



SOUTHWEST OHIO YMCA SWIM LEAGUE
AGE GROUP SHORT COURSE CHAMPIONSHIPS
March 12, 13, 14, 2010



1. LOCATION AND TIMES

Corwin Nixon Natatorium
Recreation Sports Center
Miami University
Oxford, Ohio 45056
513-529-1844

FRIDAY PM SESSION: 11 & Over
(Evening Session: Open Warm-Up) Warm-up: 4:30PM
(1 pool for relays & 400 I.M., 2 pools Meet Starts: 5:30PM
for the 500 free)

SATURDAY & SUNDAY AM SESSIONS: 11 & Over
(Morning Sessions: Open Warm-Up) Warm-up: 6:30AM
(Men's pool, women's pool) Meet Starts: 8:00AM

SATURDAY & SUNDAY PM SESSIONS: 8&Under, 9&10
(Afternoon Sessions: Assigned Warm-Up) Warm-up: TBA
Meet Starts: TBA

FINALS: 9&10, 11&12, 13&14, 15&Over, and Senior
(Finals: Open Warm-Up) Warm-up: 4:30 PM Saturday 4:15 PM Sunday
Meet Starts: 5:30 PM Saturday 5:00 PM Sunday
(The fastest heat of the 1000 (on Saturday) will swim at 5:30 PM.)
(The fastest heat of the 1650 (on Sunday) will swim at 5:00 PM.)

**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. Willful disregard of this rule will result in ejection of the offender from the meet.
- THERE IS NO SHAVING ALLOWED AT THIS MEET. Willful disregard of this rule will result in ejection of the offender from the meet.
- THERE IS NO FOOD ALLOWED IN NATATORIUM.
- BEVERAGES ARE ALLOWED. NO GLASS CONTAINERS.
- NO COOLERS ARE ALLOWED IN NATATORIUM.
- A CONCESSION AREA IS AVAILABLE.
- PARKING IS AVAILABLE IN THE PARKING GARAGE
- ONLY SWIMMERS, COACHES WITH DECK PASSES, WORKING OFFICIALS WILL BE ALLOWED ON THE POOL DECK.
- EACH TEAM MAY ASSIGN 2 PARENTS FROM THE 8 & UNDER AGE GROUP TO HELP SHEPHERD THE 8 & UNDERS ON DECK (all other 8 and under parents are upstairs unless they are working the meet.)
- NO DECK CHANGING. ANYONE CAUGHT DECK CHANGING WILL BE EJECTED FROM THE MEET.

2. ORDER OF EVENTS

All Championship events are prelims and finals EXCEPT for the following timed final events:

- All Friday evening events
- All relay events
- All 8 & Under events
- Senior 1000 Freestyle and 1650 Freestyle events

The attached Order of Events will be followed.

3. ELIGIBILITY

A swimmer must be a member of the YMCA they represent for a minimum of 90 days prior to the Championship; i.e., since on or before December 1, 2009

During the current Short Course season (September 1, 2009 through April 7, 2010), a swimmer may not swim in open competition representing any team other than the YMCA they are representing in this Championship.

A swimmer must have competed in three (3) Southwest Ohio YMCA Swim League inter-association meets in the current Short Course season before the entry deadline 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", issued September 1995.

ADAPTIVE SWIMMING	Swimmers with a disability are welcome to enter this meet. At the time of the entry, the coach or person entering the swimmer must alert the Meet Director, the Ohio Adapted Chair and the Meet Referee regarding the nature of the swimmer’s disability, the swimmer’s classification (if classified) and special accommodations or seeding arrangements being requested.
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Coaches must have their Deck Passes visibly displayed in order to be on deck during this Championship Meet. Passes must be obtained from Linda Brooks prior to this meet. A coach must present certification of Lifeguarding or Safety Training for Swim coaches, CPR, First Aid and Principles of Coaching to receive a deck pass.

4. SANCTIONS

The Championship Meet is sanctioned by the National YMCA Competitive Swimming and Diving Advisory Committee.

Sanction Number: CAQ-09-10-8082

5. VERIFICATION OF PARTICIPATION AND PROOF OF TIMES

Every 1000 Freestyle and 1650 Freestyle entry time must be proved. A 1000 Freestyle qualification will be accepted as a qualification for the 1650 Freestyle.

