

**The Ohio LMSC
and the Lake Erie LMSC**

with Host Team



Invite you to swim at the

2024 Ohio SCY Masters State Championship Meet

at the

McCorkle Aquatic Pavilion

The Ohio State University

Columbus, Ohio

SUNDAY, April 14, 2024

WARM UPS BEGIN AT 10:00 A.M.

COMPETITION BEGINS AT 10:30 A.M.

2024 Ohio SCY Masters State Championship Meet

Sunday, April 14, 2024

Sanctioned by Ohio LMSC and USMS, Inc. Sanction # ____ - ____

HOST TEAM: Ohio Splash

CONTACT: Robert Eblin, Meet Director
614-507-8731
meetdirector@ohiosplash.com

LOCATION: McCorkle Aquatic Pavilion at The Ohio State University
337 Annie and John Glenn Drive
Columbus, Ohio 43210

FACILITY: The McCorkle Aquatic Pavilion is a state-of-the-art university swimming facility equipped with a Colorado Timing System and full data and video scoreboard. For the meet, the pool will be set for ten 25-yard competition lanes and ten 25-yard warm-up/cool-down lanes. Changing rooms are available to swimmers. Space is available on the pool deck for swim bags. Lockers will not be available.

The length of the competition course is in compliance, and on file, with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

ELIGIBILITY: Open to all swimmers who are registered with U.S. Masters Swimming. Each swimmer is responsible for providing his/her USMS card at check-in and may be required to show it upon request by officials.

AGE: The age reported on your entry form must reflect your age as of April 14, 2024.

ENTRY FEES & PAYMENT: A flat fee of \$35 will be charged per participant for entries completed by March 31. A flat fee of \$45 will be charged per participant for entries completed after March 31.

Entries must be completed by April 10, 2024 at 11:59 PM but entries may be closed earlier, without notice, if the estimated capacity is reached.

Swimmers may enter a maximum of 5 individual events plus 2 relays. However, in the interest of allowing as many swimmers to participate as possible, swimmers may be limited to 4 individual events. Swimmers registering for 5 individual events will be asked which event they would prefer to drop if time constraints require a limit to 4 events.

Registration will be online only. No deck entries will be accepted for individual swimmers.

Refunds will only be issued for documented medical reasons or if the meet is canceled.

ONLINE ENTRY: [Club Assistant page]

**SEEDING & LANE
ASSIGNMENTS:**

Events will be seeded using the pre-entered seed-time of each swimmer, with the slower heats first (except the 1650 Freestyle, which will have the fastest heat first). The meet will be seeded according to times submitted, regardless of age and gender. No time (NT) will be seeded in the slower heats. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted on the day of the event.

RULES:

USMS Rules will apply to the meet. When warming up, swimmers must enter the pool feet first except in sprint lanes. Paddles, fins, and kickboards are not allowed.

**STARTING
PROCEDURE:**

103.8.5—Start Commands

A. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform or the deck, or in the water, and remain there (article 101.1.1). Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. In backstroke and medley relay events, at the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay (article 101.1.2).

B. When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.

C. On the starter's command, "Take your marks," each swimmer shall immediately assume the starting position that maintains at least one foot at the front of the starting platform or the deck. Each swimmer starting in the water must have at least one hand in contact with the wall or starting platform and at least one foot on the wall. When all swimmers are stationary, the starter shall give the starting signal.

D. When a swimmer does not respond promptly to the command, "Take your marks," the starter shall immediately release all swimmers, upon which the swimmers may stand up, step off the blocks, or leave the wall.

RELAYS:

All relays are deck entered. Relay teams may consist of all male, all female, or 2 male/2 female swimmers. Age brackets for relays are: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+. The age of the youngest relay team member shall determine the age group for the relay team.

Official relay cards are to be picked up from the Clerk of Course by a team representative who is responsible for the relay. The relay representative should **print legibly** all information required. Each card should include the name of the club, the swimmers' names as they appear on their USMS registration cards, in order of relay swim: first name, last name, age, and gender. **Cards shall be returned to the computer table by 10:30 am on the day of the meet.**

AWARDS:

Awards will be given to the teams with the first, second, and third highest team scores. Individual awards will be given for first through third place by gender and age group for 19+, 25+,.... through 100+. Awards will be given for relays first through third, by age group and gender.

BANNERS:

Team Banners are encouraged. Banners should be given to one of the Red Coats, who will hang the banner. Banners must be professional quality, printed/painted on heavy material (Plastic, Canvas, Coated Canvas) and must also have grommet eyelets for hanging.

ORDER OF EVENTS: The meet will be seeded according to times submitted, regardless of age and gender. Heats will run slowest to fastest, except the 1650 Freestyle which will run fastest to slowest.

The 500 Free will be limited to 40 swimmers. The 1650 will be limited to 20 swimmers. Positive check-in may be required for the 500 Free and the 1650 Free and waitlists will be offered. Swimmers must provide their own counter

Relay cards due: 10:30 am on the day of the meet

Warm –Ups: Beginning at 10:00 am for swimmers in the 500 Free; 10:15 am for all other swimmers. Warm-up lanes will be available throughout the meet.

Heat Sheet Posted: Around 10:15 am for the 500 Free; around 11:00 am for the other events.

Events 10:30 am - 5:00 pm; Event #2 will not begin before 11:15 am.

Event #	
	500 Free (M,W)
1	<i>limited to first 40 registrants</i>
2	400 Free Relay (M,W,X)
3	400 IM (M,W)
4	100 Breast (M,W)
5	200 Back (M,W)
6	200 IM (M,W)
7	50 Breast (M,W)
8	100 Fly (M,W)
9	50 Free (M,W)
10	100 Back (M,W)
11	200 Free (M,W)
12	200 Medley Relay (M,W,X)
13	200 Free Relay (M,W,X)
14	200 Fly (M,W)
15	100 IM (M,W)
16	50 Back (M,W)
17	100 Free (M,W)
18	200 Breast (M,W)
19	50 Fly (M,W)
20	400 Medley Relay (M,W,X)
	1650 Free (M,W)
21	<i>limited to first 20 registrants</i>

**WARM-UP &
COOL-DOWN:**

Entry into the pool must be feet first in a cautious manner with one hand in contact with the deck. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Warm-up and cool-down lanes will be provided. No diving will be permitted in these lanes. Instructions given by an official or Ohio State aquatics staff must be obeyed at all times. A swimmer may be disqualified at the discretion of the Meet Director or Meet Official for failure to comply with these rules.

PARKING:

The Neil Avenue Parking Garage is adjacent to the McCorkle Aquatic Pavilion. Parking fees can be paid at the garage. The address for the Neil Avenue garage and the Aquatic Pavilion is 1847 Neil Ave, Columbus, OH 43210.

FOOD:

A food court is open in the RPAC building directly across from the Pavilion. Swimmers may bring their own food; however, food and drink (other than water) are prohibited on the pool deck. Food and drink may be consumed in the spectator area above the pool, or in the wet classroom adjacent to the pool.

**HOTEL &
ACCOMODATIONS:**

A number of hotels are located within the area of the Ohio State University. Go to <http://www.experiencecolumbus.com/> for information on Columbus hotels and restaurants.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (check) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023

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