



**Ohio Swimming, Inc.**

**2011 Long Course  
Junior Olympic Championship  
and Time Trials**

**Meet Information**

**July 14-17  
Oxford, Ohio**

**Meet Sanction # OH-3393  
Time Trial Sanction # OH-3394  
Officials Qualifying Meet QM011-089**

# 2011 Ohio Long Course Junior Olympic Championships

## Event Information

July 14-17, 2011

Miami University Corwin M. Nixon Aquatic Center  
Oxford, Ohio

Sanctioned by USA Swimming through Ohio Swimming  
This information is available on-line at [www.swimmakos.com](http://www.swimmakos.com)

### Important Facts About the Meet

- The competition is governed by the Age Group Committee of Ohio Swimming, Inc.
- Entry Deadline: Monday, July 11, 2011 at 5:00 P.M. All paperwork and entry fees must be postmarked by Tuesday, July 12, 2011.
- Time Standards - All entries must be equal to or faster than the 2011 Long Course Junior Olympic Time Standards in Appendix A, or the 2011 Short Course Time Standards on the OSI website.
- Entry times shall be in long course meters (L), achieved since January 1, 2010. You may also enter in Short Course Yards (Y) as long as the entry time meets or exceeds the 2010 Short Course Junior Olympic Time Standard. No Converted Times will be accepted.
- Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- Events will be seeded in Long Course Meter (L), Short Course Yard (Y) order.
- There is no Admission Charge for Ohio LSC Championship Meets.
- Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of these championships.
- 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- If home club coach is not planning to attend event, their athletes must be assigned a supervising coach (per USA Swimming Rule 202.3.2). If an athlete arrives without a coach, he/she must find a willing coach at the facility to be able to participate in warm-up or competition.
- Any team or unattached swimmer with unpaid entry fees at the beginning of the meet will not be allowed to compete.
- Accommodations for persons with disabilities may be arranged with advance notice.

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## Meet Administration

### Facility

Miami University Corwin M. Nixon Aquatic Center  
700 S. Oak St.  
Oxford, Ohio 45056  
(513) 529-1844

### Meet Referee:

Bill Houk  
6 Bull Run Drive  
Oxford, OH 45056  
(513) 523-3080  
[houktw@muohio.edu](mailto:houktw@muohio.edu)

### Meet Director

Terri Shannon/Jamey Rutschilling  
700 S. Oak St.  
Oxford, Ohio 45056  
(513) 529-8154  
[shannot1@muohio.edu](mailto:shannot1@muohio.edu)

### Local Officials Coordinator

Bill Houk  
6 Bull Run Drive  
Oxford, OH 45056  
(513) 523-3080  
[houktw@muohio.edu](mailto:houktw@muohio.edu)

### Entry Chair

Claudia Multer  
1075 Oakmont Ave.  
Hamilton, Ohio 45013  
[claudiam@one.net](mailto:claudiam@one.net)

### Age Group Committee Chair

David Back

### Meet Committee

- Age Group – Dave Back
- Meet Director – Terri Shannon/Jamey Rutschilling
- Meet Referee – Bill Houk
- Coach- Teresa Fightmaster
- Athlete – **To be Determined**

### Officials

All USA Swimming certified officials willing to volunteer should fill out and submit the Application to Officiate found in the meet information on the [Ohio Swimming Website](#) or the [MVAC website](#)

We anticipate that this meet will be an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications. Officials wishing to be evaluated should submit a [Request for Evaluation](#) form available on the Ohio Swimming or MVAC website.

**Note: to be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position."**

**Special notice to those interested in obtaining National Certification as a Chief Judge, Starter, or Referee:** First priority for assigned positions will be given to those seeking certification, as well as, a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. Preference will also be given to those seeking either an N2 or N3 Evaluation. If the evaluation is for "Recertification", then one must work the minimum number of sessions in each position in which he/she is recertifying. For specific requirements, refer to the [USA Swimming](#) website, the Volunteers Section under Officials Certification.

