



*OHIO
SWIMMING*

Ohio Swimming, Inc.

2020 Short Course Regional Championship and Time Trials

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-20SC-09 and OH-20SC-10 TT**

February 15-17, 2020

Hosted by: Upper Arlington Swim Club

2020 Ohio Regional Short Course Championships

Event Information

February 15-17, 2020

Upper Arlington Swim Club
Columbus, Ohio

Sanctioned by USA Swimming through Ohio Swimming under the auspices of the Ohio Swimming Age Group Committee

Sanction # OH-20SC-09 and OH-20SC-10 TT

This information is available on-line at www.swimohio.com

Meet Host website: www.uasc.org

Important Facts About the Meet

- Entry Deadline:
 - Wednesday, February 5, 2020 at noon.
 - All paperwork and entry fees must be postmarked by Friday, February 7, 2020.
- Time Standards - There are no minimum Time Standards for this meet, and all individual entries must be slower than the Short Course Junior Olympic Time Standards (see page 10).
- Entry times shall be in short course yards (Y), long course meters (L) or short course meters (S). No NT times will be accepted.
- Entry Limits: Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- There is no Admission Charge for Ohio Championship Meets.
- 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.
- Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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. Under no circumstances are cameras or any other recording device allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during the competition and warm-up. 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.
- Deck changes are prohibited.
- 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All heats in finals will be swum slowest to fastest.
- The meet host has the discretion (with the Age Group Committee's approval) to modify session warm-up and start times; determine the use of two pools vs one pool; and determine the use of starting at one vs two ends. All decisions will be communicated to coaches within 48-hours of the meet entry deadline.
- **The 10 & under events will be contested during prelims as timed finals with the top two (2) seeded heats being contested in finals.**

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Meet Administration

Facility Address

Upper Arlington High School
1650 Ridgeview Rd, Upper Arlington, OH 43221

Meet Director

Jamie Masters
Jamie.masters1@gmail.com
614-327-2536

Meet Referee

Tom Trace
Tetrace311@yahoo.com
614-571-2737

Local Officials Coordinator

Tony Contakis
Contakis_11@hotmail.com

Entry Chair

Erin Reetz
Erin.reetz@gmail.com
614-832-1976

Meet Jury (Appeal committee for resolving protests)

- Meet Official – Tony Contakis
- Coach – TBD
- Athlete – TBD

Age Group Committee Chair

Kevin Rachal
agegroupchair@swimohio.com

Meet Committee (Administrative Advisory Committee)

- Meet Referee - Tom Trace
- Meet Director – Jamie Masters
- Age Group Chair – Kevin Rachal*
- Coach Chair – Kris Moellenberg*
- Technical Chair – Kyle Goodrich*
- Officials Chair – Pam Birnbrich*
- Athlete Committee Representative – Braydon Kime *

*Or designee

Meeting Schedule

Saturday, February 15

General/Coaches Meeting – 5:45 PM
All subsequent coaches' briefings will be announced

Officials' Meeting 5:15 PM
All subsequent officials' briefing will be held 1 hour prior to the start of each session

Order of Events:

