



2025 OH CM LC Intrasquad
April 26, 2025
Held under the sanction of USA Swimming
Sanction #: OH-25LC-07

Hosted By:



Cincinnati Marlins, Inc.

Location:	Keating Natatorium, St. Xavier High School 616 W. North Bend Rd Cincinnati, OH 45224
Facility:	Keating Natatorium is an 8 lane x 50 meter indoor pool with a removable bulkhead in place to make 2 25 yard competition pools, and Colorado timing system with Scoreboard display. The water depth is 6ft from the balcony (south) end of the pool to 4ft in depth at the Scoreboard (north) end of the pool. The host will ensure the required course dimensions.
Meet Director:	Jen Hedger JHedger@cincy-marlins.com
Meet Referee:	Rob Razzano officials@cincy-marlins.com
Officials Contact for the Meet:	Rob Razzano officials@cincy-marlins.com
Entry Chair:	Lisa Habel lhabel@cincy-marlins.com / 513-604-4214 Entries: mmanager@cincy-marlins.com
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:	Intrasquad
# of Sessions:	1 Session, 1 pool per session.
Medical Supervision available to athletes	Keating Natatorium has 2 automated external defibrillators (AED's) located at each end of the pool. Certified and trained Lifeguards are also on deck during all warmups and competition 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 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	<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

Organization Regulations/Waivers	
Ohio Swimming sanctioned events	<p>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.</p> <ul style="list-style-type: none"> • 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 U.S. Center for Safe Sport program is a 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 833-5US-SAFE (833-587-7233) 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. • For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report
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.
Code of Conduct	<ul style="list-style-type: none"> • 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.

Entering the Meet & Competition Information	
Eligibility:	<ul style="list-style-type: none"> All meet contestants must be a member in good standing per Article 302.. 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. Exceptions may be granted by Entry Chair when negotiated in advance. All swimmers must be verified as registered by the start of warmups, the first session. 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:	<ul style="list-style-type: none"> Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmers with a disability electronically with your team entries. Email the Meet Accommodation / Modification Form included in this meet information to the entry chair. 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 OH LSC surcharge per swimmer.
Entry Procedures:	<ul style="list-style-type: none"> Deadline for receipt of entries is Friday, April 25, 6pm. Entries must be submitted in LCM using an electronic meet entry software (Hy-Tek/Team Unify). "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:	<ul style="list-style-type: none"> 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 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 LCM. All 50's will start from Scoreboard End.
Deck Entries	<ul style="list-style-type: none"> Deck entries will be accepted at this meet for CM athletes with proof of registration.
Awards:	There will be NO awards.

Facility	
Locker Rooms / restrooms	<ul style="list-style-type: none"> Locker rooms/restrooms will be open for swimmers to quickly change in to/out of suits. These locker rooms/restrooms are located Balcony end behind the blocks and are for athletes/children ages 17 and Under only - Adults ages 18 and Over are not permitted to use these locker rooms/restrooms. At no time should swimmers congregate in the locker rooms/restrooms. Adults ages 18 and Over must use restrooms located in the Jim Brower Hallway - athletes/children ages 17 and Under are not permitted to use the Jim Brower Hallway restrooms. Adults ages 18 and Over are not permitted to use locker rooms/restrooms designated for athletes/children ages 17 and Under. A family restroom is in the hallway between the main entry and pool deck.

General:

- Hospitality will be provided for officials and coaches during the meet.
- NO GLASS CONTAINERS permitted.
- Concessions will be available for limited items.
- Gym MAY be available for swimmer use. Please check website for specifics.
- Results & heat sheets will be published on meet mobile (technology permitting) and on the meet page after the
- meet.
- The meet will be livestreamed for at home viewing (technology permitting).
- Spectators **will be limited** according to Fire Code posted Capacity limits.



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Order of Events

Women: Odd numbered events. Men: Even numbered events.

Start Ends: Please look for start end assignments in the Meet Notes published by Wednesday before the meet.

Doors Open: 30 minutes before warmups first session of each day.

Saturday

Timed Finals

Warmup: 8:00 pm Start: 9:00 am
All Events:

1-2	Open	50 Freestyle
3-4	Open	50 Butterfly
5-6	Open	50 Backstroke
7-8	Open	50 Breaststroke

Ohio Swimming Meet Accommodation Form for Swimmer with a Disability 2025 OH CM LC Intrasquad

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.