



**OHIO  
SWIMMING**

**Ohio Swimming, Inc.**

**2020 Short Course  
Junior Olympic Championship  
and Time Trials**

**Meet Information**

**Held under the Sanction of USA Swimming, Inc.  
Sanction #: OH-20SC-17 and OH-20SC-18TT  
QM**

**March 13-15, 2020  
Columbus, Ohio  
Hosted by: Ohio State Swim Club**

# 2020 Ohio Short Course Junior Olympic Championships

## Event Information

March 13-15, 2020

**McCorkle Aquatic Pavilion**  
**Columbus, Ohio**

Sanctioned by USA Swimming through Ohio Swimming under the auspices of the Ohio Swimming Age Group Committee  
Sanction # OH-20SC-17 and OH-20SC-18 TT

This information is available on-line at [www.swimohio.com](http://www.swimohio.com)

Meet Host website: [Ohio State Swim Club](http://Ohio State Swim Club)

### Important Facts About the Meet

- **Entry Deadline:**
  - Thursday, February 27, 2020 at Noon
  - All paperwork and entry fees must be postmarked by Wednesday, March 4, 2020.
- Time Standards – All entries must be equal to or faster than the 2020 SC Junior Olympic Time Standards (see page 12), or the 2019 LC Junior Olympic Time Standards
- Entry times shall be in short course yards (Y), long course meters (L) or Short Course Meters (S) achieved since January 1, 2019. No Converted Times will be accepted.
- **Entry Limits:** Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays (excluding time trials).
- OME will be used for Individual entries only. A separate Team Manager/Unify file can be used for relay entries, if desired. New in 2019.
  - Entry lists will be sent to teams no later than seven (7) days from the start of the meet
  - Teams will have 24 hours to notify the entry chair of any errors to their entries, but no new entries will be allowed.
  - The psych sheet will be posted five (5) days from the start of the meet.
- There is no Admission Charge for Ohio Championship Meets.
- The meet will be run in two pools racing format with 10 lanes to be used on each end for prelims and 8 lanes will be used at finals. 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 end vs two ends. Anychanges will be communicated to coaches within 48-hours of the meet entry deadline.
- All heats in finals will be swum slowest to fastest.
- The 10 & under events will be contested during prelims as timed finals with the top two (2) seeded heats being contested in finals.
- It takes many volunteers to staff two (2) pools to keep the timelines manageable for the athletes. Therefore, teams with 10 or more swimmers entered in the meet may be asked to provide two (2) timers per session. The assignments will be communicated to coaches prior to the meet.

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## Meet Administration

### Facility Address

McCorkle Aquatic Pavilion  
The Ohio State University  
1847 Neil Avenue  
Columbus, OH 43210

### Meet Director

Christine Z. Thompson  
(614) 247-7370  
mccorkle@osu.edu

### Meet Referee

Joe Waller  
[jomeetreferee@swimohio.com](mailto:jomeetreferee@swimohio.com)

### Local Officials Coordinator

Joe Waller  
[jomeetreferee@swimohio.com](mailto:jomeetreferee@swimohio.com)

### Entry Chair

Ohio Swimming Office  
[ohiojochamps@swimohio.com](mailto:ohiojochamps@swimohio.com)

### Meet Jury (Appeal committee for resolving protests)

- Meet Official – Terry Anchrum
- Coach – Kris Moellenberg
- Athlete – Ashlyn Morr

### Age Group Committee Chair

Kevin Rachal  
[agegroupchair@swimohio.com](mailto:agegroupchair@swimohio.com)

### Meet Committee (Administrative Advisory Committee)

- Meet Referee – Joe Waller
- Meet Director – Christine Thompson
- Age Group Chair – Kevin Rachal\*
- Coach Chair – Kris Mollenberg\*
- Technical Chair – Kyle Goodrich\*
- Officials Chair – Pam Birnbrich\*
- Athlete Committee Representative – Braydon Kime\*

\*Or designee

## Officials

All USA Swimming certified officials willing to volunteer should fill out and submit the electronic Application to Officiate found on the Ohio Swimming website JO Event page.

This meet will be an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications (QM). Officials wishing to be evaluated should indicate that in the Application to Officiate form available on the Ohio Swimming website JO Event page.

Note: To be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.

