

## 2016 Ohio Swimming Short Course Senior Circuit Meet

Held under the Sanction of USA Swimming Inc. OH-16SC-84 and OH-16SC-115TT



<b>SPONSORED BY</b>	Ohio Swimming Inc. Senior Committee Chris Hadden, Chair : <a href="mailto:seniorchair@swimohio.com">seniorchair@swimohio.com</a>
<b>HOSTED BY</b>	MAKOS Swim Team
<b>DATE</b>	March 4-6, 2016
<b>LOCATION</b>	Miami University Corwin M. Nixon Aquatic Center 750 South Oak Street Oxford, Ohio 45056 MAKOS website: <a href="http://www.swimmakos.com">www.swimmakos.com</a>
<b>TIMES</b>	<b>Friday, Saturday &amp; Sunday AM Prelims</b> Warm Up 7:30 am – 8:45 am. Meet Starts – 9:00 am <b>Friday, Saturday Finals</b> Warm-up 4:00 pm – 5:20 pm – Finals start - 5:30 pm <b>Sunday Finals</b> Warm-up 3:30 pm – 4:20 pm – Finals start - 4:30 pm
<b>MEET MANAGEMENT</b>	Meet Director: Terri Shannon: <a href="mailto:shannot1@miamioh.edu">shannot1@miamioh.edu</a>
	Meet Referee and Local Officials Coordinator: Edgar Caraballo: <a href="mailto:caraballo.ej@gmail.com">caraballo.ej@gmail.com</a> Bill Houk: <a href="mailto:houktw@miamioh.edu">houktw@miamioh.edu</a>
	Administrative Referee: Claudia Multer
	Entry Chair: Claudia Multer 1075 Oakmont Ave. Hamilton, OH 45013 (513) 863-6298 <a href="mailto:claudiam@fioptics.com">claudiam@fioptics.com</a>
<b>ENTRY DEADLINE</b>	Wednesday, February 24, 2016 at 5 pm
<b>POOL/FACILITY INFORMATION</b>	<ul style="list-style-type: none"> <li>• The Corwin M. Nixon Aquatic Center has a 50-meter x 25-yard pool with adjacent diving well. Swimmers will not be permitted in the adjacent leisure pool. Pool depth range from 6 feet to 10 feet.</li> <li>• The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li> <li>• <i>The meet will be conducted in Short Course format (SCY).</i></li> <li>• 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. If a swimmer arrives without a coach, he/she must contact the meet referee to locate a coach at the meet facility to be able to participate in warm-up or competition.</li> <li>• In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.</li> <li>• Deck changes are prohibited and are an automatic ejection from the meet.</li> <li>• It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>PARKING</b>	Event parking will be available in the parking garage located next to the Recreational Sports Center. There is limited street parking around the Rec Center. You will need to pay any meters, and you must park in a legal parking space. Check the website for any other parking information <a href="http://www.swimmakos.com">www.swimmakos.com</a> .

