



**OHIO
SWIMMING**

Ohio Swimming, Inc.

**2013 Short Course
Regional Championship
and Time Trials**

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-3595 and OH-3596 TT**

**February 16 – 18, 2013
Fremont, Ohio**

2013 Ohio Regional Short Course Championships Event Information

February 16 - 18, 2013

**Hawk-Bucci Natatorium, Fremont Ross High School
Fremont, Ohio**

Sanctioned by USA Swimming through Ohio Swimming
under the auspices of the Ohio Swimming Age Group Committee
Sanction # OH-3595 and OH-3596 TT

This information is available on-line at www.swimohio.com

Meet Host website: www.sandotterswimming.com

Important Facts About the Meet

- Entry Deadline:
 - Tuesday, February 05, 2013 at 5:00 P.M.
 - All paperwork and entry fees must be postmarked by Wednesday, February 6, 2013.
- 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, 2012. No Converted Times will be accepted.
- Entry Limits: Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- There is no Admission Charge for Ohio Championship Meets.
- 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 contact the meet referee to locate a coach at the meet facility to be able to participate in warm-up or competition.
- 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly prohibited.

Table of Contents

Meet Administration	3
Order of Events.....	4
Site Information and Directions.....	5
Entering the Meet	6
Championship Procedures	7-9
Time Standards – Short Course Junior Olympics (Appendix A)	10
Entry Summary Sheet (Appendix B).....	11
Entry Sheet – Manual Entries Only (Appendix C)	12

Meet Administration

Facility Address

Hawk – Bucci Natatorium
 Fremont Ross High School Natatorium
 1100 North Street
 Fremont, OH 43420

Meet Referee

Laura Klingman
 3450 N County Rd 198
 Fremont, OH 43420
 419-355-5856
laurklingman@aol.com

Entry Chair

Andy Rutledge
 500 Church Hill Drive
 Findlay, OH, 45840
 419-306-4622
andy_rut@yahoo.com

Age Group Committee Chair

David C. Back
 2372 Whitlock Pl.
 Kettering, Ohio 45420
 (937) 271-0657 cell
swimdavid@woh.com

Meet Director

Rhonda Taylor
 284 E Cole Rd
 Fremont, OH, 43420
 567-201-5360
administrator@sandotterswimming.com

Local Officials Coordinator

Laura Klingman
 3450 N County Rd 198
 Fremont, OH 43420
 419-355-5856
laurklingman@aol.com

Meet Jury (Appeal committee for resolving protests)

- Meet Official – TBD
- Coach – Andrew Sellers
- Athlete – Will Taylor

Meet Committee (Administrative Advisory Committee)

- Meet Referee - Laura Klingman
- Meet Director – Rhonda Taylor
- Age Group Chair – David Back*
- Coach Chair – Ed Bachman*
- Technical Chair – Steve Nye*
- Officials Chair – Mike Bockstiegel*
- Athlete Committee Representative

*Or designee

Meeting Schedule

Saturday, February 16	General/Coaches Meeting – 8:20 AM Officials' Meeting 8:00 AM <i>All subsequent officials' briefing will be held 45 minutes prior to the start of each session</i>
Sunday, February 17	General/Coaches Meeting – 8:20 AM Officials' Meeting 8:00 AM <i>All subsequent officials' briefing will be held 45 minutes prior to the start of each session</i>
Monday, February 18	General/Coaches Meeting – 8:20 AM Officials' Meeting 8:00 AM <i>All subsequent officials' briefing will be held 45 minutes prior to the start of each session</i>

Order of Events:

