

SOUTHWEST OHIO YMCA SWIM LEAGUE
2005 LONG COURSE CHAMPIONSHIP
YMCA Sanction CAQ-04-05-6073

July 8, 9, 10, 2005



1. LOCATION AND TIMES

Corwin Nixon Aquatic Center, Miami University
Oxford, Ohio 513-529-1844

Please Note:

- * **Shaving down at the natatorium is prohibited.**
- * **Food and beverages are not allowed in the natatorium.**
- * **Coolers are not allowed in the natatorium or spectator area.**
- * * **Deck Changing is not permitted. Anyone changing on deck will be disqualified from the meet.**

Friday, Saturday & Sunday Preliminary Sessions:

11-12, 13-14, 15 & Over and senior
Warm-ups: 7:00 a.m. Meet: 8:30 a.m.

Saturday & Sunday Timed Finals Sessions:

8 & Under and 9-10
Warm-ups: not before 12:00 p.m. Meet: 1:00 p.m.

Friday, Saturday & Sunday Finals Sessions: 11-12, 13-14, 15 & Over and Senior

Friday Warm-ups	4:00 PM	Meet:	5:00 PM
Sat. & Sun. Warm-ups:	5:00 p.m.	Meet:	6:00 p.m.

Warm-up Procedures: Teams will be assigned a specific warm-up period. 11 & Older Sessions will have a general warm-up period within an assigned 45-minute time frame. 10 & Under sessions will have an assigned warm-up within an assigned 25 minute time frame. For Finals Sessions, there will be a general warm-up for the first 30 minutes and a specific warm-up for the final 30 minutes of the warm-up session.

2. ORDER OF EVENTS

The attached order of events will be followed.

All 8 & Under and 9-10 age group events are timed finals. All 11-12, 13-14, 15 & over and senior individual events, including the 400 IM and 400 Free, will have preliminaries and consolation, championship finals.

The senior 800 freestyle, 1500 freestyle and all 11 and over relay events will be timed finals swum in the morning sessions with the top heat swimming with finals at night. The 800 and 1500 will be swum fastest to slowest alternating girls and boys heats. The top girls and top boys heat of the 800 will be swum at the beginning of Saturday finals and the top heat of the 1500 will be swum at the beginning of the Sunday Finals Session. The 800 and 1500 Freestyle may be swum two to a lane.

3. ELIGIBILITY

A swimmer must be a member of the YMCA he/she represents for a minimum of 90 days prior to the Championship, or be eligible by the "YMCA Rules That Govern YMCA Sports".

During the Long Course Season (May 1 through July 10, 2005), a swimmer may not swim in open competition representing any team other than the YMCA he/she is representing in this championship.

Returning YMCA swimmers must have competed in two (2) Southwest Ohio YMCA Swim League inter-association meets in the current Long Course Season to be eligible to swim in this Championship Meet.

New YMCA swimmers must have competed in three (3) Southwest Ohio YMCA Swim League inter-association meets in the current Long Course Season to be eligible to swim in this Championship Meet.

Swimmers and teams must meet all requirements outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets".

Coaches must submit their current coaches' certification documents to receive their deck passes. Each coach must have a deck pass in order to be on deck during this Championship Meet. A SOUTHWEST OHIO YMCA SWIM LEAGUE Coaches Certification Card must be displayed while on deck.

Collegiate swimmers may participate if they are members of their YMCA 90 days prior to the start of this Championship Meet. They must participate in three inter-association meets. If they cannot meet these requirements, they may enter as non-scoring participants and be ineligible to swim in the evening finals sessions.

4. SANCTION

The National YMCA Swimming and Diving Committee sanctions this meet. The sanction number is CAQ-04-05-6073.

5. PROOF OF TIME/VERIFICATION OF PARTICIPATION (2 files)

A proof of time file may be generated in your Team Manager program and submitted along with your entry. This should satisfy your proof of time for the meet. If additional proof is needed the entry chair will contact you. (The proof of time file is in "File", "Export", "Proof of Time")

A proof of time file does not show how many meets a swimmer participated in, so we also need a printout of swimmers best times as it will show the meets they participated in. Please generate this file ("File", "Export", "Best Times File"). Then make this a word file and attach it to an email. If there is any question on any swimmer you may be asked to print all meets for just that swimmer.

Any coach may challenge the participation or time of any swimmer by filing a protest with the Meet Committee and posting a \$5.00 fee. This protest must be filed prior to the beginning of each session's events. The fee will be returned only if the protest is won.

Any swimmer who does not meet the qualifying time may be required to prove his entry time.

Deck entries will not be accepted at any Southwest Ohio YMCA Swim League championship meet.

