



**SOUTHWEST OHIO YMCA SWIM LEAGUE
AGE GROUP SHORT COURSE CHAMPIONSHIPS
March 13, 14, 15, 2009**



1. LOCATION AND TIMES

Corwin Nixon Natatorium
Recreation Sports Center
Miami University
Oxford, Ohio 45056
513-529-1844

FRIDAY PM SESSION: (Evening Session: Open Warm-Up) (1 pool for relays & 400 I.M., 2 pools for the 500 free)	11 & Over Warm-up: 4:30PM Meet Starts: 5:30PM
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SATURDAY & SUNDAY AM SESSIONS: (Morning Sessions: Open Warm-Up) (Men's pool, women's pool)	11 & Over Warm-up: 6:30AM Meet Starts: 8:00AM
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SATURDAY & SUNDAY PM SESSIONS: (Afternoon Sessions: Assigned Warm-Up)	8&Under, 9&10 Warm-up: TBA Meet Starts: TBA
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SATURDAY/SUNDAY FINALS: (Finals: Open Warm-Up)	9&10, 11&12, 13&14, 15&Over, and Senior Warm-up: 5:00 PM Meet Starts: 5:30 PM
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(The fastest heat of the 1000 (on Saturday), and 1650 (on Sunday) will swim at 5:30 PM.)

**COACHES: REVIEW WARM-UP GUIDELINES WITH YOUR SWIMMERS!!
REVIEW LOCKER ROOM BEHAVIOR AND BUILDING RULES!**

- **Swimmers entering the warm-up/warm-down pool must enter FEET FIRST WITH ONE HAND IN CONTACT WITH THE POOL DECK/WALL.
Willful disregard of this rule will result in ejection of the offender from the meet.**
- **THERE IS NO SHAVING ALLOWED AT THIS MEET.
Willful disregard of this rule will result in ejection of the offender from the meet.**
- **THERE IS NO FOOD OR BEVERAGE ALLOWED IN NATATORIUM.**
- **NO COOLERS ARE ALLOWED IN NATATORIUM.**
- **A CONCESSION AREA IS AVAILABLE.**
- **PARKING IS AVAILABLE.**
- **ONLY SWIMMERS, COACHES WITH DECK PASSES, WORKING OFFICIALS, AND AGE GROUP PARENTS FOR THE 8 & UNDER AGE GROUP WILL BE ALLOWED ON THE POOL DECK.**
- **NO DECK CHANGING. ANYONE CAUGHT DECK CHANGING WILL BE EJECTED FROM THE MEET.**

2. **ORDER OF EVENTS**

All Championship events are prelims and finals EXCEPT for the following timed final events:

- All Friday evening events
- All relay events
- All 8 & Under events
- Senior 1000 Freestyle and 1650 Freestyle events

The attached Order of Events will be followed.

3. **ELIGIBILITY**

A swimmer must be a member of the YMCA they represent for a minimum of 90 days prior to the Championship; i.e., since on or before December 1, 2008

During the current Short Course season (September 1, 2008 through April 9, 2009), a swimmer may not swim in open competition representing any team other than the YMCA they are representing in this Championship.

A swimmer must have competed in three (3) Southwest Ohio YMCA Swim League inter-association meets in the current Short Course season before the entry deadline to be eligible to swim in this Championship Meet.

Swimmers and teams must meet all requirements outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets", issued September 1995.

ADAPTIVE SWIMMING	Swimmers with a disability are welcome to enter this meet. At the time of the entry, the coach or person entering the swimmer must alert the Meet Director, the Ohio Adapted Chair and the Meet Referee regarding the nature of the swimmer's disability, the swimmer's classification (if classified) and special accommodations or seeding arrangements being requested.
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Coaches must have their Deck Passes visibly displayed in order to be on deck during this Championship Meet. Passes must be obtained from Toby Boedeker prior to this meet. A coach must present certification of Lifeguarding or Safety Training for Swim coaches, CPR, First Aid and Principles of Coaching to receive a deck pass.

4. **SANCTIONS**

The Championship Meet is sanctioned by the National YMCA Competitive Swimming and Diving Advisory Committee.

