



Ohio Swimming, Inc.

**2012 Long Course
Junior Olympic Championship
and Time Trials**

Meet Information

**July 19-22, 2012
Oxford, Ohio**

**Meet Sanction # OH-3496
Time Trial Sanction # OH-3497
Officials Qualifying Meet QM011-**

2012 Ohio Long Course Junior Olympic Championships

Event Information

July 19-22, 2012

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

Important Facts About the Meet

- This competition is governed by the Age Group Committee of Ohio Swimming, Inc. (OSI).
- **Entry Deadline:** Monday, July 16, 2012 at 5:00 P.M. All paperwork and entry fees must be postmarked by Tuesday, July 17, 2012.
- **Time Standards:** All entries must be equal to or faster than the 2012 Long Course Junior Olympic Time Standards in Appendix A, or the 2012 Short Course Time Standards on the OSI website.
- Entry times shall be in long course meters (L), achieved since January 1, 2011. You may also enter in Short Course Yards (Y) as long as the entry time meets or exceeds the 2012 Short Course Junior Olympic Time Standard. Converted Times will not 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 who is unaccompanied by a USA Swimming member coach 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 this event, the swimmer must be assigned a supervising coach (per USA Swimming Rule 202.3.2). If a swimmer 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Table of Contents

Meet Administration.....	3
General Information.....	4
Site Information and Directions.....	5
Entering the Meet.....	6
Championship Procedures.....	7
Time Standards – Long Course Junior Olympics (App A).....	10
Member Verification & Entry Summary Sheet (App B).....	11
Entry Sheet – Manual Entries Only (App C).....	12

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

Meet Director

Terri Shannon
700 S. Oak St.
Oxford, Ohio 45056
(513) 529-8154
shannot1@muohio.edu

Local Officials Coordinator

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

Entry Chair

Claudia Multer
1075 Oakmont Ave.
Hamilton, Ohio 45013
claudiam@one.net

Age Group Committee Chair

David Back

Meet Committee

- Age Group – David Back
- Meet Director – Terri Shannon
- Meet Referee – Bill Houk
- Coach – To be determined
- 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 Mako 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, in the Volunteers Section under Officials Certification.

Officials' 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 [20](#), 2012 8:15 AM

Officials Meetings

Thursday, July [19](#), 2012 11:45 AM

Friday, July [20](#), 2012 7:00 AM

All subsequent officials' briefings will begin 1 hour prior to the start of each session.

General Information

Order of Events – Long Course Meters

Day 1			Day 3		
Thursday - July 19, 2012			Saturday - July 21, 2012		
Women's		Men's	Women's	Prelims – not before 8:30 a.m.	Men's
Events	<u>Time Finals - 12:30 pm</u>	Events	Events	<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
			309	11-12 50 Freestyle	310
			311	10&U 50 Freestyle	312
			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 20, 2012			Sunday - July 22, 2012		
Women's	<u>Prelims – not before 8:30 a.m.</u>	Men's	Women's	<u>Prelims – not before 8:30 a.m.</u>	Men's
Events	<u>Finals – 4:30 p.m.</u>	Events	Events	<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
- # Time Final – Fastest 1 Heat at Night
- ## Time Final – Fastest 2 Heats at Night

For preliminary sessions on Friday, Saturday and Sunday:

Warm ups will begin at 7:00 a.m. The meet will start after warm-ups, but not prior to 8:30

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. Individual 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.

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. Questions about parking should be directed to the Parking Services Office at 513.529.8535. www.muohio.edu/parking. Check the MAKOS website for other parking information. www.swimmakos.com.

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 national 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 score-board 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 \$9.00 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 either under a team affiliation or as 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 this 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 the host club.

Entry Rules – Individual Events

- Swimmers may swim a maximum of three individual events per day, including time trials.
- Swimmers may enter a maximum of 7 (seven) individual events, excluding time trials.
- Only 50 meter (L) or 25 yard (Y) times achieved since January 1, 2011 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 2012 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, if 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. Relays must be limited to swimmers entered in the meet.
- A swimmer competing unattached may not be a member of a relay team.

ENTRY PROCEDURES

Entries must be submitted using USA Swimming's Online Meet Entry system at www.usaswimming.org. Entries will be accepted beginning June 1st through July 10th at 6pm. Confirmation of your entry using OME will be confirmed via email. If you do not receive an email confirmation, contact the Meet Director. Bring all communications with you in the event of a problem. After events are entered, times can be modified, but events cannot be deleted. Payment will be by cash or check only. Please make your check payable to the Makos. Checks may be sent to the entry Chair: Claudia Multer, 1075 Oakmont Dr. Hamilton, OH 45013 or hand delivered on the first day of the meet to Claudia.

