



OHIO
SWIMMING

Ohio Swimming, Inc.

2015 Long Course Junior Olympic Championship and Time Trials

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-15LC-04 and OH-15LC-30 TT
Officials Qualifying Meet QM015-113**

**July 16 – 19, 2015
Oxford, Ohio**

Hosted By: MAKO Swim Team (MAKO) and
Cincinnati Aquatic Club (CAC)

2015 Ohio Long Course Junior Olympic Championships Event Information

July 16-19, 2015

**Miami University Corwin M. Nixon Aquatic Center
Oxford, Ohio**

Sanctioned by USA Swimming through Ohio Swimming
under the auspices of the Ohio Swimming Age Group Committee

Sanction # OH-15LC-04 and OH-15LC-30 TT

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

Meet Host website: www.swimmakos.com

Important Facts About the Meet

- **Entry Deadline:**
 - Monday, July 13, 2015 at 5:00 P.M.
 - All paperwork and fees must be postmarked by Tuesday, July 14, 2015. When possible, please bring payment or proof of payment (i.e. copy of check request) to the meet.
- Time Standards – All entries must be equal to or faster than 2015 Long Course Junior Olympic Time Standards (see Appendix A), or the 2015 Short Course Time Standards on the Ohio Swimming website.
- Entry times shall be in long course meters (L) or short course yards (Y) achieved since January 1, 2014. No Converted Times will be accepted. All times must have met the time standard and are in the USA Swimming SWIMS database.
- **Entry Limits:** Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- OME will be used for Individual entries only. A separate Team Manager/Unify file is to be used for relay entries.
- There is no Admission Charge for Ohio Championship Meets.
- At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.
- 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Swimmers discovered deck changing at Miami will be ejected from the facility.
- All fees must be paid before the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or a copy of a check request must be mailed to the entry chair or presented at the meet.
- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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Meet Administration

Facility Address

Miami University Corwin M. Nixon Aquatic Center
750 S. Oak St.
Oxford, Ohio 45056
(513) 529-1844

Meet Referee

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

Entry Chair

Claudia Multer
1075 Oakmont Ave.
Hamilton, OH 45013
claudia.multer@gmail.com

Age Group Committee Chair

Todd Billhimer
6050 S. Mason-Montgomery Rd
Mason, OH 45040
(513) 600-9758 cell
agegroupchair@swimohio.com

Meet Director

Terri Shannon
169 Hilltop Rd.
Oxford, OH 45056
513-255-5043
shannot1@miamioh.edu

Local Officials Coordinator

Edgar Caraballo
16 Stonehedge Circle
Oxford, OH 45056
513-280-6367
carabaej@miamioh.edu

Meet Jury (Appeal committee for resolving protests)

- Meet Official – TBD
- Coach – TBD
- Athlete – TBD

Meet Committee (Administrative Advisory Committee)

- Meet Referee -Bill Houk
- Meet Director – Terri Shannon
- Age Group Chair – Todd Billhimer*
- Coach Chair – Ed Bachman*
- Technical Chair – Steve Nye*
- Officials Chair – Pam Birnbrich*
- Athlete Committee Representative – Mac Lewis*

*Or designee

Meeting Schedule

Friday, July 17	General/Coaches Meeting – 8:00 AM <i>All subsequent coaches' briefings will be announced as needed</i>
Thursday, July 16 Friday, July 17	Officials' Meeting 11:45 AM Officials' Meeting 7:15 AM <i>All subsequent officials' briefings will begin 45 minutes prior to the start of each session.</i>

Officials

All USA Swimming certified officials willing to volunteer should fill out and submit the electronic Application to Officiate found on the Ohio Swimming website JO Event page.

This meet will be an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications (QM). Officials wishing to be evaluated should indicate that in the Application to Officiate form available on the Ohio Swimming website JO Event page.

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](http://USA Swimming website) website, in the Volunteers Section under Officials Certification.

Official's 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.

