



**OHIO  
SWIMMING**

## **Ohio Swimming, Inc.**

# **2013 Short Course Junior Olympic Championship and Time Trials**

### **Meet Information**

**Held under the Sanction of USA Swimming, Inc.  
Sanction #: OH-3599 and OH-3600 TT**

**March 8 – 10, 2013  
Bowling Green, Ohio**

# 2013 Ohio Short Course Junior Olympic Championships Event Information

March 8 - 10, 2013

**Bowling Green State University Natatorium  
Bowling Green, Ohio**

Sanctioned by USA Swimming through Ohio Swimming  
under the auspices of the Ohio Swimming Age Group Committee  
Sanction # OH-3599 and OH-3600 TT

This information is available on-line at [www.swimohio.com](http://www.swimohio.com)

Meet Host website: [www.bgscgators.com](http://www.bgscgators.com)

## Important Facts About the Meet

- Entry Deadline:
  - Thursday, February 28, 2013 at 5:00 P.M.
  - All paperwork and entry fees must be postmarked by Friday, March 1, 2013.
- Time Standards – All entries must be equal to or faster than Junior Olympic Time Standards (see page 10).
- Entry times shall be in short course yards (Y) or long course meters (L) achieved since January 1, 2012. No Converted Times will be accepted.
- Entry Limits: Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- There is no Admission Charge for Ohio Championship Meets.
- No swimmer will be allowed on deck without a coach member present. If home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming Rule 202.3.2). If a swimmer arrives without a coach, he/she must contact the meet referee to locate a coach at the meet facility to be able to participate in warm-up or competition.
- 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly prohibited.

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## Meet Administration

### Facility Address

1411 Ridge Street  
BGSU-Student Recreation Center  
Bowling Green, Ohio 43403  
419-372-2711

### Meet Referee

Bill Hopkins  
[Whopkins1@woh.rr.com](mailto:Whopkins1@woh.rr.com)

### Entry Chair

Gary Layne / Erin Schwab (OME Resource)  
PO Box 793  
Bowling Green, Ohio 43402  
419-372-7476 / 513-673-3326 (OME)  
[glayne@bgsu.edu](mailto:glayne@bgsu.edu) , [ohioswim@cinci.rr.com](mailto:ohioswim@cinci.rr.com)

### Age Group Committee Chair

David C. Back  
2372 Whitlock Pl.  
Kettering, Ohio 45420  
(937) 271-0657 cell  
[swimdavid@woh.com](mailto:swimdavid@woh.com)

### Meet Director

Scott Sehmman  
P.O. Box 793  
Bowling Green, Ohio 43402  
419-352-6127  
[sehmans@bgsu.edu](mailto:sehmans@bgsu.edu)

### Local Officials Coordinator

Tom Knox  
217 N. Maple Street  
Bowling Green, OH 43402  
419-353-6502  
[tknox@bgsu.edu](mailto:tknox@bgsu.edu)

### Meet Jury (Appeal committee for resolving protests)

- Meet Official – Tom Knox
- Coach – Carolyn Strunk
- Athlete – TBD

### Meet Committee (Administrative Advisory Committee)

- Meet Referee - Bill Hopkins
- Meet Director – Scott Sehmman
- Age Group Chair – David Back\*
- Coach Chair – Ed Bachman\*
- Technical Chair – Steve Nye\*
- Officials Chair – Mike Bockstiegel\*
- Athlete Committee Representative

\*Or designee

## Meeting Schedule

Friday, March 8	General/Coaches Meeting – 9:10 AM <i>All subsequent coaches' briefings will be held 15 minutes prior to the start of each session</i>  Officials' Meeting 8:45 AM <i>All subsequent officials' briefings will be held 45 minutes prior to the start of each session</i>
Saturday, March 9	General/Coaches Meeting – 9:10 AM  Officials' Meeting 8:00 AM <i>All subsequent officials' briefings will be held 45 minutes prior to the start of each session</i>
Sunday, March 10	General/Coaches Meeting – 9:10 AM  Officials' Meeting 8:00 AM <i>All subsequent officials' briefings will be held 45 minutes prior to the start of each session</i>

## Officials

All USA Swimming certified officials willing to volunteer should fill out and submit the Application to Officiate found on the Ohio Swimming website.

Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions

# Order of Events:

## 2013 SC Junior Olympic Championships – Order of Events

Prelim Warm-ups Begin no earlier than 7:00 am^^  
Prelim Session Begins (TBD)^^

### Women's Events

101  
103  
105  
107  
109  
111  
113  
115  
117  
119 \*  
121 \*  
123 \*  
125 \*\*

Short Course Yards

### Day 1 – Friday, March 8, 2013

10 & Under 50 Breast  
11-12 50 Breast  
13-14 100 Breast  
10 & Under 100 Back  
11-12 100 Back  
13-14 200 Back  
10 & Under 50 Butterfly  
11-12 50 Butterfly  
13-14 100 Butterfly  
10 & Under 200 Freestyle  
11-12 500 Freestyle  
13-14 800 Freestyle Relay  
13-14 1650 Freestyle\*\*\*

Finals warm-ups Begin at 4:15 pm^^  
Finals Session Begins 5:30 pm^^

### Men's Events

102  
104  
106  
108  
110  
112  
114  
116  
118  
120 \*  
122 \*  
124 \*  
126 \*\*

Prelim Warm-ups Begin no earlier than 7:00 am^^  
Prelim Session Begins (TBD)^^

201 \*  
203 \*  
205 \*  
207  
209  
211  
213  
215  
217  
219 \*  
221  
223 \*  
225  
227  
229 \*  
231 \*

### Day 2 – Saturday, March 9, 2013

10 & Under 200 Freestyle Relay  
11-12 200 Freestyle Relay  
13-14 200 Freestyle Relay  
10 & Under 100 Breast  
11-12 100 Breast  
13-14 200 Breast  
10 & Under 50 Freestyle  
11-12 50 Freestyle  
13-14 50 Freestyle  
10 & Under 200 Individual Medley  
11-12 100 Individual Medley  
13-14 400 Individual Medley  
11-12 200 Freestyle  
13-14 200 Freestyle  
11-12 400 Medley Relay  
13-14 400 Medley Relay

Finals warm-ups Begin at 4:15 pm^^  
Finals Session Begins at 5:30 pm^^

202 \*  
204 \*  
206 \*  
208  
210  
212  
214  
216  
218  
220 \*  
222  
224 \*  
226  
228  
230 \*  
232 \*

Prelim Warm-ups Begin no earlier than 7:00 am^^  
Prelim Session Begins (TBD)^^

301 #  
303 #  
305 #  
307  
309  
311  
313  
315  
317  
319  
321  
323  
325  
327  
329  
331 #  
333 #  
335 \*

### Day 3 – Sunday, March 10, 2013

10 & Under 200 Medley Relay  
11-12 200 Medley Relay  
13-14 200 Medley Relay  
10 & Under 100 Individual Medley  
11-12 200 Individual Medley  
13-14 200 Individual Medley  
10 & Under 100 Freestyle  
11-12 100 Freestyle  
13-14 100 Freestyle  
10 & Under 100 Butterfly  
11-12 100 Butterfly  
13-14 200 Butterfly  
10 & Under 50 Back  
11-12 50 Back  
13-14 100 Back  
11-12 400 Freestyle Relay  
13-14 400 Freestyle Relay  
13-14 500 Freestyle\*\*\*

Finals warm-ups Begin at 4:00 pm^^  
Finals Session Begins at 5:00 pm^^

302 #  
304 #  
306 #  
308  
310  
312  
314  
316  
318  
320  
322  
324  
326  
328  
330  
332 #  
334 #  
336 \*

\* Timed Final – Fastest 2 heats at night  
\*\* Timed Final – Fastest 1 heat at night (Prelims fastest to slowest, alternating girls and boys heats)  
\*\*\* First event at Finals  
# Timed Final – All relays during Prelims

