



Ohio Swimming, Inc

**2010 Short Course
Regional A Championship
and Time Trials**

Meet Information

**February 18 – 21, 2010
Cincinnati, Ohio**

2010 Ohio Short Course Regional A Championships Event Information

February 18 - 21, 2010
Keating Natatorium
Cincinnati, Ohio

Sanctioned by USA Swimming through Ohio Swimming #3236 OH & 3237 OH

This information is available on-line at <http://www.swimohio.com>

Meet Host website: www.cincy-marlins.com

Important Facts About the Meet

- The competition is governed by the Age Group Committee of Ohio Swimming, Inc.
- **Entry Deadline: Tuesday, February 9, 2010** at 5:00 P.M. All paperwork and entry fees must be postmarked by **Wednesday, February 10, 2010**.
- Time Standards - There are no minimum Time Standards for this meet, and all individual entries must be slower than the Short Course Junior Olympic Time Standards (see page 10).
- Entry times shall be in short course yards (Y) achieved since January 1, 2009. No Converted Times will be accepted.
- **Entry Limits:** Swimmers may enter a maximum of **7 (seven) Individual Events** plus Relays.
- **This meet is scored.**
- There is no Admission Charge for Ohio 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.
- No swimmer will be allowed on deck without a coach member present. If home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming Rule 202.3.2). If a swimmer arrives without a coach, he/she must find a willing coach at the facility to be able to participate in warm-up or competition.
- Accommodations for persons with disabilities may be arranged with advance notice.

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Meet Administration

Facility Address

Keating Natatorium
616 W. North Bend Rd.
Cincinnati, OH 4522401424
Facility Phone Number 513-761-3320

Meet Referee

Andy Grender
12097 Village Woods Dr.
Cincinnati, OH 45241
Telephone Number 513-563-4378
agrender@cinci.rr.com

Meet Director

Erin Schwab
1800 Garrett House Lane
Fairfield, OH 45014-8655
Telephone Number 513-829-2218
Ohioswim@cinci.rr.com

Local Officials Coordinator

Andy Grender
12097 Village Woods Dr.
Cincinnati, OH 45241
Telephone Number 513-563-4378
agrender@cinci.rr.com

Entry Chair

Judy Dusing
616 W. North Bend Rd.
Cincinnati, OH 45224-1424
Telephone Number 513-761-3320
jdusing@cincy-marlins.com

Send Electronic Entry File to - CMentries@fuse.net

Entry Deadline: Tuesday, February 9TH

Meeting Schedule

Thursday, February 18
General/Coaches Meeting – 5:45 PM
All subsequent coaches' meetings will be held 25 minutes prior to the start of each session.

Thursday, February 18
Officials' Meeting 5:15 PM
All subsequent officials' briefing will be held 45 minutes prior to the start of each session.

Age Group Committee Chair

Dave Back
swimdavidc@woh.rr.com

Age Group Committee Commission A Representative

Chris Wolford
616 W. North Bend Rd.
Cincinnati, OH 45224-1424
(513) 761-3320 work
(513) 309-2700 cell
cwolford@cincy-marlins.com

Meet Committee

- Age Group - Chris Wolford
- Meet Director – Erin Schwab
- Meet Referee - Andy Grender
- Coach - Jeremy Wilken
- Athlete - Marissa Delgado

General Information

Thursday Prelim Begin at
6:10pm

Women's Events

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

Order of Events

Short Course Yards

Day 1 – Thursday, February 18, 2010

10 & Under 50 Breast
11-12 50 Breast
13-14 100 Breast
10 & Under 100 Back
11-12 100 Back
13-14 200 Back
10 & Under 50 Butterfly
11-12 50 Butterfly
13-14 100 Butterfly
10 & Under 200 Freestyle
11-12 500 Freestyle
13-14 500 Freestyle

Men's Events

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

Friday Finals Begin at
6:10pm

Day 2 – Friday, February 19, 2010 Day 1 Finals

Sat. Prelims Begin at 9:10 a.m.

201 #
203 #
205 #
207
209
211
213
215
217
219 *
221
223 *
225
227

Day 3 – Saturday, February 20, 2010

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

Finals begin at 6:10 p.m.

202 #
204 #
206 #
208
210
212
214
216
218
220 *
222
224 *
226
228

Heats Begin at 9:10 a.m.

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

Day 4 – Sunday, February 21, 2010

10 & Under 200 Medley Relay
11-12 200 Medley Relay
13-14 200 Medley Relay
10 & Under 100 Individual Medley
11-12 200 Individual Medley
13-14 200 Individual Medley
10 & Under 100 Freestyle
11-12 100 Freestyle
13-14 100 Freestyle
10 & Under 100 Butterfly
11-12 100 Butterfly
13-14 200 Butterfly
10 & Under 50 Back
11-12 50 Back
13-14 100 Back
13-14 1650 Freestyle

1650 Free Finals Begins at 5:30pm

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

*! Timed Final-Fastest 2 heats swum Fri. night. * Time Final – Fastest 2 Heats at Night

** Time Final – Fastest 1 Heat at Night (Prelims swum fastest to slowest, alternating girls and boys heats)

Time Final – All Heats in Morning

General Information (Continued)

Directions to the Pool

Keating Natatorium – St. Xavier High School 600 W. North Bend Rd., Cincinnati, OH 45224 .