2020 SC Age Group Regional Championships –Order of Events		
Prelim Warm-ups Begin ~no earlier than 7:30 am ^^ Prelim Session Start Time: TBD ^^	Short Course Yards	Finals warm-ups Begin ~no earlier than 4:30 pm ^^ Finals Session Start Time: TBD ^^
Women's Events	Day 1 – February 15, 2020 (Day 1 Prelims)	Men's Events
101 **	11-12 200 Backstroke	102 **
103	13-14 100 Breaststroke	104
105*	10 & Under 50 Breaststroke	106*
107	11-12 50 Breaststroke	108
109	13-14 200 Freestyle	110
111*	10 & Under 100 Freestyle	112*
113	11-12 100 Freestyle	114
115	13-14 100 Butterfly	116
117*	10 & Under 50 Butterfly	118*
119	11-12 50 Butterfly	120
121 *	13-14 400 Individual Medley ^	122 *
123 *	10 & Under 200 Individual Medley	124 *
125	11-12 200 Individual Medley	126
Minimum 10 Minute Break		
127 *	11-12 500 Freestyle ^	128 *
Prelim Warm-ups Begin ~no earlier than 7:30 am ^^ Prelim Session Start Time: TBD ^^	Day 2 – February 16, 2020	Finals warm-ups Begin ~no earlier than 4:30 pm ^^ Finals Session Start Time: TBD ^^
201 **	11-12 200 Freestyle Relay	202 **
203 **	13-14 200 Freestyle Relay	204 **
205 **	10 & Under 200 Freestyle Relay	206 **
207 **	11-12 200 Butterfly	208 **
209	13-14 200 Individual Medley	210
211*	10 & Under 100 Individual Medley	212*
213	11-12 100 Individual Medley	214
215	13-14 50 Freestyle	216
217*	10 & Under 50 Backstroke	218*
219	11-12 50 Backstroke	220
221	13-14 200 Breaststroke	222
223*	10 & Under 100 Breaststroke	224*
225	11-12 100 Breaststroke	226
227	13-14 100 Backstroke	228
229 *	10 & Under 200 Freestyle	230 *
231	11-12 200 Freestyle	232
233 *	13-14 500 Freestyle ^	234 *
Prelim Warm-ups Begin ~no earlier than 7:30 am ^^ Prelim Session Start Time: TBD ^^	Day 3 – February 17, 2020	Finals warm-ups Begin ~no earlier than 4:30 pm ^^ Finals Session Start Time: TBD ^^
301 #	11-12 200 Medley Relay	302 #
303 #	13-14 200 Medley Relay	304 #
305 #	10 & Under 200 Medley Relay	306 #
307 **	11-12 200 Breaststroke	308 **
309	13-14 200 Backstroke	310
311*	10 & Under 100 Backstroke	312*
313	11-12 100 Backstroke	314
315	13-14 100 Freestyle	316
317*	10 & Under 50 Freestyle	318*
319	11-12 50 Freestyle	320
321	13-14 200 Butterfly	322
323*	10 & Under 100 Butterfly	324*
325	11-12 100 Butterfly	326
327 **	13-14 1650 Freestyle ^ +	328 **
329 **	11-12 400 Individual Medley ^	330 **

* Timed Final – Fastest 2 heats at Finals
 ** Timed Final – Fastest 1 heat at Finals
 # Timed Final – All relay heats during Prelims

^ Prelim heats are fastest to slowest
 + Alternating girls and boys heats

11-12 400 IM - First event at Finals
 13-14 1650 Free - Second event at Finals
 ^^ Final warm-up/start times will be determined once entries are received^^

Facility Information

Facility Address	Upper Arlington High School 1650 Ridgeview Rd, Upper Arlington, OH 43221
Pool Information	The venue features a 6-lane, 25-yard pool with an automated Colorado touch pad timing system, integrated horn starting system, and running time display. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 3 1/2 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	An Information/Lost & Found booth will be available at the entrance to the pool at both facilities.
Medical Assistance	Medical assistance will be provided at the facility. See the Meet Office.
Facility Information	The gym or the Bear Lobby will be available for spectators during the meet. Due to the limited overflow space, basketball and tag will not be permitted in the gym. There will be a concession stand available throughout the duration of the meet.
Inclement Weather	
Parking	Due to construction on the new Upper Arlington High School, parking is limited and carpooling is encouraged. Swimmer drop off is provided.

