



## **Ohio Swimming, Inc**

# **2009 Long Course Regional Championship and Time Trials**

## **Meet Information**

**July 10 – 12, 2009  
Keating Natatorium Cincinnati, OHIO**



Hosted by Cincinnati Marlins [www.cincy-marlins.com](http://www.cincy-marlins.com)

Meet Sanction # 3173-OH Time Trials Sanction # 3174-OH

# 2009 Ohio Long Course Regional Championship Event Information

July 10-12, 2009

Sanctioned by USA Swimming through Ohio Swimming

This information is available on-line at [swimohio.com](http://swimohio.com) or at [www.cincy-marlins.com](http://www.cincy-marlins.com)

## Important Facts About the Meet

- The competition is governed by the Age Group Committee of Ohio Swimming, Inc.
- Entry Deadline: **Tuesday, June 30, 2009 at 5:00 P.M.** All paperwork and entry fees must be postmarked by Wednesday, July 1, 2009.
- **Entry Limits – Swimmers may enter a maximum of 7 Individual Events plus Relays.**
- Time Standards – There are no minimum Time Standards for this meet. All Entry Times must be slower than the 2009 Long Course Junior Olympic Time Standards.
- Entry Times shall be in long course meters (L), achieved since January 1, 2008. You may also enter in or Short Course Yards (Y). No Converted Times will be accepted.
- Seeding: Events will be seeded in Long Course Meter (L), then Short Course Yards (Y) order.
- Scoring: This meet is scored.
- Admission: There is no Admission Charge for Ohio Championship Meets.
- Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of these championships.
- No swimmer will be allowed on deck without a coach member present. If home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming Rule 202.3.2). If a swimmer arrives without a coach, he/she must find a willing coach at the facility to be able to participate in warm-up or competition.
- Swimmers with disabilities are welcome to compete in this meet. Please inform the meet director and referee at time of application.
- **Timers: Each visiting team must supply at least one timer for each session of this meet.**

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## Meet Administration

### Facility Address

Keating Natatorium  
St. Xavier High School  
616 W. North Bend Rd.  
Cincinnati, OH 45224-1424

### Meet Referee

Mr. Andy Grender  
12097 Village Woods Dr.  
Cincinnati, OH 45241  
513-563-4378  
[agrender@cinci.rr.com](mailto:agrender@cinci.rr.com)

### Meet Directors

Erin Schwab  
1800 Garrett House Lane  
Fairfield, OH 45040  
513-829-2218  
[ohioswim@cinci.rr.com](mailto:ohioswim@cinci.rr.com)

### Local Officials Coordinator

Mr. Andy Grender  
12097 Village Woods Dr.  
Cincinnati, OH 45241  
513-563-4378  
[agrender@cinci.rr.com](mailto:agrender@cinci.rr.com)

### Entry Chair

Judy Dusing  
616 W. North Bend Rd.  
Cincinnati, OH 45224-1424  
513-761-3320  
[jdusing@cincy-marlins.com](mailto:jdusing@cincy-marlins.com)  
[CMentries@fuse.net](mailto:CMentries@fuse.net)

### Electronic Entry

Lisa Habel  
[CMentries@fuse.net](mailto:CMentries@fuse.net)

### Meeting Schedule

Friday, July 10, 2009  
General/Coaches Meeting TBA

Friday, July 10, 2009  
Officials' Meeting 8:15 AM  
*All subsequent officials' briefing will be held 45 minutes prior to the start of each session*

### Age Group Committee Chair

Chip Carrigan  
710 Miami Avenue  
Terrace Park, OH 45174-1223  
(513) 831-5211 work  
(513) 831-8294 home  
[carrigan@fuse.net](mailto:carrigan@fuse.net)

### Meet Committee

- Age Group –
- Meet Director – Erin Schwab
- Meet Referee – Andy Grender
- Coach –
- Athlete –

## General Information

### Directions to the Pool

Interstate 75 to Exit 9; turn North onto Paddock; to North Bend Rd. (The first left turn after crossing under the railroad trestle). Turn Left and follow North Bend Rd. To the top of the hill (about 1-1/2 miles). St. Xavier High School is on the right and Keating Natatorium is behind the school next to the football stadium.

### Accommodations

#### MEET HOST HOTEL

Contact [www.CincyNorth.com](http://www.CincyNorth.com)

Northern Cincinnati Convention & Visitors Bureau

Or check Marlins web site at [www.cincy-marlins.com](http://www.cincy-marlins.com) for a list of participating Hotels.