Order of Events:

2015 LC Junior Olympic Championships – Order of Events

Long Course Meters

Timed Finals warm-ups Begin at (TBD)^{^^}
Timed Finals Session Begins 12:30 pm^{^^}

Women's Events

101 Δ
103 Δ
105 Δ
107 Δ

Day 1 – Thursday, July 16, 2015

13-14 1500 Freestyle
11-12 400 Freestyle
10 & Under 200 Freestyle
13-14 800 Free Relay

Men's Events

102 Δ
104 Δ
106 Δ
108 Δ

Second warm-up after Event 102 for 12 & Unders only. All Thursday Events will swim fastest to slowest, alternating Girls/Boys heats.

Prelim Warm-ups Begin 7:00 am^{^^}
Prelim Session Begins no earlier than 8:30 am^{^^}

Day 2 – Friday, July 17, 2015

201 *
203 *
205 *
207
209
211
213
215
217
219
221
223 #
225 #
227 *
229 *

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

Finals warm-ups Begin at (TBD)^{^^}
Finals Session Begins at 4:30 pm^{^^}

202 *
204 *
206 *
208
210
212
214
216
218
220
222
224 #
226 #
228 *
230 *

Prelim Warm-ups Begin 7:00 am^{^^}
Prelim Session Begins no earlier than 8:30 am^{^^}

Day 3 – Saturday, July 18, 2015

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

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

Finals warm-ups Begin at (TBD)^{^^}
Finals Session Begins at 4:30 pm^{^^}

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

Prelim Warm-ups Begin 7:00 am^{^^}
Prelim Session Begins no earlier than 8:30 am^{^^}

Day 4 – Sunday, July 19, 2015

401
403
405
407
409
411
413
415
417

10 & Under 50 Breaststroke
11-12 50 Breaststroke
13-14 200 Breaststroke
10 & Under 100 Freestyle
11-12 100 Freestyle
13-14 100 Freestyle
10 & Under 100 Butterfly
11-12 100 Butterfly
13-14 100 Butterfly

Finals warm-ups Begin at (TBD)^{^^}
Finals Session Begins at 3:00 pm^{^^}

402
404
406
408
410
412
414
416
418

Δ Fastest to Slowest, Alternating Girls/Boys
* Timed Final – Fastest 1 heat at night
Timed Final – Fastest 2 heats at night

^{^^}Please confirm meet start times on the host team website
Relay events: All heats start from the balcony end
50 Meter events: All heats start from the scoreboard end

Individual Events 100 Meters and longer:
- Odd number heats start at Balcony End
- Even number heats start at Scoreboard End

Facility Information	
Facility Address	Miami University Corwin M. Nixon Aquatic Center 750 S. Oak St. Oxford, Ohio 45056 (513) 529-1844
Pool Information	<p>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 scoreboard 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.</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. 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.</p>
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	An Information/Lost & Found booth will be available in the Aquatic Vestibule
Medical Assistance	<p>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. Please report all first aid issues to the Aquatic Office.</p> <p>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 513-523-2111.</p>
Facility Information / Venue Rules	<p>Note: Swimmers will not be permitted in the adjacent leisure pool.</p> <p><u>Venue Rules:</u></p> <ul style="list-style-type: none"> • 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. Day lockers will be available for use at the Aquatics Center for use by athletes, coaches and officials. Overnight use is prohibited. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items. • 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. • Miami University is a smoke free campus. <p>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.</p> <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 team banners</p>
Directions to the Pool	<p>From Cincinnati: Take Rt. 27 north from I-275 (on the west side of I-75). Take left on Chestnut Street; right on Campus Ave.. The facility is on the right. The parking garage is located right after the pool: Approximate driving time: 45 minutes.</p> <p>From Dayton: Take I-75 south to Rt. 73 west. Take left onto Patterson Street; right on Spring Street; left on Campus Ave. The facility is on the left. The parking garage is located to the north of the facility. Approximate driving time: 1 hour, 15 minutes.</p>
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.miamioh.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.
Vendor	Swimville will be available for your swim equipment needs.

