



# OHIO LONG COURSE CENTRAL REGIONAL CHAMPIONSHIPS

July 10,11&12, 2009



## MEET NOTES



► **Meet Start Times:**

Prelim Sessions - All 3 days:

Warm-Up	7:30-8:30am
Meet Starts	8:35am

Finals Session Friday:

Warm-Up	4:30-5:30pm
Meet Starts 1500 Freestyle Final Heat	5:30pm
Finals Session Starts	6:00pm

Finals Sessions - Saturday & Sunday:

Warm-Up	4:30-5:30pm
Meet Starts	5:35pm

- Timed Final Individual Events 200 meters and longer are SCRATCH only events. There is NO positive check-in; you must scratch if you are entered but not swimming in an individual Timed Final event. These events are Not pre-seeded. Scratch deadlines for these events is 30 minutes after the Warm-up Session begins at Clerk of Course in the main lobby.

- ☞ Penalty for failure to compete – Swimmer will be barred from his/her next individual event.
- The Fastest TWO (2) heats of all Timed Final Events will swim at Night in the Finals Session. Except for the 1500 Freestyle, only the top 8 will swim at night.
- The 1500 Freestyle is also a SCRATCH only event. Scratch Deadline is 30 minutes after the start of Friday's Prelim Session.
- **ALL Swimmers entered in the mile will swim in Friday Finals starting at 5:30pm. (we only have one heat of girls and boys).**
- All events are swum SLOWEST to FASTEST except the 1500 Freestyle.
- Relay cards are due to Clerk of Course by:  
FRIDAY Relays – 30 minutes after the start of the warm-up session.  
SUNDAY Relays – 30 minutes after the start of Saturday Night Finals.
- All Relays swim as Timed Finals in Prelims. Only Two (2) relays from each team may SCORE.
- Time Trials for events 400 meters and over will ONLY be offered on Sunday.
- Time Trials will be offered for all other events on Friday, Saturday and Sunday after the Prelim Sessions. Time trials count as one (1) of the Three (3) individual events a swimmer is permitted to swim each day and one of the 7 individual events allowed for the entire meet. Those athletes who have a swim available must be ½ second per 50 meters of the JO Time Standard in order to qualify to swim in the time trial event. All Swimmers must provide their own timer and/or counter for Time Trials. Time trials sign-ups end at 12:00, Noon each day. A \$5.00 charge for each Time Trial must be paid to Clerk of Course at the time of entry.
- Deck Entries will not be accepted.

#### *POOL SET' UP:*

- **The Meet will be starting from both ends of the pool.**
- **All ODD numbered HEATS will start from the Balcony end of the pool while All EVEN numbered HEATS and ALL 50's will start from the SCOREBOARD (Flag) end of the pool.**
- **All Events will swim one swimmer per lane using all 8 lanes. Brakes have been scheduled in each session for warm-up/warm-down.**
- **One Prelim Session and One Finals Session is scheduled each day.**
- Ohio Safety guidelines will be enforced in the conduct of the meet as well as in warm-ups. Swimmers are required to enter the pool feet first in a cautious manner, with one hand on the deck.
- Swimmers are limited to three (3) events per day and a maximum of Seven (7) for the meet, including any time trial events.

- ☞ Swim bags, coolers and chairs are not permitted in spectator seating. For your safety and the safety of others, ALL Walkways and exits must be kept clear at all times!
- ☞ No coolers or glass containers are permitted in the Natatorium.
  
- ☞ The GYM is available for our use for Saturday and Sunday Sessions.
  
- ☞ Natatorium doors will open at 7:00am for each Prelims Session and at 4:00pm each evening for Finals.
  
- ☞ No Admission Charge
  
- ☞ Heat Sheets - \$3.00 for Prelims  
                  \$2.00 for Finals
- ☞ Coaches Meetings are held in the Hospitality area under the bleachers 15 minutes prior to the start of the meet. All Coaches must sign-in and present your credentials at the admissions desk.
  
- ☞ Officials meetings are held in the Hospitality area under the bleachers. Please report and sign-in 30 minutes before the session begins.
  
- ☞ Each Team is asked to provide timers for each Prelim session. **Please see Team Timer Assignments.**
  
- ☞ Each Team has been assigned Warm-up Lane Assignments. **Please see Warm-up Lane Assignments.**