**Keating Natatorium** is a 50 meter 8 lane pool with Colorado Timing system and Olympex Series full matrix LED scoreboard display. The Natatorium will open to the Public 30 minutes prior to the start of the warm-up sessions. No coolers or glass containers are permitted in the Natatorium. Swimmers bags are not permitted in the spectator seating. No towels, bags or personal belongings may be left in the Natatorium between prelims and finals. Exit aisles and exit ways must remain clear of chairs and bags at all times.

### Team Banners

All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen team banners.

### Information/Lost & Found

Check the Meet Office.

### Lockers

Day lockers will be available for use in the Natatorium locker room for use by athletes. Coaches and officials lockers are available in hospitality under the bleachers.

### Medical Assistance

Medical assistance will be provided at the facility. Check with the Meet office.

### Parking

Free parking is available in the main campus parking lots and also across North Bend Rd. in South Campus lots.

### Concessions, Vendors & Coaches/Officials Hospitality

Concessions are available to spectators and athletes at the entrance to spectator seating. Apparel vendors will be available for spectators in the main lobby area. Coaches and Officials hospitality will be available under the bleachers. The concession menu will offer a full range of items.

# Order of Events

Heats Begin at 9:00 a.m.

Finals Begin at 5:30 p.m.

## Women's Events

## Long Course Meters Day 1 – Friday, July 10, 2009

## Men's Events

|        |                                |        |
|--------|--------------------------------|--------|
| 101 Δ  | 13-14 200 Freestyle Relay      | 102 Δ  |
| 103 Δ  | 11-12 200 Freestyle Relay      | 104 Δ  |
| 105 Δ  | 10 & Under 200 Freestyle Relay | 106 Δ  |
| 107    | 13-14 100 Breastroke           | 108    |
| 109    | 11-12 50 Breastroke            | 110    |
| 111    | 10 & Under 50 Breastroke       | 112    |
| 113    | 13-14 200 Freestyle            | 114    |
| 115    | 11-12 100 Freestyle            | 116    |
| 117    | 10 & Under 100 Freestyle       | 118    |
| 119    | 13-14 100 Butterfly            | 120    |
| 121    | 11-12 50 Butterfly             | 122    |
| 123    | 10 & Under 50 Butterfly        | 124    |
| 125    | 13-14 200 Individual Medley    | 126    |
| 127 #  | 11-12 400 Freestyle            | 128 #  |
| 129 ## | 13-14 1500 Freestyle           | 130 ## |

## Day 2 – Saturday, July 11, 2009

|              |                                             |              |
|--------------|---------------------------------------------|--------------|
| 201          | 10 & Under 50 Freestyle                     | 202          |
| 203          | 11-12 50 Freestyle                          | 204          |
| 205 #        | 13-14 400 Individual Medley                 | 206 #        |
| 207          | 10 & Under 100 Breastroke                   | 208          |
| 209          | 11-12 100 Breastroke                        | 210          |
| 211          | 13-14 200 Breastroke                        | 212          |
| 213          | 10 & Under 50 Backstroke                    | 214          |
| 215          | 11-12 50 Backstroke                         | 216          |
| 217          | 13-14 100 Backstroke                        | 218          |
| <u>219 #</u> | <u>10 &amp; Under 200 Individual Medley</u> | <u>220 #</u> |
| 221          | 11-12 200 Individual Medley                 | 222          |
| 223 #        | 13-14 400 Freestyle                         | 224 #        |

## Day 3 – Sunday, July 12, 2009

|              |                                     |              |
|--------------|-------------------------------------|--------------|
| 301 Δ        | 13-14 200 Medley Relay              | 302 Δ        |
| 303 Δ        | 11-12 200 Medley Relay              | 304 Δ        |
| 305 Δ        | 10 & Under 200 Medley Relay         | 306 Δ        |
| 307          | 13-14 50 Freestyle                  | 308          |
| 309          | 11-12 200 100 Backstroke            | 310          |
| 311          | 10 & Under 100 Backstroke           | 312          |
| 313          | 13-14 200 Backstroke                | 314          |
| <u>315 #</u> | <u>10 &amp; Under 200 Freestyle</u> | <u>316 #</u> |
| 317          | 11-12 200 Freestyle                 | 318          |
| 319          | 13-14 100 Freestyle                 | 320          |
| 321          | 10 & Under 100 Butterfly            | 322          |
| 323          | 11-12 100 Butterfly                 | 324          |
| 325          | 13-14 200 Butterfly                 | 326          |

### Legend

- # Time Final Event – Fastest 2 Heats Swim At Night
- ## - Time Final Event – Top 1 Heat Swims At Night (Prelims swim fastest to slowest, alternating girls and boys heats)
- Δ Time Final Event – All Relays Swim During Prelims
- All warm up and start times are subject to change.

