



49th Annual Northern Suburban Swim League CHAMPIONSHIP MEET

Monday, July 20th and Tuesday, July 21st, 2026

*Hosted By: Springdale Sailfish
Springdale Rec Center
11999 Lawnview Avenue
Springdale, OH 45246*

MEET INFORMATION

MEET DIRECTORS:

Michelle McFarland (chelle2842@yahoo.com)
Jandi Reichert (jleereichert@gmail.com)
Rita Janssens (rmjanssens15@gmail.com)

MEET COMMITTEE:

Michelle McFarland	Jandi Reichert
Courtney Reece	Sarah Evans
Katie Janssens	Rita Janssens
Charlie Wilson	Steven Sanders

HEAD REFEREE:

Mike McCann (mackel40@hotmail.com)

ENTRY CHAIRPERSON:

Kyndra Tatum (huffkn@yahoo.com)

CHAMPIONSHIP MEET SCHEDULE

	MONDAY AM	MONDAY PM	TUESDAY FINAL
SESSION	1	2	3
AGE GROUPS	6&U, 8&U, 9-10	11-12, 13-14, 15 & over	8&U, 9-10, 11-12, 13-14, 15 & over
<u>PRELIMS</u>	8 & under, 9-10 Individual Events	11-12, 13-14, 15 & over Individual Events	None
<u>FINALS</u>	6 & under Individual Events	None	All events except finals from Monday
	8 & under Free Relay		
Facility Open to Teams	7:00 AM	1:45 PM	10:45 AM
Warm-Up Times (schedule below)	7:15 AM – 8:45 AM	2:00 – 4:15 PM	11:00 AM – 1:15 PM
Officials' Meeting	8:00 AM	3:30 PM	12:30 PM
Coaches' Meeting	8:30 AM	4:00 PM	1:00 PM
Timers' Meeting (schedule below)	Promptly arrive 20 minutes prior to shift	Promptly arrive 20 minutes prior to shift	Promptly arrive 20 minutes prior to shift
Meet Starts	9:00 AM	4:30 PM	1:30 PM

ENTRY RULES

- A swimmer must have competed in two league meets to be eligible for Championships.
- Each swimmer may enter a maximum of four (4) events, including relays. If four (4) individual events are swum during prelims (Monday), that swimmer is not eligible for relays.
- Each team will have unlimited team entries in the Freestyle and Backstroke events.
- A maximum of six entries per team, per event will be allowed in remaining individual events.
- A maximum of two (2) Medley relays per team, per event and two (2) Freestyle relays per team, per event will be permitted.
- There will be NO DECK ENTRIES.
- All entries must be received by Kyndra Tatum by 7:00 PM on Wednesday, July 15th. All corrections must be received by Kyndra by 12:00 PM on Friday, July 17th. All entries are final by 12:00 PM on Friday, July 17, with Psych Sheet & timeline emailed to coaches by 6:00 PM on Friday, July 17. Psych Sheets are not to be copied or distributed other than to coaches & league reps. For an entry to be complete, it must include the list of entrants with

times stated to hundredths of a second and the entry fee (\$2 per swimmer per individual event and \$8 per relay team per relay event). If hundredths are not stated, 0.99 will be added. ALL entries must include a seed time. NO entries with NT (no time) will be accepted.

- If you have any entry errors, please let Kyndra Tatum (Admin Official) know prior to the start of Championships. Incomplete and/or late entries (that are not entry errors) will not be accepted.

COMPETITION

- There will be a Clerk of Course on **Monday morning for Session I only** for 6 & under, 8 & under, and 9/10. Clerk of Course will be at the Baby Pool.
- Swimmers will move up from Clerk of Course into the chairs behind the blocks.
- There will not be a Clerk of Course on Tuesday. All swimmers are to report directly to the blocks to swim.
- Fly Over Starts will be used during the Monday afternoon session only. Please remind swimmers to stay in the water, close to the wall for Fly Over Starts.

QUALIFIERS

- The top twelve (12) swimmers in each event, plus two (2) alternates qualify for finals.
- The six (6) fastest will swim in the CHAMPIONSHIP heat (Places 1-6)
- The next six (6) fastest will swim in the CONSOLATION heat (Places 7-12).
- Alternates can only be placed in the Consolation heat.

