



2025 CAC February Mini Meet
February 9, 2025
Held under the sanction of USA Swimming
Sanction #: OH-25SC-68

Hosted by
Cincinnati Aquatic
Club

Location:	Cincinnati Country Day School 6905 Given Road, Cincinnati, Ohio 45243
Facility:	The Cincinnati Country Day School ("CCDS") facility is a completely, renovated 6-lane 25 yard pool. Electronic timing facilities are provided by Colorado System VI. There is a Colorado Time LED six lane scoreboard, and there is ample spectator seating in a gallery overlooking the pool. The competition pool has a continuous water depth of 7 feet measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the start end of the pool. The turn end of the pool is 4 feet in depth. The host will ensure the required course dimensions.
Meet Director:	Chip Carrigan chip.carrigan@gmail.com 513-404-65430
Meet Referee:	Tom Mantkowski
Officials Contact for the Meet:	Chip Carrigan chip.carrigan@gmail.com 513-404-65430
Entry Chair:	Chip Carrigan chip.carrigan@gmail.com 513-404-65430
Disclaimer:	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 - Timed Finals
# of Sessions:	1
Medical Supervision available to athletes	Lifeguard and AED device, is available to athletes participating in the meet.

Organization Regulations/Waivers	
USA Swimming Rules	- 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 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: - 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.

Organization Regulations/Waivers	
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	- 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	- 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	- 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:	- All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet. - Membership verification deadline is 5 PM EST on Friday, February 7, 2025. 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.
Disability Swimmers:	- Ohio Swimming welcomes swimmers with a disability. - Entry Procedures: - 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	Swimmers may swim a maximum of 4 individual events per day, plus Relays
Entry Fees:	\$7.00 per individual event.

Entering the Meet	
	• \$10.00 per relay event. • \$17.00 per Athlete (includes \$5.00 OH LSC surcharge per swimmer and \$12.00 Facility Fee per swimmer).
Entry Procedures:	• Deadline for receipt of entries is Friday, January 31, 2025 at 5:00 PM • 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: chip.carrigan@gmail.com • Please include the names of any Outreach swimmers in the email. • Checks (& paperwork) should be made payable to: Cincinnati Aquatic Club, c/o Ellie Dutro – Treasurer, 1343 Suncrest Dr, Cincinnati, OH 45208 • "No Time" (NT) entries will be accepted. • 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:	• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. 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 Warm-Up Procedures will be in effect for this meet. • No spectators allowed on deck.
Competition Guidelines:	• This meet will be a timed finals meet. • This meet will be contested in Short Course Yards • This meet will be pre-seeded. Deck entries will be accepted at the meet, in empty lanes. Participants must be prepared to show proof of membership in good standing.
Awards:	• Individual Events: Ribbons for 1st-12th Place, Relays: Ribbons for 1st – 3rd Place. • High Point Award for Each Age Group and Gender (6 & Under, 7 – 8 Year Old, 9 & Over) • Results will not be posted during the meet.
General	• Concessions will be available at the meet
Code of Conduct:	• 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. • 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. • 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.

2025 CAC February Mini Meet
ORDER OF EVENTS

Session # 1 2:00 PM Start	
<u>Event #</u> <u>Girls - Boys</u>	<u>Event Description</u>
101-102	10 & Under 100 Med Relay
103-104	10 & Under 25 Free
105-106	10 & Under 50 Fly
107-108	10 & Under 25 Breaststroke
109-110	10 & Under 50 Backstroke
111-112	10 & Under 100 Individual Medley
113-114	10 & Under 25 Butterfly
115-116	10 & Under 50 Breaststroke
117-118	10 & Under 25 Backstroke
119-120	10 & Under 50 Freestyle
121-122	10 & Under 100 Free Relay

Summary of Fees/Release Form 2025 CAC Mini Meet

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries (exclude Outreach)		\$7.00 per event	
Relay Entries (Exclude Outreach)		\$10.00 per event	
Athlete Surcharge [\$5.00 OSI + 12.00 Facility] (exclude Outreach)		\$17.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# entries x \$7.00)		Total # of Outreach swimmers x \$17.00 surcharge:	
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(Outreach fees can be subtracted from your team totals)

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. Cincinnati Aquatic Club, Cincinnati Country Day School, 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:

Cincinnati Aquatic Club, c/o Ellie Dutro – Treasurer, 1343 Suncrest Dr, Cincinnati, OH 45208