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

### Meeting Schedule

General/Coaches Meeting	
Friday, July 15, 2011	8:15 AM

Officials Meetings	
Thursday, July 14, 2011	11:45 AM
Friday, July 15, 2011	7:15 AM

*All subsequent officials' briefing will be held 1 hour prior to the start of each session*

## General Information

### Order of Events – Long Course Meters

Day 1			Day 3		
Thursday - July 14, 2011			Saturday - July 16, 2011		
Women's		Men's	Women's		Men's
Events	<u>Time Finals - 12:30 pm</u>	Events	Events	<u>Prelims – 8:30 a.m.</u> <u>Finals – 4:30 p.m.</u>	Events
101 Δ	13-14 1500 Freestyle	102 Δ	301 #	13-14 200 Free Relay	302 #
103 Δ	11-12 400 Freestyle	104 Δ	303 #	11-12 200 Free Relay	304#
105 Δ	10&U 200 Freestyle	106 Δ	305 #	10&U 200 Free Relay	306 #
107 Δ	13-14 800 Free Relay	108 Δ	307	13-14 50 Freestyle	308
There will be a second warm-up after Event 102			309	11-12 50 Freestyle	310
Events will swim fastest to slowest,			311	10&U 50 Freestyle	312
alternating girls and boys heats			313	13-14 100 Backstroke	314
			315	11-12 100 Backstroke	316
			317	10&U 100 Backstroke	318
			319	13-14 200 Butterfly	320
			321	11-12 50 Butterfly	322
			323	10&U 50 Butterfly	324
			325	13-14 200 Individual Medley	326
			327 #	11-12 200 Individual Medley	328 #
			329 #	13-14 400 Medley Relay	330 #
			331	11-12 400 Medley Relay	332
			333##Δ	13-14 400 Freestyle	334##Δ
Day 2			Day 4		
Friday - July 15, 2011			Sunday - July 17, 2011		
Women's		Men's	Women's		Men's
Events	<u>Prelims – 8:30 a.m.</u> <u>Finals – 4:30 p.m.</u>	Events	Events	<u>Prelims – 8:30 a.m.</u> <u>Finals – 3:00 p.m.</u>	Events
201 #	13-14 200 Medley Relay	202 #	401	10&U 50 Breaststroke	402
203 #	10&U 200 Medley Relay	204 #	403	11-12 50 Breaststroke	404
205 #	11-12 200 Medley Relay	206 #	405	13-14 200 Breaststroke	406
207	13-14 200 Freestyle	208	407	10&U 100 Freestyle	418
209	10&U 50 Backstroke	210	409	11-12 100 Freestyle	410
211	11-12 50 Backstroke	212	411	13-14 100 Freestyle	412
213	13-14 200 Backstroke	214	413	10&U 100 Butterfly	414
215	10&U 100 Breaststroke	216	415	11-12 100 Butterfly	416
217	11-12 100 Breaststroke	218	417	13-14 100 Butterfly	418
219	13-14 100 Breaststroke	220			
221	11-12 200 Freestyle	222			
223 ##	10&U 200 Individual Medley	224##			
225 ##	13-14 400 Individual Medley	226 ##			
227 #	11-12 400 Free Relay	228 #			
229 #	13-14 400 Free Relay	230 #			
Legend					
Δ Fastest to Slowest, Alternating Girls/Boys					
# Timed Final – Fastest 1 heat at night					
## Timed Final, Fastest two heats at night					

**Special Note – Preliminary Sessions:** During preliminary sessions on Friday, Saturday and Sunday, we will be using both ends of the pool as follows:

1. **Relay Events – All Heats start from the Balcony End**
2. **50 Meter Events – All Heats start from the Scoreboard End**
3. **Events 100 meters and longer:**
  - a. **Odd number heats start at Balcony End**
  - b. **Even number heats start at Scoreboard End**

## General Information (Continued)

### Directions to the Pool

**From Cincinnati:** Take Rt. 27 north from I-275 (on the west side of I-75). Take left on Chestnut Street; right on Oak Street. Facility is on left. Parking is in front. Approximate driving time: 45 minutes

**From Dayton:** Take I-75 south to Rt. 73 west. Take left on Patterson Street; right on Spring Street; left on Oak Street. Facility is on right. Approximate driving time: 1 hour, 15 minutes.

