

# Sand Otter Swimming “Black Swamp” Invitational

Saturday-Sunday, November 5-6, 2011

Sanction #OH-3474

Date: Friday through Sunday, November 5<sup>th</sup>-6<sup>th</sup>, 2011

Location: Hawk-Bucci Natatorium  
Fremont Ross High School  
1100 North Street  
Fremont, OH 43420

Tentative

Schedules:	Saturday AM	Warm-ups Start:	8:00-9:00 AM
		Meet Starts:	9:10 AM
	Saturday PM*	Warm-ups Start:	1:00 PM
		Meet Starts:	2:00 PM
	Sunday AM	Warm-ups Start:	8:00-9:00 AM
		Meet Starts:	9:10 AM
	Sunday PM*	Warm-ups Start	1:00-2:00 PM
		Meet Starts:	2:00 PM

**\*The Afternoon sessions may change based on number of entries received and the projected timeline. Coaches can check the web site on Tuesday November 1<sup>st</sup>, 2011**

## REQUIRED INFORMATION FOR SANCTIONING

**Warm-ups:** Controlled, supervised warm-up sessions will be utilized for 1 hour prior to the start of the meet.

- All swimmers will enter the water in accordance with USA Swimming rules, one hand on deck, feet first entry.

- Teams will be assigned lanes prior to warm-up. Some teams may have to share lanes. Lanes will be controlled by the team(s) in that lane. If teams are sharing a lane, it is up to the coaches in that lane to work out general warm-up and sprint times.

- Sprints will be open only when the lane has been cleared by the team(s) in the lane. Sprints will be one way. After each sprint, the swimmer will be required to exit the pool and walk around to the starting end of the pool. No paddles, pull-buoys, kick boards or any other equipment may be used during warm-ups.

**Safety Guidelines:** Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets.

- Coaches shall actively supervise their swimmers throughout the warm-up session.

- Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.

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- Coaches should stand near the starting end of the pool when starting swimmers on sprint or pace work.
- Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks, and they must enter the pool feet first. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- Swimmers are required to exit the pool upon completion of their warm-up period to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- Parents are not allowed on deck.

**Swimmers with Disabilities:** SOS welcomes swimmers with disabilities to participate in the meet. Please include the following with your meet entries:

- Advance notice from the coach of any necessary accommodations
- List (either in the email with Hy-Tek entry or on paper) the following:
  - Swimmer's name
  - Entry times
  - Strokes/distances
  - Days/sessions
  - Seeding preference for the swimmer

Swimmers with a disability will be seeded with the same age group in either the same distance race or a longer distance race (i.e., 50 free during the 100 free). **More information is available under ‘Adapted Swimming’ on the Ohio Swimming website.**

### **Membership Requirements:**

- All swimmers, coaches, and officials should be prepared to show a current USA Swimming membership card.
- Coaches must be able to provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents.
- All meet directors, referees, starters, and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming.
- All persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.
- 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.

### **Facilities:**

- The pool consists of 14 lanes, 25 yards in length. The 25 yard 10 lane competition course has not been certified in accordance with 104.2.2C(4) and ranges from a minimum water depth of 6 feet and a maximum of 12 feet 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.
- A 4 lane warm-up/cool-down pool is available in the recreational pool and ranges from 4 feet to 5 feet in depth. No Diving is permitted in the warm-up/cool-down pool.

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- Colorado Automatic Timing, 1 full matrix video board and 1 electronic score board are included with an area for spectators. A limited number of lockers are available in the locker rooms. Swimmers must provide their own locks.
- **"Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms."**

Entries Fees: Individual Events: \$4.00 Relays: \$7.00

\$2.00 Surcharge for each swimmer per Ohio LSC rules

Entry File: To ensure successful entries, a Hy-tek event file must be downloaded from [www.sandotterswimming.com](http://www.sandotterswimming.com).

Heat Sheets: \$5.00 for All Sessions.

Concessions: Will be available during the meet for Spectators, Swimmers and Coaches

Vendors: Adventure Aquatics (Greenhouse) will be here over the weekend.  
Fine-Designs Custom Apparel will be here over the weekend.

Awards: Custom Medals varied by age group up to 6<sup>th</sup> place. Ribbons varied by age group from 4<sup>th</sup>-16<sup>th</sup> place. The younger they are the more they get.

Final Results: Reminder, that the Open Individual Results will be split into 13+14 and 15+Over for scoring and awards  
Full-Meet Backups and TM Files will be available on our website at [www.sandotterswimming.com](http://www.sandotterswimming.com) Coaches with flash drives and/or disks can get results at the meet.

Order of Events: Events can be downloaded from [www.sandotterswimming.com](http://www.sandotterswimming.com) .

### Positive

**Check-In:** The 500 Free, 1000 Free, 400 IM will be positive check-in. Swimmers must verify what events they are swimming by 8:30 AM. Heat Sheets will be posted on deck and in spectator areas. Coaches will receive copies of the heat sheets before the start of the events.

**Deadline:** **Friday October 28<sup>th</sup> by 8:00 PM**

Entries: Only email entries will be accepted.  
**\*\*Entries may be limited to ensure 4 hour timeline.**

Send Hy-Tek Entries to:

Phil Moran: [moranp@fremont.k12.oh.us](mailto:moranp@fremont.k12.oh.us)

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Make Checks payable to:

**Sand Otter Swimming**

Mail Summary Sheet and Checks to:

**Phil Moran**  
**29 Adams Drive**  
**Fremont, OH 43420**

Meet Questions: Coach Moran: [moranp@fremont.k12.oh.us](mailto:moranp@fremont.k12.oh.us)

Note: We will separate individual results by the following age groups for scoring and awards: 15+Over and 13+14. In the 500 Free, we will split out the results for 11+12, 13+14 and 15+Over. We just want to ensure that we provide the best competition available for each Open event.