Entering the Meet

<p>Entry Rules - General</p>	<ul style="list-style-type: none"> • All contestants must be registered athletes of Ohio Swimming, Inc. and entries must contain their USA Swimming number. USA-S registrations will not be accepted at this meet. • Any Ohio LSC swimmer, 14 years and under, with a time slower than the Ohio Short Course Junior Olympic cutoff, may enter the Regional Championship. (See Appendix A). • By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations. • Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM), Short Course Meters (SCM). • All swimmers must enter under a team affiliation or unattached. Those with a team affiliation must swim in an unattached status if switching swim clubs in the last 120 days prior to the Regional Championship meet, unless cleared by the OSI registration/Membership Coordinator. • <u>There shall be No Deck Entries at the Championship Meet.</u> • A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events. • A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 12 hours before the scheduled beginning of the session, provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per swimmer) to the host club. Any late entries will be reseeded up until the time the meet host as printed the meet programs. After that time, late entries will be placed into an open lane.
<p>Entry Rules: Individual Events</p>	<ul style="list-style-type: none"> • Swimmers may swim a maximum of three individual events per day, plus Relays (including time trials). • Swimmers may enter a maximum of 7 (seven) Individual Events, plus Relays (excluding time trials). • Short Course Yard (SCY), Long Course Meter (LCM) and Short Course Meter (SCM) times will be accepted. Seeding will be SCY then LCM then SCM. • "NT" entries will <u>not</u> be accepted. Please estimate an entry time. • All Entries must be slower than the published 2019 Short Course Junior Olympic Time Standards and the 2018 Long Course Junior Olympic Time Standards, as listed in Appendix A or on the Ohio Swimming website. • Age on the first day of the meet will determine the age group in which a swimmer is entered. • 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.
<p>Entry Rules: Relay Events</p>	<ul style="list-style-type: none"> • No relay minimum qualifying time standards shall be enforced at the Regional Championship meet. • Relays may be entered with a "no time" (NT). • Relay Entry Times faster than the JO cut are acceptable. • Any swimmer may swim any stroke. • All relay team members must also be entered in at least one individual event in the meet. • A swimmer competing unattached may not be a member of a relay team.
<p>Entry Procedures</p>	<ul style="list-style-type: none"> • Electronic entry files (Hytek Team Manager or Team Unify) are required for all team entries. The electronic Event File can be downloaded from either www.uasc.org or www.swimohio.com. The electronic entry file should be sent via e-mail to erin.reetz@gmail.com by Wednesday, February 5, 2020, at noon • The following must be sent (postmarked) to the Entry Chair via US Mail or other courier service by Friday, February 7, 2020: <ol style="list-style-type: none"> 1. Hardcopy printout of all entries from Hy-tek Team Manager or Team Unify 2. Entry Summary Sheet (Appendix B) 3. Check for the Total Entry Fees payable to: Upper Arlington Swim Club • Unattached Swimmers are encouraged to use Hytek's <u>TM Lite</u> for entry submission. Manual (paper) entries are subject to a \$15/swimmer surcharge. These fees are due at the time of entry submission. • Fax Entries - The meet does not accept faxed entries. • Please let the host club know if you are entering any Outreach athletes.

Entering the Meet

Entry Fees	<ul style="list-style-type: none"> • Individual Events - \$6.00 per entry • Relay Events - \$11.00 per entry • Surcharge - \$5.00 per swimmer (Travel Fund/Site Selection Fund) • Time Trials – \$12.00 per individual entry; \$16.00 per relay entry • Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee.
Swimmers with a Disability	<ul style="list-style-type: none"> • Swimmers with a disability are welcome to enter this meet. • At the time of entry, the coach or entry chair must alert the Meet Director and Meet Referee regarding the nature of the swimmers' disability, the swimmer's classification (if classified), and special accommodations or seeding arrangements being requested. • More info is available under Athletes>Adaptive on the OSI website

Championship Procedures

Rules	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.
Membership Requirement	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.
Competition Guidelines & Meet Format	<ul style="list-style-type: none"> • Except for the Relays and events designated as Timed Finals Events in the Order of Events on page 4, the meet will be conducted in a Preliminary-Finals format with a Championship (A) and a Consolation (B) heat at Finals. The B Final will swim before the A Final. Alternates should be ready to swim in the B Finals and identify themselves to the referee. • The 13-14 1650Y Freestyle event will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim fastest to slowest; alternating between women and men. • All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. • Athletes will swim Timed Final Events <u>as seeded by entry time</u>. • Relays are timed finals and only the top heat will swim at night on Day 2. Relays on Day 3 are all contested in Prelims. • The 13-14 1650Y Freestyle and 11-12 400Y IM will be contested as the last event at Prelims on Day 3, with the 11-12 400Y IM and 13-14 1650Y Freestyle as first and second events at Day 3 Finals, respectively. • The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat at Finals. The preliminary sessions of these events will swim slowest to fastest. • Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.
Warm-Up and Safety Guidelines	<ul style="list-style-type: none"> • 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 published on the website and distributed with the meet information, posted throughout the venue, announced on a regular basis before 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. • 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.