CHAMPIONSHIP RULES

- USA Swimming 2024 Rules will govern the competition, with the two exceptions noted below. These rules include proper swimsuits (no tie backs, zipper styles or wearing of more than 1 suit and no “swim shirts” for boys). Medical documentation for braces, etc. must be provided to the Meet Referee prior to the start of the meet. Per USA rules, KT-Tape is now permitted without a doctor's note. No watches are permitted while swimming.
 - Rule Exception #1 - An 8 & Under swimmer is permitted to resubmerge in the freestyle or backstroke events.
 - Rule Exception #2 - The OHSAA rule will be observed for backstroke turns, which indicates the swimmer may (but is not required to) rotate past vertical toward the breast, permitting kicking and/or gliding actions. One single or one simultaneous double arm pull is permitted, but no additional arm pulls are permitted once this action is complete while on the breast.
- Deck changing is prohibited.
- There are no deck entries at Championships.

SCRATCH PROCEDURES

Swimmers qualifying for finals must scratch if they do not plan to compete. Scratches MUST utilize a Scratch Form obtained from the Admin Table and signed by the swimmer's coach. To be accepted, these Scratch Forms MUST be turned in at the Admin Table within 30 minutes of the announcement of that event's results. After 30 minutes, the results are official.

EXCEPTION FOR FAILURE TO COMPETE

No penalty shall apply for failure to withdraw or compete in an individual event if:

- The Referee is notified in the event of illness or injury and accepts the proof thereof. A swimmer qualifying for Day Two (2) of Championships (Finals) uses the Scratch Procedure as outlined above.
- It is determined by the Referee that failure to compete is caused by circumstances beyond the swimmer's control.

DECLARED FALSE START

An athlete may withdraw from a heat by electing to take a declared false start (DFS). Such declaration must be made known to the Deck Referee before the heat or swim-off is announced. A DFS counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

There will not be a penalty for an athlete who is seeded in a prelims event and fails to complete (i.e., a "no show"). That event still counts toward the athlete's total number of events for the meet. A swimmer cannot Declare False Start on Day Two of Championships.

MISSED SWIMS

- **Day One of Championships:** Starter will call empty heat/lane two (2) times before the start and wait 15 seconds. If a swimmer misses his/her heat, they will not be inserted into another heat, unless the Referee determines the cause was not the swimmer's fault. There is no penalty for a missed swim. Timers will make an effort to verify the swimmer's name, but it's the swimmer's responsibility to report to their assigned heat and lane for each event.
- **Day Two of Championships (FINALS):** The name of a swimmer missing from his/her assigned heat & lane will be called by the Starter one time and wait 15 seconds. An alternate will then be immediately called. Once the alternate is called by the Starter, the qualified swimmer gives up his/her opportunity to swim that event.

If a swimmer misses their first event on Day Two, they are scratched for the remainder of the day. Please make sure your swimmers get to their scheduled events.

RESULTS AT CHAMPIONSHIPS ARE OFFICIAL THIRTY MINUTES AFTER POSTING

- Coaches should check the posted results for accuracy of time and place ranking.
- Questions about any discrepancies from what you think happened to what is posted should be discussed with your Head Coach immediately since questions must be raised within 30 minutes of the time listed on the Posted Result.
- Questions about times and/or disqualifications need to be directed to the Head Coach, who will then discuss the issue with the Meet Referee if necessary. Parents of swimmers are not to go directly to the Meet Referee.

RELAYS

- Kyndra Tatum will confirm Relay line ups with each team during warm-ups prior to the session. Coaches shall communicate any Relay lineup changes at this time. Relay Cards must be given to Kyndra Tatum 10 minutes prior to meet Start.

- Any changes in names of the competing swimmers or their order of swimming must be declared to the Lane Timer by having the changes written on the Lane Timer Sheet prior to the start of the heat in which such Relay team is entered. No changes will be permitted thereafter. A competing swimmer exceeding the entry limit will result in Relay disqualification.

FINALS HEAT ANNOUNCING

Announcer will announce the names of swimmers in consolation/bonus heats during the race. Championship Heat swimmers will be announced before being stepped up to the blocks.

DISABILITY SWIMMERS/ADAPTIVE SWIMMING:

Please let the Meet Referee know of any necessary accommodation (hand signal starts, extra pool entry/exit time, specific lane preferred, etc.)

AWARDS

- Medals will be awarded for places 1 - 6 (all events).
- Ribbons will be awarded for places 7 - 12 (all events)
- Ribbons will be awarded for places 13 - 18 (for 12 & under individual events only).
- Heat winner ribbons will be awarded for both sessions on Monday.
- Trophies will be given to the top 3 teams in each division. There are two divisions.
- There will also be 4th place plaques given in each division.
- All swimmers will receive a participation ribbon.
- All new League records set during the two days will be awarded a certificate.

