



Otter Winter Meet

Feb 1, 2026

Sanction # NI2526-085

Hosted by:



MEET DIRECTOR Jenny Kyle cmmeetdirector@gmail.com	MEET REFEREE Fred Leff fleff114@hotmail.com	CLUB OFFICIALS CHAIR & Entry Coordinator Mark Drotar cmmeetentry@gmail.com
SANCTION	<ul style="list-style-type: none">• Held under the sanction of USA Swimming through Niagara Swimming: NI-.• In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Cato-Meridian Otters Swim Club, and Cato-Meridian Community Recreation Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
FACILITY	<p style="text-align: center;">Cato-Meridian Community Recreation Center 2851 State Route 370 Cato, New York 13033 315-626-6735</p> <ul style="list-style-type: none">• 6 lanes, 25 yards (SCY) ▾• Water depth range of 4 Feet at the starting end and 13 Feet at the turning end.• Meet host will ensure the required course dimensions.	
ENTRY DEADLINE	<p style="text-align: center;">Friday, January 23, 2026 at 11:59p.m.</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>	
SCHEDULE	<p style="text-align: center;"><u>SESSIONS</u></p> <p>Session 1 – 12 and Under: Sunday February 1, 2026 Warm-Up: 8:00a.m. Meet Begins 9:00a.m.</p> <p>Session 2 – 13 and Over: Sunday February 1, 2026 Warm-Up: 1:00p.m. (or 15 minutes after the end of session 1, whichever is later) Meet Begins: 2:00p.m. (or after 1-hour warm-up)</p> <ul style="list-style-type: none">• Meet Director reserves the right to adjust times/sessions after entries are received.	
ELIGIBILITY	<ul style="list-style-type: none">• Open to all registered USA Swimmers.• No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.	
DISABILITY SWIMMERS	<ul style="list-style-type: none">• NI and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.	
TIMING SYSTEM	<ul style="list-style-type: none">• Automatic timing will be used.	

RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All 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 MAAPP is a condition of participation in the conduct of this competition. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • Any swimmer entered in the meet must 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. 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. • Operation of a drone or any other flying devices 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. • Dive-over starts will be used. • The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • 25-yard events will start in the water at the shallow end of the pool. • Maximum individual events is 5 individual events and 2 Relays • Swimmers may only swim in one session on Sunday. • No deck entries will be accepted.
POSITIVE CHECK IN	<ul style="list-style-type: none"> •
WARM-UP	<ul style="list-style-type: none"> • The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. • Marshals will actively supervise the warm-ups to ensure that proper procedures are followed. • General Warm-up Period: <ul style="list-style-type: none"> o There shall be NO DIVING off the blocks or edge of the pool at this time o No sprinting or pace work • Specific Warm-up Period: <ul style="list-style-type: none"> o Specific Warm-up Period will be announced by the Referee or Meet Director o Lanes 2 & 5: Racing Start only. Swim one length only. All swimmers begin at the starting end of the pool. o Lanes 1, 3, 4, & 6: General warm-ups only (as above). NO DIVING. • Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.

	<ul style="list-style-type: none"> • Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroker has executed his/her start. • When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions will be split to provide a safe and adequate warm-up time for all.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • The meet will be pre-seeded for all events Sunday. • There will be a clerk of course for Sunday morning events. • Swimmers on Sunday morning must check in and pick up cards from Clerk of Course or be scratched. • Relay entries may be entered without names but swimmers must be declared prior to the start of the relay. Sunday morning Swimmers will be escorted from the gym to the pool.
SCORING	<ul style="list-style-type: none"> • There will be no team scoring for this meet.
AWARDS	<ul style="list-style-type: none"> • 12 and Under Only Heat winner ribbons, Medals for 1st Place, Ribbons 1st-12th place
PROGRAMS	<ul style="list-style-type: none"> • Programs will be available for purchase
CREDENTIALS	<ul style="list-style-type: none"> • Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	There is no spectator fee. Concessions will be available
OFFICIALS	<ul style="list-style-type: none"> • Officials interested in volunteering should contact Mark Drotar cmmeetentry@gmail.com and RSVP on TeamApp. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> • Cato-Meridian Otter Swim Club will provide timers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the entry coordinator: cmmeetentry@gmail.com • Include in the subject of the email, "Otter Winter Meet - *****" with the club's initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email. • Include in the entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet entry Coordinator will acknowledge receipt by return email within 24 hours. If

	<p>acknowledgement is not received in a timely manner, please contact the Meet Director.</p> <ul style="list-style-type: none"> Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by NI and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p>Per Swimmer Surcharge: \$7.00 Relay event fee: \$15.00 Individual event fee: \$5.00</p> <ul style="list-style-type: none"> Make checks payable to CM Otter Swim Club. Checks may be mailed to: Cato-Meridian Recreation Center % CM Otter Club 2851 State Route 370 Cato, NY 13033 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.
Available Medical Supervision/Equipment	<p>There will be lifeguards stationed on the pool deck during warmups and competition. First aid supplies, AED and ice will be available.</p> <ul style="list-style-type: none"> An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19 BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH. In applying for this sanction, the Host, Cato-Meridian Otters agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming (LSC), the State of New York and Cayuga County.

Otter Winter Meet

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	Session 1 12 and Under Warm Up: 8:00a.m. Start: 9:00a.m.	
Girls		Boys
1	200 Medley Relay	2
	200 Mixed Medley Relay	
3	100 IM	4
5	8 & Under 25 Freestyle	6
7	50 Freestyle	8
9	8 & Under 25 Breaststroke	10
11	50 Breaststroke	12
	10 Minute Break	
13	100 Freestyle	14
15	8 & Under 25 Backstroke	16
17	50 Backstroke	18
19	8 & Under 25 Butterfly	20
21	50 Butterfly	22
	10 Minute Break	
23	200 Freestyle Relay	24
	200 Mixed Freestyle Relay	25

	Session 2 13 and Over Warm-Up: 1:00p.m. Start: 2:00p.m.	
Girls		Boys
26	200 Medley Relay	27
	Mixed 200 Medley Relay	28
29	200 IM	30
31	100 Freestyle	32
33	100 Breaststroke	34
	10 Minute Break	
35	100 Backstroke	36
37	50 Freestyle	38
39	100 Butterfly	40
41	200 Free	42
	10 Minute Break	
43	200 Freestyle Relay	44
	200 Mixed Freestyle Relay	45