Entering the Meet

<p>Entry Rules - General</p>	<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 equal to or faster than the Ohio Long Course Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A for time standards). • By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations. • Entries will be seeded as follows: Long Course Meters (LCM), Short Course Yards (SCY). • Qualifying period: Only Long Course Meter (LCM) or Short Course Yard (SCY) times achieved since January 1, 2014 will be accepted. • 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 JO Championship meet, unless cleared by the OSI Membership/Registration 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.
<p>Entry Rules: Individual Events</p>	<ul style="list-style-type: none"> • Swimmers may swim a maximum of 3 (three) Individual Events per day, plus relays (including time trials). • Swimmers may enter a maximum of 7 (seven) Individual Events, plus relays (excluding time trials). • All Entries must be equal to or faster than the 2015 Long Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2015 Short Course Junior Olympic Time Standards (as listed on the Ohio Swimming website) and must be in the USA Swimming database. • Age on the first day of the meet will determine the age group in which a swimmer is entered. • If a swimmer wants an official intermediate split from an individual longer distance event, they must notify the meet referee before the event and complete an Ohio Time Certification form. • A swimmer whose birthday occurs between the start of the Regional Meet and the start of the Long Course Junior Olympics meet may enter the appropriate 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. Entries for aged up athletes are to be submitted via email to claudia.multer@gmail.com and must include the following information: athlete name, USA ID, gender, age, event(s) qualified and time(s) achieved in the previous age group.
<p>Entry Rules: Relay Events</p>	<ul style="list-style-type: none"> • All relay entries must be equal to or faster than the 2015 Long Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2015 Short Course Junior Olympic Time Standards (as listed on the Ohio Swimming website). • Relay times must be times earned within the qualifying period for this meet and must be in the USA Swimming database. • Three (3) relays per team may be entered per event but only two (2) relays per team event may score points and/or swim in the top 8 final heat. • 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. • 13-14 400 Medley Relay teams that make the JO entry cut, may also be entered in the 200 Medley Relay at the 400 Med Relay team entry time.

Entering the Meet

Entry Procedures	<ul style="list-style-type: none"> • INDIVIDUAL EVENT ENTRY: Teams/Unattached individuals must enter the meet using the USA Swimming Online Meet Entry (OME) system. • RELAY EVENT ENTRY: A Hytek/Team Unify entry file should be sent to the entry chair for relay entries only. • The events file can be downloaded from either www.swimmakos.com or www.swimohio.com (for internal use of organizing individual entries). Times will be validated through the SWIMS database. • Age-up athletes: send an email directly to the meet entry chair which includes the following information: Name, age, list event(s) and time(s) achieved in previous age group. • Registration for the meet will begin June 15, 2015 and remain open for registration until July 13, 2015 5 pm. • The following must be sent (postmarked) to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline: <ol style="list-style-type: none"> 1. Entry Summary Sheet (Appendix B). 2. Check for the Total Entry Fees payable to <u>Cincinnati Aquatic Club</u>. • Fax Entries - The meet does not accept faxed entries. • Payments can be made either by credit card through OME or check. • All fees must be paid by the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or a copy of proof of payment (i.e. copy of check request) must be mailed to the entry chair or presented at the meet. • Please let the host club know in advance if you are entering any Outreach athletes.
Entry Fees	<ul style="list-style-type: none"> • Individual Events - \$6.00 per entry • Relay Events - \$11.00 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.
Proof of Times Procedures:	<ul style="list-style-type: none"> • All entry times will be verified through the Online Meet Entry (OME) system.
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 Athletes>Adaptive Swimming on the OSI website.</u>

Championship Procedures

Rules	USA Swimming Rules and Regulations except as modified herein 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 member of USA Swimming.
Competition Guidelines & Meet Format	<ul style="list-style-type: none"> • Except for the Relays and events designated as Timed Final Events in the Order of Events on page 4, the meet will be conducted in a Preliminary-Finals format with a Championship (A) and a Consolation (B) heat at Finals. The B Final will swim before the A Final. Alternates should be ready to swim in the B Final and identify themselves to the starter. • The 1500 Freestyle event will be Timed 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 8 seeded times will swim at night on Day 2 and Day 3. • Preliminary individual events will be started from both ends of the pool, odd heats starting from the balcony end and even heats starting from the scoreboard end of the pool. All 50 M events will be started from the scoreboard end of the pool. All relays will be started from the balcony end of the pool. • The 13-14 400 Freestyle will be contested as the last event at Prelims, and the fourth event at Finals (after the Freestyle Relays). • Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.

