

SOUTHWEST OHIO YMCA SWIM LEAGUE
2010 LONG COURSE CHAMPIONSHIP
YMCA Sanction CAQ-09-10 - 8083

July 9, 10, 11, 2010

Coaches will enter swimmers. Send Coach Pat an email stating your availability for Championships.

1. LOCATION AND TIMES

Corwin Nixon Aquatic Center, Miami University
Oxford, Ohio 513-529-1844

Friday, Saturday & Sunday Preliminary Sessions:

11-12, 13-14, 15 & Over and senior
Warm-ups: 6:30 a.m. Meet: 8:00 a.m.

Saturday & Sunday Timed Finals Sessions:

8 & Under and 9-10
Warm-ups: TBA Meet: TBA

Friday, Saturday & Sunday Finals Sessions: 11-12, 13-14, 15 & Over and Senior

Friday Warm-ups TBA Meet: TBA
Sat. & Sun. Warm-ups: 5:00 p.m. Meet: 6:00 p.m.

COACHES: REVIEW WARM-UP GUIDELINES WITH YOUR SWIMMERS!!

REVIEW LOCKER ROOM BEHAVIOR AND BUILDING RULES!

- Swimmers entering the warm-up/warm-down pool must enter FEET FIRST WITH ONE HAND IN CONTACT WITH THE POOL DECK/WALL.
THERE IS NO SHAVING ALLOWED AT THIS MEET.
HERE IS NO FOOD OR BEVERAGE ALLOWED IN NATATORIUM.
- NO COOLERS ARE ALLOWED IN NATATORIUM.
- A CONCESSION AREA IS AVAILABLE.
- PARKING IS AVAILABLE.
- ONLY SWIMMERS, COACHES WITH DECK PASSES and WORKING OFFICIALS WILL BE ALLOWED ON DECK
- EASH TEAM MAY APPOINT 2 PARENT REPRESENTATIVES TO ASSIST WITH THE 8 AND UNDERS IN THE AFTERNOON SESSIONS. Those designated parents will be allowed on deck.
- NO DECK CHANGING.
- Willful disregard of any of these rules may result in ejection of the offender from the meet.
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2. ORDER OF EVENTS

The attached order of events will be followed.

All 8 & under and 9-10 age group events are timed finals. All 11-12, 13-14, 15 & over and senior individual events, including the 400 IM and 400 Free, will have preliminaries and consolation, championship finals.

The senior 800 freestyle, 1500 freestyle and all 11 and over relay events will be timed finals swum in the morning sessions with the top heat of girls and boys swimming with finals at night. The 800 and 1500 will be swum fastest to slowest alternating girls and boys heats. The top girls and top boys heat of the 800 will be swum at the beginning of Saturday finals and the top heat of the girls and boys 1500 will be swum at the beginning of the Sunday Finals Session. The 800 and 1500 Freestyle may be swum two to a lane.

All events 11 and over 200 meters and longer will be seeded fastest to slowest. The heats will be numbered sequentially and odd heats will start at the balcony end and even heats will be swum from the scoreboard end.

The 200 stroke events and the 400 IM will swim 13-14 and senior together in prelims. For finals we will swim the age groups separately.

All 50 meter events will be seeded fast to slow.

3. ELIGIBILITY

A swimmer must be a full privilege member of the YMCA he/she represents for a minimum of 90 days prior to the Championship, or be eligible by the "YMCA Rules That Govern YMCA Sports".

During the Long Course Season (May 1 through July 9, 2010), a swimmer may not swim in open competition representing any team other than the YMCA he/she is representing in this championship.

Returning YMCA swimmers must have competed in two (2) Southwest Ohio YMCA Swim League inter-association meets in the current Long Course Season to be eligible to swim in this Championship Meet.

New YMCA swimmers must have competed in three (3) Southwest Ohio YMCA Swim League inter-association meets in the current Long Course Season to be eligible to swim in this Championship Meet.

Swimmers and teams must meet all requirements outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets".

Coaches must submit their current coaches' certification documents to receive their deck passes. Each coach must display a Great Lakes Zone Coaches Certification Card while on deck.

Collegiate swimmers may participate if they are members of their YMCA 90 days prior to the start of this Championship Meet. They must participate in three inter-association meets. If they cannot meet these requirements, they may enter as non-scoring participants and be ineligible to swim in the evening finals sessions.