The only exceptions are as follows:

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

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

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

8. MEET RULES

Except for those stated in this document and outlined in the YMCA "Rules That Govern" and the Southwest Ohio YMCA Swim League "Rules and Regulations", the current NCAA Swimming and Diving Rules will govern this meet.

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

Only swimmers, coaches with deck passes, working officials and parents for the 8 & Under and 9-10 age groups will be allowed on the pool deck. Coaches may use the deck passes issued for the 2004-2005 winter season. Any coach needing a new pass for summer is to contact Toby Boedeker and submit his/her certifications by June 15, 2005.

Swimmers entering the pool for warm-up or warm-down must enter the pool **FEET FIRST ONLY, WITH ONE HAND IN CONTACT WITH THE POOL DECK.** Swimmers must enter the pool at the starting block area of the pool. Willful disregard of these procedures will result in disqualification from the meet.

The Southwest Ohio YMCA Swim League 30-Minute Scratch Rule will be in effect up to the top 24 individual finishers after preliminaries.

800 and 1500-meter swimmers will swim fastest to slowest, alternating girls and boys, in the preliminaries session. The meet director reserves the right to swim two swimmers per lane for both the 400 free, 800 free and the 1500 free.

9. SCORING

Individual Events - Top 16

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events - Top 16

40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

10. AWARDS

Individual Events:	Medals 1st through 8th	Ribbons 9th through 16th
Relay Events:	Medals 1st through 3rd	Ribbons 4th through 16th
Heat Ribbons:	Heat ribbons will be awarded to all heat winners in the 8 & Under and 9-10 events.	
Age Group Plaques:	Awarded to age groups, which score the highest combined points in the age group standings.	
Team awards:	First Place-Banner; Second and Third - Plaques	

11. ENTRY FEES

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

12. HEAT SHEETS

Heat sheets will be sold at the main entrance of the pool. All certified coaches will be given a free copy for each session.

13. REQUIRED YMCA WORK ASSIGNMENTS

As pre-determined from last year's numbers, all YMCAs must provide the assigned officials/workers as designated by the Meet Committee. The assignments will be posted on the league website. Failure to provide all of the assigned officials/workers for any session of this meet will disallow that team's swimmers from further participation in the meet. Should this situation occur, no entry fees will be returned. Teams are to arrange for their own substitutes. **Do not contact the meet director.**

Substitutes/alternates for various officials/workers positions are allowed, provided that the position's instructions are reviewed with the person and that the Deck Referee is notified of the change.

A team not fulfilling their worker assignment will be fined \$100.00 per position and the money will go to the team filling that position. This only applies to assignments that must be filled the day of the meet.

14. MEET COMMITTEE

All members of the Southwest Ohio Swimming League Executive Committee in attendance of the meet.

***** ENTRY SUMMARY SHEET *****
2005 Long Course Championship
July 8, 9, 10, 2005

TEAM: _____ TEAM CODE: _____
 HEAD COACH: _____ ASSISTANT COACH: _____
 DAYTIME PHONE: _____ DAYTIME PHONE: _____
 EVENING PHONE: _____ EVENING PHONE: _____
 E-MAIL: _____ E-MAIL: _____

NAME AND ADDRESS FOR FINAL RESULTS: _____

AGE GROUPS	# OF INDIVIDUAL SWIMMERS	# OF INDIVIDUAL ENTRIES	# OF RELAY ENTRIES
8 & Under Girls	_____	_____	_____
8 & Under Boys	_____	_____	_____
9 & 10 Girls	_____	_____	_____
9 & 10 Boys	_____	_____	_____
11 & 12 Girls	_____	_____	_____
11 & 12 Boys	_____	_____	_____
13 & 14 Girls	_____	_____	_____
13 & 14 Boys	_____	_____	_____
15 & Over Girls	_____	_____	_____
15 & Over Boys	_____	_____	_____
Overall Totals	_____	_____	_____

ENTRY FEE TABULATION: Total # of Individual Entries _____ x \$4.00 = _____
 Total # of Relay Entries _____ x \$16.00 = _____
 TOTAL # OF SWIMMERS _____ x \$1.00 = _____
 TOTAL AMOUNT SUBMITTED _____ = _____

Please include all relay swimmers on your entry form.