Championship Procedures	
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 the meet and monitored jointly by the meet director and the 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: <ul 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, with concurrence of the meet referee, 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. In addition to the four (4) Marshals 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. • Host team shall post information at both ends of the pool which indicate the designated use of the lanes 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. <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. • Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.
Seeding	For these Championships, the seeding order is Long Course Meters (LCM) then Short Course Yards (SCY).
Protest Procedures	All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.

Championship Procedures

Scratch Procedures:

- A swimmer who officially scratches from an individual event shall not have that event count towards their maximum number of events for the meet or for that day.
- The scratch deadline for Preliminary Events and Timed Final Events will be 30 minutes prior to the start of the session where the individual or relay is contesting the event.

Scratching from Prelims:	<ul style="list-style-type: none"> • Any swimmer not appearing for an individual preliminary event, without officially scratching per meet guidelines, shall not be penalized; however, that event will be counted against their 7 event maximum for the meet and their 3 event per day maximum. • Any relay that fails to appear for a pre-seeded relay event shall not be penalized. 												
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 in Finals:	<p>No penalty shall apply for failure to withdraw or compete in an individual event final 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. 												
Relays and Relay Check-In Procedures:	<p>1. All relays are conducted on a timed final basis. Entry forms for all relays must be turned in prior to the relay deadline. Each coach shall pick up relay entry forms from the mailbox in the hospitality room. 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 computer table 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"> <thead> <tr> <th><u>Day:</u></th> <th><u>Event Name:</u></th> <th><u>Relay Form Deadline:</u></th> </tr> </thead> <tbody> <tr> <td>Thursday</td> <td>800 Free Relay</td> <td>30 minutes after the start of Thursday Prelims</td> </tr> <tr> <td>Friday</td> <td>All Relays</td> <td>30 minutes after the start of Thursday Finals</td> </tr> <tr> <td>Saturday</td> <td>All Relays</td> <td>30 minutes after the start of Friday Finals</td> </tr> </tbody> </table>	<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline:</u>	Thursday	800 Free Relay	30 minutes after the start of Thursday Prelims	Friday	All Relays	30 minutes after the start of Thursday Finals	Saturday	All Relays	30 minutes after the start of Friday Finals
<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline:</u>											
Thursday	800 Free Relay	30 minutes after the start of Thursday Prelims											
Friday	All Relays	30 minutes after the start of Thursday Finals											
Saturday	All Relays	30 minutes after the start of Friday Finals											
Finals Session Event Order	The order of the final events shall be the same as preliminary sessions except the 13-14 400M Freestyle will be contested as the fourth event at Finals (after the Freestyle Relays).												
Scoring: 8 Lane Pool (16 places)	<table border="0"> <tr> <td><u>Individual Events:</u></td> <td><u>Relay Events:</u></td> </tr> <tr> <td>A (Final) 20-17-16-15-14-13-12-11</td> <td>A (Final) 40-34-32-30-28-26-24-22</td> </tr> <tr> <td>B (Consolation) 9-7-6-5-4-3-2-1</td> <td>B (Consolation) 18-14-12-10-8-6-4-2</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 top 8 final heat.</p>	<u>Individual Events:</u>	<u>Relay Events:</u>	A (Final) 20-17-16-15-14-13-12-11	A (Final) 40-34-32-30-28-26-24-22	B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2						
<u>Individual Events:</u>	<u>Relay Events:</u>												
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B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2												

Championship Procedures

Awards	<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. • 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. • Individual High Point Plaques – High point plaques will be awarded for each gender and age group who achieves the highest point total using standard scoring. • Team High Point Plaques – High Point plaques will be awarded for each gender and age group. • Overall High Point Large and Small Team Awards shall be furnished by Ohio Swimming and presented to the first, second and third place teams at the Ohio LSC Championship meet.
Psych Sheet Warm-up Schedule Results	<ul style="list-style-type: none"> • The following information will be published on the meet host website at: www.swimmakos.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
Time Trials	<ul style="list-style-type: none"> • Time Trials will be conducted following the preliminary sessions on Friday, Saturday and Sunday. • Signups for Time Trials each day will close 90 minutes 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 meet and 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

