



**OHIO
SWIMMING**

Ohio Swimming, Inc.

2016 Tim Myers Memorial Ohio Long Course Senior Championship and Time Trials

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-16LC-26 and OH-16LC-35 TT
OQM #: QM16-xx**

**July 28-31, 2016
Bowling Green, Ohio**

Hosted By: Bowling Green Swim Club (BGSC)

2016 Tim Myers Memorial Long Course Senior Championships

Dear Swim Club Representative,

It is our pleasure to inform you that the Bowling Green Swim Club will host the 2016 Tim Myers Long Course Senior Championships at Bowling Green State University from July 28 thru July 31, 2016. Please read the meet information carefully. We have highlighted below some important issues:

- Thursday afternoon is a Timed Finals session for distance events, Friday - Sunday will be prelim/final sessions.
- We are asking all teams to notify the admin referee/official by 5 pm Saturday if they have swimmers or if their entire team is planning on scratching from finals on Sunday.
- We will be awarding medals to the Top 3 in each event (including relays) and we will be giving ribbons 4th thru 16th in individual events only. A virtual team trophy is being created on the Ohio Swimming website for the team scoring the highest points.
- Individual Events will be scored thru 16th place. This includes 2 places from the C Heat. If the event doesn't fill the finals heats, points will be awarded accordingly. The "D" Final will not be scored
- There will be a "D" Bonus final in all events 200 yards and below for 14-16 year old swimmers who do not qualify for the Championship (A final), Consolation (B final) or Bonus (C Final) championship heats. **NOTE:** 14 year old athletes must be in high school and have participated in either the OHSAA or KYHSAA swimming series.
- **All-Star Mixed Gender 200 Medley Relay** - We have added this event to the LC meet. Each team is allowed to enter their best 2 girls and 2 boys for an All-Star relay. The order of the four (4) swimmers is up to the discretion of the team and all teams entered will swim at Finals. This event will be contested as the first event in finals Saturday night. Relay cards must be submitted per meet procedures. A perpetual plaque will be awarded to the fastest Ohio Swimming LC All-Star Medley Relay.

The philosophy of the Ohio Long Course Senior Championship is to promote excellence within the ranks of Ohio Swimming. The purpose is not only to provide a venue for those Senior swimmers aspiring to attain Sectional and National qualifying times, but also to give all Senior swimmers within Ohio the opportunity to participate in a high quality competitive meet. The Ohio Long Course Senior Championship is open to all swimmers who meet the following criteria:

- High school athletes, 14 years old and older, who are in or beyond their freshman year and have competed in a high school swim meet during that academic year;
- Collegiate or Masters athletes;
- Disabled athletes who meet the eligibility criteria that are required of other meet participants.

We encourage all teams to support this meet. We want to continue making this an exciting event for all our senior athletes at all the levels.

Sincerely,
Chris Hadden
Senior Chair – Ohio Swimming

2016 Ohio Long Course Senior Championships Event Information

July 28-31, 2016

Hosted by Bowling Green Swim Club at Bowling Green State University
Bowling Green, OH

Sanctioned by USA Swimming through Ohio Swimming

Sanction # OH-16LC-26 and OH-16LC-35 TT

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

Meet Host website: www.bgscgators.com

Table of Contents

Meet Administration	4
Meet Officials and National Certification	4
Order of Events.....	5
Site Information and Directions.....	6
Entering the Meet	7-8
Championship Procedures.....	8-11
Entry Summary Sheet (Appendix A)	12

Important Details About the Meet

- Entry Deadline: Wednesday, July 20, 2016 at 12:00 P.M. (noon)
- Time Standards - There are no minimum Time Standards for this meet.
- Format: Timed Finals Thursday afternoon for distance events, Prelims/Finals Friday - Sunday.
- Maximum number of events is six (6) individual events plus relays
- All athletes entered in the 400/1500 Freestyle and the 400M IM events are asked, as a courtesy to other competitors, to positively check-in for these events by the deadlines posted on the Events page.
- There is no Admission Charge for Ohio Championship Meets.
- 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, locker rooms or behind the starting blocks. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.
- Deck changes are prohibited.
- 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.