Championship Procedures

Warm-Up Procedures	<ul style="list-style-type: none"> • Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants. • The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. • 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	<p>Host Team Safety Responsibilities:</p> <ul style="list-style-type: none"> • Marshaling Requirements: <ol style="list-style-type: none"> a. A minimum of four (4) marshals, who report to and receive instructions from the Meet Referee and/or the Meet Director, shall be on deck from the beginning of the first warm-up session through the end of the warm-down session, including the competition. b. Marshals shall have the authority, with concurrence of the meet referee, to remove from the deck any swimmer or coach who is in violation of safety guidelines or procedures. c. In addition to the four (4) Marshals required for the competition pool, at least one Marshal shall be assigned to each separate warm-up, warm down facility throughout the meet; which includes warm-up prior to meet, breaks during the meet, and during active competition. • Host team shall post signs at both ends of the pool which indicate the designated use of the lanes during the warm-up session. • 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. <p>Coach/Team Safety Responsibilities:</p> <ul style="list-style-type: none"> • 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. <p>Miscellaneous Safety:</p> <ul style="list-style-type: none"> • 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 backstroke 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. <p>Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.</p>
Seeding	<p>For these Championships, the seeding order is Short Course Yards (Y) then Long Course Meters (L) then Short Course Meters (S). "NT" individual entry times are not accepted.</p>
Protest Procedures	<p>All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.</p>
<p>Scratch Procedures:</p> <ul style="list-style-type: none"> - A swimmer who officially scratches from an individual event shall not have that event count towards their maximum number of events for the meet or for that day. - The scratch deadline for Preliminary Events and Timed Final Events will be 30 minutes prior to the start of the session where the individual or relay is contesting the event. 	

Championship Procedures

Scratching from Prelims:	<ul style="list-style-type: none"> Any swimmer not appearing for an individual preliminary event or timed final event, without officially scratching per meet guidelines, shall not be penalized; however, that event will be counted against their 7 event maximum for the meet and their 3 event per day maximum. Any relay team that fails to appear for a pre-seeded relay event shall not be penalized. 						
Scratching from Finals:	<ul style="list-style-type: none"> Any swimmer listed as an original qualifier, qualifying for a 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 for subsequent sessions, the swimmer must declare their intention to swim with the Administrative Referee prior to the completion of the current session. 						
Scratching from Finals (cont'd):	<ul style="list-style-type: none"> In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the 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. Where consolation finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation and championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s). 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. 						
Exception for Failure to Compete:	<p>No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <ul style="list-style-type: none"> The Referee is notified in the event of illness or injury and accepts the proof thereof. A swimmer qualifying for a 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. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer. 						
Relays and Relay Check-In Procedures:	<ol style="list-style-type: none"> All relays are conducted on a timed final basis. Entry forms for all relays will be included in the Team packets and must be turned in prior to the relay forms deadline in order to be seeded. The coach shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the host team designated person for entry by the deadline. However, relay swim order may be changed up to the time of the swim. Relay Forms – All relay forms are due no later than 30 minutes after the start of the warm-ups for the session in which they are being contested. Any changes to this will be communicated during the coach's meeting. 						
Finals Session Event Order	The order of the final events shall be the same as preliminary sessions except the 11-12 400Y IM and 13-14 1650Y Freestyle will be contested as the first and second events at Finals, respectively.						
Scoring:	<table border="0"> <tr> <td>8 Lane Pool (16 places)</td> <td><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</td> <td><u>Relay Events:</u> A (Final) 40-34-32-30-28-26-24-22 B (Consolation) 18-14-12-10-8-6-4-2</td> </tr> <tr> <td>6 Lanes (12 Places)</td> <td>A (Final) 16-13-12-11-10-9 B (Consolation) 7-5-4-3-2-1</td> <td>A (Final) 32-26-24-22-20-18 B (Consolation) 14-10-8-6-4-2</td> </tr> </table> <p>Special note on scoring: Teams may enter up to three relay teams as they have qualified, but only two relays per team event may score points and/or swim in the top 8 final heat.</p>	8 Lane Pool (16 places)	<u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1	<u>Relay Events:</u> A (Final) 40-34-32-30-28-26-24-22 B (Consolation) 18-14-12-10-8-6-4-2	6 Lanes (12 Places)	A (Final) 16-13-12-11-10-9 B (Consolation) 7-5-4-3-2-1	A (Final) 32-26-24-22-20-18 B (Consolation) 14-10-8-6-4-2
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Awards	<ul style="list-style-type: none"> Individual Events - Medals will be awarded to all place winners in the "A" final (championship). Ribbons will be awarded to all place winners in the "B" final (consolation). 						