^^Please confirm meet start times on the host team website^^

Facility Information	
<b>Facility Address</b>	Bowling Green Recreation Center 1411 Ridge Street BGSU-Student Recreation Center Bowling Green, Ohio 43403 419-372-2711
<b>Pool Information</b>	Cooper Pool is an 8-Lane 50-meter facility with a floating bulkhead that separates 10 competition lanes from a 6-Lane continuous warm up/warm down area. The competition pool depth is from 12-17 feet at the competition end. BGSU uses an Electronic timing system (Colorado System 6) with a 10-Lane scoreboard display. Bleacher seating for 1200 spectators overlooks Cooper Pool along the 25 yard and 50 meter course. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
<b>Handicap Access</b>	Accommodations for persons with disabilities may be arranged with advance notice.
<b>Information/Lost &amp; Found</b>	Information/Questions during the meet can be directed to the control desk located at the Student Recreation Center entrance. Lost & Found can be inquired about at the Pro Shop (found on deck level) or Lifeguard office.
<b>Medical Assistance</b>	Medical assistance will be provided at the facility by lifeguards and Student Recreation Center employees
<b>Facility Information</b>	Concessions will be available for spectators/participants behind the spectator bleachers on the west side of Cooper Pool. Athletes are required to wear shoes when leaving the pool deck.  The Student Recreation Center will open to participants, coaches, and spectators 15 minutes prior to the start of warm-ups.  No coolers or glass containers are permitted in the facility.  All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. BGSU's Cooper Pool is a 'No Tape' facility. ONLY official team banners are permitted. All banners must be tied (rope or bungee cords), not taped, to the bottom of the spectator railings. Neither the facility nor the meet host is responsible for lost or stolen team banners.
<b>Directions to the Pool</b>	<b>From South:</b> I-75 north, Exit 181 (Bowling Green), head west (left) on Wooster Street, 3 <sup>rd</sup> light make a right onto Mercer Road (Wendy's on left). Go approx ½ mile. 1 <sup>st</sup> street on left is Ridge – turn here for drop-off to front entrance to SRC. <b>From North:</b> I-75 south, Exit 181 (Bowling Green), head west (right) on Wooster Street, 2 <sup>nd</sup> light make a right onto Mercer Road (Wendy's on left). Go approx ½ mile. 1 <sup>st</sup> street on left is Ridge – turn here for drop-off to front entrance to SRC. <b>From West:</b> Route 6 east, Bowling Green Road, follow into Bowling Green, turns into Wooster Street, follow to Mercer Road (Huntington Bank/McDonalds on right), make a left onto Mercer Road and follow above directions to the front entrance of the SRC. <b>From East:</b> Route 6 west, Bowling Green Road, follow into Bowling Green, turns into Wooster Street, follow above directions to the front entrance of the SRC.
<b>Parking</b>	BGSU is revising its parking policy. Please check the BGSC Meet host page and the OSI website for parking updates.
<b>Vendor</b>	<b>Kast-A-Way Swimwear</b> will be available for your swim equipment needs.

## Hotel Information

<http://www.cityofbowlinggreenohio.com> - Click on the Convention and Visitors Bureau for hotels, restaurants, and a map of BG.