Tuesday, July 10th 6:01p – Monday, July 16th at 11pm. Entry process (after OME closes):

Swimmers who achieve qualifying times after July 10th and before Monday, July 16, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent into claudiam@one.net by 11pm Monday, July 16th – Do not send a revised entry file attachment. **Proof of time must be brought to the meet along with a valid USA membership card. A team who has inadvertently missed entering a swimmer and/or an event may do so after the July 10th deadline by paying the following fee:**

\$100.00 Administration Fee (per team)
Double the entry fee per individual event and/or relay event.

A **psych sheet** will be posted on the Makos website by Friday, July 14th. Teams are responsible for reviewing the psych sheet for errors and for proof of time (*) or registration problems.

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 individual/relay events above

Proof-of-Times Procedures

- Ohio Swimming requires all entries times into the Junior Olympics to be pre-proven.
- 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. Teams must submit proof to the meet Entry Chair/Administrative Referee three days prior to the meet.

Swimmers with Disabilities 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. Provide the Entry Chair an e-mail with the 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 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.
- 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 the 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

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.

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 event, except as noted in paragraph B. 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.
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 \$25.00 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.

Relays and Relay Check-In Procedures

1. All relays are conducted on a timed final basis. Entry forms for all relays must be turned in prior to the relay forms 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 deadline; however, relay swim 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	5:00 PM Thursday
Saturday	All Relays	30 minutes after the start of Friday Finals

Championship Procedures

Preliminary Session Starting Procedures

Preliminary individual 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 from 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:

- On Saturday, the Top 2 Heats of 13-14 400 Freestyle will be swum after the Freestyle Relays.

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 per 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 1st. 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
- Final Results, Team Manager Results file will be posted to the meet website at www.swimmakos.com on Monday morning, July 23, 2012.

Time Trials

- Time Trials will be conducted following the preliminary sessions on Friday, Saturday, and Sunday.
- Signups for Time Trials each day will close one hour prior to the scheduled 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, or 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.

OHIO SWIMMING

2012 Long Course Junior Olympics

TIME STANDARDS

GIRLS			BOYS			
13-14	11-12	10 & Under	Event	10 & Under	11-12	13-14
29.79	31.09	34.79	50 Free	35.89	31.49	28.19
1:04.79	1:07.79	1:18.49	100 Free	1:19.49	1:08.79	1:01.19
2:20.59	2:28.09	2:51.19	200 Free	2:54.19	2:28.69	2:14.79
4:57.69	5:14.99		400 Free		5:15.49	4:46.29
20:10.59			1500 Free			19:16.79
	36.49	41.69	50 Back	43.09	36.99	
1:15.09	1:19.69	1:31.09	100 Back	1:34.29	1:20.69	1:12.29
2:40.29			200 Back			2:36.19
	41.49	46.99	50 Breast	49.69	42.19	
1:25.49	1:30.99	1:44.59	100 Breast	1:47.79	1:32.79	1:22.19
3:03.99			200 Breast			2:59.89
	34.29	39.49	50 Fly	41.69	35.89	
1:12.89	1:18.39	1:34.99	100 Fly	1:43.29	1:22.29	1:09.49
2:48.59			200 Fly			2:39.79
2:39.99	2:49.79	3:15.09	200 IM	3:24.09	2:54.39	2:30.99
5:40.69			400 IM			5:28.89
2:08.99	2:17.99	2:41.99	200 Free Relay	2:42.99	2:24.99	2:03.99
4:45.99	5:04.99		400 Free Relay		5:16.99	4:32.99
10:37.99			800 Free Relay			10:39.99
2:27.99	2:36.99	3:11.99	200 Medley Relay	3:04.99	2:41.99	2:22.99
5:15.99	5:51.99		400 Medley Relay		6:00.99	5:03.99

- Acceptable times for Long Course Junior Olympics are (since January 1, 2011):
Long Course Meters (L), and Short Course Yards (Y), and seeded in (LY) order.
You may enter in Yard (Y) times as long as it meets the 2012 Short Course Time Standards.

Entries limited to 7 Individual Events.

RESTAURANT INFORMATION:

<http://www.miami.muohio.edu/about-miami/visiting-miami/restaurants.html>

HOTEL INFORMATION:

<http://www.miami.muohio.edu/about-miami/visiting-miami/accommodations.html>