## Entering the Meet

### Entry Rules - General

- All contestants must be registered athletes of Ohio Swimming, Inc. and entries must contain their USA Swimming number. "Pending" will not be accepted.
- Any Ohio LSC swimmer, 14 years and under, with a time slower than the Ohio Long 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.
- All swimmers must enter under a team affiliation or unattached. Those with a team affiliation must swim in an unattached status if switching swim clubs in the last 120 days prior to the Regional Championship meet.
- There shall be No Deck Entries at the Championship Meet. There will be no exception to the no deck entry policy except as:  
**EXCEPTION A:** A swimmer who is either not entered or incorrectly entered by fault of the host club can be entered in his/her events only in an open lane. No event will be reseeded. No penalty fee will be assessed.  
**EXCEPTION B:** 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 event) to host club. No event will be reseeded.

### Entry Rules – Individual Events

- Swimmers may swim a maximum of three individual events per day, plus relays.
- Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays
- Only 50 meter (L), or 25 yard (Y) times achieved since January 1, 2008 will be accepted. **No Time (NT) entries are acceptable.**
- All Entries must be slower than the Long Course Junior Olympic Time Standards, as listed in Appendix A.
- Age on the first day of the meet will determine the age group in which a swimmer is entered.

### Entry Rules – Relay Events

- No Relay minimum qualifying time standards shall be enforced at the Ohio Regional Championship.
- Relay entry times may be faster than the Long Course Junior Olympic Time Standards, as listed in Appendix A.
- Any swimmer may swim any stroke. Relays may be declared at the meet, but they must be limited to swimmers entered in the meet.
- A swimmer competing unattached may not be a member of a relay team.

### Entry Procedures

- Teams should enter the meet using Hy-tek Team Manager. The Hy-tek Team Manager Event File can be downloaded from the meet host site [www.cincy-marlins.com](http://www.cincy-marlins.com) or from Ohio Swimming's website [www.swimohio.com](http://www.swimohio.com)
- Team Manager Entry File should be sent via e-mail to the Entry Chair by the Entry Deadline.
- The following **must** be sent to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline:
  - Hardcopy printout of entries from Hy-tek Team Manager
  - Membership Verification & Entry Summary Sheet (Appendix B)
  - Check for the Total Entry Fees payable to (insert host club).
- Teams or Unattached Swimmers may enter manually using Form in Appendix C contained in this document.
- Fax Entries - The meet does not accept faxed entries

### Entry Fees

- Individual Events - \$5.00 per entry
- Relay Events - \$10.00 per entry
- Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)
- Time Trials – same as Individual/Relay Events above
- Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee.

**Swimmers with a Disability are Welcome to Enter Ohio Swimming Meets:** 1) Provide advance notice of any necessary accommodations; 2) 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. More information is available under Adaptive Swimming on the OSI website.

## 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.

### Membership Requirement

All swimmers, coaches, officials, and marshals should be prepared to show a current USA Swimming membership card.

Coaches must be able to provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents. All meet directors, referees, starters, marshals and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

### Warm-Up and Safety

The meet host will provide a complete schedule of warm-up procedures to include lane usage 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.

Below are listed the Warm-up procedures that are to be used for the OSI championship meets.

#### TEAM SPECIFIC WARM-UP PROCEDURES

- a. Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.
- b. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.
- c. If coaches in a lane can not 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.
- d. 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.
- e. 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 as equal as possible.
- f. 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

1. Coaches' Responsibilities. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - a. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
  - b. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - c. Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.
2. Host Team Responsibilities
  - a. Marshaling
    1. 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.
    2. 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.
    3. In addition to four (4) Marshal's 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.
      - a. Host team shall provide signs for each lane at both ends of the pool which indicate the designated use during the warm-up session.
      - b. Warm-up times and lane assignments shall be posted at several locations around the pool area, announced periodically and on a regular basis.
      - c. 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.
      - d. Host team must supply a certified lifeguard on duty at all times.
3. Miscellaneous
  - a. 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.
  - b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - c. 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.
  - d. Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.

