

## **HANG TEN INVITATIONAL**

**Hosted by**

**CFYN Tigersharks**

**Sunday, January 18, 2015**

**Held under USA Swimming Approval # LE 14110 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.

**LOCATION:** Ocusek 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.

**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. 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:** Warm up AM Session (all 10 and under swimmers) is from 8:00 a.m. to 8:30 a.m.. Competition will begin at 8:45. Warm up PM Session (all 11 and over swimmers) will begin at approximately 11:30 a.m.. Competition will begin at approximately 12:30 p.m.. Warm ups shall be split further if the average number of swimmers per lane is scheduled to exceed fifteen (15) swimmers per lane. The finalized warm up plan may be found at [www.cfyntigersharks.com](http://www.cfyntigersharks.com) by Wednesday, January 14, 2015.

**ENTRY DEADLINE:** Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at [www.neoyswim.org](http://www.neoyswim.org). Send entries to Keith Turnbull at [Entries@cfyntigersharks.com](mailto:Entries@cfyntigersharks.com). Entries must be received by midnight, January 9, 2015. Mail check payable to CFYN Swim Boosters to CFYN Swim Boosters, P.O. Box 49, Cuyahoga Falls, OH 44222.

**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 <http://www.healthyohioprogram.org>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**ENTRY FEES:** Individual events \$4.50; Relays \$12.00; plus a \$1.00 per swimmer surcharge for heat sheet printing privileges. Heat sheets will be available for printing at no additional charge at [www.cfyntigersharks.com](http://www.cfyntigersharks.com) by Noon on Saturday, January 17, 2015. Entry fees are non-refundable and no refunds will be issued for scratches. Please send one check for the entire team entry.

**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 @ \$ 6.00 per individual event and \$15.00 per relay.

**ELIGIBILITY:** This is a closed YMCA invitational swim meet. All swimmers must be current athlete members of a YMCA swim team. This meet meets the requirements of a closed YMCA meet in determining eligibility to compete in the YMCA Great Lakes Zone meet. Although this meet is USA Approved, you do not have to be a USA Registered swimmer to swim at this competition. 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, 2014.

**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. 25 yard events will start from the blocks on the bulkhead.

**SEEDING & CHECK IN:** Events will be pre-seeded. There is no check in for this meet. All events will be seeded by times, but awards will be presented by age groups (8 & under, 9/10,11//12, 13/14, 15 and over). Please submit swimmers best times for a 25 yard pool. There is no penalty for failure to compete. Relay cards must be turned in upon call in order to be seeded.

**CLERK OF COURSE:** A Clerk of Course will be provided for 8 and unders, only.

**SCORING:** No scoring for team awards or high point awards for individual swimmers will be done. There are no team awards, nor are there high point awards for individual swimmers.

**AWARDS:** Individual and relay events: Medals will be awarded for 1st through 3rd places and ribbons will be awarded for 4th through 8th places.

**ADMISSION COST:** \$5.00 Adults; all children are FREE. A limited number of heat sheets will be available at \$5.00 each. Everyone is encouraged to print heat sheets at no additional cost at [www.cfyntigersharks.com](http://www.cfyntigersharks.com). Heat sheets will be posted at this web address by noon on Saturday, January 17.

**T-SHIRTS:** T-shirts are available for pre-order for \$13.00 each (additional charge for sizes XXL and up). A limited number of t-shirts will be available for purchase the day of the meet for \$16.00.

**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.

**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.

**CAMERA ZONES:** Use of audio or visual recording, including a cell phone camera, is not allowed 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:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**OFFICIATING OPPORTUNITY** – Anyone that is a USA Swimming or YMCA certified official is welcome and encouraged to join the officials in working this meet. Please contact the meet director in advance of the meet if at all possible to let him/her know of your availability. [Lake Erie USA Swimming is](#) 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: Keith Turnbull, [President@cfyntigersharks.com](mailto:President@cfyntigersharks.com)

Official's Chair: Al Kominek, [allan\\_k2000@yahoo.com](mailto:allan_k2000@yahoo.com).

**COACHES:** There will be a coaches meeting under the diving boards at 8:25 a.m..

**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.

**MEET DIRECTOR:** Keith Turnbull      [President@cfyntigersharks.com](mailto:President@cfyntigersharks.com)      330-203-9037

**ENTRY PERSON:** Keith Turnbull      [Entries@cfyntigersharks.com](mailto: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 HANG TEN INVITATIONAL****SCHEDULE OF EVENTS****SUNDAY, JANUARY 18, 2015****AM SESSION****8:00 Warm-up, 8:30 Meet Start (Timed Finals)**

<b>Girls #</b>	<b>8 &amp; under</b>	<b>Boys #</b>
1	100 Medley Relay	2
9	25 Freestyle	10
13	25 Butterfly	14
21	25 Backstroke	22
27	25 Breaststroke	28
33	100 Freestyle Relay	34
<b>Girls #</b>	<b>10 and under</b>	<b>Boys #</b>
3	200 Medley Relay	4
5	100 IM	6
7	200 IM	8
11	50 Freestyle	12
15	50 Butterfly	16
17	100 Butterfly	18
19	100 Freestyle	20
23	50 Backstroke	24
25	100 Backstroke	26
29	50 Breaststroke	30
31	100 Breaststroke	32
35	200 Freestyle Relay	36
37	200 Freestyle	38
39	500 Freestyle	40

**CFYN HANG TEN INVITATIONAL  
SCHEDULE OF EVENTS  
SUNDAY, JANUARY 18, 2015  
PM SESSION  
11:30 Warm up; 12:30 Meet Start (Timed Finals)**

<b>Girls #</b>	<b>11 and over</b>	<b>Boys #</b>
41	11/12 200 Medley Relay	42
43	13 & over 200 Medley Relay	44
45	200 Freestyle	46
47	11/12 100 IM	48
49	200 IM	50
51	400 IM	52
53	50 Freestyle	54
55	50 Butterfly	56
57	100 Butterfly	58
59	200 Butterfly	60
61	100 Freestyle	62
63	50 Backstroke	64
65	100 Backstroke	66
67	200 Backstroke	68
69	50 Breaststroke	70
71	100 Breaststroke	72
73	200 Breaststroke	74
75	11/12 200 Freestyle Relay	76
77	13 and over 200 Freestyle Relay	78
79	500 Freestyle	80
81	1650 Freestyle*	82

\* Swimmers in the 1650 freestyle must provide one timer for this event, only.