

# THIRTY-FOURTH ANNUAL UPPER ARLINGTON SWIM CLUB GOLDEN BEAR INVITATIONAL

Held Under the Sanction of USA Swimming, Inc.  
Sanction #

- DATES** November 6-8, 2009
- LOCATION** Upper Arlington High School Natatorium  
1650 Ridgeview Road, Upper Arlington, Ohio 43221
- MEET FORMAT** Timed finals events for 10 and under, 11-12, 13-14, and 15-18 age groups.  
No entry time standards.
- MEET DIRECTOR** Sean Lammers  
3342 Sciotangy Drive  
Columbus, OH 43221  
(614) 459-2886  
[Lammersc@earthlink.net](mailto:Lammersc@earthlink.net)
- WEBSITE** All meet information, including notices of program changes, warm-up time and lane assignments, host club contacts, and complete meet results and computer backups will be posted on the UASC website, [www.uasc.org](http://www.uasc.org).
- WARM-UP & START TIMES**
- Friday Afternoon Session  
Warm-ups 5:00 PM  
Meet Start 6:10 PM
- Saturday and Sunday Morning Sessions (15 and over)  
Warm-ups 7:00 AM  
Meet Start 7:40 AM
- Saturday and Sunday Morning Sessions (13 & 14)  
Warm-ups 9:30 AM  
Meet Start 10:10 AM
- Saturday and Sunday Afternoon Sessions (11 & 12)  
Warm-ups 12:45 PM  
Meet Start 1:20 PM
- Saturday and Sunday Afternoon Sessions (10 & under)  
Warm-ups 3:30 PM  
Meet Start 4:00 PM
- Once entries have been received warm-up and start times may be adjusted.** Changes will be posted on the UASC website, [www.uasc.org](http://www.uasc.org)
- MEET RULES** USA and Ohio Swimming rules and regulations will govern the meet.
- ENTRY LIMITATIONS** Contestants must be currently registered athlete members of USA Swimming. Each contestant may enter no more than four (4) individual
- @BCL@140D325A.doc

events per day. Swimmer's age on Friday, November 6, 2009 will determine eligibility for age division.

The Meet Director reserves the right to exclude or otherwise limit entries in order to observe Ohio Swimming's four hour session limit. Coaches and entry chairs are asked to enter swimmers younger than 9 years of age only if they are capable of achieving USA Swimming B standards.

## **ENTRY PROCEDURES**

Entries, checks, and supporting documentation must be received by the Entry Chair by 10:00 PM, Wednesday, October 28, 2009. Please submit only best short-course yard times for seeding. All times must be able to be verified against USA Swimming's SWIMS database. Entries produced using Hy-Tek Team Manager software and submitted by electronic mail are preferred. Fax or telephone entries will not be accepted. Entries must be accompanied by 1) a check covering all entry fees and surcharges, 2) a printed listing of individual and relay entries for verification, 3) a completed Entry Summary Sheet (attached), 4) a completed and signed USA Swimming Membership Verification Form (attached), and 5) a diskette containing a Hy-Tek entry file or official hardcopy entry forms (attached) unless entry file is submitted by electronic mail and its receipt is acknowledged by the Entry Chair by electronic mail. Please mail entries, checks, and supporting documentation to:

Erin Reetz  
UASC Entry Chair  
917 Windbourne St.  
Gahanna, OH 43230  
(614) 832-1976  
[ereetz@columbus.rr.com](mailto:ereetz@columbus.rr.com)

Relay participants may be declared at the meet, but must be limited to swimmers entered in the meet.

## **ENTRY FEES**

Individual Events:	\$4.00 per individual
Relay Events:	\$7.00 per relay team
Ohio LSC Travel Fund Surcharge:	\$2.00 per swimmer

## **DECK ENTRIES**

Deck entries will be permitted at the discretion of the Meet Director, if time permits, on a first come, first served basis. Check-in for deck entries will close 40 minutes prior to the start of competition in the session in which the event will be swum. The deck entry fee will be \$5.00 per individual event and \$7.00 per relay event and must be paid in cash before the swimmer will be permitted to swim --- no checks please. Swimmers must present proof of USA Swimming membership to deck-enter an event, unless already entered in the meet.

## **EVENTS WITH A LIMITED NUMBER OF HEATS**

UASC reserves the right to limit any event of 200 yards or longer to 8 total heats (**6 heats of the fastest seed times and up to 2 heats of UASC swimmers regardless of their entry times**).