# Championship Procedures

## Seeding

For these Championships, the seeding order is

1. Long Course Meters (L)
2. Short Course Meters (S)
3. Short Course Yards (Y)

## Protest Procedures

All protests must be submitted in writing within 30 minutes following the contested race to the Meet Director or his/her designee.

## Scratch Procedures

Pre-seeded Preliminary Individual Events - 200 meter and below: Any swimmer not appearing for a preliminary heat when finals are scheduled shall not be penalized. Any swimmer not appearing for a timed final event shall not be penalized. Any relay team that fails to appear for a pre-seeded relay event shall not be penalized.

Ohio Swimming follows USA Swimming's Championship Scratch Procedures as stated in 207.12.10 of USA Swimming Rules and Regulations for all events 400 Meters and longer.

Timed Final Individual Events – 200 Meters and above: The scratch deadline for these events is as follows:

| <u>Day</u> | <u>Event Name</u>                             | <u>Scratch Deadline</u>                           |
|------------|-----------------------------------------------|---------------------------------------------------|
| Friday     | 13-14 1500 Free                               | 15 minutes following General (Coaches) Meeting    |
| Saturday   | 13-14 400 IM<br>10&U 200 IM<br>13-14 400 Free | 30 minutes after the start of warmups on Saturday |
| Sunday     | 10&U 200 Free                                 | 30 minutes after the start of warmups on Sunday   |

Penalty for failure to compete Time Final Individual Events 200 Yards & above: Swimmer will be barred from his/her next individual event.

## Scratching from Finals:

1. 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 paragraph B. A declared false start under 102.14.5F or deliberate delay of meet under 102.14.7A is not permitted and will be regarded as a failure to compete.
2. 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.
3. 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.

4. If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).
5. Failure to scratch consolation or championship finals according to the rules above shall result in a \$25.00 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:

1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
2. 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.
3. 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 and are swum during prelims. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation by the scratch deadline. However, relay order may be changed up to the time of the swim.
2. Relay Forms – Deadlines

| <u>Day</u> | <u>Event Name</u> | <u>Deadline</u>                                          |
|------------|-------------------|----------------------------------------------------------|
| Friday     | All Relays        | 30 minutes after the start of warm-ups on Friday morning |
| Sunday     | All Relays        | 30 minutes after the start of Saturday Finals            |

## Championship Procedures

### Finals Session Event Order

The order of the final events shall be the same as preliminary Session, with the exception of Friday: the 13-14 1500 Freestyle will be swum as the first events in finals.

### Scoring

- Individual Events:  
20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
- Relay Events:  
40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
- **Special note on scoring:** Teams may enter up to three relay teams as they have qualified, but only two relays per team event may score points and/or swim in the final heat. Swimmers or relays who fail to make the State qualifier time standard in either prelims or finals are still eligible to score points or receive awards.

### Awards

- Individual Events:
  - Medals – Top Heat.
  - Custom Ribbons – Consolation Heat
- Relay Events:
  - Medals – Top 3 places
  - Custom Ribbons – Places 4 – 8

### Results

- Results will be posted to the meet website following each prelim and final session at [www.cincy-marlins.com](http://www.cincy-marlins.com)
- Final Results, Team Manager Results file, and Meet Manager Backup file will be posted to the meet website at [www.cincy-marlins.com](http://www.cincy-marlins.com) on Monday morning, July 06, 2009.

### Time Trials

- Time Trials will be conducted following the preliminary sessions on Friday, Saturday, and Sunday, sessions.
- Signups for Time Trials each day will close one hour prior to the end of each preliminary session.
- The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines.
- Time Trials are limited to individuals attempting to achieve a published National Cut (Junior Olympic, Zone, Sectional, Junior National, US Open Senior National, and Olympic Trial). 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 has full discretion to review Time Trial entries
- Swimmers 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.
- Time Trials are open to non-meet participants who are registered athletes of Ohio Swimming, Inc. You **must show** your current USA Registration card at the time of sign-up for Time Trials.

