Ohio Swimming, Inc.

2017 Short Course Junior Olympic Championship and Time Trials

Meet Information

Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-17SC-17 and OH-17SC-18TT QM

March 10-12, 2017
Columbus, Ohio
Hosted by: Ohio State Swim Club
2017 Ohio Short Course Junior Olympic Championships
Event Information
March 10-12, 2017
McCorkle Aquatic Pavilion, The Ohio State University
Columbus, Ohio
Sanctioned by USA Swimming through Ohio Swimming under the auspices of the Ohio Swimming Age Group Committee
Sanction # OH-17SC-17 and OH-17SC-18 TT
This information is available on-line at www.swimohio.com
Meet Host website: www.swimclub.osu.edu

Important Facts About the Meet

- **Entry Deadline:**
  - Thursday, March 2, 2017 at Noon
  - All paperwork and entry fees must be postmarked by Friday, March 3, 2017.
- **Time Standards** – All entries must be equal to or faster than the 2017 SC Junior Olympic Time Standards (see page 10), or the 2016 LC Junior Olympic Time Standards
- **Entry times** shall be in short course yards (Y), long course meters (L) or Short Course Meters (S) achieved since January 1, 2016. No Converted Times will be accepted.
- **Entry Limits:** Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays (excluding time trials).
  - OME will be used for Individual entries only. A separate Team Manager/Unify file can be used for relay entries, if desired.
- 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.
- In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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.
- 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.
- Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- The meet host has the discretion (with the Age Group Committee’s approval) to modify session warm-up and start times; determine the use of two pools vs one pool; and determine the use of starting at one end vs two ends. All decisions will be communicated to coaches within 48-hours of the meet entry deadline.
- All heats in finals will be swum slowest to fastest.

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Meet Administration

Facility Address
McCorkle Aquatic Pavilion
The Ohio State University
1847 Neil Avenue
Columbus, OH 43210

Meet Director
Christine Z. Thompson
614-247-7370
mccorkle@osu.edu

Meet Referee
Michael Yeager
sports@yeager.cc

Local Officials Coordinator
Michael Yeager
sports@yeager.cc

Entry Chair
Christine Z. Thompson / Erin Schwab (OME Resource)
614-247-7370 / 513-673-3326 (Erin for OME)
mccorkle@osu.edu / office@swimohio.com (OME questions)

Meet Jury (Appeal committee for resolving protests)
- Meet Official – TBD
- Coach – TBD
- Athlete – TBD

Meet Committee (Administrative Advisory Committee)
- Meet Referee – Michael Yeager
- Meet Director – Christine Thompson
- Age Group Chair – Todd Billhimer*
- Coach Chair – Ed Bachman*
- Technical Chair – Steve Nye*
- Officials Chair – Pam Birnbrich*
- Athlete Committee Representative – Rina Laios*
*Or designee

Meeting Schedule

| Friday, March 10 | General/Coaches Meeting – 9:00 AM |
| | All subsequent coaches’ briefings will be announced |
| | Officials’ Meeting: 1 hour before the meet start time |
| | All subsequent officials’ briefings will be held 1 hour prior to the start of each session |

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 recertifications (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 website, in the Volunteers Section under Officials Certification.

Officials’ 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:

<table>
<thead>
<tr>
<th>Prelim Warm-ups Begin 8:00 am**</th>
<th>Short Course Yards</th>
<th>Finals warm-ups Begin no earlier than 4:15 pm**</th>
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<tbody>
<tr>
<td>Prelim Session Begins 9:45 am**</td>
<td>Day 1 – Friday, March 10, 2017</td>
<td>Finals Session Begins no earlier than 5:30 pm**</td>
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<td>Women’s Events</td>
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<td>11-12 500 Freestyle *</td>
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<td>Prelim Warm-ups Begin 8:00 am**</td>
<td>Day 2 – Saturday, March 11, 2017</td>
<td>Finals warm-ups Begin no earlier than 4:15 pm**</td>
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<td>Prelim Session Begins 9:45 am**</td>
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<td>Men’s Events</td>
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<td>Prelim Warm-ups Begin 8:00 am**</td>
<td>Day 3 – Sunday, March 12, 2017</td>
<td>Finals warm-ups Begin no earlier than 4:15 pm**</td>
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<td>Prelim Session Begins 9:45 am**</td>
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<td>301 #</td>
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<td>333 **</td>
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</tbody>
</table>

