

# 2023

## *Chagrin Valley Invitational Relay Swim Meet*

### *~ 52nd Annual ~*

Meet Director:	Beth Sonnhalter 216-513-2942	cvrcswimteam@gmail.com
Facility:	Chagrin Valley Recreation Center 400 E. Washington St. Chagrin Falls, Ohio 44022 Eight Lanes, 33 1/3 yards	440-247-7813  www.chagrinrec.com
Date:	Saturday, July 15, 2023	
Time:	Prelims begin at 9:00AM Warm-ups begin at 8:00AM Finals begin at 5:30PM Warm-ups begin at 4:30PM	
Warm-up Procedure:	Prelims & Finals - Each club will be assigned specific pool time for warm-ups. One coach only per team <b><u>must be on deck</u></b> with their team during warm-ups. Feet first entries <b><u>ONLY</u></b> until cones are removed from starting block. One direction swimming <b><u>ONLY allowed throughout warm-ups.</u></b>	
Eligibility:	<ul style="list-style-type: none"><li>? All swimmers must meet summer membership requirements of their respective swimming organizations.</li><li>? All ages are as of <b><u>June 1.</u></b></li><li>? Swimmers must be 18 years or younger except in open events.</li><li>? <b><u>Swimmers may only represent one organization.</u></b></li><li>? <b><u>Winter swimmer</u></b> is defined as a swimmer who participates for more than three months in a swim program during the winter season.</li></ul>	

#### Relay Water Entry:

*Due to the State of Ohio Board of Health regulations, we can no longer enter the swimming pool from the shallow end off the diving blocks. All races will begin at the deep end off the starting blocks and finish in the deep end. Swimmers (2) and (4) will start from the water in the shallow end.*

- Limitations:** No swimmer may participate in more than FIVE relay events.
- Lane Seeding:** Prelims will be randomly seeded since they will all be entered as “no time”. Finals will be seeded according to qualifying times posted in the prelims.
- Awards:** In the morning preliminaries, heat winner ribbons will be awarded to each heat winner. At the Finals, medals will be awarded for first through third place and ribbons awarded for fourth through eighth place.
- Entries:** All entries must be received ALONG **WITH entry fee** by 8:00 PM Thursday, July 6th, 2023 or sooner.  
Send to [cvrswimteam@gmail.com](mailto:cvrswimteam@gmail.com) or nancyveto@gmail.com or drop off at Chagrin Valley Rec Center. See cashier at front gate to CVRC pool to turn in entries and payment which is due at time of entry submission.
- Cost:** \$15.00 per relay team; make all team checks payable to:  
*Chagrin Valley Recreation Center*  
\$20.00 per relay team as deck entry on meet day upon arrival and 30 minutes prior to the start of the meet.
- Substitutions:** Substitutions of swimmers for extenuating circumstances may be made up until 8:30 AM the morning of the meet. Only swimmers that have already been pre-registered and issued a meet number may swim. Deck entries of new relay teams will be allowed until 8:30AM the morning of the meet, based on lane availability, and at the discretion of the meet director. Legal substitutions may be made up until the final call for each event in the preliminaries. **No substitutions at finals. \*\*\* Any team not adhering to this policy will face disqualification of the relay team.**
- Coaches:** The head coach of each team is responsible for the accuracy of your meet entry. You are also responsible for the conduct of your team for the entire day. This not only includes prelims and finals but also the period of time in between. It is advised that your swimmers be properly prepared for the format of the meet so that it is not confusing to them when they are called in for their event. Coaches are allowed on deck during the meet, but please stay out of the clerk-of-course area! **Also, please keep all parents, team photographers and “helpers” off the pool deck at all times.**  
**One team coach must be on deck with your team during warm-ups.**
- Special Hints:**
- ❑ Practice relays prior to the meet so event numbers and the order in which participants are swimming is understood. Most problems occur with younger swimmers in the medley relay.
  - ❑ Suggest limiting swimmers to four events each, utilizing that fifth event for last minute pre-entered participant changes.
  - ❑ Try not to schedule swimmers in back-to-back events, if at all possible.