2015 Long Course Junior Olympics

TIME STANDARDS

Ohio Swimming 2015 Long Course Junior Olympic Qualifying Times						
GIRLS			BOYS			
<u>13-14</u>	<u>11-12</u>	<u>10 & Under</u>		<u>10 & Under</u>	<u>11-12</u>	<u>13-14</u>
29.79	31.09	34.79	50 Free	35.89	31.39	28.09
1:03.79	1:07.79	1:18.49	100 Free	1:19.49	1:08.79	1:00.99
2:18.59	2:28.09	2:51.19	200 Free	2:54.19	2:28.69	2:13.79
4:55.29	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	
1:14.29	1:19.69	1:31.09	100 Back	1:34.29	1:20.69	1:11.29
2:38.19			200 Back			2:33.99
	41.49	46.99	50 Breast	49.69	42.19	
1:23.99	1:30.99	1:44.59	100 Breast	1:49.79	1:32.79	1:21.99
3:03.59			200 Breast			2:57.79
	34.29	39.49	50 Fly	41.69	35.19	
1:11.39	1:18.39	1:34.99	100 Fly	1:43.29	1:19.99	1:09.49
2:46.99			200 Fly			2:39.79
2:38.99	2:49.79	3:15.09	200 IM	3:22.89	2:54.39	2:30.99
5:40.69			400 IM			5:25.79
2:05.19	2:10.59	2:27.19	200 Free Relay	2:31.09	2:11.89	1:57.99
4:27.99	4:44.79		400 Free Relay		4:48.99	4:16.19
9:42.09			800 Free Relay			9:21.99
(see 400 MR)	2:30.59	2:51.99	200 Med Relay	2:58.89	2:33.09	(see 400 MR)
5:08.19	5:32.79		400 Med Relay		5:38.39	4:57.99

Approved 10/5/14
(relays updated 1/22/2015)

Individual Entries Limited to 7 Individual Events

2015 Long Course Junior Olympic Championship

Held under the sanction of USA Swimming #OH-15LC-04 and #OH-15LC-30 TT

USA Swimming Registration Waiver Form

Location: Miami University Corwin M Nixon Aquatic Center, Oxford, Ohio

Date: July 16-19, 2015

You must return this form with your check.

1. The undersigned team representative certifies by his/her signature that all the athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc.
2. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is a current coach member in good standing of USA Swimming, Inc.

Team: _____ Code: _____

Head Coach Name: _____ Email: _____

Team Representative's Name
(printed): _____

Team Representative's Signature: _____

Team Contact's Email Address: _____
(We will use this email to update you on this meet)

Number of Coaches Attending: _____

Team Contact Phone: _____

Team Address: _____

Outreach Athletes attending: _____

Financial Summary

Meet Entry Summary
Number of Swimmers x \$2.00 per swimmer (LSC fee) = \$
Number of Individual Events x \$6.00 per event = \$
Less the Number of Outreach Individual Events x \$6.00 per event = \$
Number of Relay Events x \$11.00 per event = \$
Total Amount Remitted: \$

A paper copy of your entries must be sent along with your check and this page.

Make checks payable to: Cincinnati Aquatic Club
c/o Claudia Multer
1075 Oakmont Ave.
Hamilton, Ohio 45013

ENTRY POSTMARK DEADLINE: Tuesday July 14, 2015 (teams are encouraged to bring payment or proof of payment (i.e. copy of check request) to the meet)

Local Area Information

RESTAURANT INFORMATION:

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

HOTEL INFORMATION:

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

Miami Apartment Reservations

<https://regstg.com/Registration/Registration.aspx?rid=4ada6ff5-232b-4617-a60b-0346f8b1b6d76>

Team Meals may be arranged in a convenient Miami Dining hall.

Please contact Paula Green at greenp1@miamiOH.edu for further information.