## **POSITIVE CHECK-IN REQUIREMENTS and DECK-SEEDED EVENTS**

**Positive check-in is required for Friday Afternoon and all 11-12, 13-14, and 15-18 sessions.** Swimmers must check-in for deck-seeded events no later than **30** minutes prior to the start of the session in which the event will be swum. Any session with 11 and over swimmers will be required to complete positive check-in in order to participate. **The positive check-in sessions will be deck-seeded.** Events of 400 yards in length or longer will be seeded fastest to slowest based on the times entered. Swimmers

must supply their own lap-counter. The Meet Director reserves the right to limit the 400 IM event to the fastest (6) heats and the 500 Free to the fastest (8) heats.

## **WARM-UP PROCEDURES**

Teams will be assigned lanes for warm-up and the supervising coaches in each lane will run their warm-up as they see fit. Boys and girls may warm-up together. Warm-up times and lane assignments will be posted on the UASC website, [www.uasc.org](http://www.uasc.org), at least three days prior to the meet. The Meet Director reserves the right to revise warm-up procedures to ensure the safety of the swimmers.

Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect at this meet. Swimmers must enter the water feet-first in a cautious manner with one hand in contact with the pool edge except in lanes that have been cleared and specifically declared one-way sprint lanes by unanimous agreement of the supervising coaches

## **BULLPEN**

Swimmers competing in 10 and under individual events must report to promptly to the bullpen when called over the public announcement system prior to their events. No bullpen will operate for 10 and under relays or for swimmers aged 11 and over.

## **COACHES' REGISTRATION**

All coaches must be registered members of USA Swimming. Prior to each session, coaches will be required to sign-in and present a valid USA Swimming Coaching Membership Card to the Meet Coordinator at the table in the front lobby. Coaches will be required to display their USA Swimming card on their person in order to be on deck.

## **AWARDS**

Awards will be limited to the 9-10 and 11-12 age groups. Boy's and Girl's Individual High-Point awards will be given in each age group. Ribbons will be awarded for places 1-12 in individual events and places 1-6 in relay events. Heat winner ribbons will be awarded in the 10 & under age group. State qualifier ribbons will be awarded to swimmers making state meet qualifier cut for the first time. Top twelve finishers in each individual event will score. Awards will be collected and distributed to one designated club representative at the conclusion of each day's evening session. Awards remaining at the end of the meet will not be forwarded by mail.

## **FINAL RESULTS**

One printed copy of the final results will be mailed to any club with five or more swimmers that provides an address on the Entry Summary Sheet. Complete meet results and Hy-Tek back-up files will be posted on the Upper Arlington Swim Club website, [www.uasc.org](http://www.uasc.org), within 4 hours after the conclusion of the meet and will be eMailed to any club providing an eMail address in writing. Floppy disks with meet results also will be made available at the end of the final session upon request.

## **FACILITIES**

The venue has a 6-lane, 25-yard pool with an automated Colorado touch pad timing system, integrated horn starting system, and running time display. A concession stand will be open throughout the meet.

## **VENUE RULES**

No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet director or his designee. Equipment bags, wet towels, and wet swimmers are not permitted on the bleachers. Please keep all thoroughfares in the building, especially hallways and door areas, open and free of equipment and chairs. No alcohol or tobacco shall be consumed in the venue. Please park only in designated spaces and help keep traffic lanes near the pool open at all times.

# ORDER OF EVENTS

## FRIDAY PM

Warm-ups: 5:00PM Meet: 6:10PM

Girls	Age			Event
1	Open	400	Yard	Ind. Medley (Girls)
2	Open	400	Yard	Ind. Medley (Boys)
3*	13&O	500	Yard	Free (Girls)
4	Open	500	Yard	Free (Boys)

\* Girls 11-12 500 Yd. Free offered at John Bruce Memorial Open.

## SATURDAY AM

Warm-ups: 7:00AM Meet: 7:40AM

Girls	Age			Event	Boys
5	15&O	200	Yard	Fly	6
7	15&O	100	Yard	Back	8
9	15&O	200	Yard	Breast	10
11	15&O	200	Yard	Ind. Med.	12
13	15&O	400	Yard	Free Rel.	14

## SUNDAY AM

Warm-ups: 7:00AM Meet: 7:40AM

Girls	Age			Event	Boys
41	15&O	100	Yard	Fly	42
43	15&O	200	Yard	Back	44
45	15&O	50	Yard	Free	46
47	15&O	100	Yard	Breast	48
49	15&O	100	Yard	Free	50
51	15&O	400	Yard	Med. Relay	52

## SATURDAY AM

Warm-ups: 9:30AM Meet: 10:10AM

Girls	Age			Event	Boys
15	13&14	200	Yard	Fly	16
17	13&14	100	Yard	Back	18
19	13&14	200	Yard	Breast	20
21	13&14	200	Yard	Ind. Med.	22
23	13&14	400	Yard	Free Rel.	24

## SUNDAY AM

Warm-ups: 9:30AM Meet: 10:10AM

Girls	Age			Event	Boys
53	13&14	100	Yard	Fly	54
55	13&14	200	Yard	Back	56
57	13&14	50	Yard	Free	58
59	13&14	100	Yard	Breast	60
61	13&14	100	Yard	Free	62
63	13&14	400	Yard	Med. Relay	64