## General Rules:

- ☐ There is no limit to the total number of relay teams a club may enter.
- ☐ Total age of the relay team must not exceed the limit for that relay event. (It may always be less)
- ☐ A relay is defined as four swimmers each swimming one length of the event.
- ☐ Mixed relays are defined as **two males and two females**.
- ☐ 8 and under relay events may be any combination of sexes.
- ☐ Where designated, no more than two “winter swimmers” may swim on a relay team. A “winter swimmer” is defined as someone who participates for at least three months in a USA, YMCA, or high school swim program. All “winter swimmers” must be so designated on your entry form.
- ☐ Finals consist of the top eight qualifying teams from prelims the day of the Invitational for each event.
- ☐ No substitutions at finals.

**Spectators:** \$8.00 admission fee *good for all day plus a heat sheet*  
\$6.00 admission per session  
\$4.00 for Relay Heat Sheet Program per session.

**Apparel:** Meet t-shirts will be available in front of the REC building

**First Aid:** First Aid will be available throughout the meet.

**Concessions:** Reasonably priced food will be available in the Rec building and on the adjacent black top during the meet, both morning and evening.

*This meet is intended as a fun event with the focus on the summer recreational swimmer; please always keep this in mind in your preparation.*

*Additionally, please remind your parents that this meet is held on school property which means **no alcohol may be brought onto the premises or consumed on the premises at any time throughout the event.** Parents who fail to adhere to this policy will be asked to leave.*

**No cooking may be done on the premises** by any visitors with the exception of the group provided by Chagrin Rec to accommodate guests for the day.

## Schedule of Events 2023

<u>Event</u>	<u>Description</u>	<u>Total Age</u>	<u>Stroke</u>	<u>Restrictions</u>
1	8 & under	32	Backstroke	
2	Girls	54	Backstroke	2 or fewer winter swimmers
3	Boys	42	Backstroke	
4	Mixed	OPEN	Backstroke	must be made up of 2 males and 2 females
5	Girls	42	Backstroke	
6	Boys	54	Backstroke	2 or fewer winter swimmers
7	Mixed	48	Backstroke	must be made up of 2 males and 2 females
8	Family	OPEN	Medley	all four members of the same family
9	Girls	54	Breaststroke	2 or fewer winter swimmers
10	Boys	42	Breaststroke	2 or fewer winter swimmers
11	Mixed	48	Breaststroke	must be made up of 2 males and 2 females
12	Mixed	OPEN	Breaststroke	must be made up of 2 males and 2 females
13	Girls	42	Breaststroke	2 or fewer winter swimmers
14	Boys	54	Breaststroke	2 or fewer winter swimmers
15	8 & under	32	Medley	
16	Girls	54	Medley	2 or fewer winter swimmers
17	Boys	42	Medley	2 or fewer winter swimmers
18	Mixed	OPEN	Medley	must be made up of 2 males and 2 females
19	Girls	42	Medley	2 or fewer winter swimmers
20	Boys	54	Medley	2 or fewer winter swimmers
21	Mixed	48	Medley	must be made up of 2 males and 2 females
22	Girls	54	Butterfly	

23	Boys	54	Butterfly	
24	Girls	42	Butterfly	2 or fewer winter swimmers
25	Boys	42	Butterfly	2 or fewer winter swimmers
26	Mixed	50	Butterfly	must be made up of 2 males and 2 females
36	<i>Mixed</i>	<i>OPEN</i>	<i>Butterfly</i>	<i>must be made up of 2 males and 2 females</i>
27	8 & under	32	Freestyle	
28	Girls	54	Freestyle	2 or fewer winter swimmers
29	Boys	54	Freestyle	2 or fewer winter swimmers
30	Girls	42	Freestyle	2 or fewer winter swimmers
31	Boys	42	Freestyle	2 or fewer winter swimmers
32	Family	OPEN	Freestyle	all four members of the same family
33	Mixed	48	Freestyle	must be made up of 2 males and 2 females
34	Girls	OPEN	Freestyle	
35	Boys	OPEN	Freestyle	
37	OPEN	Min 160	Freestyle	No gender restrictions-Minimum age 160 total