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<b>PHILOSOPHY OF THE MEET</b>	The Ohio Senior Circuit’s intent is to promote excellence within the ranks of Ohio Swimming and elsewhere. The purpose is to provide a venue for those swimmers aspiring to attain Sectional and National qualifying times, but also to give all Senior swimmers the opportunities to participate in a high quality competitive meet.
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<b>ENTERING THE MEET</b>	
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• The Ohio Senior Circuit meet is open to all swimmers who meet the following criteria:             <ul style="list-style-type: none"> <li>- High school athletes, 14 years old and older, who are in or beyond their freshman year and have competed in a high school swim meet during that academic year;</li> <li>- Collegiate or Masters athletes;</li> <li>- Disabled athletes who meet the eligibility criteria that are required of other meet participants.</li> </ul> </li> <li>• All participants must be registered athletes of USA Swimming, Inc. and entries must contain their USA Swimming number. USA-S registrations will not be accepted at this meet.</li> <li>• Age on the first day of competition will determine eligibility for the meet.</li> <li>• By the act of entering this meet, each team, coach and /or swimmer agrees to abide by USA Swimming Rules and Regulations and the Ohio Swimming Policy Book (posted on the OSI website).</li> <li>• Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</li> </ul>
<b>ENTRY RULES GENERAL</b>	<ul style="list-style-type: none"> <li>• Entries will be seeded as follows: Short Course Yards, Long Course Meters, Short Course Meters. Times cannot be updated once received.</li> <li>• A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events.</li> <li>• A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 12 hours before the, scratch deadline provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per swimmer) to the host club.</li> </ul>
<b>ENTRY RULES: INDIVIDUAL EVENTS</b>	<ul style="list-style-type: none"> <li>• Swimmers may swim a maximum of three individual events per day (including time trials).</li> <li>• Swimmers may enter a maximum of 6 (six) Individual Events for the meet.</li> <li>• No Individual minimum qualifying time standard shall be enforced at the Senior Circuit meet.</li> <li>• “NT” entries will <u>not</u> be accepted. Please estimate an entry time.</li> <li>• To guarantee a preliminary swim for the 1650 freestyle event, enter the athlete with a LCM time and indicate to the entry chair that the athlete wishes to swim in the preliminary heat.</li> <li>• If a swimmer wants an official intermediate split from a longer distance event, they must notify the meet referee before the event and complete an Ohio Time Certification form.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Electronic entry files (Hytek Team Manager or Team Unify) are required for all team entries. The electronic Event File can be downloaded from either <a href="http://www.swimmakos.com">www.swimmakos.com</a> or <a href="http://www.swimohio.com">www.swimohio.com</a>. The electronic entry file should be sent via e-mail to <a href="mailto:claudiam@fiptics.com">claudiam@fiptics.com</a> by <b>Wednesday, February 24, 2016, 5:00 pm.</b></li> <li>• The following <b>must</b> be sent (postmarked) to the Entry Chair via US Mail or other courier service by Thursday, February 25, 2016:             <ol style="list-style-type: none"> <li>1. Entry Summary Sheet (Appendix A)</li> <li>2. Check for the Total Entry Fees payable to <b>Miami University.</b></li> </ol> </li> <li>• Unattached Swimmers are encouraged to use Hytek’s <b>TM Lite</b> for entry submission. Manual (paper) entries are subject to a \$15/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form is included in this meet information book.</li> <li>• Fax/Phone Entries - The meet does not accept faxed or phoned entries.</li> <li>• Please let the host club know if you are entering any Outreach athletes.</li> </ul>

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<b>ENTERING THE MEET</b>	
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>• Individual Events - \$8.00 per entry.</li> <li>• Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)</li> <li>• Time Trials – Fees are double the individual event fees.</li> <li>• Entry Fees for Senior Circuit Meets are established annually by the Senior Committee.</li> <li>• All entry fees are to be paid to the meet host prior to the start of the meet.</li> </ul>
<b>SWIMMERS WITH A DISABILITY</b>	<ul style="list-style-type: none"> <li>• Provide advance notice of any necessary accommodations;</li> <li>• 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. <u>More info is available under Athletes&gt;Adaptive on the OSI website.</u></li> </ul>

<b>COMPETITION FORMAT AND PROCEDURES</b>	
<b>RULES</b>	USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules except as modified specifically herein.
<b>MEMBERSHIP REQUIREMENT</b>	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming.
<b>COMPETITION GUIDELINES &amp; MEET FORMAT</b>	<ul style="list-style-type: none"> <li>• Single preliminary sessions for all swimmers on Friday, Saturday and Sunday with a final session in those evenings consisting of Bonus D (14-16 year olds), Bonus C, Consolation and Championship heats for all events except those which are marked as timed final events. (Swum in the order C,B,A,D)</li> <li>• The D Bonus final will only be contested for events 200 yards and under. The D Bonus final is limited to 14-16 year olds who did not qualify for the A, B or C final. Nine (9) lanes will be used for all heats in preliminaries and morning timed final events.</li> <li>• Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee</li> <li>• The 1650 Freestyle event will be Timed Finals with the fastest 9 swimmers swimming at Finals. The preliminary sessions of this event will swim fastest to slowest, alternating between women and men. It will be contested as the first event at finals (before the relays).</li> <li>• The 50 Fly, 50 Breast and 50 Back will be Timed Finals Events contested only in Prelims.</li> <li>• Nine (9) lanes will be used for finals/consolation/bonus heats and timed final events swum in the evening.</li> <li>• Nine (9) lanes will be used for all heats in all sessions.</li> <li>• The meet referee reserves the right to combine events in accordance with USA Swimming Rules &amp; Regulations.</li> <li>• The meet host reserves the right to use two pools during prelims on any or all days based upon the number of entries to manage the timeline. If two pools are used, even heats will be in one pool and odd heats will be in the other.</li> <li>• A timeline will be posted in several prominent places, however, timelines are approximate.</li> </ul>
<b>WARM-UP AND SAFETY GUIDELINES</b>	<ul style="list-style-type: none"> <li>• The meet host will provide a complete schedule of warm-up procedures to include lane assignments 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.</li> <li>• 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</li> <li>• Open warm ups for every finals session. Controlled warm up will not go into effect until the last 30 minutes.</li> </ul>
<b>WARM-UP PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.</li> <li>• The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.</li> </ul>