2013 SC Age Group Regional Championships –Order of Events

Prelim Warm-ups Begin at 7:30 am Prelim Session Begins at 9:00 am	Short Course Yards	Finals warm-ups Begin at 3:30 pm Finals Session Begins at 5:00 pm
Women's Events	Day 1 – Saturday, February 16, 2013	Men's Events
101	10 & Under 50 Breast	102
103	11-12 50 Breast	104
105	13-14 100 Breast	106
107	10 & Under 100 Back	108
109	11-12 100 Back	110
111	13-14 200 Back	112
113	10 & Under 50 Butterfly	114
115	11-12 50 Butterfly	116
117	13-14 100 Butterfly	118
119 *	10 & Under 200 Freestyle	120 *
121 *	11-12 500 Freestyle	122 *
125 **	13-14 1650 Freestyle***	126 **
Prelim Warm-ups Begin at 7:30 am Prelim Session Begins at 9:00 am	Day 2 – Sunday, February 17, 2013	Finals warm-ups Begin at 3:30 pm Finals Session Begins at 5:00 pm
201 *	10 & Under 200 Freestyle Relay	202 *
203 *	11-12 200 Freestyle Relay	204 *
205 *	13-14 200 Freestyle Relay	206 *
207	10 & Under 100 Breast	208
209	11-12 100 Breast	210
211	13-14 200 Breast	212
213	10 & Under 50 Freestyle	214
215	11-12 50 Freestyle	216
217	13-14 50 Freestyle	218
219 *	10 & Under 200 Individual Medley	220 *
221	11-12 100 Individual Medley	222
223 *	13-14 400 Individual Medley	224 *
225	11-12 200 Freestyle	226
227	13-14 200 Freestyle	228
Prelim Warm-ups Begin at 7:30 am Prelim Session Begins at 9:00 am	Day 3 – Monday, February 18, 2013	Finals warm-ups Begin at 2:30 pm Finals Session Begins at 4:00 pm
301 #	10 & Under 200 Medley Relay	302 #
303 #	11-12 200 Medley Relay	304 #
305 #	13-14 200 Medley Relay	306 #
307	10 & Under 100 Individual Medley	308
309	11-12 200 Individual Medley	310
311	13-14 200 Individual Medley	312
313	10 & Under 100 Freestyle	314
315	11-12 100 Freestyle	316
317	13-14 100 Freestyle	318
319	10 & Under 100 Butterfly	320
321	11-12 100 Butterfly	322
323	13-14 200 Butterfly	324
325	10 & Under 50 Back	326
327	11-12 50 Back	328
329	13-14 100 Back	330
335 *	13-14 500 Freestyle***	336 *

* Timed Final – Fastest 2 heats at night

** Timed Final – Fastest 1 heat at night (Prelims fastest to slowest, alternating girls and boys heats)

*** First event at Finals

Timed Final – All relays during Prelims

Facility Information

Facility Address	Fremont Ross High School Natatorium 1100 North Street Fremont, OH 43420
Pool Information	<p>10 lane, 25 yard competition pool is 6ft at the turn wall and 7-12 feet at the start end. 4 lane 25 yard warm-up/cool-down pool is 4 ft. to 5 ft. located on the end of the competition pool. Colorado blocks, timing system with a full matrix color video board.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>We will be using 10 lanes for all Prelims. We will use 8 Lanes for all Finals.</p> <p>No swimmers/coaches will be allowed to stand/walk on the north side of competition pool during the meet so spectators' view will not be blocked. Only plastic water bottles are allowed in the spectator areas and on deck. Facility administrators will be enforcing these rules.</p>
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	For Information/Lost & Found see Rhonda Taylor, Meet Director.
Medical Assistance	Medical assistance will be provided at the facility. See the Meet Office.
Facility Information	<p>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 items.</p> <p>Concessions will be available in the hallway to the right of the entrance to the pool.</p> <p>Very limited locker space will be available for use in the Natatorium Locker room for use by athletes. Coaches and officials area will be in the Head Coach's Office in the pool area.</p> <p>Concessions will be available for spectators off of the pool lobby area</p>
Directions to the Pool	<p><u>WEST</u>: US-6 E. Turn LEFT onto US-6 E/OH-53 N. Take the OH-53 N exit, EXIT 95, toward PORT CLINTON/LAKE ERIE IS. Take the RAWSON AVE ramp toward FREMONT. Turn LEFT onto RAWSON AVE. Turn RIGHT onto NORTH ST. End at 1100 North St Fremont, OH 43420.</p> <p><u>NORTH</u>: I-75 S. Take the OH-795/I-80/I-90/OHIO TURNPIKE exit, EXIT 195, toward PERRYSBURG. Take the OH-795/I-80/I-90/OHIO TURNPIKE exit, EXIT 195, toward PERRYSBURG. Take the I-80/I-90/OHIO TURNPIKE exit toward TOLL ROAD. Merge onto I-80 E/I-90 E via the exit on the LEFT toward CLEVELAND (Portions toll). Merge onto OH-53 S via EXIT 91 toward FREMONT. Stay STRAIGHT to go onto RAWSON AVE. Turn RIGHT onto NORTH ST. End at 1100 North St Fremont, OH 43420.</p> <p><u>SOUTH</u>: Take I-75 N to US-6 E. Turn LEFT onto US-6 E/OH-53 N. Take the OH-53 N exit, EXIT 95, toward PORT CLINTON/LAKE ERIE IS. Take the RAWSON AVE ramp toward FREMONT. Turn LEFT onto RAWSON AVE. Turn RIGHT onto NORTH ST. End at 1100 North St Fremont, OH 43420-1132</p>
Parking	Parking is available on the school lot.

