



29th Annual CAC Summer Classic
May 31-June 2, 2024
Held under the sanction of USA Swimming
Sanction #: OH-24LC-17

Hosted by
Cincinnati Aquatic
Club

Location:	Miami University Aquatic Center 750 S Oak St, Oxford, OH 45056 (513) 529-8181
Facility:	The 50 Meter 8 Lane competition pool has a continuous water depth of 7 feet (2.133 meters) measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. There is an adjacent diving well with four 25 meter lanes available for continuous warm-up and warm-down. Electronic timing and video facilities are by Colorado Timing Systems, Colorado Olympex scoreboard and video board. There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the start/finish end of the pool. The host will ensure the required course dimensions.
Meet Director:	Chip Carrigan chip.carrigan@gmail.com 513-404-6530
Meet Referee:	Tom Mantkowski
Officials Contact for the Meet:	Tom Mantkowski tmantkowski@mindspring.com
Entry Chair:	Chip Carrigan chip.carrigan@gmail.com 513-404-6530
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:	Timed Finals, Long Course Meters
# of Sessions	5
Medical Supervision available to athletes	Miami University provides the required number of lifeguards, and AED equipment throughout warmups and competition. There are 2 AED's located at the facility.

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. 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.

Organization Regulations/Waivers	
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.
Safe Sport 360	<ul style="list-style-type: none"> 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. 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 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. 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. 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/report
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 other documents associated with the running 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.
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. 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. 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> OSI Policy & Procedures Manual, Appendix 18.

Entering the Meet	
Eligibility:	<ul style="list-style-type: none"> • All meet contestants must be a member in good standing per Article 302. • All contestants must be verified 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"> • Entry Procedures: <ul style="list-style-type: none"> • Enter the USA-S swimmers with a disability electronically with your team entries. • Email the Meet Accommodation / Modification Form included in this meet information to the entry chair. • 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. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits Entry Fees:	<ul style="list-style-type: none"> • Swimmers may swim a maximum of 6 individual events per day. • \$5.00 per individual event. • \$8.00 per relay event. • \$5 OH LSC surcharge per swimmer • \$12.00 Facility Fee per swimmer
Entry Procedures:	<ul style="list-style-type: none"> • Deadline for receipt of entries is May 17, 2024 5:00 PM • Entries must be submitted in LCM, SCY, or SCM using an electronic meet entry software (Hy-Tek/Team Unify). Times will be converted to LCM for seeding purposes. • 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. • Send entries via email to: chip.carrigan@gmail.com • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: Cincinnati Aquatic Club • Checks and paperwork should be mailed to: Cincinnati Aquatic Club, c/o Ellie Dutro – Treasurer, 1343 Suncrest Dr, Cincinnati, OH 45208 • "No Time" (NT) entries will be accepted. • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session. See Order of Events page for specific Event Limitations.
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> • 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. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • 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. • Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet. • No spectators allowed on deck.
Competition Guidelines:	<ul style="list-style-type: none"> • This meet will be a timed finals meet. • This meet will be contested in LCM. • All Fri Events require positive check-in. All Events on Sat & Sun 200 Meters and longer require positive check in. • See Order of Events page for Events that may be limited to Top 48, Top 32, and Top 24 seeded times. • Deck entries will be accepted in open lanes, for verified athletes. • We will be running the meet from both ends of the Pool. All Relay Events will start from the Balcony End. All 50 Meter Events will start from the Scoreboard End. All other Events: Odd Heats start from the Balcony End, Even Heats start from the Scoreboard End.

Entering the Meet**Awards:**

- Awards 12 & Under Events only.
- 12 & Under Individual Events 1 -16 Place. Relays 1-8 Place.
- Results will not be posted during the meet.

General:

Hospitality for Coaches & Officials will be provided in the wet classroom, Concessions will be available in the upper level lobby.