Sanction Number: CAQ-08-09-????

5. **VERIFICATION OF PARTICIPATION AND PROOF OF TIMES**

Every 1000 Freestyle and 1650 Freestyle entry time must be proved. A 1000 Freestyle qualification will be accepted as a qualification for the 1650 Freestyle.

Proof of time and proof of participation in 3 inter-association meets is required. This proof may be submitted along with the entries. Proof is obtained by using your team manager and printing the file showing your swimmers best times. This file can be saved and sent via email to the entry chairperson. This will prove 3 meets.

If you do not submit the required files you will be asked to bring meet results to the meet to prove times and participation in 3 meets. Any swimmer who does not meet the qualifying time may be required to prove his entry time. Any coach may challenge the participation or time of any swimmer by filing a protest with the Meet Committee and posting a \$5.00 fee. This protest must be filed prior to the beginning of each session's events. The fee will be returned only if the protest is won.

6. **ENTRIES**

To enter a given event, a swimmer must have achieved a Championship qualifying time during the current Short Course season for that event (before the entry deadline), except for times achieved in sanctioned YMCA championship meets since March 1, 2008.

NOTE: Be sure to include all swimmers' names that will be swimming in relays only. An additional charge of \$5.00 will be applied for any relay-only swimmer that must be added at the meet.

To enter senior events, a swimmer must be at least 12 years of age as of the first day of the YMCA Short Course Nationals, i.e., April 6, 2009.

A swimmer must swim in his/her age group for individual events. A swimmer may swim up in any age group(s) for relays.

Each swimmer, 8 and under is allowed to enter no more than four (4) individual events over the three day period.

Each swimmer, 9 and over can enter up to six (6) individual events over the three day period.

A swimmer can swim a maximum of one (1) age group medley relay and one (1) age group freestyle relay. Participation in senior relays is unlimited provided the swimmer is at least age 12 the first day of Short Course Nationals.

Team entries for age group relay events are unlimited. However, only the A, B, and C relays per team per event can score and qualify for awards. D, E, etc. relays will not be scored or awarded under ANY circumstances, including disqualification of the team's A, B, or C relays.

Deck entries will not be accepted. Exceptions are as follows:

Exception 1. A swimmer, who is not entered or incorrectly entered by the fault of the meet entry chairperson, may be properly placed in the appropriate events.

Exception 2a. A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to **24 hours before the beginning of the meet**, provided he/she pays the appropriate entry fee plus a \$25.00/swimmer processing charge to the meet host. The coach is the only one who may make these changes.

Exception 2b. Coaches may add an event to a swimmer already entered in the meet (**same 24 hour notice required**) provided it is not over the entry limit and he/she pays the appropriate entry fee plus a \$25.00/swimmer processing charge. They may not exchange events.

7. ENTRY DEADLINE

Entries must be submitted by e-mail from Hy-Tek Team Manager or a compatible program. When submitting by e-mail be sure to make the e-mail subject your team code plus "Championship Entries".

Disk (email) entries will be accepted until Monday, March 9, 2009 – 7:00 PM.

The Entry Chairperson is:

Claudia Multer
1075 Oakmont Avenue
Hamilton, OH 45013
Home telephone: (513) 863-6298
E-mail: claudiam@one.net

8. ENTRY FEES

Individual Events:	\$4.00 per event
Relay Events:	\$16.00 per relay
Surcharge:	\$1.00 per swimmer

If fees are not received by the first day of the meet the coach will be required to write a personal check to cover the fees. The check will be held until the YMCA check is received.

**MAKE CHECK PAYABLE TO THE "SOUTHWEST OHIO YMCA SWIM LEAGUE"
AND SEND TO:**

**CLAUDIA MULTER
1075 OAKMONT AVENUE
HAMILTON, OHIO 45013
513-863-6298**

9. MEET RULES

Except for those stated in this document and outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets", issued September 1995 current USA Swimming Rules will govern this meet.