## Entering the Meet

<b>Entry Rules - General</b>	<ul style="list-style-type: none"> <li>• All contestants must be registered athletes of Ohio Swimming, Inc. and entries must contain their USA Swimming number. USA-S registrations will not be accepted at this meet.</li> <li>• Any Ohio LSC swimmer, 14 years and under, with a time equal to or faster than the Ohio Short Course Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A).</li> <li>• By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations.</li> <li>• Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM).</li> <li>• All swimmers must enter under a team affiliation or unattached. Those with a team affiliation must swim in an unattached status if switching swim clubs in the last 120 days prior to the JO Championship meet, unless cleared by the OSI registration/Membership Coordinator.</li> <li>• <u>There shall be No Deck Entries at the Championship Meet.</u></li> <li>• A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events.</li> <li>• A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 12 hours before the scheduled beginning of the event, provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per swimmer) to the host club.</li> </ul>
<b>Entry Rules: Individual Events</b>	<ul style="list-style-type: none"> <li>• Swimmers may swim a maximum of three individual events per day, plus relays.</li> <li>• Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.</li> <li>• Short Course Yard (SCY) times or Long Course Meter (LCM) times achieved since January 1, 2012 will be accepted.</li> <li>• All Entries must be equal to or faster than the 2013 Short Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2012 Long Course Junior Olympic Time Standards (as listed on the Ohio Swimming website).</li> <li>• Age on the first day of the meet will determine the age group in which a swimmer is entered.</li> <li>• A swimmer whose birthday occurs between the start of the Regional Meet and the start of the Short Course Junior Olympics meet may enter the appropriate events at the Junior Olympic meet for which he/she had the cut times in the younger age group by entering the Short Course Junior Olympic meet <b>AT THE CUT TIME</b> for the older age group.</li> </ul>
<b>Entry Rules: Relay Events</b>	<ul style="list-style-type: none"> <li>• All relay entries must be equal to or faster than the 2013 Short Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2012 Long Course Olympic Time Standards (as listed on the Ohio Swimming website).</li> <li>• Only three (3) relays per team may be entered per event.</li> <li>• Any swimmer may swim any stroke.</li> <li>• Relays must be limited to swimmers entered in the meet.</li> <li>• A swimmer competing unattached may not be a member of a relay team.</li> </ul>
<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li>• Teams/Unattached individuals must enter the meet using the USA Swimming Online Meet Entry (OME) system. The events file can be downloaded from either <a href="http://www.bgscgators.com">www.bgscgators.com</a> or <a href="http://www.swimohio.com">www.swimohio.com</a> (for internal use of organizing entries).</li> <li>• The following <b>must</b> be sent (postmarked) to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline:             <ol style="list-style-type: none"> <li>1. Member Verification &amp; Entry Summary Sheet (Appendix B).</li> <li>2. Check for the Total Entry Fees payable to Bowling Green Swim Club.</li> </ol> </li> <li>• Fax Entries - The meet does not accept faxed entries.</li> <li>• Please let the host club know if you are entering any Outreach athletes.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• Individual Events - \$5.00 per entry</li> <li>• Relay Events - \$10.00 per entry</li> <li>• Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)</li> <li>• Time Trials – same as Individual/Relay Events above</li> <li>• Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee.</li> </ul>

## Entering the Meet

<b>Proof of Times Procedures:</b>	<ul style="list-style-type: none"><li>All entry times will be verified through the Online Meet Entry (OME) system.</li></ul>
<b>Swimmers with a Disability</b>	<ol style="list-style-type: none"><li>Provide advance notice of any necessary accommodations;</li><li>List in the email with the Hy-Tek entry (or on paper) the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. <u>More info is available under Adaptive Swimming on the OSI website.</u></li></ol>