Meet Administration

Facility Address

1411 Ridge Street
BGSU-Student Recreation Center
Bowling Green, Ohio 43403
419-372-2711

Meet Referee

Tom Knox

Senior Chair

Chris Hadden
seniorchair@swimohio.com

Entry Chair

Gary Lane
PO Box 793
Bowling Green, OH 43402
419-372-7476
glayne@bgsu.edu

Meet Director

Julie Price
Price.design@frontier.com

Local Officials Coordinator

Tom Knox
217 N. Maple Street
Bowling Green, OH 43402
419-353-6502
tknox@bgsu.edu

Meet Jury (Appeal committee for resolving protests)

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

Meet Committee (Administrative Advisory Committee)

- Meet Referee -
- Meet Director –
- Senior Chair – Chris Hadden*
- Coach Chair – Ed Bachman*
- Technical Chair – Steve Nye*
- Officials Chair – Pam Birnbrich*
- Athlete Committee Representative Rina Laios

* Or Designee

Meeting Schedule

General/Coaches Meeting	July 28, 2016 5:00 p.m. Hospitality <i>Any subsequent coach briefings will be announced as needed.</i>
Officials Meetings	July 28, 2016 5:30 p.m. Hospitality

	July 29, 2016 8:00 a.m. Hospitality
<i>All subsequent officials' briefing will be held 45 minutes prior to the start of each session</i>	

Meet Officials and Certification

The Bowling Green Swim Club will need the help of your USA Swimming 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 Senior Meet Event page. Officials contact for the meet is Tom Knox (tknox@bgsu.edu)

This meet will be an Officials Qualifying Meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications (OQM). Officials wishing to be evaluated should submit a Request for Evaluation online application available on the Ohio Swimming website under the Senior Meet events 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		
Day 1 - Thursday, July 28, 2016		
Timed Finals -- Warm Up – 5:15 – 6:15 p.m. Meet starts – 6:30 p.m. Positive Check-In deadline for 1500 Free is 4:30 pm		
Women #	Event	Men #
101	Women's 800 Free Relay	
	Men's 1500 Free	102
103	Women's 1500 Free	
	Men's 800 Free Relay	104
Thursday Events Swum Fastest to Slowest, alternating between Women and Men		
Day 2 – Friday, July 29, 2016		
Preliminary - Warm ups 7:30 – 8:45 a.m. Meet starts at 9:00 a.m. Finals – Warm Up – 4:15 – 5:15 p.m. Meet starts – 5:30 p.m. Positive Check-In deadline for 400 Free is 8:00 am		
201	400 Medley Relay* (Timed finals – top 16 swim at finals)	202
203	400 Freestyle	204
205	100 Breaststroke	206
207	200 Butterfly	208
209	200 Individual Medley	210
211	200 Free Relay* (Timed finals – top 16 swim at finals)	212
Day 3 – Saturday, July 30, 2016		

Preliminary - Warm ups 7:30 – 8:45 a.m. Meet starts at 9:00 a.m. Finals – Warm Up – 4:15 – 5:15 p.m. Meet starts – 5:30 p.m. Positive Check-In deadline for 400 IM is 8:00 am		
301	All-Star 200 Mixed Medley Relay^	
303	400 Individual Medley	304
305	100 Freestyle	306
307	100 Butterfly	308
309	200 Backstroke	310
311	400 Freestyle Relay* (Timed finals – top 16 swim at finals)	312
Day 4 – Sunday, July 31, 2016		
Preliminary - Warm ups 7:30 –8:45 am, Meet starts at 9:00 am Finals - Warm-ups 2:00 PM – 2:50 p.m. Meet starts – 3:00 PM		
401	200 Freestyle	402
403	200 Breaststroke	404
405	100 Backstroke	406
407	50 Freestyle	408
409	200 Medley Relay**	410
<p>*If coaches want to guarantee that their relays compete in the preliminary sessions, they must enter them with “NT” and mark “P” non their relay entry card. **Relays on Day 4 to be contested at Prelims only ^ Limited to one A-only relay entry per team, contested only at Finals</p> <p style="text-align: center;">Please confirm meet start times, warm-up times and timer assignments on the Ohio Swimming and host team websites.</p>		