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### COMPETITION FORMAT AND PROCEDURES

- If coaches in a lane cannot 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.
- 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.
- 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 at one time as equal as possible.
- 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

#### Host Team Safety Responsibilities:

- Marshaling Requirements:
  - a. 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.
  - b. 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.
  - c. 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.
- 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.
- Host team must supply a certified lifeguard on duty at all times.

#### Coach/Team Safety Responsibilities:

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
- Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
- Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.

#### Miscellaneous Safety:

- 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.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- 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.
- Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.

### SEEDING

Entries will be seeded as follows: Short Course Yards, Long Course Meters, and then Short Course Meters. Times cannot be updated once received.

### PROTEST PROCEDURES

All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.

#### Scratch and Positive Check-In Procedures:

- Athletes entered in the 500 Free, 400 IM, and 1650 Free are asked, as a courtesy to other competitors, to scratch out for these events by the posted deadline.
- Any swimmer not appearing for a preliminary heat or a timed final event shall not be penalized; however, that event will still be counted against their 6 event maximum for the meet and their 3 event per day maximum.

### Scratching from Finals:

- Any swimmer listed as an original qualifier, qualifying for a bonus, 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 'Exception for Failure to Compete' below. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete. In order to remain eligible

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### COMPETITION FORMAT AND PROCEDURES

	<p>for subsequent sessions, the swimmer must declare their intention to swim with the Admin Referee prior to completion of the current session.</p> <ul style="list-style-type: none"> <li>• In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the bonus, 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.</li> <li>• Where bonus or consolation finals have not been swum and a barred or withdrawn swimmer is known to the Referee, the Referee shall reseed the bonus, consolation and championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.</li> <li>• If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).</li> </ul> <p>Failure to scratch consolation or championship finals according to the rules above shall result in a \$50.00 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.</p>
<p>Exception for Failure to Compete:</p>	<p>No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <ul style="list-style-type: none"> <li>• The Referee is notified in the event of illness or injury and accepts the proof thereof.</li> <li>• A swimmer qualifying for a bonus, consolation or championship final race based upon the original 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.</li> <li>• It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</li> </ul>
<p><b>FINALS SESSION EVENT ORDER</b></p>	<ul style="list-style-type: none"> <li>• The order of the final events shall be the same as preliminary sessions except the 1650Y Freestyle will be contested as the first event at Finals.</li> <li>• The 50 Backstroke, 50 Butterfly and 50 Breaststroke will be contested in prelims only.</li> <li>• The order of heats at Finals will be C (Bonus) - B (Consolation) - A (Championship) - D (14-16 year olds).</li> </ul>
<p><b>AWARDS &amp; SCORING</b></p>	<p>There will be no awards at the Senior Circuit Meet.</p>

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### COMPETITION FORMAT AND PROCEDURES