Hotel Information

Hampton Inn: 540 East County Rd 89, Fremont, Ohio, USA 43420
Tel: +1-419-332-7650

Comfort Inn & Suites 840 Sean Dr. Fremont, OH, US, 43420
Phone: (419) 355-9300

Entering the Meet	
Entry Rules - General	<ul style="list-style-type: none"> • All contestants must be registered athletes of Ohio Swimming, Inc. and entries must contain their USA Swimming number. USA-S registrations will not be accepted at this meet. • 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, unless cleared by the OSI registration/Membership Coordinator. • <u>There shall be No Deck Entries at the Championship Meet.</u> • A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events. • 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 swimmer) to the host club.
Entry Rules: Individual Events	<ul style="list-style-type: none"> • 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, 2012 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	<ul style="list-style-type: none"> • 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 member of a relay team.
Entry Procedures	<ul style="list-style-type: none"> • Teams should enter the meet either using Hy-tek Team Manager or Team Unify. The electronic Event File can be downloaded from either www.sandotterswimming.com or www.swimohio.com. The electronic entry file should be sent via e-mail to the andy_rut@yahoo.com by Tuesday, February 5, 2013, 5:00pm • The following must be sent (postmarked) to the Meet Director via US Mail or other courier service by Wednesday, February 6, 2013: <ol style="list-style-type: none"> 1. Hardcopy printout of all entries from Hy-tek Team Manager or Team Unify 2. Entry Summary Sheet (Appendix B) 3. Check for the Total Entry Fees payable to Sand Otter Swimming. • Unattached Swimmers may enter manually using the Form in Appendix C of this document. • Fax Entries - The meet does not accept faxed entries. • Please let the host club know if you are entering any Outreach athletes.
Entry Fees	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Provide advance notice of any necessary accommodations; • 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. <u>More info is available under Adaptive Swimming on the OSI website.</u>

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 except as modified specifically herein.
Membership Requirement	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card. All persons acting in any coaching capacity in a sanctioned event must be a currently certified coach members of USA Swimming.
Competition Guidelines & Meet Format	<ul style="list-style-type: none"> • Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee. • The 1650 Freestyle event will be Timed Finals with the fastest 8 swimmers swimming at Finals. The preliminary sessions of these events will swim fastest to slowest, alternating between women and men. • Relays are timed finals and only the top 16 seeded times will swim at night on Day 2. Relays on Day 3 are all contested in Prelims. • The 13-14 500 and 1650 Freestyle will be contested as the last event at Prelims, and the first event at Finals. • Ten (10) lanes will be used for all heats in preliminaries and morning timed final events. Eight (8) lanes will be used for finals and timed final events swum in the evening.
Warm-Up and Safety Guidelines	<ul style="list-style-type: none"> • The meet host will provide a complete schedule of warm-up procedures to include lane assignments 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.
Warm-Up Procedures	<ul style="list-style-type: none"> • Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants. • The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. • 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. • 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. • 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 at one time as equal as possible. • 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	<p>Host Team Safety Responsibilities:</p> <ul style="list-style-type: none"> • Marshaling Requirements: <ol style="list-style-type: none"> a. 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. b. 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. c. 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. • Host team shall provide signs for each lane at both ends of the pool which indicate the designated use during the warm-up session. • 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. • Host team must supply a certified lifeguard on duty at all times.