### Hotel Information

Baymont Inn and Suites  
5190 College Corner Pike  
(513) 523-2722

Comfort Inn  
5056 College Corner Pike  
(513) 524-0114

Marcum Conference Center and Inn  
100 N. Patterson Ave.  
(513) 529-2104

Barker's Bed and Breakfast  
5815 Brown Rd.  
(513) 523-1107

Best Western Sycamore Inn  
6 E. Sycamore St.  
(513) 523-0000

Hueston Woods Resort  
RR 2, College Corner  
(513) 664-3500

Elms Hotel/ Holiday Inn  
75 S. Main St.  
(513) 524-2002

Holiday Inn Express (Fairfield)  
6755 Fairfield Business Ctr.  
(513) 860-2900

Manchester Inn (Middletown)  
1027 Manchester Ave.  
(513) 422-5481

Courtyard by Marriott  
1 Riverfront Plaza  
Hamilton, OH  
(513) 896-6200

### Lost & Found

An Information/Lost & Found booth will be available in the Aquatic Vestibule.

### Lockers

Day lockers will be available for use at the Aquatics Center for use by athletes, coaches and officials. Overnight use is prohibited.

### ACCIDENT/INCIDENTS

For any injury sustained at the aquatic center, Miami University will need to fill out an accident report. Lifeguards will handle all in-water emergencies as well as minor injuries. EMS will be called in the event of serious injury. Emergency response time is approximately 5 minutes.

### HOSPITAL

McCullough-Hyde Hospital is located at 110 N Poplar Street, 1 mile away and has on-call emergency medical service 24 hrs/day. Emergency response time is approximately 5 minutes. The phone number is **523-2111**.

### Parking

Event parking will be available in the parking garage located next to the Recreational Sports Center. A multiple day pass will be sold for \$8.00. These passes are available on a cash only basis. There is limited street parking around the Rec Center. You will need to pay any meters, and you must park in a legal parking space. Check the website for any other parking information [www.swimmakos.com](http://www.swimmakos.com).

Concessions will be available for spectators in the concourse at the Recreational Sports Center

### Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Wet Classroom adjacent to the pool.

## Site information

The competition course has been certified in accordance with 104.2.2C(4)(C). Where a moveable bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved.

Note: Swimmers will not be permitted in the adjacent leisure pool.

The Miami University Aquatic Center features a 50 meter x 25 yard pool with eight championship nine foot wide lanes. Pool depth ranges from 6 feet to 10 feet. There is an adjacent diving well with four 25 meter lanes available for continuous warm up and warm down. Electronic timing and video facilities are by Colorado Timing Systems, Colorado Olympex scoreboard and video board. There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the finish end of the pool.

### Venue Rules:

- Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except at the request of the meet officials or meet director.
- Locker rooms are located on the pool deck level. Locker space is not available. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items.
- First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Office.
- The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons. There is no food allowed on the pool deck.
- Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first come basis. Saving of seats is prohibited.
- Wireless internet access will be available throughout the meet.
- A food and drink concession is available for your convenience inside the Natatorium.
- Swimville will also be available for your swim equipment needs.
- No alcohol shall be consumed in the venue.
- Miami University is a smoke free campus.

Use of any portion of the Recreational Sports Center by parents, athletes, and siblings while not involved in the meet is available for a \$8.00 a day charge at the Membership window. You will receive a wristband. There is an additional charge for the climbing wall or to attend classes. The Fitness Center is for adult (over 18 years of age) use only. Call (513) 529-8181 for additional information.

### Team Banners

All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen team banners.

## Entering the Meet

### Entry Rules - General

- All contestants must be registered athletes of Ohio Swimming, Inc. and entries must contain their USA Swimming number. "Pending" will not be accepted.
- Any Ohio LSC swimmer, 14 years and under, with a time equal to or faster than the Ohio Long Course Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A).
- By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations.
- 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 Junior Olympic Championship meet.
- There shall be No Deck Entries at the Championship Meet. There will be no exception to the no deck entry policy except as:  
**EXCEPTION A:** A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events.  
**EXCEPTION B:** 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 event) to host club.

### Entry Rules – Individual Events

- Swimmers may swim a maximum of three individual events including time trials, per day, plus relays.
- Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays
- Only 50 meter (L) or 25 yard (Y) times achieved since January 1, 2010 will be accepted.
- All Entries must be equal to or faster than the Long Course Junior Olympic Time Standards, as listed in Appendix A. You may also enter in Short Course Yards (Y) as long as the entry time meets or exceeds the 2011 Short Course Junior Olympic Time Standard.
- Age on the first day of the meet will determine the age group in which a swimmer is entered.
- A swimmer whose birthday occurs between the start of the Ohio LC Regional Champs and the start of the Long Course Junior Olympic meet, may enter events at the Junior Olympic meet for which he/she had the cut times in the younger age group, by entering the Long Course Junior Olympic meet at the cut time for the older age group. The swimmer may also enter the next longer event (200, 400, or 1500) for which they had the cut times in the younger age group, but the event was not offered in the younger age group.