SCORING

Event	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Individual	16	13	12	11	10	9	7	5	4	3	2	1
Relays	32	26	24	22	20	18	14	10	8	6	4	2

LEAGUE RECORDS

The record time for each event will be listed in the heat sheets at Championships. If a swimmer breaks a league record, their name and time will be announced.

RESULTS

Results will be posted on the north side of the rec center building that faces the tent area. Results will also be available via Meet Mobile. Results will be posted as events are finalized.

TIMERS

Please sign in at the Volunteer Table (located next to the entrance to the baby pool). Promptly report to the competition pool deck 20 minutes prior to your assigned shift time. Please bring a stopwatch.

LANE	Mon AM 8:45-11	Mon AM 11-End	Mon PM 4:15-6:45	Mon PM 6:45-End	Tues Finals 1:15-3:30	Tues Finals 3:30-5:30	Tues Finals 5:30-End
Lane 1	SHA	SHA	SHA	SHA	SHA	SHA	SHA
Lane 1	SHA	SHA	SHA	SHA	SHA	SHA	SHA
Lane 2	BA	BA	BA	BA	BA	BA	BA
Lane 2	BA	BA	BA	BA	BA	BA	BA
Lane 3	EV	EV	EV	EV	EV	EV	EV
Lane 3	EV	EV	EV	EV	EV	EV	EV
Lane 4	GH	GH	GH	GH	GH	GH	GH
Lane 4	GH	GH	GH	GH	GH	GH	GH
Lane 5	NOR	NOR	NOR	NOR	NOR	NOR	NOR
Lane 5	NOR	NOR	NOR	NOR	NOR	NOR	NOR
Lane 6	STB	STB	STB	STB	STB	STB	STB
Lane 6	STB	STB	STB	STB	STB	STB	STB
Back Up	WY	WY	WY	WY	WY	WY	WY
Relief	WY	WY	WY	WY	WY	WY	WY

COACHES

- Coaches will have a sign-in located in the Webster Room (Hospitality).
- Our Coaches Meeting will take place 30 minutes prior to the Meet Start time of each session in the Webster Room. Enter through the main rec center door or the back door, from the pool deck into the Webster Room.
- Please wear your provided Coach's Credential/Deck Pass.
- The Team Coaches Area is located on the slide side of the competition pool.
- We will make a reasonable effort to notify coaches of any Disqualifications (DQ's). This may be difficult in the morning sessions where we may have fewer officials at a time when we may have more DQ's. All DQ's will show in the results. Lack of notice of a DQ is not grounds to overturn it.
- Please see the Meet Referee to discuss observed infractions. Judgment decisions by Meet Referee are final and are not subject to protest.

OFFICIALS

- Please report 60 minutes prior to Meet Start time in the Webster Room (Hospitality). Attire is white polo shirt, khaki bottoms, and white shoes. No team logos will be permitted.
- Please wear your provided Officials Credential and a name badge if you have one. Remember to bring a sunhat, sunglasses & sunscreen. Bring verification of your current USA Swimming, YMCA Swimming, Ohio High School Athletic Association or NCAA officiating certification.
- Please contact Mike McCann (mackel40@hotmail.com) for officiating questions.

We are pleased to provide Hospitality to coaches & officials in the Webster Room
(sorry, swimmers & families are not included).

ADMISSION

- Gate admission is \$5.00 per person, per session. We will sell a day pass that covers both Monday Sessions for \$8.00. This does not include a heat sheet. CASH ONLY, Zelle payments can be taken, as needed.
- Heat sheets will no longer be sold by the league. Heat sheets will be distributed to teams prior to the event for distribution.
- Heat Sheets will be posted onsite for viewing as well.
- Children under four, league swimmers, league coaches and working officials are free.
- Admission is charged to everyone else, including all volunteers.

(The closest bank to the Rec Center is PNC Bank, Springfield Pike, Springdale, OH 45246. There is a drive-up ATM.)

WARM-UP SCHEDULE

Warm up schedule is subject to change based on the number of entries per team. Feet first entry with 1 hand on the deck is required for warm-up entry with the exception of the scheduled controlled sprint lanes. Thank you in advance for supervising your swimmers during the warm-up sessions to ensure proper warm-up protocols are followed to ensure the safety of all athletes.