**OHIO SWIMMING**  
**2009 Long Course Junior Olympics**  
**TIME STANDARDS**

2009

| GIRLS           |                |                | BOYS             |                |                |                 |
|-----------------|----------------|----------------|------------------|----------------|----------------|-----------------|
| 13-14           | 11-12          | 10 & Under     | Event            | 10 & Under     | 11-12          | 13-14           |
| <b>29.99</b>    | <b>31.19</b>   | <b>34.79</b>   | 50 Free          | <b>35.89</b>   | <b>31.49</b>   | <b>28.19</b>    |
| <b>1:04.79</b>  | <b>1:07.89</b> | <b>1:17.29</b> | 100 Free         | 1:19.49        | 1:08.79        | <b>1:01.79</b>  |
| <b>2:20.59</b>  | <b>2:27.19</b> | <b>2:51.19</b> | 200 Free         | 2:54.19        | 2:28.69        | <b>2:14.79</b>  |
| <b>4:57.69</b>  | <b>5:14.99</b> |                | 400 Free         |                | 5:15.49        | <b>4:46.29</b>  |
| <b>20:10.59</b> |                |                | 1500 Free        |                |                | <b>19:16.79</b> |
|                 | <b>37.09</b>   | <b>41.69</b>   | 50 Back          | 43.09          | 36.99          |                 |
| <b>1:15.09</b>  | <b>1:19.69</b> | <b>1:31.09</b> | 100 Back         | 1:34.29        | 1:20.69        | <b>1:12.29</b>  |
| <b>2:40.29</b>  |                |                | 200 Back         |                |                | <b>2:36.19</b>  |
|                 | <b>41.49</b>   | 47.49          | 50 Breast        | 49.69          | <b>42.19</b>   |                 |
| 1:25.49         | 1:30.99        | 1:44.59        | 100 Breast       | 1:47.19        | <b>1:32.79</b> | <b>1:22.19</b>  |
| <b>3:03.99</b>  |                |                | 200 Breast       |                |                | <b>2:59.89</b>  |
|                 | <b>34.29</b>   | <b>39.49</b>   | 50 Fly           | <b>41.69</b>   | <b>35.89</b>   |                 |
| 1:12.89         | <b>1:18.99</b> | 1:36.89        | 100 Fly          | 1:39.59        | 1:22.29        | <b>1:09.49</b>  |
| 2:48.59         |                |                | 200 Fly          |                |                | <b>2:39.79</b>  |
| <b>2:39.99</b>  | <b>2:49.79</b> | <b>3:15.09</b> | 200 IM           | <b>3:18.59</b> | <b>2:54.39</b> | <b>2:30.99</b>  |
| <b>5:40.69</b>  |                |                | 400 IM           |                |                | <b>5:28.89</b>  |
| <b>2:08.99</b>  | 2:17.99        | 2:41.99        | 200 Free Relay   | 2:42.99        | 2:24.99        | <b>2:03.99</b>  |
| <b>4:45.99</b>  | 5:04.99        |                | 400 Free Relay   |                | 5:16.99        | <b>4:32.99</b>  |
| 10:37.99        |                |                | 800 Free Relay   |                |                | 10:39.99        |
| <b>2:27.99</b>  | <b>2:36.99</b> | 3:11.99        | 200 Medley Relay | 3:04.99        | 2:41.99        | <b>2:22.99</b>  |
| <b>5:15.99</b>  | <b>5:51.99</b> |                | 400 Medley Relay |                | 6:00.99        | <b>5:03.99</b>  |

1. Acceptable times for Long Course Junior Olympics are (since January 1, 2008):  
 Long Course Meters (L), and Short Course Yards (Y), and seeded in (LY) order.



Meet: **Ohio LC Regional Championship**

Event#

Event#

Date: **July 10-12, 2009**

Qualifying Time

Qualifying Time

Club: \_\_\_\_\_

200 Free Relay

200 Medley Relay

Coach: \_\_\_\_\_

A: \_\_\_\_\_

A: \_\_\_\_\_

Phone: \_\_\_\_\_

B: \_\_\_\_\_

B: \_\_\_\_\_

E-Mail: \_\_\_\_\_

C: \_\_\_\_\_

C: \_\_\_\_\_

|                                        |       |        |                 | Friday |  |  |  | Saturday |  |  |  | Sunday |  |  |  |
|----------------------------------------|-------|--------|-----------------|--------|--|--|--|----------|--|--|--|--------|--|--|--|
| Circle: Boys Girls<br>10&U 11-12 13-14 | Event | Number | Qualifying Time |        |  |  |  |          |  |  |  |        |  |  |  |
|                                        |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 1.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 2.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 3.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 4.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 5.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 6.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 7.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| 8.                                     | Age:  |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |
| USA#                                   |       |        |                 |        |  |  |  |          |  |  |  |        |  |  |  |

ENTER MEET IN: METER TIMES (L) OR YARDS (Y)

NUMBER OF INDIVIDUAL EVENTS: \_\_\_\_\_ NUMBER OF RELAY EVENTS: \_\_\_\_\_