From I-75 take Exit 9 and go north on Paddock Rd. (Rt. 4) to North Bend Rd. (The first left turn after crossing under the railroad trestle). Turn Left and follow North Bend Rd. to the top of the hill (about 1-1/2 miles. St. Xavier High School is on the right and Keating Natatorium is behind the school in the Athletic complex.

Hotel Information

Check the Marlins Web Site for Hotel Sponsors @ www.cincy-marlins.com

Information/Lost & Found

For Information/Lost & Found see the Meet Office

Lockers

Day lockers will be available for use in the Natatorium Locker room for use by athletes. Coaches and officials lockers are available in hospitality under the bleachers.

Medical Assistance

Medical assistance will be provided at the facility. See the Meet Office.

Parking –

Parking is available on campus for all sessions in the main campus lot and across North Bend in the South campus lots.

Concessions

Concessions will be available for spectators at the entrance of spectator seating.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the hospitality room under the bleachers.

Site information

About the Facility

Keating Natatorium will open to the public 30 minutes prior to the start of the warm-up sessions. No coolers or glass containers are permitted in the Natatorium. Swimmers bags are not permitted in the spectator seating. No towels, bags or personal belongings may be left in the Natatorium between prelims and finals. Exit aisles and exit ways must remain clear of chairs and bags. There is No standing at the railings which may obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen items. Thank you for your cooperation.

The School Gym will be available for teams to store swim gear. We encourage swimmers and families to "camp out" in the Gym.

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.

member of a relay team.

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 slower than the Ohio Short Course Junior Olympic cutoff, may enter the Regional 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 Regional 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 the host club.

Entry Rules – Individual Events

- Swimmers may swim a maximum of three individual events per day, plus relays.
- **Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays**
- Only Twenty-five (25) yard (Y) times achieved since January 1, 2009 will be accepted.
- All Entries must be slower than the Short Course Junior Olympic Time Standards, as listed in Appendix A.
- Age on the first day of the meet will determine the age group in which a swimmer is entered.

Entry Rules – Relay Events

- No relay minimum qualifying time standards shall be enforced at the Regional Championship meet.
- Relays may be entered with a "no time" (NT).
- Relay Entry Times faster than the JO cut are acceptable.
- Any swimmer may swim any stroke. Relays must be limited to swimmers entered in the meet.
- A swimmer competing unattached may not be a

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 meethostwebsite.org or from Ohio Swimming's website www.SwimOhio.com
- Team Manager Entry File should be sent via e-mail to CMentries@fuse.net by the Entry Deadline, Tuesday, February 9, 2010, 5:00pm
- The following **must** be sent (postmarked) to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline:
 - Hardcopy printout of all entries from Hy-tek Team Manager
 - Membership Verification & Entry Summary Sheet (Appendix B)
 - Check for the Total Entry Fees payable to (insert host club).
- Teams or Unattached Swimmers may enter manually using Form in Appendix C contained in this document.
- Fax Entries - The meet does not accept faxed entries

Entry Fees

- Individual Events - \$5.00 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
- Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee.

Swimmers with a Disability are Welcome to Enter Ohio Swimming Meets: 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. More info is available under Adaptive Swimming on the OSI website.

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, officials, and marshals 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' athlete's 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.

- 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.

Safety Guidelines

1. Coaches' Responsibilities
 - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
 - c. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - d. 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 which indicate the designated use during the warm-up session.

Championship Procedures

Seeding

For these Championships, the seeding order is

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

Protest Procedures

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

Scratch Procedures

Pre-seeded Preliminary Events/Timed Final Event - 200 yards 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.

Ohio Swimming follows USA Swimming's Championship Scratch Procedures as stated in 207.12.10 of USA Swimming Rules and Regulations for all events 400 Yards and longer.

Timed Final Events – 400 Yards and above: the scratch deadlines for these events are as follows:

<u>Day</u>	<u>Event Name</u>	<u>Scratch Deadline</u>
Thursday	500 Free	15 minutes after the start of Thursday Prelims
Saturday	400 IM	15 minutes after the start of Saturday Prelims
Sunday	1650 Free	15 Minutes after the start of Sunday Prelims

Penalty for failure to compete 400 Yards & above: Swimmer will be barred from his/her next individual 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 event, except as noted in paragraph B. A declared false start under 102.14.5F or deliberate delay of meet under 102.14.7A 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.

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.

Swimming 1650 Freestyle In Prelims Procedures – The 1650 Freestyle is scheduled as the last event during prelims on Sunday morning, with the Top Heat swimmers scheduled to swim at night during finals. Any swimmer listed in the Top Heat, and wishes to swim the 1650 during prelims, must declare their intent no later than 15 minutes after the start of Sunday prelims to the Clerk of Course.

