



BGSC Holiday Invite
December 7-8, 2024
Held under the sanction of USA Swimming
Sanction #: OH-25SC-39

Hosted by
Bowling
Green
Swim Club

Location:	Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403 419.372.2000
Facility:	8-Lane, 50-meter pool. 13 feet to 18 feet in the competition pool. 10 Lanes in the competition pool. Blocks with wedges. Colorado Timing System with scoreboard display. Indoor pool. The host will ensure the required course dimension.
Meet Director:	Alex Miller a.lynn_miller@yahoo.com 419.308.7354
Meet Referee:	Tom Knox
Officials Contact for the Meet:	Tom Knox tknox@bgsu.edu 419.601.5698
Entry Chair:	Gary Layne bgscgatorsmeetentries@gmail.com 419.367.1081
Sanction:	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:	Invitational Meet – Timed Final
# of Sessions:	4
Medical Supervision Available to Athletes	Certified lifeguards on staff at all times along with facility student managers and supervisors.
Facility Rules and Policies:	(1) Swimmers will enter the facility using the facility main entrance. Exit can be through the ADA or main entrance of the SRC. (2) Smoking is not allowed on the campus of BGSU. (3) All swimmers are to stay in the areas of the Recreation Center designated for the swim meet (Cooper Pool). Other areas of the Recreation Center will be closed or in use by individuals or groups during the meet. (4) Any food or beverages brought into the pool should be prepackaged or well-sealed in a lunch box. (5) Only swimmers, coaches, and meet personnel are to be on deck. (6) All SRC rules and regulations are in effect during all meet sessions.

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

Organization Regulations/Waivers	
	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	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: <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.
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 USA Swimming Safe Sport program is USA Swimming's 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 720-531-0340 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.
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 any other documents associated with the running of 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.

Entering the Meet	
Eligibility:	<ul style="list-style-type: none"> • 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. • Swimmers MUST have a time for each event entered into. • NT will NOT be accepted for any event.

Entering the Meet	
	<ul style="list-style-type: none"> Some events may have qualifying times, age restrictions, and longer events may be restricted.
Disability Swimmers:	<ul style="list-style-type: none"> Ohio Swimming welcomes swimmers with a disability. Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically or on the paper entry form. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. 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 5 individual events per day. \$5 per individual event \$8 per relay event \$5 OH LSC surcharge per swimmer. \$12 Facility Fee per swimmer
Entry Procedures:	<ul style="list-style-type: none"> Deadline for receipt of entries is Monday November 25, 2024. NOON. Entries may be added/deleted until NOON on December 3. After that, entry fees are set and the entry fee amount due will be sent to each team. Check-in sheets will be provided at coach check-in. Indicate your scratches on these sheets and they will be due at the admin table 10 minutes after the start of warm-ups for each session. Scratches can be emailed until noon on Friday December 6. After that, scratches will be on the check-in sheets. Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). 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: bgscgatorsmeetentries@gmail.com Please include the names of any Outreach swimmers in the entry email. Checks should be made payable to: Bowling Green Swim Club "No Time" (NT) entries will not be accepted. Please be sure all swimmers have entry times. Coaches are asked to look at requested times for entry. 100's and above. The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> The meet host will provide a complete schedule of warm-up procedures. 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 SCY. This meet will be deck-seeded. Deck entries will NOT be accepted. No Clerk of Course for any age group. 8&under 25s will start off the blocks. All events will be seeded fastest to slowest, including distance events of 400 yards or longer. Deck entries will be accepted as long as there are empty lanes.
Awards:	<ul style="list-style-type: none"> There will not be awards at this meet. Results will not be posted during the meet.
General:	<p>Heat sheets will be free and available on Meet Mobile (pending technology). Concessions will be determined at a later date. Hospitality will be available. Vendor will be Poco Loco.</p>
Code of Conduct	<p>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.</p> <ul style="list-style-type: none"> 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.

Entering the Meet

- 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.

2024 BGSC Holiday Invite

Swimmers Entered MUST have a seed time

“No Times” will not be entered into the meet

ORDER OF EVENTS

Events will be combined to 'Mixed' after the entry deadline and seeded fastest to slowest

Saturday Dec 7						
NW Virtual Distance (1650) will be between sessions 1&2						
Session #1			Session #2			
Event #	Event Description	Time	Event #	Event Description	Time	
101/102	10ug/12ub 200 IM	3:45.00	201-2	11-12 girls 200 IM 13+ mixed 200 IM	11-12 3:45.00	
103	8u mixed 25 back		203-4	11-12 girls 100 back 13+ mixed 100 back		
104/105	10ug/12ub 100 back		205-6	11-12 girls 50 free 13+ mixed 50 free		
106	8u mixed 25 breast		207-8	11-12 girls 100 fly 13+ mixed 100 fly		
107/108	10ug/12ub 100 breast		209	11-12 girls 50 breast		
109/110	10ug/12ub 50 free		210	Open girls 400 Med Rel		
111	8u mixed 25 fly		211	Open boys 400 Med Rel		
112/113	10ug/12ub 100 fly		212	Open mixed 400 Med Rel		
114	8u mixed 25 free		213	11-12 girls 200 Med Rel		
115	10u girls 200 Med Relay					
116	12u boys 200 Med Relay					
117	12u mixed 200 Med Relay	Per USA Swimming,	The mixed relays	Can now be any ratio of male to female		
Sunday Dec 8						
NW Virtual Distance (500 free) will be between sessions 3&4						
Session #3			Session #4			
Event #	Event Description	Time	Event #	Event Description	Time	
301/302	10ug/12ub 200 free	3:30.00	401-2	11-12 girls 200 free 13+mixed 200 free	11-12 3:30.00	
303/304	10ug/12ub 50 back		403	11-12 girls 50 fly		
305/306	10ug/12ub 100 free		404-5	11-12 girls 100 breast 13+mixed 100 breast		
307/308	10ug/12ub 50 breast		406-7	11-12 girls 100 free 13+mixed 100 free		
309/310	10ug/12ub 50 fly		408	11-12 girls 50 back		
311/312	10ug/12ub 100 IM		409	Open girls 400 Med Rel		
313	10&u girls 200 Free Rel		410	Open boys 400 Med Rel		
314	12&u boys 200 Free Rel		411	Open Mixed 400 Med Rel		
315	12&u mixed 200 Free Rel		412	11-12 girls 200 Free Rel		
				5 minute break		
			413	11-12 girls 100 IM		
			414	Open Mixed 400 IM (swum fastest to slowest)	6:45.00	

Summary of Fees/Release Form 2024 BGSC Holiday Invitational

Club/Team Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$5 per event	
Relay Entries		\$8 per relay	
OSI Swimmer Surcharge		\$5.00 per swimmer	
Host Team Facility Surcharge		\$12 per swimmer	
		Sub-Total Due:	
# Outreach Swimmers		Subtract \$17.00 per swimmer	
# Outreach Individual Events		Subtract \$5.00 per event	
		Total Fees Due:	
Outreach Swimmer Names/# Ind Ev:			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. 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. Bowling Green Swim Club, BGSU SRC, 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:
Bowling Green Swim Club
PO Box 793
Bowling Green, Ohio 43402