

MEET DESIGN: Please note that we are using a split format for our 10 & under sessions.

We hope that our split session design for the 8 & under and 9-10 swimmers allows our younger swimmers to get in and out of a swimming meet in a more timely fashion. For our 11 & over swimmers, we use a meet format design that allows us to offer a wide variety of events and allows participants to choose events from several different distances while still keeping the meet to a manageable size. Swimmers and coaches must understand that, because of the structure of this session, the 15-minute rule will not be in effect. **Please remember that, though athletes of differing ages may be swimming together in this session, all age groups will be awarded separately.**

RULES: USA Swimming rules will govern the meet. All swimmers must be registered athletes of USA Swimming. All coaches will be required to sign in prior to each session and present their USA Swimming Coaching Membership Card to a meet director. Coaches are required to wear their USA Swimming Coach Membership Card on deck. No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet management. Wheelchair/handicap access is available. Contact the meet management concerning this issue.

MEET PROCEDURE: All events, including relays, will be pre-seeded with the first heat of each event comprised of the SLOWEST times entered and the last heat comprised of the FASTEST times entered. In some instances, the 15-minute rule will not be in effect, so please use your judgment when entering swimmers in back-to-back events.

DISABILITY SWIMMERS: Swimmers with a disability are welcomed to enter Ohio Swimming Meets. Coaches, entry procedures are the same as for all other swimmers. Please provide advance notice of any necessary accommodations needed by the swimmer. List with your entry the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. Swimmers with a disability will be seeded with the same age group in either the same distance race or a longer distance race (i.e. 50 free during the 100 free event). Qualifying time standards at regular season meets are waived for swimmers with a disability. At Ohio Swimming Championship Meets swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships. At the Central Zone Meet four swimmers with a disability are welcome on the Ohio Zone Team without meeting the qualifying time standards. More information is available under "Adapted Swimming" on the Ohio Swimming web site (www.swimohio.org).

BULLPEN: The bullpen for 10 & under swimmers will be located in the wrestling room located through the 2nd floor door on the steps leading to the balcony at the starting block end of the pool. This area will also be open for parents and swimmers to relax during the meet. Please STAY OFF OF, AND KEEP FOOD & DRINK OFF OF, THE WRESTLING MATS while in this room. **We ask that coaches go over bullpen procedures with their athletes so that the athletes know what to expect when they get into the bullpen.**

AWARDS: Awards will be handed out to swimmers at the meet after the results of their event have been announced. Awards not claimed by the final session of the meet will be given to the coach at the end of that session. We will award the following age group categories: 8 & under, 9 - 10, 11-12, 13 & above. Remember that in the 11 & over session, although, athletes may be swimming together with other age swimmers in their events, they will still be awarded separately by age division.

Individual Events: Custom Ribbons - 1st – 6th

Relay Events: Custom Ribbons - 1st – 3rd

Heat Winner Ribbons - All 10 & under events

WARM-UP PROCEDURE: No diving... feet first entry with one hand on the pool deck upon entry for general warm-ups. Diving permitted only when doing one way sprints during the last 15 minutes of warm-up.

| <u>Lane</u> | <u>0-15min</u> | <u>15-30min</u> |
|-------------|----------------|-----------------|
| 1 | General | Pace |
| 2 | General | Sprint |
| 3 | General | General |
| 4 | General | General |
| 5 | General | Sprint |
| 6 | General | General |

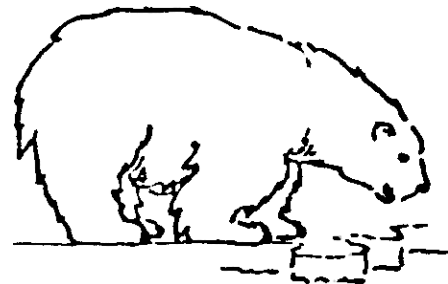
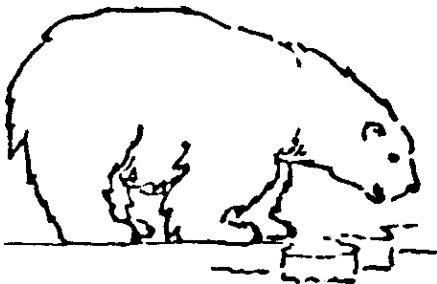
WARM-UP SCHEDULE:

Sunday A.M. Session #1: All 8 & under swimmers – 7:30 to 8:00 A.M./Meet Starts - 8:05 A.M.

Sunday A.M. Session #2: All 9-10 swimmers – 10:30 to 11:00 A.M./Meet Starts -11:05 A.M.

Sunday P.M. Session: Girls 1:45 to 2:10 P.M./Boys 2:10 to 2:35 P.M./Meet Starts - 2:40 P.M.

- GCSTO reserves the rights to adjust warm-up assignments and procedures, as well as, meet starting times to more evenly divide the number of swimmers in the pool during each session of warm-ups for safety purposes. Any teams affected by such a decision will be contacted one week prior to the meet to allow them time to communicate any changes to their swimmers.



| ORDER OF EVENTS: | Girls | | | Boys |
|----------------------------------|----------------|-------------------|-------------------|------|
| Sunday Events Session #1: | 1 | 8 & under | 25 yd free | 2 |
| | 3 | 8 & under | 25 yd back | 4 |
| | 5 | 8 & under | 100 yd IM | 6 |
| | 7 | 8 & under | 25 yd breast | 8 |
| | 9 | 8 & under | 25 yd fly | 10 |
| | 11 | 8 & under | 50 yd free | 12 |
| | 13 | 8 & under | 100yd free relay | 14 |
| Sunday Events Session #2: | 15 | 9-10 | 50 yd free | 16 |
| | 17 | 9-10 | 50 yd back | 18 |
| | 19 | 9-10 | 100 yd IM | 20 |
| | 21 | 9-10 | 50 yd breast | 22 |
| | 23 | 9-10 | 50 yd fly | 24 |
| | 25 | 9-10 | 100 yd free | 26 |
| | 27 | 9-10 | 200 yd free relay | 28 |
| | 29 | 9-10 | 200 yd IM | 30 |
| Sunday Events (PM): | 31 | 11 & over open | 100 yd IM | 32 |
| | 33 | 11 & over open | 200 yd IM | 34 |
| | 35 | 11 & over open | 50 yd free | 36 |
| | 37 | 11 & over open | 100 yd back | 38 |
| | 39 | 11 & over open | 50 yd breast | 40 |
| | 41 | 11 & over open | 100 yd free | 42 |
| | 43 | 11 & over open | 50 yd fly | 44 |
| | 45 | 11 & over open | 100 yd breast | 46 |
| | 47 | 11 & over open | 50 yd back | 48 |
| | 49 | 11 & over open | 100 yd fly | 50 |
| 51 | 11 & over open | 200 yd free relay | 52 | |
| 53 | 11 & over open | 200 yd free | 54 | |

GCSTO 2009 Rotelli's Restaurant KICK-OFF "B" MEET

COLUMBUS ACADEMY NATATORIUM - GAHANNA, OHIO

November 15, 2009

SANCTION NUMBER 3195- OH

Please return this form with your entry forms

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. 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, or a USA Swimming non-athlete "other" member without exception under the direction of a USA Swimming "coach" member.

TEAM: _____

REPRESENTATIVE'S PRINTED NAME: _____

SIGNATURE: _____

DATE: _____