Proof of time and proof of participation in 3 inter-association meets is required. This proof may be submitted along with the entries. Proof is obtained by using your team manager and printing the file showing your swimmers best times. This file can be saved and sent via email to the entry chairperson. This will prove 3 meets.

If you do not submit the required files you will be asked to bring meet results to the meet to prove times and participation in 3 meets. Any swimmer who does not meet the qualifying time may be required to prove his entry time. 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.

6. ENTRIES

To enter a given event, a swimmer must have achieved a Championship qualifying time during the current Short Course season for that event (before the entry deadline), except for times achieved in sanctioned YMCA championship meets since March 1, 2009.

NOTE: Be sure to include all swimmers' names that will be swimming in relays only. An additional charge of \$5.00 will be applied for any relay-only swimmer that must be added at the meet.

To enter senior events, a swimmer must be at least 12 years of age as of the first day of the YMCA Short Course Nationals, i.e., April 7, 2010.

A swimmer must swim in his/her age group for individual events. A swimmer may swim up in any age group(s) for relays.

Each swimmer, 8 and under is allowed to enter no more than four (4) individual events over the three day period.

Each swimmer, 9 and over can enter up to six (6) individual events over the three day period.

A swimmer can swim a maximum of one (1) age group medley relay and one (1) age group freestyle relay. Participation in senior relays is unlimited provided the swimmer is at least age 12 the first day of Short Course Nationals.

Team entries for age group relay events are unlimited. However, only the A, B, and C relays per team per event can score and qualify for awards. D, E, etc. relays will not be scored or awarded under ANY circumstances, including disqualification of the team's A, B, or C relays.

Deck entries will not be accepted.

Exceptions are as follows:

Exception 1. A swimmer, who is not entered or incorrectly entered by the fault of the meet entry chairperson, may be properly placed in the appropriate events.

Exception 2a. A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to **24 hours before the beginning of the meet**, provided he/she pays the appropriate entry fee plus a \$25.00/swimmer processing charge to the meet host. The coach is the only one who may make these changes.

Exception 2b. Coaches may add an event to a swimmer already entered in the meet (**same 24 hour notice required**) provided it is not over the entry limit and he/she pays the appropriate entry fee plus a \$25.00/swimmer processing charge. They may not exchange events.

Note—all exceptions must be reported 24 hours before the meet begins.

7. ENTRY DEADLINE

Entries will be similar to YMCA Nationals. Prepare a team manager file as usual and upload to the web at www.ymcacompetitiveswim.com

Entries will be accepted until Monday, March 8, 2010 – 9:00 PM.

The Entry Chairperson is:

Claudia Multer
1075 Oakmont Avenue
Hamilton, OH 45013
Home telephone: (513) 863-6298
E-mail: claudiam@one.net

8. ENTRY FEES

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

If fees are not received by the first day of the meet the coach will be required to write a personal check to cover the fees. The check will be held until the YMCA check is received.

MAKE CHECK PAYABLE TO THE "SOUTHWEST OHIO YMCA SWIM LEAGUE" AND SEND TO:

**CLAUDIA MULTER
1075 OAKMONT AVENUE
HAMILTON, OHIO 45013
513-863-6298**

9. MEET RULES

Except for those stated in this document and outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets", issued September 1995 current USA Swimming Rules will govern this meet.

Positive check-in for swimmers entered in the 1000 freestyle and 1650 freestyle event is required. The deadline for this check-in is 9:30 AM on the respective day. The check-in can be performed at the announcer's table.

All preliminary and timed final events will be pre-seeded to ensure a minimum of three (3) swimmers in all heats. However, an entire event will NOT be re-seeded to maintain this minimum should there be scratches and/or no-shows. Combining of heats where the opportunity arises may be performed at the discretion of the Meet Committee and/or deck referees.

The following SCRATCH RULE will be strictly enforced for all events with finals:

Those swimmers in the top 24 places of the initial posting of an event's preliminary results MUST scratch if they do not plan to return for finals. Scratches MUST utilize a Scratch Form obtained from the scratch table and signed by the swimmer's coach. To be accepted, these Scratch Forms MUST be turned in at the scratch table within 30 minutes of the announcement of that event's results. After 30 minutes, the results are official.