* Timed Final – Fastest 2 heats at Finals
** Timed Final – Fastest 1 heat at Finals
# Timed Final – All relay heats during Prelims

^ Prelim heats are fastest to slowest
+ Alternating girls and boys heats
(Blue highlight – new events for 2016)

11-12 400 IM - First event at Finals
13-14 1650 Free Second event at Finals

** Final warm-up/start times will be determined once entries are received**

Updated 2/6/2017

Meet Sanction # OH-17SC-17  Time Trial Sanction # OH-17SC-18TT
## Facility Information

### Facility Address
McCorkle Aquatic Pavilion  
The Ohio State University  
1847 Neil Avenue  
Columbus, OH 43210

### Pool Information
The McCorkle Aquatic Pavilion is The Ohio State University’s competitive aquatic facility and consists of two large bodies of water for competition and warm-up cool-down; the Mike Peppe Natatorium Competition Pool and the Ron O’Brien Diving Well.  
The Mike Peppe Natatorium Competition Pool is a 10 lane, 50-meter indoor pool that will be divided into two 10 lane 25 yard competition pools for this meet.  
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Due to moveable bulkheads, the course will be re-certified prior to and following each session.  
Water depth is greater than 7ft. from the starting blocks at both ends of the pool.  
The 8 lane, 25 meter Ron O’Brien Diving Well will serve as the warm-up/cool-down pool during competition.

### Handicap Access
Accommodations for persons with disabilities may be arranged with advance notice.

### Information/Lost & Found
Lost and Found for the event is kept at the head swimming table/announcer’s area. An additional Lost and Found is kept at the Welcome Center of RPAC which is located adjacent the main entrance to the Aquatic Pavilion.

### Medical Assistance
Medical assistance will be provided at the facility. See the Meet Office.  
Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.

### Facility Information
**Deck Access**
Deck access is restricted to competing athletes, registered coaches, officials and meet workers. Parents and spectators will be allowed on the deck only to perform a service or function at the request of meet management.

**Banners**
One professionally made banner per team may be displayed in the Aquatic Pavilion with the approval of the Meet Director. Banners should be turned in at the access/credential table. All banners will be hung by the facility staff. Handmade signs may be held, but not hung.

**Bulkheads**
Caution should be taken when entering the water from the bulkheads. When feet first entries are done one hand should be placed and remain on the bulkhead.

**Concession/Food**
The concession stand at the McCorkle Aquatic Pavilion will be available throughout the competition, depending on the number of swimming entries. Tasty and healthy options are available through our concessionaire. Outside food will not be permitted to be brought into the facility during hours of concession stand operation.

**Concussion in Youth Sports: Ohio's Return-to-Play Law**
This facility and event complies with Ohio’s Return-to-Play Law found at [www.healthy.ohio.gov/concussion](http://www.healthy.ohio.gov/concussion) and submits concussion reports and return to play forms to Ohio Swimming. Any swimmer who is suspected of sustaining a concussion should seek medical attention immediately and will not be permitted to return to competition until the swimmer has been cleared by a medical professional with a Return to Play Form. Click here for a direct link to the Ohio Department of Health Concussion Information Sheet for Youth Sports Organizations.

Free concussion in sports training programs are offered through the National Federation of State High School Association and Centers of Disease Control. Information on these trainings may be found at [www.swimohio.com](http://www.swimohio.com) – click on Safe Sport – Concussion.