## Championship Procedures

<b>Rules</b>	USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.
<b>Membership Requirement</b>	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card. All persons acting in any coaching capacity in a sanctioned event must be a currently certified coach members of USA Swimming.
<b>Competition Guidelines &amp; Meet Format</b>	<ul style="list-style-type: none"><li>Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.</li><li>The 1650 Freestyle event will be Timed Finals with the fastest 8 swimmers swimming at Finals. The preliminary sessions of these events will swim fastest to slowest, alternating between women and men.</li><li>Relays are timed finals and only the top 16 seeded times will swim at night on Day 2. Relays on Day 3 are all contested in Prelims.</li><li>The 13-14 500 and 1650 Freestyle will be contested as the last event at Prelims, and the first event at Finals.</li><li>Ten (10) lanes will be used for all heats in preliminaries and morning timed final events. Eight (8) lanes will be used for finals and timed final events swum in the evening.</li></ul>
<b>Warm-Up and Safety Guidelines</b>	<ul style="list-style-type: none"><li>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 with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.</li><li>Warm-up procedures may, at the discretion of the host team, be modified based on number of swimmers in the meet and other safety and logistical concerns.</li></ul>
<b>Warm-Up Procedures</b>	<ul style="list-style-type: none"><li>Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.</li><li>The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.</li><li>If coaches in a lane cannot agree on a warm-up procedure, the session referee should be consulted and shall define that lane's procedure. The decision of the session referee will be final.</li><li>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.</li><li>The timing of warm-ups may be by gender, by age group or any mixture in order to keep the number of swimmers warming-up at one time as equal as possible.</li><li>The host may choose to divide the warm-up by team and have an entire teams' athletes warm-up together. In this case, teams should be assigned "early" and "late" warm-up sessions on different days so that no team is advantaged over another.</li></ul>
<b>Safety Guidelines</b>	<b>Host Team Safety Responsibilities:</b> <ul style="list-style-type: none"><li>Marshaling Requirements:<ol style="list-style-type: none"><li>A minimum of four (4) marshals, per pool, who report to and receive instructions from the Meet Referee and/or the Meet Director, shall be on deck during the entire warm-up session.</li><li>Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.</li><li>One Marshal shall be assigned to each warm-up, warm down facility throughout the meet; which includes warm-up prior to meet, breaks during the meet, and during active competition.</li></ol></li></ul>

## Championship Procedures

<b>Safety Guidelines</b>	<p><b>Host Team Safety Responsibilities (cont'd):</b></p> <ul style="list-style-type: none"> <li>• Host team shall provide signs for each lane at both ends of the pool which indicate the designated use during the warm-up session.</li> <li>• An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.</li> <li>• Host team must supply a certified lifeguard on duty at all times.</li> </ul> <p><b>Coach/Team Safety Responsibilities:</b></p> <ul style="list-style-type: none"> <li>• Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.</li> <li>• Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.</li> <li>• Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.</li> <li>• Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.</li> </ul> <p><b>Miscellaneous Safety:</b></p> <ul style="list-style-type: none"> <li>• Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks, and they must enter the pool feet first. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.</li> <li>• Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.</li> <li>• Swimmers are required to exit the pool upon completion of their warm-up period to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.</li> <li>• Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.</li> </ul>
<b>Seeding</b>	<p>For these Championships, the seeding order is Short Course Yards (Y) then Long Course Meters (L).</p>
<b>Protest Procedures</b>	<p>All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.</p>
<p><b>Scratch Procedures:</b> Any swimmer not appearing for a preliminary heat or a timed final event shall not be penalized; however, that event will still be counted against their 7 event maximum for the meet and their 3 event per day maximum. Any relay team that fails to appear for a pre-seeded relay event shall not be penalized.</p>	
<p>Scratching from Finals:</p>	<ul style="list-style-type: none"> <li>• Any swimmer qualifying for a consolation or championship final in an individual event who fails to compete in said final shall be barred from his/her next individual event, except as noted in 'Exception for Failure to Compete' below. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.</li> <li>• In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the consolation or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. The alternates shall not be penalized if unavailable to compete in the finals.</li> <li>• Where consolation finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation and championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.</li> <li>• If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).</li> <li>• Failure to scratch consolation or championship finals according to the rules above shall result in a \$50.00 penalty fee per event against the swimmer if the event is his/her last event of the meet. The penalty fee shall be billed to the club and paid to the host group member.</li> </ul>
<p>Exception for Failure to Compete:</p>	<p>No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <ul style="list-style-type: none"> <li>• The Referee is notified in the event of illness or injury and accepts the proof thereof.</li> <li>• A swimmer qualifying for a consolation or championship final race based upon the results of the preliminaries notifies the Clerk of Course within thirty (30) minutes after the announcement of qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.</li> <li>• It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</li> </ul>