29th Annual CAC SUMMER CLASSIC

ORDER OF EVENTS

FRIDAY, 5/31/2024		WARM UP: 2:00 P.M.
PM SESSION (1)		COMPETITION: 3:15 P.M.
GIRLS	EVENT	BOYS
101	OPEN 200 IM *	102
103	13-14 200 IM *	104
105	11-12 200 IM *	106
107	10-UNDER 200 IM *	108
109	OPEN 400 FREE **	110
111	13-14 400 FREE **	112
113	11-12 200 FREE *	114
115	10-UNDER 200 FREE *	116

SATURDAY, 6/1/2024			WARM UP: 7:00 A.M.	SATURDAY, 6/1/2024			WARM UP: TBA	
AM SESSION (2)			COMPETITION: 8:15 A.M.	PM SESSION (3)			COMPETITION: TBA	
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
201	13-14 200 FREE RELAY	202	231	11-12 200 FREE RELAY	232			
203	OPEN 200 FREE RELAY	204	233	10 & Under 200 FREE RELAY	234			
205	13-14 50 BREAST	206	235	11-12 50 BREAST	236			
207	OPEN 50 BREAST	208	237	10 & Under 50 BREAST	238			
209	13-14 200 FLY *	210	239	11-12 MIXED 200 FLY *				
211	OPEN 200 FLY *	212	241	11-12 100 BACK	242			
213	13-14 100 BACK	214	243	10 & Under 100 BACK	244			
215	OPEN 100 BACK	216	245	11-12 100 FREE	246			
217	13-14 100 FREE	218	247	10 & Under 100 FREE	248			
219	OPEN 100 FREE	220	249	11-12 MIXED 200 BREAST *				
221	13-14 200 BREAST *	222	251	10 & Under 50 FLY	252			
223	OPEN 200 BREAST *	224	253	11-12 50 FLY	254			
225	13-14 50 FLY	226						
227	OPEN 50 FLY	228						

SUNDAY, 6/2/2024			WARM UP: 7:00 A.M.	SUNDAY, 6/2/2024			WARM UP: TBA	
AM SESSION (4)			COMPETITION: 8:15 A.M.	PM SESSION (5)			COMPETITION: TBA	
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
301	13-14 200 MEDLEY RELAY	302	331	11-12 200 MEDLEY RELAY	332			
303	OPEN 200 MEDLEY RELAY	304	333	10 & Under 200 MEDLEY RELAY	334			
305	13-14 200 BACK *	306	335	11-12 MIXED 400 FREE *				
307	OPEN 200 BACK *	308	337	10 & Under 50 BACK	338			
309	13-14 100 FLY	310	339	11-12 50 BACK	340			
311	OPEN 100 FLY	312	341	10 & Under 100 FLY	342			
313	13-14 50 FREE	314	343	11-12 100 FLY	344			
315	OPEN 50 FREE	316	345	10 & Under 50 FREE	346			
317	13-14 100 BREAST	318	347	11-12 50 FREE	348			
319	OPEN 100 BREAST	320	349	10 & Under 100 BREAST	350			
321	13-14 50 BACK	322	351	11-12 100 BREAST	352			
323	OPEN 50 BACK	324	353	11-12 MIXED 200 BACK *				
325	13-14 200 FREE *	326	354	10 & Under 200 MIXED FREE RELAY				
327	OPEN 200 FREE *	328	355	11-12 200 MIXED FREE RELAY				
329	13-14 200 MIXED FREE RELAY							
330	OPEN 200 MIXED FREE RELAY							

All events are timed finals.

* These events will require positive check-in, and may be limited to the top 48 athletes.

** These events will require positive check-in, and may be limited to the top 32 athletes.

*** These events will require positive check-in, and may be limited to the top 24 athletes.

Summary of Fees/Release Form - 29th Annual CAC Summer Classic

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries (exclude Outreach)		\$5.00 per event	
Relay Entries		\$8.00 per relay	
OSI Swimmer Surcharge (exclude Outreach)		\$5.00 per swimmer	
Host Team Facility Surcharge (exclude Outreach)		\$12.00 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 \$17.00 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 listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. 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. Cincinnati Aquatic Club, Miami University, 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:
Cincinnati Aquatic Club
c/o Ellie Dutro – Treasurer
1343 Suncrest Dr, Cincinnati, OH 45208

Ohio 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?

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.