If a swimmer does not scratch and fails to show up for Consolation and/or Championship Finals, he/she will:

- a. miss his/her next event
- b. or if the last event missed is his/her last event, a \$25.00 fine will be imposed on the team.

Finals events will be seeded based on the OFFICIAL preliminary results. AFTER the results are official, any scratches made known to the Meet Committee will result in the entire event being re-seeded if and only if there is sufficient time to do so prior to the event's being swum. If there is not sufficient time and if the scratch or no-show is in the consolation heat, the alternate swimmer will simply swim in the lane originally assigned to the scratched or no-show swimmer. If there is not sufficient time and if the scratch or no-show is in the championship heat, no alternate will swim and the lane will remain empty. Once the consolation heat has swum, there will be no alternate in the championship heat.

No breaks will be taken other than those indicated in the Order of Events.

10. SCORING

Individual Events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1

Relay Events: 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2

Remember: Only the A, B, and C relays per team per event can score. D, E, etc. relays will not be scored under ANY circumstances, including disqualification of the team's A, B, or C relays.

11. AWARDS

Individual Events:	Medals:	1 st through 9 th place
	Ribbons:	10 th through 18 th places
Relay Events:	Medals:	1 st through 9 th place
	Ribbons:	10 th through 18 th place
High Point Plaques:	Age group team high point plaques for both girls and boys age groups will be awarded.	
Heat Ribbons:	Heat ribbons will be awarded to all heat winners in the 8 & Under and 9 & 10 age groups.	
Banners:	First, second, and third place championship banners will be awarded.	

COACHES OF 15 & OVER SWIMMERS MUST INDICATE IF THEY WISH TO RECEIVE THEIR AWARD OR IF THEY WISH TO MAKE A DONATION TO THEIR NATIONAL TEAM.

12. REQUIRED YMCA WORK ASSIGNMENTS

A member of the Meet Committee will prepare the officials/workers assignment list approximately 60 days in advance of the Championship. The assignments will be posted on the web.

The required YMCA work assignments are determined by the number of swimmers entered by each team in last year's championship meet. If you expect significant changes, please contact the Meet Director. All YMCAs must provide the assigned workers as designated by the Meet Committee. 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. **IT IS THE DUTY OF THE ASSIGNED TEAM TO CONTACT OTHER TEAMS FOR HELP IN FULFILLING ASSIGNMENTS.** It is not the duty of the meet director. Substitutes/alternates for the various officials/workers positions are allowed, provided that the position's instructions are reviewed with the person and that the Deck Referee is notified of the change.

All meet officials (referee, starter, stroke and turn judges, timers, etc.) must be dressed in white uniforms and have their certification patch clearly visible. Officials working as referee, starter, stroke or turn judge must have attended an update clinic for the 2007-2008 season. Warm-up officials will be assigned by the meet directors. Warm-up officials must report 15 minutes prior to the beginning of warm-ups.

13. MEET COMMITTEE

By League rules, all meets shall have a committee designated before the beginning of the meet. The meet committee shall consist of :

- SWOYSL officers in attendance,
- Meet Director,
- Meet Referee,
- one coach,
- one swimmer entered in the meet.

The committee may become involved in protests and disputes concerning technical matters, matters of eligibility, and other appropriate subjects, but in no case may the meet committee become involved in protests concerning judgment decisions by deck officials.

Meet Director:
Anne Lawley
11334 Terwilligerscreek Drive
Cincinnati, OH 45429
Home: 513-677-1395
Day: 513-405-3805
lawley6@fuse.net

Scoring Referee:
Claudia Multer
1075 Oakmont Avenue
Hamilton, OH 45013
Home: 513-863-6298
claudiam@one.net

14. DEVOTIONS

Devotions have been assigned by the following schedule. Please be sure that your team is prepared with their assignment for their session.

Assignments for:		AM	PM	FINALS
Championships	Friday		GMVY	
	Saturday	CFY	KEY	ABLY
	Sunday	PCY	BASH	CY

National Anthem – please contact – Anne Lawley if you would like to give the anthem one session. We like to have all sessions preassigned.