4. SANCTION

The National YMCA Swimming and Diving Committee sanctions this meet. The sanction number is CAQ-09-10-8083

5. PROOF OF TIME/VERIFICATION OF PARTICIPATION (2 files required)

A proof of time file may be generated in your Team Manager program and submitted along with your entry. This should satisfy your proof of time for the meet. If additional proof is needed the entry chair will contact you. (The proof of time file is in "File", "Export", "Proof of Time")

A proof of time file does not show how many meets a swimmer participated in, so we also need a printout of swimmers best times as it will show the meets they participated in. Please generate this file ("File", "Export", "Best Times File"). Then make this a word file and attach it to an email. If there is any question on any swimmer you may be asked to print all meets for just that swimmer.

Any coach may challenge the participation or time of any swimmer by filing a protest with the Meet Committee and posting a \$5.00 fee. This protest must be filed prior to the beginning of each session's events. The fee will be returned only if the protest is won.

Any swimmer who does not meet the qualifying time may be required to prove his entry time.

6. ENTRIES

To be entered in an event, a swimmer must have a qualifying long course time, short course meter time or may use a yard time from meets dated from July 1 of the previous year.

A swimmer must swim in his/her age group for individual events. A swimmer may swim up one or more age groups for relays.

"No Time" (NT) entries will not be accepted.

Entries may be entered in long course meters, short course meters or yards. Please indicate "S" for short course meter and "Y" for yard times. All entry times without a designation will be assumed to be long course meters times. **DO NOT CONVERT TIMES.**

To enter senior events, a swimmer must be at least 12 years of age on the first day of the YMCA Long Course Nationals, July 26, 2010.

Minimum time standards have been established for specified events. (Chart attached) A swimmer must have achieved this time standard during the qualifying period in order to be entered in the event. All swimmers can be entered in the 50 meter events.

8. MEET RULES

Except for those stated in this document and outlined in the YMCA "Rules That Govern" and the Southwest Ohio YMCA Swim League "Rules and Regulations", the current USA-S Rule Book will govern this meet.

Breaks are determined by the meet director when the timeline is available.

Only swimmers, coaches with deck passes, working officials and *assigned parents for the 8 & Under will be allowed on the pool deck. Coaches may use the deck passes issued for the 2009-2010 winter season. (*each team may designate 2 parents to help with the 8 and unders)

Swimmers entering the pool for warm-up or warm-down must enter the pool **FEET FIRST ONLY, WITH ONE HAND IN CONTACT WITH THE POOL DECK.** Swimmers must enter the pool at the starting block area of the pool. Willful disregard of these procedures will result in disqualification from the meet.

The Southwest Ohio YMCA Swim League 30-Minute Scratch Rule will be in effect up to the top 24 individual finishers after preliminaries. Swimmers must scratch from finals or they will be penalized by missing their next event. If the missed event is their last event the team will be fined \$25. All 16 on the final heat sheet are obligated to swim or be penalized. Once the heat sheet is final, the alternate has the privilege of swimming finals, but not the obligation. There is no penalty for an alternate who misses his/her event.

800 and 1500-meter swimmers will swim fastest to slowest, alternating girls and boys, in the preliminaries session.

9. SCORING

Individual Events - Top 16 i.e. 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events - Top 16 i.e. 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

10. AWARDS

Individual Events:	Medals 1st through 8th	Ribbons 9th through 16th
Relay Events:	Medals 1st through 3rd	Ribbons 4th through 16th
Heat Ribbons:	Heat ribbons will be awarded to all heat winners in the 8 & Under and 9-10 events.	
Age Group Plaques:	Awarded to age groups, which score the highest combined points in the age group standings.	
Team awards	First Place-Banner; Second and Third - Plaques	

11. ENTRY FEES

Individual Events	\$ 4.00 per event
Relay Events	\$16.00 per relay
Swimmer Surcharge	\$ 1.00 per swimmer

12. HEAT SHEETS

Heat sheets will be sold at the main entrance of the pool. All certified coaches will be given a free copy for each session.

13. REQUIRED YMCA WORK ASSIGNMENTS

As pre-determined from last year's numbers, all YMCAs must provide the assigned officials/workers as designated by the Meet Committee. The assignments will be posted on the league website. Failure to provide all of the assigned officials/workers for any session of this meet will disallow that team's swimmers from further participation in the meet. Should this situation occur, no entry fees will be returned. Teams are to arrange for their own substitutes. **Do not contact the meet director.**

Substitutes/alternates for various officials/workers positions are allowed. Alternates/substitutes must attend the officials meeting.

A team not fulfilling their worker assignment will be fined \$100.00 per position and the money will go to the team filling that position. This only applies to assignments that must be filled the day of the meet.

