

2024 FAST Spring Into Summer

Hosted by

Firestone Akron Swim Team

June 7-9, 2024

Held under USA Swimming Sanction #LE

Time Trials: #LE

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.

In accepting this sanction, Firestone Akron Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, LESI (LSC), the State of Ohio, The University of Akron, and Summit County.

RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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.

LOCATION:

Ocasek Natatorium, University of Akron, 382 Carroll Street, Akron, OH 44325

POOL:

25 yards by 8 lanes & 50 meters by 8 lanes, with Colorado Timing system and digital scoreboard. Continuous warm-up and warm-down during competition will be available. 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. The depth at the turn end is 8 feet.

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 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.

STARTING TIMES:

Sessions: (7 sessions)

Friday Night: Timed Finals (LCM) warm-up: 4:15 pm- 5:30 pm, with the meet starting at 5:35 pm.

Time Trials (LCM)

Saturday/Sunday AM (SCY): Prelims warm-ups: 7:00 am-8:30 am with the meet beginning at 8:35 am.

Saturday/Sunday PM (SCY): Prelims: warm-ups will begin 15 minutes after the conclusion of the morning session

Saturday/Sunday Finals (LCM): Warm-ups information will be announced prior to the conclusion of the morning session.

Finals will begin 50 minutes after the start of a 45-minute warm-up period.

Time Trials (LCM) may be offered after Finals on Saturday/Sunday

The finalized warm-up plan and estimated timelines will be emailed to participating teams by Wednesday, June 5, 2024.

ENTRY DEADLINE: Sunday, June 2, 2024 by 12:00pm (noon)

Phone entries will not be accepted. No updated times will be accepted after the entry deadline. Email entries to crabtreeerin@hotmail.com. Payment should be made payable to FAST and mailed to Kim Long, Attn: FAST Spring Into Summer Meet, 542 Fairhill Dr, Akron, OH 44313. Checks may also be brought to the meet.

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.NFHSLearn.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES:

\$8.00 per individual event. In addition, there is a \$3.00 per swimmer LESI surcharge. There is a \$3.00 per swimmer handling fee for entries not furnished in an electronic file. Make checks payable to FAST.

ENTRY LIMITATIONS:

Swimmers may compete in up to 3 individual events each day for a total of 9 events for the meet. Time Trials, if offered, will count towards the daily and overall meet total.

HEAT LIMITATIONS:

FAST reserves the right to limit the heats of any event 400 meters or longer. Teams will be notified by Monday, June 3, 2024, if heat limitations will be imposed. In the event that heats are limited, the host club will offer an alternate event for those swimmers closed out.

DECK ENTRIES:

Deck entries will be taken on a space available basis up to 45 minutes before the start of the session and seeded at NT. Deck entrants should sign up at the deck entry table @ \$16.00 per individual event. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entries will be taken on space availability; no new heats will be created. Deck entrants for whom there is no space will receive a refund. On deck USA Swimming registration will not be available for athletes or coaches.

ELIGIBILITY:

Swimmers must be current athlete members of USA Swimming. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. On deck USA Swimming athlete membership registration will not be available. Age is as of the first day of the meet.

QUALIFYING TIMES: None

Short Course Yards (Y), Short Course Meters (S) or Long Course Meters (L) will be accepted. Converted times may not be used. Nonconforming times will be seeded Friday night LYS; Saturday/Sunday YLS. NT will not be accepted; if the swimmer has no time, please provide an estimate.

SWIMMERS WITH A DISABILITY:

Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in Touch Pad or the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Touch Pad or Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

CONDUCT:

The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Lake Erie Swimming Policy & Procedures. Eight (8) lanes will be swum in each heat of finals.

All individual events on Saturday and Sunday will be prelim/finals with the exception of the 500 yard/400-meter freestyle and the 1000/800-meter freestyle which are timed finals with the top 8 seeded swimming at Finals. Swimmers may declare their intent to swim at prelims for the 500 yard/400-meter freestyle and the 1000/800-meter freestyle upon check-in. For finals, there will be no break between events, so swimmers should choose their events accordingly. Swimmers in the 1500 must provide their own timer and counter. The meet host reserves the right to combine/split events, split into two (2) pools with provided breaks for warmup/warmdown, and/or limit heats and entries to control the length of the meet.

- Championship Heat (Top 8): 10U, 11-12
- Championship/Consolation Heats (Top 16): 13-14
- Championship/Consolation/Bonus Heat (Top 24)- Open w/ Bonus Heat =18 & Under Non-College

The 400 IM, 1500, 1000/800 and 500/400 freestyle will be swum fastest to slowest alternating women and men with the fastest seeded heat after circle-in of the 800 and 400 frees swimming at Finals.

SEEDING & CHECK IN:

All events will be seeded on the deck. All swimmers must check in for these events at least 45 minutes prior to the start of their session. Check-in sheets will be posted in the racquetball court. The Lake Erie scratch rules (attached) will be in effect.