Relays and Relay Check-In Procedures

1. All relays are conducted on a timed final basis and are swum during prelims. The Coaches packet will include Relay Sheets, and must be returned to the Clerk of Course for tabulation by the following deadlines. 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>
Saturday	200 Free Relay	30 minutes after the start of Friday Finals
Sunday	200 Medley Relay	30 minutes after the start of Saturday Finals

Championship Procedures

Finals Session Event Order

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

- On Sunday, the 1650 Freestyle will be swum as the first event in Finals.

Scoring

8 Lane Pool (16 places)

- Individual Events:
 - A (Final) 20-17-16-15-14-13-12-11
 - B (Consolation) 9-7-6-5-4-3-2-1
- Relay Events:
 - A (Final) 40-34-32-30-28-26-24-22
 - B (Consolation) 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.

6 Lanes (12 Places)

- Individual Events:
 - A (Final) 16-13-12-11-10-9
 - B (Consolation) 7-5-4-3-2-1
- Relay Events:
 - A (Final) 32-26-24-22-20-18
 - B (Consolation) 14-10-8-6-4-2
- **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.

Awards

- Individual Events - Medals will be awarded to all place winners in the "A" final (championship). Ribbons will be awarded to all place winners in the "B" final (consolation).
- Relay Events - Medals will be awarded to the top 3 relay places.

Psych Sheet/Warm-up Schedule/Results

- The following information will be published on the meet host website at www.cincy-marlins.com
- Psych Sheets will be posted on-line not later than Monday, February 15, 2010.
- Warm-up Schedule will be posted on-line no later than Monday, February 15, 2010.
- Results will be posted to the meet website following each prelim and final session.
- Final Results, Team Manager Results file, and Meet Manager Backup file will be posted no later than Monday, February 22, 2010.

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.
- The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines.
- **Time Trials are limited to individuals attempting to achieve a published National Cut (OSI Junior Olympic, Zone, Sectional, Junior National, US Open, or Senior National). Entry times for time trials should be within ½ second per 50 yards/meters of the published Time Standard. The Meet Referee and/or Meet Director has full discretion and authority to review Time Trial entries.**
- 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
2010 Short Course Junior Olympics
TIME STANDARDS

GIRLS				BOYS		
13-14	11-12	10-UNDER		10-UNDER	11-12	13-14
26.29	27.29	30.59	50 FREE	31.09	27.09	24.49
56.99	59.49	1:08.29	100 FREE	1:09.09	59.69	53.69
2:02.69	2:09.39	2:31.79	200 FREE	2:34.49	2:11.19	1:55.49
5:28.29	5:46.99		500 FREE		5:50.59	5:15.09
19:10.49			1650 FREE			18:30.29
	31.49	36.39	50 BACK	36.99	32.49	
1:03.69	1:07.89	1:18.09	100 BACK	1:20.49	1:09.19	1:01.59
2:17.39			200 BACK			2:11.29
	35.79	41.09	50 BREAST	42.79	36.09	
1:12.59	1:16.69	1:29.19	100 BREAST	1:33.09	1:19.79	1:08.99
2:37.69			200 BREAST			2:31.49
	29.79	34.29	50 FLY	35.89	30.59	
1:02.99	1:07.89	1:22.29	100 FLY	1:23.69	1:10.69	59.59
2:23.99			200 FLY			2:18.49
	1:07.99	1:17.99	100 IM	1:20.19	1:09.39	
2:19.29	2:26.59	2:50.59	200 IM	2:56.29	2:28.59	2:12.69
4:54.69			400 IM			4:42.59
1:47.89	1:54.09	2:10.49	200 FR. RELAY	2:14.89	1:56.99	1:41.19
3:57.59	4:11.29		400 FR. RELAY		4:27.69	3:46.09
8:37.19			800 FR. RELAY			8:11.09
2:01.49	2:10.69	2:29.89	200 M. RELAY	2:36.89	2:16.89	1:55.29
4:23.89	4:42.99		400 M. RELAY		4:56.79	4:12.09

Revised 10-11-2009 – OSI House of Delegate Meeting

Entries accepted for Short Course Yards (Y) or Long Course Meters (L) achieved since January 1, 2009
 Meet will be seeded in YL order

Individual Entries Limited to 7 Individual Events for 2010.

MEET: OH SC Regional Championships
 DATE: 2/18-21/10
 CLUB: _____

EVENT# _____
 Qualifying time:
 200 Free Relay

COACH: _____
 PHONE: _____
 A. _____
 B. _____
 C. _____

2009 Ohio Short Course Regional Championships
 Sanction # 3236-OH & #3237-OH (Time Trials)
Outreach & Unattached Athletes Only

A. _____
 B. _____
 C. _____

Appendix C

Circle: Boys 11-12 Girls 13-14		Event	Friday			Saturday			Sunday		
9-10	11-12	13-14									
Qualifying Time		Number									
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: YARD TIMES ONLY NUMBER OF INDIVIDUAL EVENTS: _____ NUMBER OF RELAY EVENTS: _____