**Special notice to those interested in obtaining National Certification as a Chief Judge, Starter, or Referee:** First priority for assigned positions will be given to those seeking certification as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. Preference will also be given to those seeking either an N2 or N3 Evaluation. If the evaluation is for "Recertification", then one must work the minimum number of sessions in each position in which he/she is recertifying. For specific requirements, refer to the [USA Swimming](#) website, in the Volunteers Section under Officials Certification.

Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions.

## Meeting Schedule

Friday, March 13	General/Coaches Meeting – 9:00 AM <i>All subsequent coaches' briefings will be announced</i>  Officials' Meeting: 1 hour before the meet start time <i>All subsequent officials' briefings will be held 1 hour prior to the start of each session</i>
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## Organization Regulations

<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li>• At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• Any swimmer entered in the meet <u>must</u> 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.</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. 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.</li> <li>• Deck changes are prohibited.</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> <li>• Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.</li> <li>• Flash photography is not permitted at the start of any race. Camera and cell-phone use is not permitted behind the starting blocks.</li> </ul>
<b>Ohio State Law</b>	<ul style="list-style-type: none"> <li>• Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> </ul>
<b>Ohio Swimming Inc.</b>	<ul style="list-style-type: none"> <li>• All coaches that expect to attend the Age Group Championship meet must be registered in OME for a Deck Pass. This listing will be used for deck access at the meet.</li> </ul>

## Facility Information

<b>Facility Address</b>	McCorkle Aquatic Pavilion The Ohio State University 1847 Neil Avenue Columbus, OH 43210
<b>Pool Information</b>	The McCorkle Aquatic Pavilion is The Ohio State University's competitive aquatic facility and consists of two large bodies of water for competition and warm-up cool-down; the Mike Peppe Natatorium Competition Pool and the Ron O'Brien Diving Well. The Mike Peppe Natatorium Competition Pool is a 10 lane, 50-meter indoor pool that will be divided into two 10-lane 25-yard competition courses for this meet. The 8-lane, 25-meter Ron O'Brien Diving Well will serve as the warm-up/cool-down pool during competition.
<b>Handicap Access</b>	Accommodations for persons with disabilities may be arranged with advance notice.
<b>Information/Lost &amp; Found</b>	A Lost & Found area will be available at pool control, which is located beneath the scoreboard.
<b>Medical Assistance</b>	Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.

## Facility Information

<b>Facility Information</b>	<p>Deck access is restricted to competing athletes, registered coaches, officials and meet workers. Parents and spectators will be allowed on the deck only to perform a service or function at the request of meet management.</p> <p>One professionally made banner per team may be displayed in the Aquatic Pavilion with the approval of the Meet Director. Banners should be turned in at the access/credential table. All banners will be hung by the facility staff. Handmade signs may be held, but not hung.</p> <p>As a facility and as meet hosts we aim to provide a safe and positive environment for our swimmers and guests. We reserve the right to take appropriate action if any guest exhibits behavior that does not align with this goal.</p> <p>Caution should be taken when entering the water from the bulkheads. When feet first entries are done one hand should be placed and remain on the bulkhead.</p> <p>The concession stand at the McCorkle Aquatic Pavilion will be available throughout the competition, depending on the number of swimming entries. Tasty and healthy options are available through our concessionaire. Outside food will not be permitted to be brought into the facility during hours of concession stand operation.</p> <p>This facility and event complies with Ohio's Return-to-Play Law as described on the Ohio Department of Health website at <a href="https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury/youthconcussions/youthconcussions">https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury/youthconcussions/youthconcussions</a> and submits concussion reports and return to play forms to Ohio Swimming. Any swimmer who is suspected of sustaining a concussion should seek medical attention immediately and will not be permitted to return to competition the same day and until the swimmer has been cleared by a medical professional with a Return to Play Form. Click above for a link to the Ohio Department of Health Concussion Information for Youth Sports Organizations.</p> <p>Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool when timing equipment is in place. Equipment may be used in the adjacent warm-up/cool-down pool.</p> <p>Two on-deck changing rooms are located on the west side of the deck. Additional changing space is available north of the pool in the Recreation and Physical Activity Center (RPAC) on the pool deck level. Locker space is not available. Belongings may be stored on deck under team bleachers. The Ohio State University is not responsible for any lost or stolen items. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p> <p>Lost and Found for the event is kept at the pool control located beneath the scoreboard. An additional Lost and Found is kept at the Welcome Center of RPAC which is located adjacent the main entrance to the Aquatic Pavilion.</p> <p>If you are ill, please stay at home. Deck changing is not permitted. Please wash your hands with soap and warm water for at least 20 seconds after changing clothes, using the restrooms and before and after eating.</p> <p>The following items are not permitted in the facility: glass, lawn or camping chairs, coolers and outside food, tobacco, alcohol, illegal substances, helium balloons, noise makers. Unmanned Aircraft Systems and drones are not permitted on Ohio State's campus without prior approval (per university policy) and are not permitted in the McCorkle Aquatic Pavilion.</p> <p>Access to the RPAC is restricted to paid Members of Recreational Sports and daily pass holders.</p> <p>The Ohio State University is a smoke free and tobacco free campus.</p> <p>The spectator seating level and RPAC are not barefoot friendly areas. Please be sure to dry off and wear footwear before leaving the pool deck.</p> <p>Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning.</p> <p>Wireless internet access will be available throughout the meet. Select WIFI@osu for your wireless log-in and open your device's browser to accept the terms of use.</p>
<b>Directions to the Pool</b>	Please visit <a href="http://www.osu.edu/visitors/directions.php">http://www.osu.edu/visitors/directions.php</a> for directions to campus.