Chagrin Valley Invitational Relay  
TEAM or CLUB INFORMATION SHEET  
2023

Team/Club Name \_\_\_\_\_  
(As it will appear in the program)

Coaches Names: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

Email Address for Main Contact Person: \_\_\_\_\_

Number of females participating in meet \_\_\_\_\_

Number of males participating in meet \_\_\_\_\_

Total Participants \_\_\_\_\_

Total number of relay teams entered in meet \_\_\_\_\_

X \$15.00 per Relay \$15.00

**TOTAL ENTRY FEE** \_\_\_\_\_

## **Rules pertaining to relay races:**

**(Violating any of these rules will result in disqualification of the relay team for that race)**

### **1.0 General - All relays including Medley Relay**

- 1.1 No swimmer should swim more than one leg in any relay event
- 1.2 Each swimmer must touch the wall to finish his/her leg of the relay race
- 1.3 Each swimmer, other than the first swimmer, shall NOT start until his/her teammate has finished his/her leg of the race
- 1.4 Each swimmer, except for the last swimmer, should immediately leave the water upon finishing his/her leg
- 1.5 Each swimmer must start and finish in the same lane
- 1.6 No swimmer shall obstruct another swimmer by crossing his/her lane
- 1.7 No swimmer shall walk, touch or spring from the bottom of the pool
- 1.8 No swimmer shall pull on the lane lines
- 1.9 A swimmer shall not be submerged for more than 16 yards (approximately ½ the length of the pool)
- 1.10 The first swimmer in relays must start after the starting signal is given (start sound)  
An obvious false start (at discretion of the judges) will result in disqualification

### **2.0 Freestyle Relays**

- 2.1 A swimmer may swim any style of this stroke
- 2.2 A swimmer can touch the wall with any part of his body when finishing his/her leg of the race

### **3.0 Butterfly Relay**

- 3.1 A scissors or breast stroke kick is NOT permitted
- 3.2 At the finish, each swimmer must touch the wall with both hands. A deliberate one-arm reach will result in disqualification

### **4.0 Breaststroke Relay**

- 4.1 At the start, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged
- 4.2 A scissors, flutter or downward butterfly kick is NOT permitted
- 4.3 At the finish, each swimmer must try to touch the wall with both hands. A deliberate one-arm reach will result in disqualification

### **5.0 Backstroke Relay**

- 5.1 After the dive, each swimmer shall turn on his/her back immediately and shall be on his/her back when he/she breaks the surface of the water
- 5.2 At the finish of each leg, the swimmer must touch the wall while on his/her back

**For age 32 relays** (those relays comprised of four (4) eight and under swimmers), disqualifications will be called for a false start OR swimming the wrong stroke for the entire length of the pool. Swimmers who are 8 and under swimming in other relays (ages totaling more than 32) are subject to the same rules as the older swimmers in that relay.

**Female Swimmers****Club Name:****Swimmer  
Number****First  
Name****Last  
Name****Age on  
June 1st****Winter Swimmer  
Y/N**

F1				
F2				
F3				
F4				
F5				
F6				
F7				
F8				
F9				
F10				
F11				
F12				
F13				
F14				
F15				
F16				
F17				
F18				
F19				
F20				
F21				
F22				
F23				
F24				
F25				
F26				
F27				
F28				
F29				
F30				
F31				
F32				
F33				
F34				
F35				
F36				
F37				
F38				
F39				
F40				
F41				
F42				
F43				
F44				
F45				
F46				
F47				
F48				
F49				



## Male Swimmers

Club  
Name:

Age on  
June 1st

Winter Swimmer  
Y/N

Swimmer  
Number

First  
Name

Last  
Name

M1				
M2				
M3				
M4				
M5				
M6				
M7				
M8				
M9				
M10				
M11				
M12				
M13				
M14				
M15				
M16				
M17				
M18				
M19				
M20				
M21				
M22				
M23				
M24				
M25				
M26				
M27				
M28				
M29				
M30				
M31				
M32				
M33				
M34				
M35				
M36				
M37				
M38				
M39				
M40				
M41				
M42				
M43				
M44				
M45				
M46				
M47				
M48				
M49				

## Relay Entries

**Club Name:** \_\_\_\_\_

[illegible]