## Championship Procedures

<p>Relays and Relay Check-In Procedures:</p>	<p>1. All relays are conducted on a timed final basis. Entry forms for all relays will be included in the Team packets and must be turned in prior to the relay forms deadline in order to be seeded. The coach shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the host team designated person for entry by the deadline. However, relay swim order may be changed up to the time of the swim.</p> <p>2. Relay Forms – Deadlines:</p> <table border="0" style="margin-left: 40px;"> <tr> <td style="text-align: right;"><b>Day:</b></td> <td style="text-align: right;"><b>Event Name:</b></td> <td style="text-align: right;"><b>Scratch Deadline:</b></td> </tr> <tr> <td style="text-align: right;">Friday</td> <td style="text-align: right;">800 Free Relay</td> <td style="text-align: right;">30 minutes after the start of Friday Prelims</td> </tr> <tr> <td style="text-align: right;">Saturday</td> <td style="text-align: right;">All Relays</td> <td style="text-align: right;">30 minutes after the start of Friday Finals</td> </tr> <tr> <td style="text-align: right;">Sunday</td> <td style="text-align: right;">All Relays</td> <td style="text-align: right;">30 minutes after the start of Saturday Finals</td> </tr> </table>	<b>Day:</b>	<b>Event Name:</b>	<b>Scratch Deadline:</b>	Friday	800 Free Relay	30 minutes after the start of Friday Prelims	Saturday	All Relays	30 minutes after the start of Friday Finals	Sunday	All Relays	30 minutes after the start of Saturday Finals
<b>Day:</b>	<b>Event Name:</b>	<b>Scratch Deadline:</b>											
Friday	800 Free Relay	30 minutes after the start of Friday Prelims											
Saturday	All Relays	30 minutes after the start of Friday Finals											
Sunday	All Relays	30 minutes after the start of Saturday Finals											
<p><b>Finals Session Event Order</b></p>	<p>The order of the final events shall be the same as preliminary sessions except the 13-14 500Y Freestyle and the 1650Y Freestyle will be contested as the first event at Finals.</p>												
<p><b>Scoring:</b> <b>8 Lane Pool (16 places)</b></p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Relay Events:</u> A (Final) 40-34-32-30-28-26-24-22 B (Consolation) 18-14-12-10-8-6-4-2</p> </td> </tr> </table> <p><b>Special note on scoring:</b> Teams may enter up to three relay teams as they have qualified, but only two relays per team event may score points and/or swim in the final heat.</p>	<p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p>	<p><u>Relay Events:</u> A (Final) 40-34-32-30-28-26-24-22 B (Consolation) 18-14-12-10-8-6-4-2</p>										
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<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>• Individual Events - Medals will be awarded to all place winners in the “A” final (championship). Ribbons will be awarded to all place winners in the “B” final (consolation).</li> <li>• Relay Events - Medals will be awarded to the top 3 relay places. Ribbons will be awarded to 4-8 places.</li> <li>• Outstanding Swimmer – An Outstanding Swimmer Award will be awarded for each gender to the swimmer who achieves the highest total of <b>Hy-Tek Age Group Power Points</b>.</li> <li>• Individual High Point Plaques – High point plaques will be awarded for each gender and age group who achieves the highest point total using standard scoring.</li> <li>• Team High Point Plaques – High Point plaques will be awarded for each gender and age group.</li> <li>• Overall High Point Large and Small Team Awards shall be furnished by Ohio Swimming and presented to the first, second and third place teams at the Ohio LSC Championship meet.</li> </ul>												
<p><b>Psych Sheet Warm-up Schedule Results</b></p>	<ul style="list-style-type: none"> <li>• The following information will be published on the meet host website at: <a href="http://www.bgscgators.com">www.bgscgators.com</a> <ol style="list-style-type: none"> <li>1. Psych Sheets</li> <li>2. Warm-up Schedule</li> <li>3. Results</li> <li>4. Final Results, Team Manager Results file, and Meet Manager Backup file</li> </ol> </li> </ul>												
<p><b>Time Trials</b></p>	<ul style="list-style-type: none"> <li>• Time Trials will be conducted following the preliminary sessions on Friday, Saturday and Sunday.</li> <li>• Signups for Time Trials each day will close one hour prior to the end of each preliminary session according to the estimated timeline.</li> <li>• Meet Participants are limited to three individual events per day, including Time Trials. A declared false start is counted as one of these three individual events per day.</li> <li>• The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines.</li> <li>• Time Trials for non-meet participants are limited to individuals attempting to achieve a published National Cut (Zone, Sectional, Junior National, US Open or Senior National). Entry times for time trials should be within ½ second per 50 yards/meters of the published Time Standard. The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries.</li> <li>• Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You must show your current USA Membership card or an official club portal roster at the time of sign-up for Time Trials.</li> </ul>												