Facility Information	
Facility Address	Bowling Green State University Student Recreation Center 1411 Ridge Street Bowling Green, Ohio 43403 419-372-2711
Pool Information	Cooper Pool is an 8-Lane 50-meter facility. The competition pool depth is 13 feet at the start end and 4 feet at the turn end. BGSU uses an Electronic timing system (Colorado System 6) with a 10-Lane scoreboard display. Bleacher seating for 1200 spectators overlooks Cooper Pool along the 25 yard and 50 meter course. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	For Information or Lost & Found, see the Meet Office.
Medical Assistance	Medical assistance will be provided at the facility. See the Meet Office.
Facility Information	<p>Concessions will be available for spectators/participants behind the spectator bleachers on the west side of Cooper Pool. Athletes are required to wear shoes when leaving the pool deck.</p> <p>The Student Recreation Center will open to participants, coaches, and spectators 15 minutes prior to the start of warm-ups.</p> <p>No coolers or glass containers are permitted in the facility.</p> <p>All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. BGSU's Cooper Pool is a 'No Tape' facility. ONLY official team banners are</p>

	permitted. All banners must be tied (rope or bungee cords), not taped, to the bottom of the spectator railings. Neither the facility nor the meet host is responsible for lost or stolen team banners.
Directions to the Pool	<p>From South: I-75 north, Exit 181 (Bowling Green), head west (left) on Wooster Street, 3rd light make a right onto Mercer Road (Wendy's on left). Go approx ½ mile. 1st street on left is Ridge – turn here for drop-off to front entrance to SRC.</p> <p>From North: I-75 south, Exit 181 (Bowling Green), head west (right) on Wooster Street, 2nd light make a right onto Mercer Road (Wendy's on left). Go approx ½ mile. 1st street on left is Ridge – turn here for drop-off to front entrance to SRC.</p> <p>From West: Route 6 east, Bowling Green Road, follow into Bowling Green, turns into Wooster Street, follow to Mercer Road (Huntington Bank/McDonalds on right), make a left onto Mercer Road and follow above directions to the front entrance of the SRC.</p> <p>From East: Route 6 west, Bowling Green Road, follow into Bowling Green, turns into Wooster Street, follow above directions to the front entrance of the SRC.</p>
Parking	BGSU is revising its parking policy. Please check the BGSC Meet host page and the OSI website for parking updates.

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. • 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 Meters (SCM), Short Course Yards (SCY). Times cannot be updated once received. • All swimmers must enter under an Ohio team affiliation or as unattached. Those switching teams in the last 120 days prior to the Championship meet must swim in unattached status unless otherwise cleared by the OSI Registration/Membership Coordinator. • All relay swimmers must be entered into the meet prior to the first day of competition. • If teams want to guarantee that their relays compete in the preliminary sessions, they must enter them with "NT" and mark "P" on their relay entry cards that they wish to swim only in prelims. • <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. Events will be reseeded until the time the meet host has printed the meet program. After that time the swimmer will be placed in an open lane.
<p>Entry Rules: Individual Events</p>	<ul style="list-style-type: none"> • Swimmers may swim a maximum of three individual events per day plus relays (including time trials). • Swimmers may enter a maximum of 6 (six) Individual Events for the meet plus Relays. • No Individual minimum qualifying time standard shall be enforced at the Senior Championship meet. • "NT" entries will <u>not</u> be accepted (except as previously allowed for relays). Please estimate an entry time. • If a swimmer wants an official intermediate split from an individual longer distance event, they must notify the meet referee <u>before</u> the event and complete an Ohio Time Certification Form (located on the OSI website under Forms>Meet Forms. In addition, the team/individual making the request must provide the recommended three (3) watches to back up the electronic timing system.
<p>Entry Rules: Relay Events</p>	<ul style="list-style-type: none"> • No relay minimum qualifying time standards shall be enforced at the Senior Championship meet. • Relays may be entered with a 'no time' (NT). • Relays are all Timed Final events with the top 16 relays swum at finals. The 200 Medley Relay on Day 4 will be contested in Prelims only. • All-star Mixed 200 Medley Relay will be limited to one entry per team. • A swimmer competing unattached may not be a member of a relay team. • Teams are not limited on the number of relays they can enter (except the All-Star Relay noted above), but only two (2) relays can score per event. • Relay team members may be declared at the meet prior to swimming the event, but must be limited to swimmers entered in the meet prior to the first day of competition. • If teams want to guarantee that their relays compete in the preliminary sessions, they must enter them with an "NT" and mark "P" on their relay entries. • If a split time is desired on the opening leg of a relay in order to obtain a qualifying time, a Time Certification Form must be filled out and given to the referee ½ hour prior to the start of the relay. In addition, the team/individual making the request must provide the recommended three (3) watches to back up the electronic timing system.