### Entry Rules – Relay Events

- All Relay entries must be equal to or faster than the Long Course Junior Olympic Time Standards, as listed in Appendix A.
- Only 3 Relays per team may be entered per event.
- Any swimmer may swim any stroke. Relays may be declared at the meet, but they must be limited to swimmers entered in the meet.
- A swimmer competing unattached may not be a member of a relay team.

### Entry Procedures

- Teams should enter the meet using Hy-Tek Team Manager. The Hy-Tek Team Manager Event File can be downloaded from the meet host site [www.swimmakos.com](http://www.swimmakos.com), or from Ohio Swimming's website [www.swimohio.com](http://www.swimohio.com)
- Team Manager Entry File should be sent via e-mail to the Entry Chair by the Entry Deadline.
- The following **must** be sent to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline:
  - Hardcopy printout of entries from Hy-Tek Team Manager with Proof-Of-Times (POT) listed (see POT procedures below)
  - Membership Verification & Entry Summary Sheet (Appendix B)
  - Check for the Total Entry Fees payable to (insert host club).
- Outreach Teams or Unattached Swimmers only may enter manually using Form in Appendix C contained in this document.

### Entry Fees

- Individual Events - \$7.00 per entry
- Relay Events - \$10.00 per entry
- Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)
- Time Trials – same as Ind/Relay Events above

### Proof-of-Times Procedures

- Ohio Swimming requires all entries times into the Junior Olympics to be pre-proven.
- In Hy-Tek Team Manager, using the following:
  - [ Meets ] [ Reports ] [Other Options], checkmark "include Proof of Time".
- All entry times will be verified by the OSI Registration Chair through USA Swimming's SWIMS database.
- Teams will be notified of "unproven times", and posted on Ohio Swimming's website at [www.swimohio.com](http://www.swimohio.com). Teams must submit proof to the meet Entry Chair/Administrative Referee **three days prior to the meet**.
- **Swimmers with a Disability are Welcome to Enter Ohio Swimming Meets**

For Ohio Swimming Championship meets, swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships and:

1. Provide advance notice of any necessary accommodations
2. 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

## Championship Procedures

### Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

### Membership Requirement

All swimmers, coaches, and officials should be prepared to show a current USA Swimming membership card.

Coaches must be able to provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents. All meet directors, referees, starters, marshals and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

### Warm-Up and Safety

The meet host will provide a complete schedule of warm-up procedures to include lane usage 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.

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.

Below are listed the Warm-up procedures that are to be used for the OSI championship meets.

#### TEAM SPECIFIC WARM-UP PROCEDURES

- a. Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.
- b. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.
- c. If coaches in a lane can not 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.
- d. 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.
- e. 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 as equal as possible.
- f. 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.

### Safety Guidelines

1. Coaches' Responsibilities. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - a. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
  - b. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - c. Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.
2. Host Team Responsibilities
  - a. Marshaling
    1. 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.
    2. 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.
    3. In addition to four (4) Marshal's required for pre-meet warm-up, 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.
      - a. Host team shall provide signs for each lane at both ends of the pool that indicate the designated use during the warm-up session.
      - b. Warm-up times and lane assignments shall be posted at several locations around the pool area, announced periodically and on a regular basis.
      - c. 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.
      - d. Host team must supply a certified lifeguard on duty at all times.
3. Miscellaneous
  - a. 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.
  - b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - c. 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.
  - d. Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.



## Championship Procedures

### Seeding

For these Championships, the seeding order is

1. Long Course Meters (L)
2. Short Course Yards (Y)

### Protest Procedures

All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.

### Scratch Procedures

Pre-seeded Preliminary Events - 200 meter and below: Any swimmer not appearing for a preliminary heat when finals are scheduled shall not be penalized. Any swimmer not appearing for a timed final event shall not be penalized. Any relay team that fails to appear for a pre-seeded relay event shall not be penalized. No Shows for preliminary and timed final events will not be substituted into later heats unless the No Show is a result of an administrative error or is due to a verifiable cause beyond the control of the swimmer.

