

HANG TEN INVITATIONAL
Part III of the Poseidon Championship Series
Hosted by the CFYN Tigersharks
Sunday, January 17, 2016

Held under USA Swimming Approval # LE 15075 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: 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. 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: 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 be announced by Wednesday January 13, 2016. Warm ups maybe 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 will be sent to the coaches by Wednesday, January 13, 2016.

ENTRY DEADLINE: Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at www.neoswim.org. Send entries to Keith Turnbull at Entries@cfyntigersharks.com. Entries must be received by midnight, January 9, 2016. 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.healthyohiprogram.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 \$2.00 per swimmer surcharge for series fee and heat sheet printing privileges. Heat sheets will be available for printing at no additional charge at www.poseidonchampionshipseries.com by Noon on Saturday, January 16, 2016. Entry fees are non-refundable and no refunds will be issued for scratches made after the entry deadline. Please send one check for the entire team entry, and be sure to include the per swimmer surcharge.

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 \$16.00 per relay.

Please note once the preliminary heat 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. 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, 2015.

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.

CLERK OF COURSE: A Clerk of Course will be provided for 8 and under events only.

SCORING: Individual events-1st -19th place: 33, 30, 28, 26, 25, 23, 21, 20, 18, 16, 15, 13, 11, 10, 8, 6, 5, 3, and 1. Relay Events- 1st – 19th place: 40, 36, 34, 32, 30, 28, 26, 24, 20, 18, 14, 12, 10, 8, 6, 4, 2.

AWARDS: Individual and relay events: Medals will be awarded for 1st through 3rd places and ribbons will be awarded for 4th through 8th places. Meet awards & Poseidon Championship Series caps and bags will be distributed to the coaches at the end of the meet. High Point towels will be presented in to the swimmers at the end of each session.

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.Poseidonchampionshipseries.com. Heat sheets will be posted at this web address by noon on Saturday, January 16, 2016.

T-SHIRTS: T-shirts are available for pre-order on www.Poseidonchampionshipseries.com. Only a small number 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.

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.

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: Becky Turnbull Becky@cfyntigersharks.com 330-962-5427

ENTRY PERSON: 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.

SUNDAY, JANUARY 17, 2016
AM SESSION
8:00 Warm-up (Timed Finals)

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

**CFYN HANG TEN INVITATIONAL
SCHEDULE OF EVENTS
SUNDAY, JANUARY 17, 2016
PM SESSION**

**Warm up times to be announced on PoseidonChampionshipSeries.com
(Timed Finals)**

| Girls # | 11 and over | Boys # |
|----------------|---------------------------------|---------------|
| 37 | 11/12 200 Medley Relay | 38 |
| 39 | 13 & over 200 Medley Relay | 40 |
| 41 | 200 Freestyle | 42 |
| 43 | 50 Butterfly | 44 |
| 45 | 100 IM | 46 |
| 47 | 100 Freestyle | 48 |
| 49 | 100 Butterfly | 50 |
| 51 | 50 Backstroke | 52 |
| 53 | 500 Freestyle | 54 |
| 55 | 100 Backstroke | 56 |
| 57 | 200 Butterfly | 58 |
| 59 | 50 Breaststroke | 60 |
| 61 | 200 Backstroke | 62 |
| 63 | 100 Breaststroke | 64 |
| 65 | 200 IM | 66 |
| 67 | 200 Breaststroke | 68 |
| 69 | 50 Freestyle | 70 |
| 71 | 11/12 200 Freestyle Relay | 72 |
| 73 | 13 and over 200 Freestyle Relay | 74 |
| | | |