<b>WARM-UP SCHEDULE / RESULTS</b>	<p>The following information will be published on the meet host website at: <a href="http://www.swimmakos.com">www.swimmakos.com</a></p> <ol style="list-style-type: none"> <li>1. Warm-up Schedule</li> <li>2. Results</li> <li>3. Final Results, Team Manager Results file, and Meet Manager Backup file</li> </ol>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• Time Trials will be conducted, time permitting, following the preliminary sessions on Friday, Saturday, and Sunday beginning no earlier than 20 minutes following the end of the preliminary session.</li> <li>• Signups for Time Trials each day will close at two hours prior to the end of each preliminary session according to the estimated timeline.</li> <li>• Meet Participants 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.</li> <li>• Time trial sessions will be limited to 1 hour. If on any day, the preliminary session ends less than 45 minutes before the start of finals warm-ups, the time trials will not be conducted on that day.</li> <li>• The Meet Host reserves the right to limit Time Trial events 500 yards or longer to a specific day, based upon the preliminary session timelines. Teams will be informed of this at the General Meeting.</li> <li>• Events from the current day will be swum first, with events for subsequent days following in order. Event order may be modified for ease of seeding and timeline control.</li> <li>• Time Trials for non-meet participants are limited to individuals attempting to achieve a published National Cut (USA Zone, Y Zone, Sectional, Futures, Junior National, Y Nationals, US Open or Senior National). 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 have full discretion and authority to review Time Trial entries.</li> <li>• Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You <b>must show</b> your current USA Membership card, Deck Pass membership card or an official club portal roster at the time of sign-up for Time Trials.</li> </ul>

### Order of Events

#### Day 1 - Friday, March 4, 2016

Preliminary: Warm Ups 7:30 – 8:45 am.; Meet starts at 9:00 am  
 Finals: Warm Ups 4:00 – 5:20 pm Meet starts at 5:30 pm

Women #	Event	Men #
101	100 Fly	102
103	500 Freestyle (3 heats at finals)	104
105	200 IM	106
107	50 Freestyle	108
109	100 Breast	110

#### Day 2 - Saturday, March 5, 2016

Preliminary: Warm Ups 7:30 – 8:45 am; Meet starts at 9:00 am  
 Finals: : Warm Ups 4:00 – 5:20 pm Meet starts at 5:30 pm

Women #	Event	Men #
201	200 Breaststroke	202
203	50 Breaststroke*	204
205	100 Freestyle	206
207	100 Backstroke	208
209	200 Butterfly	210

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<b>211</b>	50 Butterfly*	<b>212</b>
<b>213</b>	1650 Freestyle – Timed Finals, top 9 at finals (Prelims: Fastest to slowest alternating women and men)	<b>214</b>
<b>Day 3 - Sunday, March 6, 2016</b>		
Warm Ups: 7:30 – 8:45 am, Meet starts at 9:00 am Finals: Warm Ups – 3:30 – 4:20 pm Meet starts at 4:30 pm		
<b>Women #</b>	<b>Event</b>	<b>Men #</b>
<b>301</b>	200 Freestyle	<b>302</b>
<b>303</b>	200 Backstroke	<b>304</b>
<b>305</b>	50 Backstroke*	<b>306</b>
<b>307</b>	400 Individual Medley (3 heats at finals)	<b>308</b>
<p>* Timed Final Event contested in Prelims only If coaches want to guarantee that their relays or Individual Distance Events are contested in the preliminary session, they must enter the Event with a LCM time.</p> <p style="text-align: center;">All Finals consist of Bonus D (14-16 yr olds), Bonus C, Consolation and Championship Heat (Top 27 [A, B and C final] plus Top 9 14-16 yr olds who do not make A, B or C final) Finals will be swum in the order C,B,A,D</p>		

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**Appendix A**

**USA Swimming Registration Waiver Form**

**Location:** Corwin M. Nixon Aquatic Center Oxford, Ohio

**Date:** March 4-6, 2016

**You must return this form with your check.**

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

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

Head Coach Name: \_\_\_\_\_ Email: \_\_\_\_\_

Team Representative's Name  
 (printed): \_\_\_\_\_

Team Representative's  
 Signature: \_\_\_\_\_

**Team Contact's Email**

**Address:** \_\_\_\_\_

**(We will use this email to update you on this meet)**

Number of Coaches Attending: \_\_\_\_\_

Team Contact Phone: \_\_\_\_\_

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

**Financial Summary**

<b>Meet Entry Summary</b>
Number of Outreach swimmers attending the meet:
Number of Outreach individual Events:
List names of Outreach Swimmers attending the meet:
Number of Swimmers (do not include Outreach) x \$2.00 per swimmer (LSC fee) = \$
Number of Individual Events (do not include Outreach) x \$8.00 per event = \$
<b>Total Amount Remitted: \$</b>

**A paper copy of your entries must be sent along with your check and this page.**

Make checks payable to: Miami University  
 c/o Claudia Multer  
 1075 Oakmont Ave. Hamilton, Ohio 45013

**ENTRY DEADLINE: February 24, 2016 at 5:00 PM**