LANE	1A	1	2	3	4	5	6
AM SESSION							
7:15-7:45 AM	WY	WY	WY	WY	GH	GH	GH
7:45-8:15 AM	NW	NW	NW	NW	SB	SB	SB
8:15-8:45 AM	OPEN SPRINTS						
PM SESSION*							
2:00-2:25 PM	EV	EV	EV	EV	SP	SP	SP
2:25-2:50 PM	GH	GH	GH	GH/WY	WY	WY	WY
2:50-3:15 PM	BA	BA	BA	BA/NW	NW	NW	NW
3:15-3:40 PM	SH	SH	SH	SH	SB	SB	SB
3:45-4:15 PM	OPEN SPRINTS						
FINALS SESSION*							
11:00-11:25 AM	SH	SH	SH	SH	SP	SP	SP
11:25-11:50 AM	BA	BA	BA	BA/NW	NW	NW	NW
11:50-12:15 PM	EV	EV	EV	EV	SB	SB	SB
12:15-12:45 PM	GH	GH	GH	GH/WY	WY	WY	WY
12:45-1:15 PM	OPEN SPRINTS						

- Monday Warm-Ups may be adjusted, based on number of swimmers registered.
- Tuesday Warm-Ups may be adjusted Monday evening after the number of Finals swimmers is released.

TEAM VOLUNTEERS

Please email your list of Volunteers to Michelle McFarland (chelle2842@yahoo.com) by 7 PM on Thursday, July 16th.

Team Assignments	
Host/Announcer/Results	Springdale
Awards	Evendale
Clerk of Course	Blue Ash
One representative per team @ Clerk of Course	
Admission Gate	Norwood/St. Bernard/Wyoming
Officials	Greenhills
Heat Ribbons	Sharonville
Water Distribution for Timers/Officials	Sharonville

*All teams will need to provide two timers for the duration of the meet.

*All teams will need to supply one person to assist at Clerk of Course for Monday morning.

Admission Gate Schedule

Monday AM		Monday PM		Tuesday	
7:00 AM - 10:00 AM	10:00 AM - 1:00 PM	1:30 - 4:30 PM	4:30 PM - 7:30 PM	10:30 AM - 1:30 PM	1:30 PM - 4:30 PM
Norwood		Norwood	Norwood		Norwood (weather)
St. Bernard	St. Bernard		St. Bernard (weather)	St. Bernard	
	Wyoming (Weather)	Wyoming		Wyoming	Wyoming

TEAM TENT AREA

Tents will be set up by Academy Rental Group on Thursday and Friday from 8:00 AM to 3:00 PM. The areas will be marked off and labeled for each tent. Academy Rental Group will be taking tents down on Wed. July 22nd.

- Pets are not permitted in the tent area or pool area.
- No Smoking in the tent area or pool area.
- This is a public area; please secure and protect any valuables.
- No grills, propane cooking equipment or open flames are permitted
- Each team is responsible for keeping their team areas clean.
- Each team is responsible for their members and their team area. Parents in the team tent area should help create a safe and friendly environment for all swimmers by rectifying unsafe behavior/actions.

FOOD & BEVERAGE AND APPAREL

We are happy to provide several food truck options during Championships. The food trucks will be parked on the north side of the Team Tents, along the sidewalk. Crumbl Cookie will be in the deck area, just inside the gates. Princeton Music Boosters will be at concessions, in the team tent area, selling drinks and prepackaged snacks.

We will have two vendors located in the pool area. On Monday only, Swimville USA will have a booth for swim caps, goggles and other swimming apparel. Fine Designs will be selling 2026 Championship apparel on both days.

Pre-order Championship shirts will be available for pick up on the pool deck, next to the guard office.

SAFETY

- Please go to the First Aid Station outside of the Guard Office for any first aid needs
- The baby pool will be closed for Clerk of Course during Monday morning session. Otherwise, it will be closed during the rest of the meet.
- Stay hydrated throughout the day and report any illness or signs of heat exhaustion to First Aid immediately.
- In the event of thunder, lightning, threatening or inclement weather, the Rec Center Pool Staff & Recreation Staff, along with the Meet Referee, will make the determination to evacuate the area, and decide when it is safe to return.
- The Rec Center Gym will be used in the event of a weather-related evacuation. If there is an evacuation, the lifeguards and rec center staff will assist the teams and parents to clear the pool and team tent areas. All teams will report to the gym inside of the rec center. If you are on the pool deck, you will enter the rec center via the locker rooms. If you are in the team tent area or parking area, you will enter the rec center via the front doors or side entrance.

All swimmers, coaches, officials, volunteers and spectators must follow these guidelines to keep everyone safe.