Positive check-in for swimmers entered in the 1000 freestyle and 1650 freestyle event is required. The deadline for this check-in is 9:30 AM on the respective day. The check-in can be performed at the announcer's table.

All preliminary and timed final events will be pre-seeded to ensure a minimum of three (3) swimmers in all heats. However, an entire event will NOT be re-seeded to maintain this minimum should there be scratches and/or no-shows. Combining of heats where the opportunity arises may be performed at the discretion of the Meet Committee and/or deck referees.

The following SCRATCH RULE will be strictly enforced for all events with finals:

Those swimmers in the top 24 places of the initial posting of an event's preliminary results MUST scratch if they do not plan to return for finals. Scratches MUST utilize a Scratch Form obtained from the scratch table and signed by the swimmer's coach. To be accepted, these Scratch Forms MUST be turned in at the scratch table within 30 minutes of the announcement of that event's results. After 30 minutes, the results are official.

If a swimmer does not scratch and fails to show up for Consolation and/or Championship Finals, he/she will:

- a. miss his/her next event
- b. or if the last event is missed in finals, a \$25.00 fine will be imposed on the team.

Finals events will be seeded based on the OFFICIAL preliminary results. AFTER the results are official, any scratches made known to the Meet Committee will result in the entire event being re-seeded if and only if there is sufficient time to do so prior to the event's being swum. If there is not sufficient time and if the scratch or no-show is in the consolation heat, the alternate swimmer will simply swim in the lane originally assigned to the scratched or no-show swimmer. If there is not sufficient time and if the scratch or no-show is in the championship heat, no alternate will swim and the lane will remain empty. Once the consolation heat has swum, there will be no alternate in the championship heat.

No breaks will be taken other than those indicated in the Order of Events.

10. SCORING

Individual Events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1

Relay Events: 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2

Remember: Only the A, B, and C relays per team per event can score. D, E, etc. relays will not be scored under ANY circumstances, including disqualification of the team's A, B, or C relays.

11. AWARDS

- Individual Events: Medals: 1st through 9th place
 Ribbons: 10th through 18th place
- Relay Events: Medals: 1st through 9th place
 Ribbons: 10th through 18th place
- High Point Plaques: Age group team high point plaques for both girls and boys age groups will be awarded.
- Heat Ribbons: Heat ribbons will be awarded to all heat winners in the 8 & Under and 9 & 10 age groups.
- Banners: First, second, and third place championship banners will be awarded.

COACHES OF 15 & OVER SWIMMERS MUST INDICATE IF THEY WISH TO RECEIVE THEIR AWARD OR IF THEY WISH TO MAKE A DONATION TO THEIR NATIONAL TEAM.

12. REQUIRED YMCA WORK ASSIGNMENTS

A member of the Meet Committee will prepare the officials/workers assignment list approximately 60 days in advance of the Championship. The assignments will be posted on the web.

The required YMCA work assignments are determined by the number of swimmers entered by each team in last year's championship meet. If you expect significant changes, please contact the Meet Director. All YMCAs must provide the assigned workers as designated by the Meet Committee. Failure to provide all of the assigned officials/workers for any session of this meet will disallow that team's swimmers from further participation in the meet. **IT IS THE DUTY OF THE ASSIGNED TEAM TO CONTACT OTHER TEAMS FOR HELP IN FULFILLING ASSIGNMENTS.** It is not the duty of the meet director. Substitutes/alternates for the various officials/workers positions are allowed, provided that the position's instructions are reviewed with the person and that the Deck Referee is notified of the change.

All meet officials (referee, starter, stroke and turn judges, timers, etc.) must be dressed in white uniforms and have their certification patch clearly visible. Officials working as referee, starter, stroke or turn judge must have attended an update clinic for the 2007-2008 season. Warm-up officials will be assigned by the meet directors. Warm-up officials must report 15 minutes prior to the beginning of warm-ups.

13. MEET COMMITTEE

By League rules, all meets shall have a committee designated before the beginning of the meet. The meet committee shall consist of :

- SWOYSL officers in attendance,
- Meet Director,
- Meet Referee,
- one coach,
- one swimmer entered in the meet.