Entering the Meet	
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.bgscgators.com or www.swimohio.com. The electronic entry file should be sent via e-mail to glayne@bgsu.edu by Wednesday, July 20, 2016, 12:00 pm (noon) The following must be sent (postmarked) to the Entry Chair via US Mail or other courier service by Thursday, July 21, 2016: <ol style="list-style-type: none"> Hardcopy printout of all entries from Hy-tek Team Manager or Team Unify Entry Summary Sheet (Appendix A) Check for the Total Entry Fees payable to Bowling Green Swim Club. Unattached Swimmers may email the meet host with entries. Fax/Phone Entries - The meet does not accept faxed or phoned entries. Please let the host club know if you are entering any Outreach athletes. Unattached Swimmers are encouraged to use Hytek's <u>TM Lite</u> for entry submission. Manual (paper) entries are subject to a \$15/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form is included in this meet information book. Teams with more than five (5) swimmers who do not use Hy-Tek or Team Unify entry files will also be subject to a \$15/swimmer surcharge.
Entry Fees	<ul style="list-style-type: none"> Individual Events - \$8.00 per entry Relay Events - \$11.00 per entry Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund) Time Trials – double the fees for Individual/Relay Events above Entry Fees for Senior Championship Meets are established annually by the Senior Committee. All entry fees are to be paid to the meet host prior to the start of the meet.
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 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 currently certified coach members of USA Swimming.
Competition Guidelines & Meet Format	<ul style="list-style-type: none"> Except for the events designated as Timed Final Events in the Order of Events, the meet will be conducted in a Preliminary-Finals format with a Championship (A), Consolation (B), Bonus (C) and 14-16 year old Bonus (D) heat at Finals (Swum in the order of C, B, A, D). The 1500 Freestyle event will be Timed Finals with the fastest seven (7) swimmers at finals. All-star Mixed 200 Medley Relay will be limited to 2 heats contested at finals on Day 3. One entry per team. Relays (except on Sunday) are timed finals and only the top 14 seeded times will swim at night. Seven (7) lanes will be used for all heats in preliminaries and morning timed final events. Seven (7) lanes will be used for finals / consolation / bonus heats and timed final events swum in the evening. 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 which may include lane assignments and times. 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. • 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 backstroker 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	Entries will be seeded as follows: Long Course Meters, Short Course Meters, Short Course Yards. Times cannot be updated once received.
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:

Athletes entered in the 400 Free, 400 IM, and 1500 Free are asked, as a courtesy to other competitors, to positively check-in for these events by the posted deadline. See order of events page for positive check-in deadlines.