The City of Springdale, the Springdale Recreation Department Staff and the Springdale Sailfish Swim Team are not responsible for any theft, loss of personal items, or personal injury that may occur during the NSSL Championship Meet or activities associated with the meet.

Please do not park in any NO PARKING areas or fire lanes. Please do not block any driveways if parking on the street. Please do not bring any glass containers, as they are not permitted in the pool or tent area.

SITE MAPS

Event Overview Map

This map shows an overview of many areas of the event. This includes the swimmer drop-off area, the pool and team tent area. It also shows walking paths from parking to the Team Tent area. For Swimmer drop-off, enter the main rec center entrance and drive around the loop. Drop off will be in front of the building and swimmers can proceed down the sidewalk to the team tent area. DO NOT park in the roundabout or drop off area. DO NOT drop swimmers off on Lawnview Ave. Follow signage and parking monitor instructions.

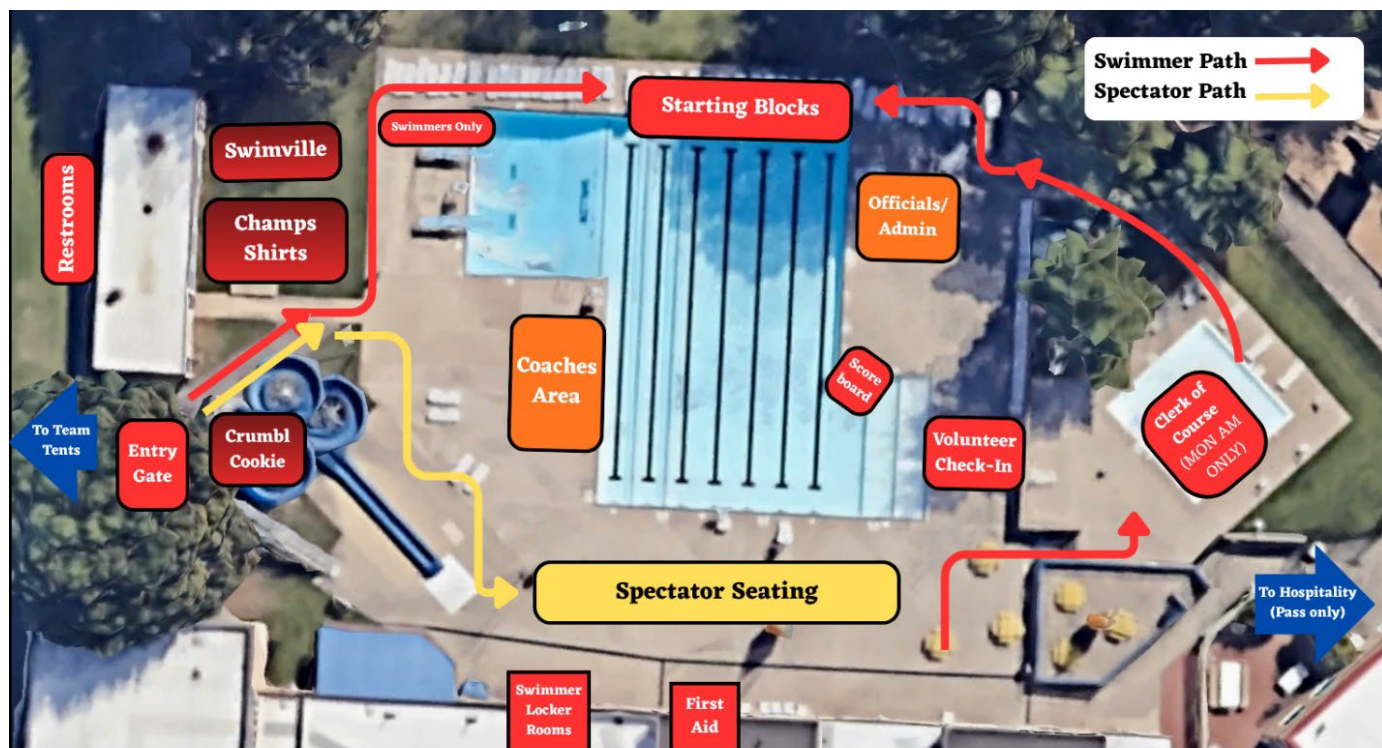
NSSL Parking Map

Parking lots in RED are not available for parking during Championships. The lot in ORANGE is reserved for Coaches & Officials (parking pass required). The lots in GREEN are for spectators. Parking locations include the Rec Center and Springdale Elementary School. Additional parking may be available on surrounding streets or in marked public parking in Springdale.