Ohio Swimming follows USA Swimming's Championship Scratch Procedures as stated in **207.12.06** of USA Swimming Rules and Regulations for all events 400 Meters and longer.

Timed Final Events – 200 Meters and above: The scratch deadline for these events is as follows:

<u>Day</u>	<u>Event Name</u>	<u>Scratch Deadline</u>
Thursday	All Events	15 minutes following beginning of warm-ups
Friday	10&U 200 IM 13-14 400 IM	15 minutes after start of prelims on Friday
Saturday	13-14 400 Free	15 minutes after the start of prelims on Saturday

**Penalty for failure to compete 400 Yards & above:** Swimmer will be barred from his/her next individual **preliminary or timed final** event.

### Scratching from Finals:

1. 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 preliminary or timed final event, or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
2. 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.
3. 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.
4. If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).
5. 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.

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

1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
2. 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.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

### Relays and Relay Check-In Procedures

1. All relays are conducted on a timed final basis and are swum during prelims. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the mailbox in the hospitality room. He/she 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 Computer Table for entry by the scratch deadline. However, relay order may be changed up to the time of the swim.
2. Relay Forms – Deadlines

<u>Day</u>	<u>Event Name</u>	<u>Deadline</u>
Thursday	800 Free Relay	3:00 PM Thursday
Friday	All Relays	30 minutes after the start of warm-ups on Friday morning
Saturday	All Relays	30 minutes after the start of Friday Finals



## Championship Procedures

### Preliminary Session Starting Procedures

Preliminary events will be started from both ends of the pool, odd heats from the Balcony end, even heats from the Scoreboard end. All 50's will be started from the Scoreboard end of the pool. All relays will be started at the balcony end of the pool.

### Finals Session Event Order

The order of the final events shall be the same as preliminary Sessions, with the following exceptions:

### Scoring

- Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
- Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
- **Special note on scoring:** 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. Swimmers or relays who fail to make the State qualifier time standard in either prelims or finals are still eligible to score points or receive awards.

### Awards

- Individual Events:
  - Medals – Top 8 places.
  - Custom Ribbons – Places 9-16
- Relay Events:
  - Medals – Top 3 places
  - Custom Ribbons – Places 4 – 8
- Outstanding Swimmer – An Outstanding Swimmer Award will be awarded for each gender to the swimmer who achieves the highest total of Hy-Tek Age Group Power Points. In case of a tie, both swimmers will be awarded.
- Individual High Point Plaques – High point plaques will be awarded for each gender and age group who achieves the highest total points.
- Team High point plaques – High point plaques will be awarded for each gender and age group which achieves the highest total points.
- Team trophies – Trophies will be presented to the top three teams in each division.
- Combined team trophies – A single trophy for large team and a single trophy for small team division will be awarded to the teams with the greatest combined scores at the Senior and Age-Group Championship meets. These trophies will be presented at the Fall Ohio LSC House of Delegates meeting.

### Large Team – Small Team Definition

- To determine a small team, divide the total number of 9-14 year old registered athletes as of July 1<sup>st</sup>. Divide by the number of teams with 9-14 year old athletes eliminating any remainder. Teams with athletes equal to or less than this number will be designated as small teams.

### Results

- Results will be posted to the meet website following each prelim and final session at [www.swimmakos.com](http://www.swimmakos.com)
- Final Results, Team Manager Results file, and Meet Manager Backup file will be posted to the meet website at [www.swimmakos.com](http://www.swimmakos.com) on Monday morning, July 19, 2011.

### Time Trials

- Time Trials will be conducted following the preliminary sessions on Friday, Saturday, and Sunday sessions.
- Signups for Time Trials each day will close one hour prior to the end of each preliminary session.
- Time Trials are limited to individuals attempting to achieve a published National Cut (Zone, Sectional, Junior National, US Open Senior National, and Olympic Trial). 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 to review Time Trial entries.
- The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines.
- Swimmers 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.
- Time Trials are open to non-meet participants who are registered athletes of Ohio Swimming, Inc. You **must show** your current USA Registration card at the time of sign-up for Time Trials.