CLERK OF COURSE: A Clerk of Course will not be provided.

SCORING: Individual events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

AWARDS: None

DRONES:

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.

ADMISSION COST:

\$5.00 per spectator. Seniors 65 and over and children 6 and under are free. Heat sheets will not be sold; Psych sheets/heat sheets will be on meet mobile and Heat sheets will be posted on deck

PARKING:

The University of Akron charges for event parking. Parking lots are available around the pool and in the parking deck. Event parking may be enforced or use of QR Codes. UofA parking pass can be used.

RESULTS:

Results will be emailed to participating teams. Teams may request a backup at the conclusion of the meet. Meet mobile will be available, these are considered unofficial. Results will be posted during the meet on deck and in the lobby.

TIME TRIALS:

At the discretion of the Meet Director and Meet Referee, time trials may be offered at the conclusion of the Friday evening, Saturday and Sunday Finals sessions. Depending on the timelines, some events may not be available for time trial. Time trials count towards daily limitations. Swimmers must sign up in advance at the deck entry table at a cost of \$16.00 per individual event. Only swimmers who are entered in an individual event in the meet may participate in time trials. Time trials entries will close 90 minutes prior to the end of the prelim sessions.

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. Warm ups may be split if the average number of swimmers per lane is scheduled to exceed Lake Erie Swimming's recommended number of athletes per lane. 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 by carefully stepping into the water or using a 3-point entry with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 20 minutes of a 40-45 minute warm-up or 15 minutes of a 30-minute warm-up shall be conducted as follows:

For an 8 lane pool:

- (a) Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the discretion of the Meet Referee or his/her designee).
- (b) Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-6 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers are to sprint one way and climb out at the far end of the pool. Feet first entry only into the continuous warm-up lanes.

MEDICAL SUPERVISION

A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed

CAMERA ZONES:

Use of audio or visual recording devices, including a cell phone, is not permitted 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.

NO PERSONAL CHAIRS WILL BE ALLOWED ON THE POOL DECK OR IN THE SPECTATOR AREA. THE CHAIRS MAY ONLY BE USED IN THE RACQUETBALL COURTS.

DECK CHANGES:

Deck changes are prohibited.

INITIAL DISTANCE:

In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.

OFFICIATING OPPORTUNITY

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES) officials in working this meet. Please contact the meet director or the Lake Erie Officials Chair in advance of the meet if at all possible to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director: Erin Crabtree crabtreeerin@hotmail.com

Official's Chair: Jen Butler jbutler@case.edu

COACHES:

There may be a coaches meeting during warm-ups if necessary.

12 & UNDER APPROVED SUITS:

The tech suit restrictions, proposed by the Age Group Development Committee, went in effect for 12-and-under swimmers on September 1, 2020. [Click here](#) for a complete list of the suits that will be allowed for athletes 12 and under. Please make sure your suit is approved before wearing it to a meet.

NOTE:

Only athletes entered in the meet, working coaches, officials, and working meet volunteers are allowed on deck. All others must remain in the spectator areas. Parents, Guardians, and Spectators should not plan to meet their swimmers on the pool deck or in the locker rooms before, during or after the meet, as they will be denied access to those areas.

MEET DIRECTOR/ENTRY PERSON: Erin Crabtree crabtreeerin@hotmail.com

DIRECTIONS:

From I-77: Follow I-77 to Rt. 8 north. Exit Rt. 8 at the Carroll Street/Buchtel St. exit. Turn left onto Carroll Street; natatorium will be on your left.

From Rt. 8 South: Exit at Buchtel St./Carroll St./Exchange St. Turn right onto Carroll Street, natatorium will be on your left.

EVACUATION PLAN:

In the event of an alarm or an emergency requiring an evacuation:

- Remain calm
- Do not gather belongings, just leave
- Use the nearest exit

Swimmers and Coaches Follow EXIT SIGNS on the diving board and scoreboard end of the pool deck.

Spectators- Bleachers Exit through the EXIT SIGN on the balcony and walk down the stairs which lead outside

**2024 FAST Spring Into Summer
June 7-9, 2024**

FRIDAY, JUNE 7, 2024

Timed Finals LCM

4:15 p.m. warm-up, 5:35 p.m. meet start.

Women #	Age Group/Stroke	Men #
101	Open 400 IM*	102
103	12-under 400 Freestyle*	104
105	Open 1500 Freestyle*	106

*Timed finals swum fastest to slowest alternating women and men.
Events 103 and 104 will be scored 10U and 11-12

SATURDAY, JUNE 8, 2024
13-14 and Open Session (Prelims SCY/Finals LCM)
7:00 a.m. warm-up, 8:35 a.m. meet start.