Championship Procedures

Safety Guidelines	<p>Coach/Team Safety Responsibilities:</p> <ul style="list-style-type: none"> • Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. • Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices. • Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period. • Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work. <p>Miscellaneous Safety:</p> <ul style="list-style-type: none"> • 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. • Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start. • 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. <p>Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.</p>
Seeding	<p>For these Championships, the seeding order is Short Course Yards (Y) only. "NT" entries are not accepted.</p>
Protest Procedures	<p>All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.</p>
<p><u>Scratch Procedures:</u> 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.</p>	
Scratching from Finals:	<ul style="list-style-type: none"> • 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 'Exception for Failure to Compete' below. 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. • 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. • 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. • If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s). • 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:	<p>No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <ul style="list-style-type: none"> • The Referee is notified in the event of illness or injury and accepts the proof thereof. • 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. • It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Championship Procedures

<p>Relays and Relay Check-In Procedures:</p>	<p>1. All relays are conducted on a timed final basis. Entry forms for all relays will be included in the Team packets and must be turned in prior to the relay forms deadline in order to be seeded. The coach 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 host team designated person for entry by the deadline. However, relay swim order may be changed up to the time of the swim.</p> <p>2. Relay Forms – Deadlines:</p> <table border="0" style="margin-left: 40px;"> <tr> <td style="text-align: right;">Day:</td> <td style="text-align: right;">Event Name:</td> <td style="text-align: right;">Scratch Deadline:</td> </tr> <tr> <td style="text-align: right;">Sunday</td> <td style="text-align: right;">200 Free Relay</td> <td style="text-align: right;">30 minutes after the start of Saturday Finals</td> </tr> <tr> <td style="text-align: right;">Monday</td> <td style="text-align: right;">200 Medley Relay</td> <td style="text-align: right;">30 minutes after the start of Sunday Finals</td> </tr> </table>	Day:	Event Name:	Scratch Deadline:	Sunday	200 Free Relay	30 minutes after the start of Saturday Finals	Monday	200 Medley Relay	30 minutes after the start of Sunday Finals
Day:	Event Name:	Scratch Deadline:								
Sunday	200 Free Relay	30 minutes after the start of Saturday Finals								
Monday	200 Medley Relay	30 minutes after the start of Sunday Finals								
<p>Finals Session Event Order</p>	<p>The order of the final events shall be the same as preliminary sessions except the 13-14 500Y Freestyle and the 1650Y Freestyle will be contested as the first event at Finals.</p>									
<p>Scoring: 8 Lane Pool (16 places) 6 Lanes (12 Places)</p>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p> </td> <td style="vertical-align: top;"> <p><u>Relay Events:</u> A (Final) 40-34-32-30-28-26-24-22 B (Consolation) 18-14-12-10-8-6-4-2</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p>A (Final) 16-13-12-11-10-9 B (Consolation) 7-5-4-3-2-1</p> </td> <td style="vertical-align: top;"> <p>A (Final) 32-26-24-22-20-18 B (Consolation) 14-10-8-6-4-2</p> </td> </tr> </table> <p>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.</p>	<p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p>	<p><u>Relay Events:</u> A (Final) 40-34-32-30-28-26-24-22 B (Consolation) 18-14-12-10-8-6-4-2</p>	<p>A (Final) 16-13-12-11-10-9 B (Consolation) 7-5-4-3-2-1</p>	<p>A (Final) 32-26-24-22-20-18 B (Consolation) 14-10-8-6-4-2</p>					
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<p>Awards</p>	<ul style="list-style-type: none"> • 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. Ribbons will be awarded to 4-8 places. 									
<p>Psych Sheet Warm-up Schedule Results</p>	<ul style="list-style-type: none"> • The following information will be published on the meet host website at: www.sandotterswimming.com <ol style="list-style-type: none"> 1. Psych Sheets 2. Warm-up Schedule 3. Results 4. Final Results, Team Manager Results file, and Meet Manager Backup file 									
<p>Time Trials</p>	<ul style="list-style-type: none"> • Time Trials will be conducted following the preliminary sessions on Saturday, Sunday and Monday. • Signups for Time Trials each day will close one hour prior to the end of each preliminary session according to the estimated timeline. • Meet Participants 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. • 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 for non-meet participants are limited to individuals attempting to achieve a published National Cut (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 have full discretion and authority to review Time Trial entries. • Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You must show your current USA Membership card or an official club portal roster at the time of sign-up for Time Trials. 									