## Long Course JO's

Ohio Swimming 2011 Long Course Junior Olympic Qualifying Times						
GIRLS				BOYS		
13 - 14	11 - 12	10 & Under		10 & Under	11 - 12	13 - 14
29.79	31.09	34.79	<b>50 Free</b>	35.89	31.49	28.19
1:04.79	1:07.79	1:18.49	<b>100 Free</b>	1:19.49	1:08.79	1:01.19
2:20.59	2:28.09	2:51.19	<b>200 Free</b>	2:54.19	2:28.69	2:14.79
4:57.69	5:14.99		<b>400 Free</b>		5:15.49	4:46.29
20:10.59			<b>1500 Free</b>			19:16.79
	36.49	41.69	<b>50 Back</b>	43.09	36.99	
1:15.09	1:19.69	1:31.09	<b>100 Back</b>	1:34.29	1:20.69	1:12.29
2:40.29			<b>200 Back</b>			2:36.19
	41.49	46.99	<b>50 Breast</b>	49.69	42.19	
1:25.49	1:30.99	1:44.59	<b>100 Breast</b>	1:49.79	1:32.79	1:22.19
3:03.99			<b>200 Breast</b>			2:59.89
	34.29	39.49	<b>50 Fly</b>	41.69	35.89	
1:12.89	1:18.39	1:34.99	<b>100 Fly</b>	1:43.29	1:22.29	1:09.49
2:48.59			<b>200 Fly</b>			2:39.79
2:39.99	2:49.79	3:15.09	<b>200 IM</b>	3:24.09	2:54.39	2:30.99
5:40.69			<b>400 IM</b>			5:28.89
2:08.99	2:17.99	2:41.99	<b>200 Free Relay</b>	2:42.99	2:24.99	2:03.99
4:45.99	5:04.99		<b>400 Free Relay</b>		5:16.99	4:32.99
10:37.99			<b>800 Free Relay</b>			10:39.99
2:27.99	2:36.99	3:11.99	<b>200 Med Relay</b>	3:04.99	2:41.99	2:22.99
5:15.99	5:51.99		<b>400 Med Relay</b>		6:00.99	5:03.99

1. Updated 5-03-11
2. Acceptable times for Long Course Junior Olympics are (since January 1, 2010):
3. Long Course Meters (L), and Short Course Yards (Y), and seeded in (LY) order.
4. Entries limited to 7 individual events for 2011.

# USA SWIMMING

## Ohio Swimming Inc. 2011 Membership Verification

Meet Name: Ohio LSC Long Course Junior Olympics Championship

Location \_\_\_\_\_

Date \_\_\_\_\_

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: \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

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### 2011 Long Course Junior Olympics Championship

#### ENTRY SUMMARY SHEET

TEAM: \_\_\_\_\_ CODE \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_

Email Address: \_\_\_\_\_

\_\_\_\_\_ SWIMMERS AT:                      \$2.00 = \_\_\_\_\_ (Travel Fund & Championship Facilities  
Site Selection Surcharges)

\_\_\_\_\_ INDIVIDUAL EVENTS AT:      \$7.00 = \_\_\_\_\_

\_\_\_\_\_ RELAY EVENTS AT:              \$10.00 = \_\_\_\_\_

TOTAL AMOUNT REMITTED              = \_\_\_\_\_

ATTACH CHECK TO THIS SUMMARY SHEET.

## Oxford Area Restaurants

### Restaurants

Bob Evans  
5076 College Corner Pike, Oxford OH 45056 (513) 523-8866

DiPaolos Restaurant  
77 S. Main St., Oxford OH 45056 (513) 523-1541  
Reservations recommended