## SATURDAY PM

Warm-ups: 12:45PM Meet: 1:20PM

Girls	Age			Event	Boys
25	11-12	200	Yard	Free Rel.	26
27	11-12	50	Yard	Free	28
29	11-12	200	Yard	Ind. Med.	30
31	11-12	50	Yard	Back	32

## SUNDAY PM

Warm-ups: 12:45PM Meet: 1:20PM

Girls	Age			Event	Boys
65	11-12	200	Yard	Med Rel.	66
67	11-12	50	Yard	Breast	68
69	11-12	50	Yard	Fly	70
71	11-12	200	Yard	Free	72

## SATURDAY PM

Warm-ups: 3:30PM Meet: 4:00PM

Girls	Age			Event	Boys
33	10&U	200	Yard	Free Rel.	34
35	10&U	50	Yard	Free	36
37	10&U	100	Yard	Ind. Med	38
39	10&U	50	Yard	Back	40

## SUNDAY PM

Warm-ups: 3:30PM Meet: 4:00PM

Girls	Age			Event	Boys
73	10&U	200	Yard	Med Rel.	74
75	10&U	50	Yard	Breast	76
77	10&U	50	Yard	Fly	78
79	10&U	100	Yard	Free	80

# Golden Bear Invitational Entry Packet

November 6-8, 2009

Sanction #

## ENTRY SUMMARY SHEET

**PLEASE RETURN THIS FORM WITH YOUR ENTRIES**

Date \_\_\_\_\_  
Club Name: \_\_\_\_\_  
Club Code: \_\_\_\_\_  
Team Contact: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_  
Evening Phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Address for  
Final Results: \_\_\_\_\_  
\_\_\_\_\_

Number of entered swimmers: Boys \_\_\_\_\_ + Girls \_\_\_\_\_ = Total \_\_\_\_\_

\_\_\_\_\_ Swimmers @ \$2.00 per swimmer = \$ \_\_\_\_\_ (Ohio LSC surcharges)

\_\_\_\_\_ Individual Events @ \$4.00 each = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Events @ \$7.00 each = \$ \_\_\_\_\_

**Total Amount Remitted = \$ \_\_\_\_\_**

**Please attach check, payable to "Upper Arlington Swim Club", and mail entries to**

Erin Reetz  
UASC Entry Chair  
917 Windbourne St.  
Gahanna, OH 43230  
(614) 832-1976  
[ereetz@columbus.rr.com](mailto:ereetz@columbus.rr.com)

# Golden Bear Invitational Entry Packet

## November 6-8, 2009

Sanction #

### USA Swimming Membership Verification Form

**Meet:** 34TH ANNUAL UPPER ARLINGTON SWIM CLUB GOLDEN BEAR INVITATIONAL  
**Location:** Upper Arlington High School Natatorium, Upper Arlington, OH  
**Dates:** November 6-8, 2009  
**Sanction:** USA Swimming, Inc. Sanction #

#### **PLEASE RETURN THIS FORM WITH YOUR ENTRIES**

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

Team: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Email: \_\_\_\_\_

MEET: \_\_\_\_\_  
 DATE: \_\_\_\_\_  
 CLUB: \_\_\_\_\_  
 COACH: \_\_\_\_\_  
 PHONE: \_\_\_\_\_

EVENT#  
 Qualifying time:  
 200 Free Relay  
 A: \_\_\_\_\_  
 B: \_\_\_\_\_  
 C: \_\_\_\_\_

EVENT#  
 Qualifying time:  
 400 Free Relay  
 A: \_\_\_\_\_  
 B: \_\_\_\_\_  
 C: \_\_\_\_\_

EVENT#  
 Qualifying Time:  
 800 Free Relay  
 A: \_\_\_\_\_  
 B: \_\_\_\_\_  
 C: \_\_\_\_\_

EVENT#  
 Qualifying time:  
 200 Med. Relay  
 A: \_\_\_\_\_  
 B: \_\_\_\_\_  
 C: \_\_\_\_\_

EVENT#  
 Qualifying time:  
 400 Med. Relay  
 A: \_\_\_\_\_  
 B: \_\_\_\_\_  
 C: \_\_\_\_\_

		Friday				Saturday				Sunday			
Circle: Boys Girls	Event												
	8-U 11-12 17-18												
	10-U 13-14 15-18												
9-10 15-16 OPEN	Number												
Qualifying Time													
1.	Age:												
USS#													
2.	Age:												
USS#													
3.	Age:												
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4.	Age:												
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9.	Age:												
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10.	Age:												
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ENTER MEET IN: YARD TIMES METER TIMES

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