## OHIO SWIMMING

### 2013 Short Course Junior Olympics

### TIME STANDARDS

2013 Short Course JO Meet Qualifying Time Standards						
GIRLS			BOYS			
13-14	11 - 12	10 & Under		10 & Under	11 - 12	13 - 14
26.29	28.29	31.59	50 Free	32.09	28.09	24.49
56.99	59.49	1:08.29	100 Free	1:09.09	59.69	53.69
2:02.69	2:09.39	2:31.79	200 Free	2:34.49	2:11.19	1:55.49
5:28.29	5:46.99		500 Free		5:50.59	5:15.09
19:10.49			1650 Free			18:30.29
	32.49	37.39	50 Back	37.99	33.49	
1:03.69	1:07.89	1:18.09	100 Back	1:20.49	1:09.19	1:01.59
2:17.39			200 Back			2:11.29
	36.79	42.09	50 Breast	43.79	37.09	
1:12.59	1:16.69	1:29.19	100 Breast	1:33.09	1:19.79	1:08.99
2:37.69			200 Breast			2:31.49
	30.79	35.29	50 Fly	36.89	31.59	
1:02.99	1:07.89	1:22.29	100 Fly	1:23.69	1:10.69	59.59
2:23.99			200 Fly			2:18.49
	1:07.99	1:17.99	100 IM	1:20.19	1:09.39	
2:19.29	2:26.59	2:50.59	200 IM	2:56.29	2:28.59	2:12.69
4:54.69			400 IM			4:42.59
1:48.39	1:53.59	2:11.49	200 Free Relay	2:18.19	1:54.89	1:42.89
3:54.79	4:07.49		400 Free Relay		4:13.09	3:45.49
8:15.49			800 Free Relay			8:05.09
1:58.29	2:09.39	2:32.29	200 Med Relay	2:41.99	2:13.89	1:51.29
4:23.89	4:42.99		400 Med Relay		4:56.19	4:16.39
<b>Updated 10-14-2012</b>						

Individual Entries Limited to 7 Individual Events

## 2013 Short Course Junior Olympic Championship

Ohio Swimming Inc. Membership Verification

Held under the sanction of USA Swimming #OH-3599 and #OH-3600

**Meet Name:** Ohio LSC Short Course Junior Olympic Championship

**Location:** Bowling Green State University, Bowling Green, Ohio

**Date:** March 8-10, 2013

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

TEAM: \_\_\_\_\_ DATE: \_\_\_\_\_  
 SIGNATURE: \_\_\_\_\_ PRINTED NAME: \_\_\_\_\_

### ENTRY SUMMARY SHEET

Held under the sanction of USA Swimming #OH-3599 and #OH-3600

TEAM NAME: \_\_\_\_\_ TEAM CODE: \_\_\_\_\_  
 TEAM CONTACT: \_\_\_\_\_  
 DAYTIME PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_  
 EMAIL ADDRESS: \_\_\_\_\_

_____ # SWIMMERS	x \$2.00 =	_____ (Travel Fund & Championship Facilities Site Selection Fund)
_____ # INDIVIDUAL EVENTS	x \$5.00 =	_____
_____ # RELAY EVENTS	x \$10.00 =	_____

TOTAL AMOUNT REMITTED: \_\_\_\_\_

**OUTREACH ATHLETES ENTERED (NAMES):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**INCLUDE CHECK WITH THIS SUMMARY SHEET**

Make checks payable to: Bowling Green Swim Club  
 PO Box 793  
 Bowling Green, Ohio 43402-0793

**ENTRY POSTMARK DEADLINE: March 1, 2013**