REMINDER – CERTIFIED OFFICIALS ARE REQUIRED TO WEAR WHITE SHIRTS AND PANTS. YOU MAY NOT WORK THE MEET IN A CERTIFIED POSITION IF YOU ARE DRESSED INAPPROPRIATELY. YOUR TEAM WILL NOT GET CREDIT FOR FULFILLING A POSITION IF YOU ARE NOT IN WHITE.

14. MEET COMMITTEE

All members of the Southwest Ohio Swimming League Executive Committee in attendance of the meet are members of the meet committee.

15. MEET DIRECTOR

Anne Lawley
11334 Terwilligerscreek Drive
Cincinnati OH 45429
513-677-1395

PARKING:

Parking Services will be offering a special rate for \$8.00 for 10 exits from the garage. If you would like to utilize the parking garage please park in the garage and bring your ticket with you to the Pro Shop at the RSC where you can purchase this guest pass.

Please note the assignments below for devotions

Contact Claudia claudiam@one.net if you would like to perform the national anthem.

Devotions	Friday	Saturday	Sunday
AM	CY	BASH	GMVY
PM	NONE	CFY	KEY
Finals	PCY	MCY	ABLY

NEW POLICY FOR VIDEO MESSAGE BOARD

Effective 4/16/2010

This is your opportunity to cheer on your swimmer or team. Send them a message on the video board at Miami.

All messages must be submitted directly to Jamey Rutschilling rutschjm@muohio.edu JPEG files or a Power Point slide preferred.

We ask that all messages be personal messages – no advertising.

- Due Monday, July 5, 2010 midnight.
- No messages at the meet.
- Pay for messages at the meet at the heat sheet table.
- Cost \$10 per slide

SOUTHWEST OHIO YMCA SWIMMING LEAGUE
2010 LONG COURSE CHAMPIONSHIPS
Friday, July 9, 2010

A.M. Session			Finals Session		
Girls	Event	Boys	Girls	Event	Boys
101	Senior 800 Free Relay*	102	101	Senior 800 Free Relay*	102
103	11 - 12 200 IM	104	103	11 - 12 200 IM	104
105	13 - 14 200 IM	106	105	13 - 14 200 IM	106
107	15 & over 200 IM	108	107	15 & over 200 IM	108
109	11 - 12 50 Free	110	109	11 - 12 50 Free	110
111	13 - 14 50 Free	112	111	13 - 14 50 Free	112
113	15 & over 50 Free	114	113	15 & over 50 Free	114
115	11 - 12 50 Breast	116	115	11 - 12 50 Breast	116
117	13 - 14 50 Breast	118	117	13 - 14 50 Breast	118
119	15 & Over 50 Breast	120	119	15 & Over 50 Breast	120
121	11-12 100 Fly	122	121	11-12 100 Fly	122
123	13-14 100 Fly	124	123	13-14 100 Fly	124
125	15& Over 100 Fly	126	125	15& Over 100 Fly	126
127	Senior 200 Back #	128	127	Senior 200 Back	128
129	11 - 12 400 Free	130	129	11 - 12 400 Free	130
131	13 - 14 400 Free	132	131	13 - 14 400 Free	132
133	15 & over 400 Free	134	133	15 & over 400 Free	134

Saturday, July 10, 2010

A.M. Session			Finals Session		
Girls	Event	Boys	Girls	Event	Boys
201	Senior 200 Free Relay	202	235	Senior 800 Free *	236
203	13 - 14 200 Free Relay*	204	201	Senior 200 Free Relay	202
205	11 - 12 200 Free Relay*	206	203	13 - 14 200 Free Relay*	204
207	15 & O 100 Breast	208	205	11 - 12 200 Free Relay*	206
209	13-14 100 Breast	210	207	15 & O 100 Breast	208
211	11-12 100 Breast	212	209	13-14 100 Breast	210
213	Senior 200 Fly #	214	211	11-12 100 Breast	212
215	11-12 100 Free	216	213	Senior 200 Fly	214
217	13-14 100 Free	218	215	11-12 100 Free	216
219	15 & O 100 Free	220	217	13-14 100 Free	218
221	11-12 100 Back	222	219	15 & O 100 Free	220
223	13-14 100 Back	224	221	11-12 100 Back	222
225	15 & O 100 Back	226	223	13-14 100 Back	224
227	11-12 50 Fly	228	225	15 & O 100 Back	226
229	13-14 50 Fly	230	227	11-12 50 Fly	228
231	15 & O 50 Fly	232	229	13-14 50 Fly	230
233	Senior 400 Medley Relay*	234	231	15 & O 50 Fly	232
235	Senior 800 Free *	236	233	Senior 400 Medley Relay*	234