The committee may become involved in protests and disputes concerning technical matters, matters of eligibility, and other appropriate subjects, but in no case may the meet committee become involved in protests concerning judgment decisions by deck officials.

Meet Director:
Anne Lawley
112 Shoemaker Drive
Loveland, OH 45140
Home: 513-677-1395
Day: 513-405-3805 lawlwy6@fuse.net

Scoring Referee:
Claudia Multer
1075 Oakmont Avenue
Hamilton, OH 45013
Home: 513-863-6298
claudiam@one.net

14. DEVOTIONS

Devotions have been assigned by the following schedule. Please be sure that your team is prepared with their assignment for their session.

Assignments for:		AM	PM	FINALS
Championships	Friday		PCY	
	Saturday	ABLY	CY	BASH
	Sunday	GMVY	CFY	KEY

Southwest Ohio YMCA Swim League								
Championship Order of Events								
Adopted October 2008								
Girls	Age	Friday events	Boys					
101	Senior	800 Freestyle Relay	102					
103	13-14	400 Individual Medley	104					
105	Senior	400 Individual Medley	106					
107	11-12	500 Freestyle	108					
109	13-14	500 Freestyle	110					
111	15 & over	500 Freestyle	112					
Girls	Age	Saturday AM	Boys	Girls	Age	Sunday AM	Boys	
201	Senior	400 Medley Relay	202	301	15 & over	400 Freestyle Relay	302	
203	11-12	100 Individual Medley	204	303	11-12	100 Backstroke	304	
205	15& over	50 Freestyle	206	305	13-14	200 Backstroke	306	
207	13-14	50 Freestyle	208	307	Senior	200 Backstroke	308	
209	11-12	50 Freestyle	210	309	11-12	50 Butterfly	310	
211	Senior	200 Butterfly	212	311	13-14	100 Butterfly	312	
213	13-14	200 Butterfly	214	313	15 & over	100 Butterfly	314	
215	11-12	100 Butterfly	216	315	11-12	100 freestyle	316	
217	15& over	100 Backstroke	218	317	13-14	100 freestyle	318	
219	13-14	100 Backstroke	220	319	15 & over	100 freestyle	320	
221	11-12	50 Backstroke	222	321	11-12	200 Individual Medley	322	
223	15& over	200 Freestyle	224	323	13-14	200 Individual Medley	324	
225	13-14	200 Freestyle	226	325	15 & over	200 Individual Medley	326	
227	11-12	200 Freestyle	228	327	11-12	50 Breaststroke	328	
229	Senior	200 Breaststroke	230	329	13-14	100 Breaststroke	330	
231	13-14	200 Breaststroke	232	331	15 & over	100 Breaststroke	332	
233	11-12	100 Breaststroke	234	333	11-12	200 Medley Relay	334	
235	Senior	200 Freestyle Relay	236	335	13-14	200 Medley Relay	336	
237	13-14	200 Freestyle Relay	238	337	15 & over	200 Medley Relay	338	
239	11-12	200 Freestyle Relay	240	339	Senior	1650 Freestyle	340	
241	Senior	1000 Freestyle	242					
Girls	Age	Saturday PM	Boys	Girls	Age	Sunday PM	Boys	
243	9-10	200 Freestyle	244	341	8 & under	100 Individual Medley	342	
245	8& Under	100 Freestyle	246	343	9-10	100 Individual Medley	344	
247	9-10	50 Backstroke	248	345	8 & under	25 Freestye	346	
249	8& Under	25 Backstroke	250	347	9-10	100 Freestyle	348	
251	9-10	50 Butterfly	252	349	8 & under	25 Breaststroke	350	
253	8& Under	25 Butterfly	254	351	9-10	50 Breaststroke	352	
255	9-10	50 Freestyle	256	353	8 & under	50 Freestyle	354	
257	8& Under	100 Freestyle Relay	258	355	9-10	200 Medley Relay	356	
259	9-10	200 Freestyle Relay	260	357	8 & under	100 Medley Relay	358	
501		400 Butterfly	502	Enter relay only swimmers in this event				