MAKE CHECK PAYABLE TO THE "Southwest Ohio YMCA Swim League" AND MAIL WITH ENTRIES TO
 CLAUDIA MULTER
 1075 OAKMONT AVENUE
 HAMILTON, OHIO 45013
 513-863-6298

Do you wish to withhold awards from 15 & over swimmers in lieu of a donation to your national team?
 Yes _____ No _____

SOUTHWEST OHIO YMCA SWIMMING LEAGUE
2005 LONG COURSE CHAMPIONSHIPS
Friday, July 8, 2005

<u>A.M. Session</u>			<u>Finals Session</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	Senior 800 Free Relay*	2	1	Senior 800 Free Relay*	2
3	11 - 12 200 IM	4	3	11 - 12 200 IM	4
5	13 - 14 200 IM	6	5	13 - 14 200 IM	6
7	15 & over 200 IM	8	7	15 & over 200 IM	8
9	11 - 12 50 Free	10	9	11 - 12 50 Free	10
11	13 - 14 50 Free	12	11	13 - 14 50 Free	12
13	15 & over 50 Free	14	13	15 & over 50 Free	14
15	11 - 12 50 Breast	16	15	11 - 12 50 Breast	16
17	13 - 14 50 Breast	18	17	13 - 14 50 Breast	18
19	15 & Over 50 Breast	20	19	15 & Over 50 Breast	20
21	11-12 100 Fly	22	21	11-12 100 Fly	22
23	13-14 100 Fly	24	23	13-14 100 Fly	24
25	15& Over 100 Fly	26	25	15& Over 100 Fly	26
27	Senior 200 Back	28	27	Senior 200 Back	28
29	11 - 12 400 Free	30	29	11 - 12 400 Free	30
31	13 - 14 400 Free	32	31	13 - 14 400 Free	32
33	15 & over 400 Free	34	33	15 & over 400 Free	34

Saturday, July 9, 2005

<u>A.M. Session</u>			<u>Finals Session</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
35	15 & O 400 Free Relay*	36	69	Senior 800 Free *	70
37	13 - 14 200 Free Relay*	38	35	15 & O 400 Free Relay*	36
39	11 - 12 200 Free Relay*	40	37	13 - 14 200 Free Relay*	38
41	15 & O 100 Breast	42	39	11 - 12 200 Free Relay*	40
43	13-14 100 Breast	44	41	15 & O 100 Breast	42
45	11-12 100 Breast	46	43	13-14 100 Breast	44
47	Senior 200 Fly	48	45	11-12 100 Breast	46
49	11-12 100 Free	50	47	Senior 200 Fly	48
51	13-14 100 Free	52	49	11-12 100 Free	50
53	15 & O 100 Free	54	51	13-14 100 Free	52
55	11-12 50 Back	56	53	15 & O 100 Free	54
57	13-14 50 Back	58	55	11-12 50 Back	56
59	15 & O 50 Back	60	57	13-14 50 Back	58
61	11-12 50 Fly	62	59	15 & O 50 Back	60
63	13-14 50 Fly	64	61	11-12 50 Fly	62
65	15 & O 50 Fly	66	63	13-14 50 Fly	64
67	Senior 400 Medley Relay*	68	65	15 & O 50 Fly	66
69	Senior 800 Free *	70	67	Senior 400 Medley Relay*	68

P.M. Session

	<u>Event</u>	
71	9 - 10 100 Free	72
73	8 & under 50 Back	74
75	9 - 10 50 Back	76
77	8 & under 100 Free	78
79	9 - 10 50 Free	80
81	9 - 10 200 IM	82
83	8 & under 200 Free Relay	84
85	9 - 10 200 Free Relay	86

SOUTHWEST OHIO YMCA SWIMMING LEAGUE 2005 LONG COURSE CHAMPIONSHIPS

Sunday, July 10, 2005

A.M. Session

Finals Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
87	15 & O 200 Medley Relay*	88	111	Senior 1500 Free*	112
89	13 - 14 200 Medley Relay*	90	87	15 & O 200 Medley Relay*	88
91	11 - 12 200 Medley Relay*	92	89	13 - 14 200 Medley Relay*	90
93	15 & O 200 Free	94	91	11 - 12 200 Medley Relay*	92
95	13-14 200 Free	96	93	15 & O 200 Free	94
97	11-12 200 Free	98	95	13-14 200 Free	96
99	Senior 400 IM	100	97	11-12 200 Free	98
101	11-12 100 Back	102	99	Senior 400 IM	100
103	13 -14 100 Back	104	101	11-12 100 Back	102
105	15 & O 100 Back	106	103	13 -14 100 Back	104
107	Senior 200 Breast	106	105	15 & O 100 Back	106
	10 Minute Break		107	Senior 200 Breast	108
109	Senior 200 Free Relay	110	109	Senior 200 Free Relay	110
	10 minute break				
111	Senior 1500 Free *	112			

P.M. Session

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
113	8 & under 50 Free	114
115	9 - 10 200 Free	116
117	8 & under 50 Breast	118
119	9 - 10 50 Breast	120
121	8 & under 50 Fly	122
123	9 - 10 50 Fly	124
125	8 & under 200 Medley Relay	126
127	9 - 10 200 Medley Relay	128

* Indicates Timed Final Event
with one heat swimming at finals