**Equipment**
Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool nor in the adjacent warm-up/cool-down pool.

**Flash Photography**
Flash photography is not permitted at the start of any race.

**Locker Rooms and Changing Facilities**
Two on-deck changing rooms are located on the west side of the deck. Additional changing space is available north of the pool in the Recreation and Physical Activity Center (RPAC) on the pool deck level. Locker space
is not available. Belongings may be stored on deck under team bleachers. The Ohio State University is not responsible for any lost or stolen items. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. (202.3.4E)

**Public Health**
If you are ill, please stay at home. Deck changing is not permitted. Please wash your hands with soap and warm water for at least 20 seconds after changing clothes, using the restrooms and before and after eating.

**Prohibited Items**
The following items are not permitted in the facility: glass, lawn or camping chairs, coolers and outside food, tobacco, alcohol, illegal substances, helium balloons, noise makers.

**Recreation and Physical Activity Center (RPAC)**
Access to the RPAC is restricted to paid Members of Recreational Sports and daily pass holders.

**Smoke and Tobacco Free Campus**
The Ohio State University is a smoke free and tobacco free campus.

**Spectator Seating**
Only paid ticket holders may enter the spectator seating area (during ticketed events). The spectator seating level and RPAC are not barefoot friendly areas. Please be sure to dry off and wear footwear before leaving the pool deck.

**Team Seating**
Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning.

**Wireless Internet Access**
Wireless internet access will be available throughout the meet. To connect select WiFi@OSU and then open your device’s browser to accept terms.

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**Directions to the Pool**
Please visit [http://www.osu.edu/visitors/directions.php](http://www.osu.edu/visitors/directions.php) for directions to campus.

**Parking**

**Friday Morning:** Parking will be available at an hourly rate at the Tuttle Park Place Garage and the Lane Avenue Garage.

**Friday (after 4:01 p.m.) & All Day Saturday and Sunday:** Parking will be available at the Neil Avenue Garage at either an hourly rate or at the rate of $5 per entry on the way into the garage. Please be prepared with exact change in case pre-paid entry is required to keep traffic moving.

**Garage Addresses:**
- Tuttle Park Place Garage – 2050 Tuttle Park Drive
- Lane Avenue Garage – 2105 Neil Avenue and Tuttle Park Place
- Neil Avenue Garage – 1847 Neil Avenue

**Hourly Parking Details and Maps:**
[http://tp.osu.edu/visitorsmain/parking/garageinfo.shtml](http://tp.osu.edu/visitorsmain/parking/garageinfo.shtml)

Parking info is subject to change. Any changes to parking will be posted by February 18 on the host club’s website at [www.swimclub.osu.edu](http://www.swimclub.osu.edu).

**Vendor**
A swimwear vendor will be available for your swim equipment needs.

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**Local Partners**

**Hilton Garden Inn Columbus – University Area**
3232 Olentangy River Road
Columbus, Ohio 43202
(614) 263-7200

The Hilton Garden Inn – University Campus Area is located only minutes from the Aquatic Pavilion. Accommodations include complimentary wired and wireless internet, 24-hour business center, indoor pool and whirlpool, fitness center, free parking, as well as complimentary coffee and tea in the lobby. Hot cooked-to-order breakfast is available for an additional fee.

**Panera Bread – Campus Gateway**
1619 N. High Street
Columbus, Ohio 43201
(614) 297-6800
[www.panerabread.com](http://www.panerabread.com)

**Qdoba – Campus Area**
5063 N. High Street
Columbus, Ohio 43210
(614) 840-0411
[www.qdoba.com](http://www.qdoba.com)

**Yats - Grandview**
While we appreciate when you use our partner hotel, there are countless hotels in the Columbus and Campus Area. A listing of additional nearby hotels may be found on our club website.