Women #	Age Group/Stroke	Men #
201	13-14 100 Backstroke	202
203	Open 100 Backstroke	204
205	13-14 200 IM	206
207	Open 200 IM	208
209	13-14 100 Freestyle	210
211	Open 100 Freestyle	212
213	13-14 200 Butterfly	214
215	Open 200 Butterfly	216
217	13-14 100 Breaststroke	218
219	Open 100 Breaststroke	220
221	Open 500/400 meter Freestyle**	222

**Timed final event swum fastest to slowest in the prelim session, alternating women and men, with the fastest seeded heats swimming at Finals

Saturday, June 8, 2024
12U Session
10U & 11-12 (Prelim/Finals)
warm up starts 15 minutes after the end of AM session

Girls #	Age Group/Stroke	Boys #
223	10 & under 100 Backstroke	224
225	11-12 100 Backstroke	226
227	10& under 200 IM	228
229	11-12 200 IM	230
231	10 & under 50 Freestyle	232
233	11-12 50 Freestyle	234
235	10 & under 100 Butterfly	236
237	11-12 100 Butterfly	238
239	10 & under 50 Breaststroke	240
241	11-12 50 Breaststroke	242

Saturday, June 8, 2024
FINALS

Will begin after a 45 minute warm up, final warm-up information will be announced prior to the conclusion of the morning session. Estimated start times will be emailed by Wednesday, June 5, 2023.

Order of Finals: 221, 222, 223-226, 201-204, 227-230, 205-208, 231-234, 209-212, 235-238, 213-216, 239-242, 217-220

SUNDAY, JUNE 9, 2024
13-14 and Open Session (Prelims/Finals)
7:00 a.m. warm-up, 8:35 a.m. meet start.

Women #	Age Group/Stroke	Men #
301	13-14 200 Freestyle	302
303	Open 200 Freestyle	304
305	13-14 200 Breaststroke	306
307	Open 200 Breaststroke	308
309	13-14 50 Freestyle	310
311	Open 50 Freestyle	312
313	13-14 200 Backstroke	314
315	Open 200 Backstroke	316
317	13-14 100 Butterfly	318
319	Open 100 Butterfly	320
321	Open 1000/800 Freestyle**	322

**Timed final event swum fastest to slowest in the prelim session, alternating women and men. Fastest seeded heat will swim at Finals

12U Session
10U & 11-12 (Prelim/Finals)
45 minute warm up starts 15 minutes after the end of AM session

Girls #	Age Group/Stroke	Boys #
323	10 & under 200 Freestyle	324
325	11-12 200 Freestyle	326
327	10 & under 100 Breaststroke	328
329	11-12 100 Breaststroke	330
331	10 & under 100 Freestyle	332
333	11-12 100 Freestyle	334
335	10 & under 50 Backstroke	336
337	11-12 50 Backstroke	338
339	10 & under 50 Butterfly	340
341	11-12 50 Butterfly	342

FINALS

Will begin after a 45 minute warm up, final warm-up information will be announced prior to the conclusion of the morning session. Estimated start times will be emailed by Wednesday, June 5, 2024.

Order of Finals: 321-322, 323-326, 301-304, 327-330, 305-308, 331-334, 309-312, 335-338, 313-316, 339-342, 317-320

LAKE ERIE SWIMMING, INC.
INDIVIDUAL AND RELAY SCRATCH RULE

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.

B. Events Seeded on the Deck –

(1) Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, fax) for swimmers who do not plan to arrive before the scratch deadline.

(2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.

(3) Any agent of a team (coach, parent, swimmer, etc.) who checks in swimmers for events when those swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against that team at the discretion of the Meet Referee.

(4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).

C. Scratching from Bonus Finals, Consolation Finals and Finals

(1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

(2) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(3) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

(4) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).

D. Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if

(1) The Referee is notified in the event of illness or injury and accepts the proof thereof.

(2) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.

(3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

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MEET ENTRY SUMMARY PAGE

Team Name: _____ Team Code: _____ LSC Code: _____

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

____ (Total # of swimmers) X \$3.00 (LESI Surcharge) = \$ _____

____ (Total # of individual events) X \$8.00 /event = \$ _____

____ (Total # of swimmers) X \$3.00 (handling fee for paper entries) = \$ _____

TOTAL AMOUNT REMITTED: \$ _____

- Swimmers will be without a coach on deck:
- Fri. p.m., • Sat. a.m., • Sat. p.m., • Sun. am, • Sun p.m.
- I have arranged for my swimmer/s to be supervised by _____.

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: _____ (coach or member team representative). DATE: _____

Make checks payable to **FAST**

Please note: All entries submitted with this sheet should be covered by a single check.

DEADLINE FOR RECEIPT OF FEES IS June 7, 2024. This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: Kim Long, Attn: FAST Spring Into Summer Meet, 542 Fairhill Dr, Akron, OH 44313. Checks may also be brought to the meet.

