-422-5682

Hampton Inn

921 Interstate Dr., 419-422-5252

Holiday Inn Express

1920 Express Way, 419-271-0330

TownePlace Suites by Marriott

2501 Tiffin Ave., 419-425-9545

Comfort Suites

3700 Speedway Dr., 419-420-1212

Drury Inn & Suites

820 Trenton Ave., 419-422-9700

Fairfield Inn & Suites

2000 Tiffin Ave., 419-424-9940

Hancock Hotel

631 S. Main St., 419-423-0631

Hilton Garden Inn

1050 Interstate Dr., 567-250-2525

Quality Inn

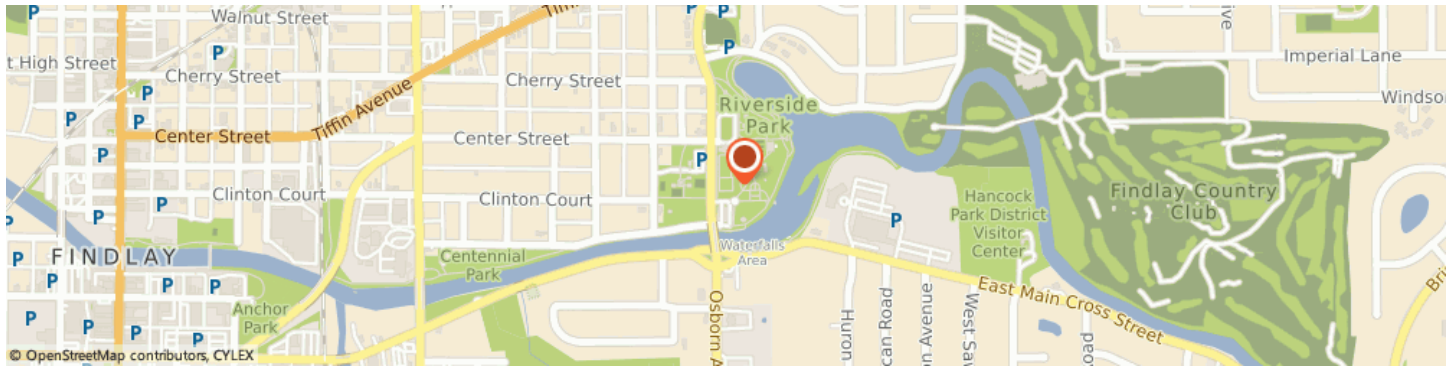
1020 Interstate Ct., 419-423-4303

Riverside Park Directions:

231 McManness Ave
Findlay, OH 45840

Suggested route:

- Exit #157 on I 75 - Rt 12 E
- Follow Route 12 through downtown Findlay
- Route 12 will turn left at Blanchard Ave.
- Do not turn left but continue onto Center Street.
- Center Street will dead end into the pool.



We encourage everyone to utilize the shaded grass area within the Riverside Park; beside the gated Riverside Pool. There are several playsets along with lots of open areas for kids to run and play! Bring a ball to kick or bubbles to blow, the park is open for the kids to use! FUN can be had by ALL!

The smaller shallow pool will not be available again this year. There are no lifeguards to ensure your safety. Sorry for the inconvenience.