Pool Deck Map

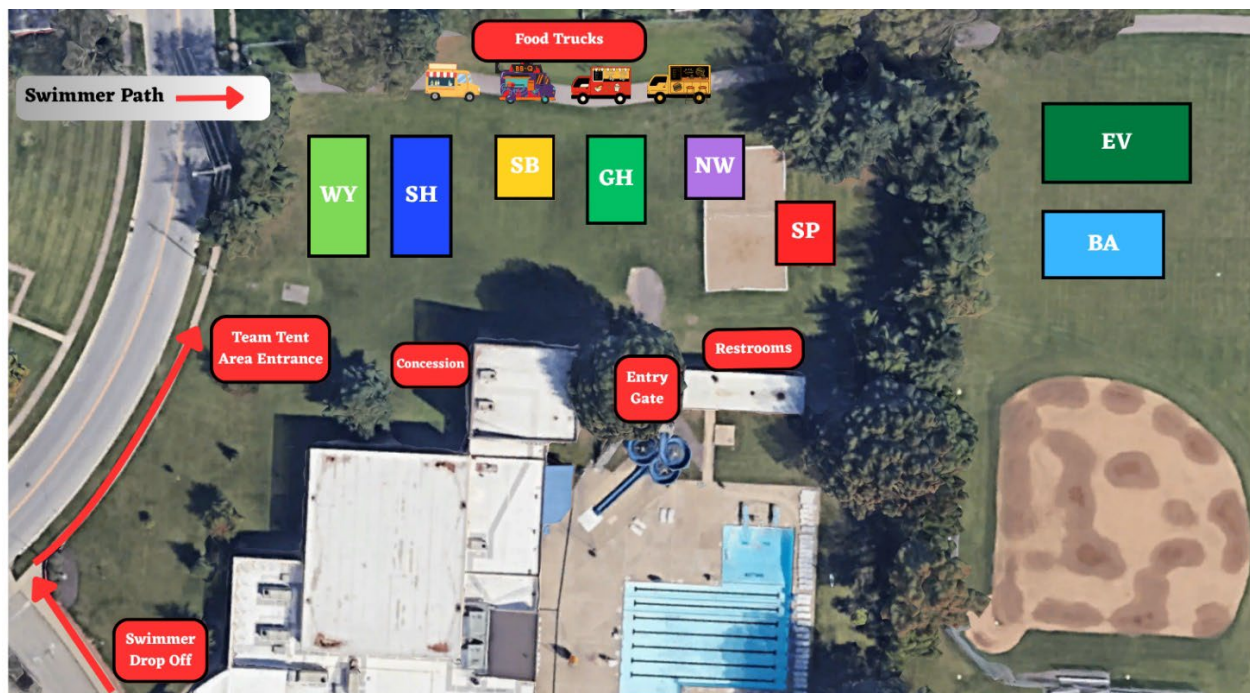
This map details the specifics of the pool deck including coaches' area, clerk of course, first aid, vendors, hospitality, volunteer check-in and spectator seating.



Team Tent Area Map

here are two entrances to the Team Tent area.

1. Via the Swimmer Drop-Off, the sidewalk along Lawnview Avenue.
2. Via the Gates to the pool deck



To All Teams in the NSSL:



This championship meet belongs to every swimmer, every volunteer, every coach and every family in the NSSL. Please have fun!

Our league promotes a safe, fun and competitive swim meet experience for all swimmers, coaches and volunteers during our dual-meet and championship season.

We all play a key safety role, and we thank you in advance for reminding swimmers:

- no running on the deck and rough housing in or out of the water
- feet first entry with one hand on deck during warm-ups except during controlled, supervised sprint lanes specifically assigned by coaches and officials.
- no glass containers into the pool or team area
- stay clear of any restricted areas.
- report anything unsafe to your team area supervisor, coach or meet referee.

NSSL Good Sportsmanship

Good Sportsmanship is the core of our competition. Mutual respect among all swimmers, coaches, spectators, and volunteers ensures a rewarding and positive meet for all.

Recognizing the value of each swimmer and encouraging their personal development is our focus.

Our collective efforts create a fair meet that gives each swimmer the opportunity to achieve their personal best during each and every race.

Please feel free to communicate any questions or concerns to your head coach or the Meet Referee.

We wish you the best of luck and a safe and enjoyable
2026 NSSL Championship Meet. Can't wait to see you next year
in Wyoming!!

-The NSSL Championship Committee