Championship Procedures

	<ul style="list-style-type: none"> Relay Events - Medals will be awarded to the top 3 relay places. Ribbons will be awarded to remaining lanes in the "A" Championship heat (4-6 place for 6-lane pool, 4-8 place for 8-lane pool).
<p>Psych Sheet Warm-up Schedule Results</p>	<ul style="list-style-type: none"> The following information will be published on the meet host website at: www.uasc.org <ol style="list-style-type: none"> Psych Sheets Warm-up Schedule Results Final Results, Team Manager Results file, and Meet Manager Backup file
<p>Time Trials</p>	<ul style="list-style-type: none"> 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. Signups for Time Trials each day will close no later than one hour prior to the end of each preliminary session according to the estimated timeline. The time will be communicated to coaches in the general meeting. 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. Time trial sessions will be limited to one (1) hour. If on any day, the preliminary session ends less than 45 minutes before the start of the finals warm-ups, the time trial will not be conducted on that day. 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. 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. 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. Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You must show proof of current USA Membership at the time of sign-up for Time Trials.

OHIO SWIMMING 2020 Short Course Junior Olympics TIME STANDARDS

Ohio Swimming 2020 Short Course Junior Olympic Qualifying Times						
GIRLS			Event	BOYS		
13-14	11-12	10 & Under		10 & Under	11-12	13-14
26.09	28.19	31.59	50 Free	32.09	28.09	24.49
56.99	59.49	1:09.29	100 Free	1:09.09	59.69	53.29
2:02.19	2:09.39	2:33.79	200 Free	2:34.49	2:11.19	1:55.49
5:28.29	5:46.99		500 Free		5:50.59	5:15.09
11:34.29			1000 Free (qual time for 1650 Free)			11:04.39
19:10.49			1650 Free			18:30.29
	32.49	37.39	50 Back	37.99	33.39	
1:03.39	1:07.89	1:19.09	100 Back	1:20.49	1:09.19	1:00.79
2:16.89	2:28.59		200 Back		2:30.69	2:11.29
	36.79	42.09	50 Breast	43.79	36.99	
1:12.39	1:16.69	1:29.19	100 Breast	1:33.09	1:19.79	1:07.79
2:37.69	2:52.59		200 Breast		2:55.89	2:31.49
	30.79	35.29	50 Fly	36.89	31.59	
1:02.59	1:07.89	1:22.29	100 Fly	1:23.69	1:10.69	59.59
2:21.29	2:45.39		200 Fly		2:54.89	2:18.49
	1:07.99	1:17.99	100 IM	1:20.19	1:09.39	
2:18.49	2:26.59	2:50.59	200 IM	2:56.29	2:28.59	2:12.19
4:54.69	5:24.19		400 IM		5:25.59	4:42.59
1:47.49	1:52.79	2:10.09	200 Free Relay	2:12.19	1:54.59	1:40.89
3:52.49	4:05.09		400 Free Relay		4:05.99	3:41.59
8:13.59			800 Free Relay			8:00.39
See 400 MR	2:08.29	2:30.79	200 Med Relay	2:35.29	2:12.59	See 400 MR
4:20.49	4:40.09		400 Med Relay		4:50.53	4:08.69

Approved 11/6/2019

Individual Entries Limited to 7 Individual Events

2020 Short Course Age Group Regional Championship

Held under the sanction of USA Swimming #OH-20SC-09 and #OH-20SC-10TT

USA Swimming registration Waiver Form

Location: Upper Arlington High School Columbus, OH

Date: February 15-17, 2020

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

Meet Entry Summary
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 \$5.00 per swimmer (LSC fee) = \$
Number of Individual Events (do not include Outreach) x \$6.00 per event = \$
Number of Relay Events x \$11.00 per event = \$
Total Amount Remitted: \$

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

Make checks payable to: Upper Arlington Swim Club

ENTRY DEADLINE: Wednesday, February 5, 2020 at noon.