### Noodles & Company – Lane and High
2124 N. High St.
Columbus, Ohio 43210
(614) 453-1095
www.noodles.com

### Firehouse Subs – Grandview Area
995 W. 5th Ave.
Columbus, Ohio 43212
(614) 298-1324
www.firehousesubs.com

### Jersey Mike’s Subs
1666 N. High Street
Columbus, Ohio 43201
614-972-6126
www.jerseymikes.com

Please help us keep our relationships strong with our local partners; if you frequent any of these locations kindly mention that you are in town for the swim meet at Ohio State.

*Columbus and the Campus Area have types and styles of food to suit nearly anyone’s needs. If you are craving a particular food type or restaurant chain, simply do a quick web search for the zip code 43210 to find food locations closest to the pool. A listing of local eateries may also be found on our website.*

### Entering the Meet

#### Entry Rules - General
- 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 Short Course Junior Olympic cutoff, may enter the Junior Olympic 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.
- Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM), Short Course Meters (SCM).
- Qualifying period: Only Short Course Yard (SCY) times, Long Course Meter (LCM) or Short Course Meters (SCM) times achieved from January 1, 2016 until the posted entry deadline 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 registration/Membership Coordinator.
- There shall be No Deck Entries at the Championship Meet.
- 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 session, provided he/she pays the appropriate entry fee plus a $25.00 processing charge (per swimmer) to the host club. Any late entries will be reseeded up until the time the meet host as printed the meet programs. After that time, late entries will be placed into an open lane.

#### Entry Rules: Individual Events
- Swimmers may swim a maximum of 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 2017 Short Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2016 Long Course Junior Olympic Time Standards 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 a 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 Short 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 Short 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 mccorkle@osu.edu and must include the following information: athlete name, USA ID, gender, age, event(s), time(s) achieved in the previous age group, new event number, stroke, distance and entry cut.
### Entering the Meet

#### Entry Rules: Relay Events
- All relay entries must be equal to or faster than the 2017 Short Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2016 Long Course 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.
- Only three (3) relays per team may be entered per event, but only two relays per team event may score points and/or swim in the top 8 final heat.
- Any swimmer may swim any stroke.
- 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 corresponding 400 Medley Relay team entry time. Only the 400 Medley Relay times will be accepted for seeding of the 200 Medley Relay.

#### Deck Pass Credentials
- All registered swimmers and coaches will be provided with a credential which will allow access to the pool deck.
- Coaches must check in upon their arrival to collect their team’s deck passes. Swimmers will receive their credential from their coach.
- COACHES: Due to an Ohio State University policy/regulation regarding food brought in to the RPAC, an accurate head count is needed to ensure plenty of food is available for the weekend:
  - Coaches need to register for their deck pass through OME for access to hospitality at the meet.
  - Coaches who do not register for their deck pass through OME, will receive a different deck pass at the door, which restricts access to hospitality.

#### Entry Procedures
- 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 will be sent to the entry chair for relay entries only, to account for adequate space for warm-ups.
- The events file can be downloaded from either [www.swimclub.osu.edu](http://www.swimclub.osu.edu) or [www.swimohio.com](http://www.swimohio.com) (for internal use of organizing entries).
- Registration for the meet will begin February 1, 2017 and remain open for registration until March 2, 2017 at noon
- The following must be emailed or sent to the Entry Chair:
  1. Entry Summary Sheet (Appendix B).
  2. Check for the Total Entry Fees payable to: The Ohio State University or payment via credit card.
- Fax Entries - The meet does not accept faxed entries.
- 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 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.
- After all entries are received, the meet host shall send each team a complete athlete roster for review.

#### Payment for Entries
<table>
<thead>
<tr>
<th>Forms of Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acceptable forms of payment include Credit Card (preferred) or Paper Payment (Check and Money Order).</td>
</tr>
</tbody>
</table>

**Payments by Credit Card**
Visit the following link to make payment: [http://www.recsports.osu.edu/forms/unify-payment/](http://www.recsports.osu.edu/forms/unify-payment/)
Be sure to click “event” and type in your team’s name and the event where indicated.