Stella  
12 S Beech, Oxford, OH 45056 (513) 523-7835

3 Trees Irish Pub  
77 S. Main St., Oxford OH 45056 (513) 523-8733

Kona Bistro & Coffee Bar  
31 W. High St., Oxford OH 45056 (513) 523-0686

La Bodega Delicatessen  
11 W. High St., Oxford OH 45056 (513) 523-1338

La Rosa's Restaurant  
21 Lynn St., Oxford OH 45056 (877) 347-1111

Paesano's Pasta House  
308 S. Campus Ave. Oxford, OH 45056 (513) 524-9100

Skippers Pub  
121 E. High St., Oxford OH 45056 (513) 523-0066

Brick Street  
36 E. High St., Oxford OH 45056 (513) 523-1335

45 East Bar & Grill  
45 E. High St., Oxford OH 45056 (513) 523-3737

Buffalo Wild Wings  
10 E. Walnut St., Oxford OH 45056 (513) 524-2999

Fiesta Charra  
19 W. High St., Oxford OH 45056 (513) 524-3114

El Burrito Loco  
102 S. Locust St., Oxford, OH 45056 (513) 523-6693

Chipotle Mexican Grille  
1 West High Street, Oxford, OH 45056 (513) 523-6563

Rohan India  
339 Foxfire Dr., Oxford, OH 45056 (513) 523-4444

Mac & Joe's  
21 E. High St., Oxford OH 45056 (513) 523-8018

Phan Shin Chinese & Thai  
104 W. High St., Oxford OH 45056 (513) 523-1020

Wild Bistro  
37 E. High Street, Oxford, OH 45056 (513) 523-5888

Stadium Sports Bar & Grille  
16 S. Poplar St., Oxford OH 45056 (513) 523-4661

Steinkeller  
15 E. High St. (Basement), Oxford OH 45056 (513) 524-2437

Sushi Nara  
22 N. College Ave, Oxford, OH 45056 (513) 523-1200

The Smokin' Ox  
12 East Park Place, Oxford OH 45056 (513) 524-4BBQ

### Fast Food

Arby's of Oxford  
2 Lynn St., Oxford OH 45056 (513) 523-3040

Bagel & Deli Shop  
119 E. High St., Oxford OH 45056 (513) 523-2131

Jimmy Johns,  
23 E. High St., Oxford OH 45056 (513) 524-2424

McDonald's  
601 S. Locust St., Oxford OH 45056 (513) 523-8933

Pita Pit  
33 E. High, Oxford OH 45056 (513) 523-7482

Quiznos Subs  
32 W. High Street, Oxford OH 45056 (513) 524-3663

Skyline Chili  
1 E. High St., Oxford OH 45056 (513) 523-3330

Taco Bell  
36 Lynn St., Oxford OH 45056 (513) 523-0070

Johnny's Campus Deli  
209 E. Sycamore St., Oxford OH 45056 (513) 523-1123

Subway  
17 E. High St., Oxford OH 45056 (513) 523-7827

Wendy's Hamburgers  
College Corner Pike, Oxford, Ohio

### Pizza

Brunos Pizza  
14 W. Park Place & 31 E. High St., Oxford OH 45056 (513) 523-2266

Dominos Pizza  
5156 College Corner Pike, Oxford OH 45056 (513) 524-6262

D.P. Dough  
23 N. College Avenue, Oxford OH 45056 (513) 524-2000

Papa Johns Pizza - Oxford  
619 S. Locust St., Oxford OH 45056 (513) 523-9991

Pizza Hut  
135 Lynn St., Oxford OH 45056 (513) 523-2184

SDS Pizza & Subs  
7 E. Chestnut St., Oxford OH 45056 (513) 523-1234

### Coffee, Bakeries, and Sweets

Patterson's Cafe  
Stewart Square  
103 W Spring St. Oxford OH 45056 (513) 523-0770

Morning Sun Café and Bakery  
109 W. High St, Oxford, OH (513) 524-6786

Starbucks  
19 E. High St., Oxford OH 45056 (513) 523-7200

Kofenya Coffee  
38 W High Street, Oxford OH 45056 (513) 523-2195

Iggie's  
48 East Park Place, Oxford OH 45056 (513) 523-3888

Meet: **Ohio LC Junior Olympics**

Date: **July 14-17, 2011**

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Event#

Qualifying Time

200 Free Relay

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

Event#

Qualifying Time

400 Free Relay

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

Event#

Qualifying Time

800 Free Relay

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

Event#

Qualifying Time

200 Medley Relay

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

Event#

Qualifying Time

200 Medley Relay

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

## Appendix C

			Friday					Saturday					Sunday				
Circle: 10&U	Boys 11-12	Girls 13-14	Event														
			Number														
Qualifying Time																	
1. Age:																	
USA#																	
2. Age:																	
USA#																	
3. Age:																	
USA#																	
4. Age:																	
USA#																	
5. Age:																	
USA#																	
6. Age:																	
USA#																	
7. Age:																	
USA#																	
8. Age:																	
USA#																	

ENTER MEET IN: METER TIMES (L) OR YARDS (Y) NUMBER  
OF INDIVIDUAL EVENTS: \_\_\_\_\_ NUMBER OF RELAY EVENTS: \_\_\_\_\_

Note: This form may only be used by Unattached or Outreach Swimmers.