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 6 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:</p>	<ul style="list-style-type: none"> Any swimmer listed as an original qualifier for a bonus, 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 order to remain eligible for subsequent sessions, the swimmer must declare their intention to swim with the Admin Referee prior to completion of the current session. In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the bonus, 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 bonus or consolation finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the bonus, 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 bonus, 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. 																		
<p>Exception for Failure to Compete:</p>	<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 bonus, consolation or championship final race based upon the original 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. 																		
<p>Finals Session Event Order</p>	<p>The order of the final events shall be the same as preliminary sessions. The order of events at Finals will be C (Bonus) – B (Consolation) – A (Championship) – D (14-16 yr old bonus)</p>																		
<p>Relays and Relay Check-In Procedures</p>	<ol style="list-style-type: none"> 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 form deadline in order to be seeded. The coach shall list or confirm 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. Teams may indicate their preference to swim the relay event in the preliminary sessions by entering the relay as a 'no time' (NT) and marking "P" on the relay entry card. Mixed relay events should be comprised of 2 female and 2 male swimmers, can be swum in any order. All relay entries are due to the Administrative Referee by the deadlines below. Relay Forms – Deadlines: <table data-bbox="487 1711 1380 1898"> <thead> <tr> <th><u>Day:</u></th> <th><u>Event Name:</u></th> <th><u>Relay Form Deadline for pre-seeding:</u></th> </tr> </thead> <tbody> <tr> <td>Thursday</td> <td>800 Free Relay</td> <td>30 minutes after the start of Thursday warm-ups</td> </tr> <tr> <td>Friday</td> <td>200 Free/400 Medley Relay</td> <td>30 minutes after the start of Thursday finals</td> </tr> <tr> <td>Saturday</td> <td>400 Freestyle Relay</td> <td>30 minutes after the start of Friday finals</td> </tr> <tr> <td></td> <td>Mixed 200 Medley Relay</td> <td>30 minutes after the start of Friday finals</td> </tr> <tr> <td>Sunday</td> <td>200 Medley Relay</td> <td>30 minutes after the start of Saturday finals</td> </tr> </tbody> </table> 	<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline for pre-seeding:</u>	Thursday	800 Free Relay	30 minutes after the start of Thursday warm-ups	Friday	200 Free/400 Medley Relay	30 minutes after the start of Thursday finals	Saturday	400 Freestyle Relay	30 minutes after the start of Friday finals		Mixed 200 Medley Relay	30 minutes after the start of Friday finals	Sunday	200 Medley Relay	30 minutes after the start of Saturday finals
<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline for pre-seeding:</u>																	
Thursday	800 Free Relay	30 minutes after the start of Thursday warm-ups																	
Friday	200 Free/400 Medley Relay	30 minutes after the start of Thursday finals																	
Saturday	400 Freestyle Relay	30 minutes after the start of Friday finals																	
	Mixed 200 Medley Relay	30 minutes after the start of Friday finals																	
Sunday	200 Medley Relay	30 minutes after the start of Saturday finals																	

Championship Procedures

<p>Awards & Scoring 8 Lane Pool (16 places)</p>	<ul style="list-style-type: none"> Individual Events – Medals will be awarded to the top 3 winners. Ribbons will be awarded to 4th through 16th place Relay Events – Medals will be awarded to the top 3 team winners only. <p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12 B (Consolation) 11-9-7-6-5-4-3 C (Bonus) 2-1</p> <p><u>Relay Events</u> (only 2 relays can score per team): A (Final) - double individual scores B (Consolation) – double individual scores C (Bonus) – double individual scores</p>
<p>Psych Sheet Warm-up Schedule Results</p>	<p>The following information will be published on the meet host website at: www.bgscgators.com</p> <ol style="list-style-type: none"> Psych Sheets Warm-up Schedule Results 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, time permitting, following the preliminary sessions on Friday, Saturday and Sunday beginning no earlier than 20 minutes following the end of the preliminary session. Signups for Time Trials each day will close at two hours 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 Trial sessions will be limited to one (1) hour. If on any day, the preliminary session ends less than 45 minutes before the start of the finals warm-ups, the time trial will not be conducted on that day. Events from the current day will be swum first, with events for subsequent days following in order. Event order may be modified for ease of seeding and timeline control. Time Trials for non-meet participants are limited to individuals attempting to achieve a published National Cut (USA Zone, Y Zone, Sectional, Futures, Junior National, Y Nationals, 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.

2016 Tim Myers Memorial Long Course Senior Championship

Held under the sanction of USA Swimming #OH-16LC-26 and #OH-16LC-35 TT

USA Swimming Registration Waiver Form

Location Bowling Green State University, Bowling Green, OH

Date: July 28-31, 2016

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: _____

Financial Summary

Meet Entry Summary
Number of Outreach swimmers attending the meet:
Number of Outreach Individual Events:
List names of Outreach Athletes attending the meet:
Number of Swimmers (do not include Outreach) x \$2.00 per swimmer (LSC fee) = \$
Number of Individual Events (do not include Outreach) x \$8.00 per event = \$
Less the Number of Outreach Individual Events x \$8.00 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: Bowling Green Swim Club
PO Box 793
Bowling Green, OH 43402-0793

ENTRY DEADLINE: July 20, 2016 at 12:00 PM