Please email mccorkle@osu.edu to notify our staff that you have made a payment and provide the Entry Summary Sheet (Appendix B).

**Paper Payments (Check or Money Order)**
Checks or money orders should be made payable to The Ohio State University and should be sent to:
Ohio State Swim Club
B106 RPAC, 337 Annie & John Glenn Ave.
Columbus, Ohio 43210

Paper payments must be accompanied by a surface-mailed packet that includes:
1. A check or money order covering all entry fees and surcharges; and
2. A printed listing of all entries for your team.
### Entering the Meet

| Entry Fees | • Individual Events - $6.00 per entry  
• Relay Events - $11.00 per entry  
• Surcharge - $2.00 per swimmer (Travel Fund/Site Selection Fund)  
• Time Trials – $12.00 per individual entry / $16.00 per Relay entry.  
• Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee. |
| --- | --- |
| Confirmation of Entries | • Meet host will post a psych sheet by Monday March 6, 2017 at 5 pm.  
• A financial summary report will be emailed to the teams by Monday March 6, 2017. |
| Proof of Times Procedures: | • All entry times will be verified through the Online Meet Entry (OME) system. |
| Swimmers with a Disability | • Swimmers with a disability are welcome to enter this meet.  
• At the time of entry, the coach or entry chair must alert the Meet Director and Meet Referee regarding the nature of the swimmer’s disability, the swimmer’s classification (if classified), and special accommodations or seeding arrangements being requested.  
• More information is available under Athletes>Adaptive on the OSI website. |

### Championship Procedures

<table>
<thead>
<tr>
<th>Rules</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Requirement</td>
<td>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.</td>
</tr>
</tbody>
</table>
| Competition Guidelines & Meet Format | • 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 13-14 1650Y Freestyle event will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim fastest to slowest, alternating between women and men.  
• All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session.  
• Athletes will swim Timed Final events as seeded by entry time. If an athlete desires to swim the event during prelims, they must use a non-conforming time that is in SWIMS. They will not be permitted to override times in SWIMS, change their entry time or down seed at the meet.  
• Relays are timed finals and only the top two heats will swim at night on Day 2. Relays on Day 3 are all contested in Prelims.  
• The 13-14 1650Y Freestyle and 11-12 400Y IM will be contested as the last 2 events at Prelims on Day 3, with the 11-12 400Y IM and 13-14 1650Y Freestyle as first and second events at Day 3 Finals, respectively.  
• The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim slowest to fastest.  
• 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.  
• Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee. |
| Warm-Up and Safety Guidelines | • 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. |
### Championship Procedures

#### Warm-Up Procedures
- 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

##### Host Team Safety Responsibilities:
- Marshaling Requirements:
  a. A minimum of four (4) marshals, who report to and receive instructions from the Meet Referee and/or the Meet Director, shall be on deck from the beginning of the first warm-up session through the end of the warm-down session, including the competition.
  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. 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 sign(s) in a prominent location(s) which indicate the designated lane use during the warm-up sessions.
- 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.

##### Coach/Team Safety Responsibilities:
- 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.

#### Safety Guidelines (cont’d)

##### Miscellaneous Safety:
- 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
For these Championships, the seeding order is Short Course Yards (Y) then Long Course Meters (L) then Short Course Meters (S).

#### Protest Procedures
All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.

#### 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:
- 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 team that fails to appear for a pre-seeded relay event shall not be penalized.
### Championship Procedures

**Scratching from Finals:**
- 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:**
- No penalty shall apply for failure to withdraw or compete in an individual event if:
  - 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:**
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 or 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.
2. Relay Forms – Deadlines:
   - **Day:** Event Name: Relay Form Deadline for pre-seeding:
     - Friday 800 Free Relay 30 minutes after the start of Friday Prelims
     - Saturday All Relays 30 minutes after the start of Friday Finals
     - Sunday All Relays 30 minutes after the start of Saturday Finals

**Finals Session Event Order**
- The order of the final events shall be the same as preliminary sessions except the 11-12 400Y IM and 13-14 1650Y Freestyle will be contested as the first and second events at Finals, respectively.