OHIO SWIMMING

2013 Short Course Junior Olympics

TIME STANDARDS

2013 Short Course JO Meet Qualifying Time Standards						
GIRLS			BOYS			
13-14	11 - 12	10 & Under		10 & Under	11 - 12	13 - 14
26.29	28.29	31.59	50 Free	32.09	28.09	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
	32.49	37.39	50 Back	37.99	33.49	
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
	36.79	42.09	50 Breast	43.79	37.09	
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
	30.79	35.29	50 Fly	36.89	31.59	
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
1:48.39	1:53.59	2:11.49	200 Free Relay	2:18.19	1:54.89	1:42.89
3:54.79	4:07.49		400 Free Relay		4:13.09	3:45.49
8:15.49			800 Free Relay			8:05.09
1:58.29	2:09.39	2:32.29	200 Med Relay	2:41.99	2:13.89	1:51.29
4:23.89	4:42.99		400 Med Relay		4:56.19	4:16.39

Updated 10-14-2012

Individual Entries Limited to 7 Individual Events

2013 Short Course Age Group Regional Championship

Ohio Swimming Inc. Membership Verification

Held under the sanction of USA Swimming #OH-3595 and #OH-3596

Meet Name: Ohio LSC Age Group Short Course Regional Championship

Location: Hawk-Bucci Natatorium, Fremont Ross High School.

Date: February 16-18, 2013

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: _____ DATE: _____

SIGNATURE: _____ PRINTED NAME: _____

ENTRY SUMMARY SHEET

Held under the sanction of USA Swimming #OH-3595 and #OH-3596

TEAM NAME: _____ TEAM CODE: _____

TEAM CONTACT: _____

DAYTIME PHONE: _____ EVENING PHONE: _____

EMAIL ADDRESS: _____

_____ # SWIMMERS x \$2.00 = _____ (Travel Fund & Championship Facilities Site Selection Fund)

_____ # INDIVIDUAL EVENTS x \$5.00 = _____

_____ # RELAY EVENTS x \$10.00 = _____

TOTAL AMOUNT REMITTED: _____

OUTREACH ATHLETES ENTERED (NAMES):

1. _____
2. _____
3. _____
4. _____
5. _____

INCLUDE CHECK WITH THIS SUMMARY SHEET

Make checks payable to: Sand Otter Swimming
 c/o Phil Moran
 29 Adams Drive
 Fremont, Ohio 43420

ENTRY DEADLINE: February 5, 2013 at 5:00 PM

MEET: _____
 DATE: _____
 CLUB: _____
 COACH: _____
 PHONE: _____

EVENT#
 Qualifying time:
 200 Free Relay
 A. _____
 B. _____
 C. _____

EVENT#
 Qualifying time:
 200 Medley Relay
 A. _____
 B. _____
 C. _____

2013 Ohio Short Course Regional Championships
Sanction #OH-3595 and #OH-3596
Unattached Athletes Only

Appendix C

				Friday					Saturday					Sunday				
Circle:	Boys	Girls	Event															
9-10	11-12	13-14																
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: YARD TIMES ONLY

NUMBER OF INDIVIDUAL EVENTS: _____ NUMBER OF RELAY EVENTS: _____