P.M. Session

Event	
237	9 - 10 100 Free
239	8 & under 50 Back
241	9 - 10 50 Back
243	8 & under 100 Free
245	9 - 10 50 Free
247	9 - 10 200 IM
249	8 & under 200 Free Relay
251	9 - 10 200 Free Relay

* Indicates Timed Final Event

indicates that the event will be split into 13-14 and Senior for finals

**SOUTHWEST OHIO YMCA SWIMMING LEAGUE
2009 LONG COURSE CHAMPIONSHIPS
Sunday, July 11, 2010**

A.M. Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
301	15 & O 200 Medley Relay*	302
303	13 - 14 200 Medley Relay*	304
305	11 - 12 200 Medley Relay*	306
307	15 & O 200 Free	308
309	13-14 200 Free	310
311	11-12 200 Free	312
313	Senior 400 IM #	314
315	11-12 50 Back	316
317	13 -14 50 Back	318
319	15 & O 50 Back	320
321	Senior 200 Breast # 10 Minute Break	322
323	15 & Over 400 Free Relay 10 Minute Break	324
325	Senior 1500 Free *	326

Finals Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
325	Senior 1500 Free*	326
301	15 & O 200 Medley Relay*	302
303	13 - 14 200 Medley Relay*	304
305	11 - 12 200 Medley Relay*	306
307	15 & O 200 Free	308
309	13-14 200 Free	310
311	11-12 200 Free	312
313	Senior 400 IM	314
315	11-12 50 Back	316
317	13 -14 50 Back	318
319	15 & O 50 Back	320
321	Senior 200 Breast	322
323	15 & Over 400 Free Relay	324

P.M. Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
327	8 & under 50 Free	328
329	9 - 10 200 Free	330
331	8 & under 50 Breast	332
333	9 - 10 50 Breast	334
335	8 & under 50 Fly	336
337	9 - 10 50 Fly	338
339	8 & under 200 Medley Relay	340
341	9 - 10 200 Medley Relay	342
401	# Open 400 Fly # Relay Only Swimmers	402

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will be split into 13-14 and
Senior for finals

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131	13 - 14 400 Free	132	131	13 - 14 400 Free	132
133	15 & over 400 Free	134	133	15 & over 400 Free	134

Saturday, July 10, 2010

A.M. Session			Finals Session		
Girls	Event	Boys	Girls	Event	Boys
201	Senior 200 Free Relay	202	235	Senior 800 Free *	236
203	13 - 14 200 Free Relay*	204	201	Senior 200 Free Relay	202
205	11 - 12 200 Free Relay*	206	203	13 - 14 200 Free Relay*	204
207	15 & O 100 Breast	208	205	11 - 12 200 Free Relay*	206
209	13-14 100 Breast	210	207	15 & O 100 Breast	208
211	11-12 100 Breast	212	209	13-14 100 Breast	210
213	Senior 200 Fly #	214	211	11-12 100 Breast	212
215	11-12 100 Free	216	213	Senior 200 Fly	214
217	13-14 100 Free	218	215	11-12 100 Free	216
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223	13-14 100 Back	224	221	11-12 100 Back	222
225	15 & O 100 Back	226	223	13-14 100 Back	224
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will be split into 13-14 and
Senior for finals

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2009 LONG COURSE CHAMPIONSHIPS
Sunday, July 11, 2010**

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305	11 - 12 200 Medley Relay*	306
307	15 & O 200 Free	308
309	13-14 200 Free	310
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313	Senior 400 IM #	314
315	11-12 50 Back	316
317	13 -14 50 Back	318
319	15 & O 50 Back	320
321	Senior 200 Breast # 10 Minute Break	322
323	15 & Over 400 Free Relay 10 Minute Break	324
325	Senior 1500 Free *	326

Finals Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
325	Senior 1500 Free*	326
301	15 & O 200 Medley Relay*	302
303	13 - 14 200 Medley Relay*	304
305	11 - 12 200 Medley Relay*	306
307	15 & O 200 Free	308
309	13-14 200 Free	310
311	11-12 200 Free	312
313	Senior 400 IM	314
315	11-12 50 Back	316
317	13 -14 50 Back	318
319	15 & O 50 Back	320
321	Senior 200 Breast	322
323	15 & Over 400 Free Relay	324

P.M. Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
327	8 & under 50 Free	328
329	9 - 10 200 Free	330
331	8 & under 50 Breast	332
333	9 - 10 50 Breast	334
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