**Scoring:**
- **8 Lane Pool (16 places):**
  - **Individual Events:**
    - A (Final) 20-17-16-15-14-13-12-11
    - B (Consolation) 9-7-6-5-4-3-2-1
  - **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 final heat.
  - **Relay Events:**
    - A (Final) 40-34-32-30-28-26-24-22
    - B (Consolation) 18-14-12-10-8-6-4-2

**Awards**
- Individual Events - Medals will be awarded to all place winners in the “A” final (championship). Ribbons will be awarded to all place winners in the “B” final (consolation).
- Relay Events - Medals will be awarded to the top 3 relay places. 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 **USA Swimming 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. **Definitions for large and small team can be found in the OSI Policy Manual.**
- **ALL INDIVIDUAL AWARDS WILL BE PRESENTED AT THE OHIO SWIMMING LSC RECOGNITION BANQUET IN APRIL.**
### Championship Procedures

<table>
<thead>
<tr>
<th>Psych Sheet</th>
<th>Warm-up Schedule</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>The following information will be published on the meet host website at: <a href="http://www.swimclub.osu.edu">www.swimclub.osu.edu</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Psych Sheets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Warm-up Schedule</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Results</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Final Results, Team Manager Results file, and Meet Manager Backup file</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time Trials</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Signups for Time Trials each day will close no later than one hour prior to the end of each preliminary session according to the estimated timeline. The time will be communicated to coaches in the general meeting.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>The Meet Host reserves the right to limit Time Trial events 500 yards or longer to a specific day, based upon the preliminary session timelines. Teams will be informed of this at the General Meeting.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You must show proof of current USA Swimming membership at the time of sign-up for Time Trials.</td>
</tr>
</tbody>
</table>
## Ohio Swimming 2017 Short Course Junior Olympic Qualifying Times

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-14</td>
<td>11-12</td>
</tr>
<tr>
<td>56.99</td>
<td>59.49</td>
</tr>
<tr>
<td>2:02.19</td>
<td>2:09.39</td>
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<tr>
<td>5:28.29</td>
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<tr>
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<tr>
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<tr>
<td>1000 Free</td>
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<tr>
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<td>4:54.69</td>
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<tr>
<td>3:52.49</td>
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</tr>
<tr>
<td>8:13.59</td>
<td>800 Free Relay</td>
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<tr>
<td>See 400 MR</td>
<td>2:08.29</td>
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<tr>
<td>4:20.49</td>
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</table>

Approved 11-1-2015
Updated 6-13-16

Individual Entries Limited to 7 Individual Events
# Ohio Swimming 2016 Long Course Junior Olympic Qualifying Times

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>BOYS</th>
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<tbody>
<tr>
<td>13-14</td>
<td>11-12</td>
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<tr>
<td>29.79</td>
<td>31.09</td>
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<td>1:07.79</td>
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<tr>
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<tr>
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</tr>
<tr>
<td><strong>5:08.19</strong></td>
<td><strong>5:32.79</strong></td>
</tr>
</tbody>
</table>

Approved 10/5/14
(relays updated 1/22/2015)
(11-12 events and 800 Free qual times updated 1/26/16)
USA Swimming Registration Waiver Form

Location: McCorkle Aquatic Pavilion, The Ohio State University

Date: March 10-12, 2017

You must submit this form by email to mccorkle@osu.edu at the time you complete your OME entry.

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 Swimmers 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 $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: The Ohio State University
c/o Ohio State Swim Club
B106 RPAC, 337 Annie & John Glenn Ave.
Columbus, OH 43210

ENTRY DEADLINE: Thursday March 2, 2017 at Noon