## Facility Information

<b>Parking</b>	<p><b>Friday Morning:</b> Parking will be available at an hourly rate at the Tuttle Park Place Garage and the Lane Avenue Garage.</p> <p><b>Friday (after 4:01 PM) &amp; All Day Saturday and Sunday:</b> Parking will be available at the Neil Avenue Garage at either an hourly rate or at the rate of \$5 per entry on the way into the garage. Please be prepared with exact change in case pre-paid entry is required to keep traffic moving.</p> <p><b>Garage Address:</b> Tuttle Park Place Garage 2050 Tuttle Park Drive; Lane Avenue Garage 2105 Neil Avenue and Tuttle Park Place; Neil Avenue Garage 1847 Neil Avenue.</p> <p><b>Your Patience Please</b></p> <p>There will likely be a line formed to exit, so please exercise patience when exiting the garage. <b>If you did not pay on the way into the garage, please be prepared to pay by credit card when you exit. Paying by credit card will allow transactions to occur more efficiently than cash transactions.</b></p> <p>Those who wish to avoid the possibility of experiencing a wait to exit the garage, or who would like to pay a flat rate, should park legally in an A, B, or C parking space in the Ohio Stadium lot (unrestricted spaces only) and pay the Pay-n-Display machine by credit card before parking. Parking cards should be displayed as directed.</p> <p><b>Hourly Parking Details and Maps</b></p> <p><a href="http://tp.osu.edu/visitorsmain/parking/garageinfo.shtml">http://tp.osu.edu/visitorsmain/parking/garageinfo.shtml</a></p> <p>Ohio State Swim Club is not able to negotiate parking pricing, nor does the club receive any revenue from parking fees. Prices are determined and retained by CampusParc, a third-party provider. Parking arrangements are subject to change based on university activities.</p> <p><b>Please check the website prior to coming in case there are any changes to parking availability.</b></p>
<b>Hospitality</b>	Coaches' and Officials' hospitality will be available throughout the meet in the classroom adjacent to the pool.
<b>Vendor</b>	A swim vendor will be available with swimsuits, goggles, etc. during a majority of the meet.

# Order of Events:

2020 SC Junior Olympic Championships – Order of Events		
Prelim Warm-ups Begin 8:00 am <sup>^^</sup> Prelim Session Begins 9:45 am <sup>^^</sup>	Day 1 – Friday	Finals warm-ups Begin no earlier than 4:15 pm <sup>^^</sup> Finals Session Begins no earlier than 5:30 pm <sup>^^</sup>
Women's Events	Short Course Yards	Men's Events
101 **	11-12 200 Backstroke	102 **
103	13-14 100 Breast	104
105 *	10 & Under 50 Breast	106 *
107	11-12 50 Breast	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
127 *	13-14 800 Freestyle Relay	128 *
129 *	11-12 500 Freestyle ^	130 *
Day 2 – Saturday		
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 Back	218 *
219	11-12 50 Back	220
221	13-14 200 Breast	222
223 *	10 & Under 100 Breast	224 *
225	11-12 100 Breast	226
227	13-14 100 Back	228
229 *	10 & Under 200 Freestyle	230 *
231	11-12 200 Freestyle	232
233 *	13-14 500 Freestyle ^	234 *
235 *	11-12 400 Medley Relay	236 *
237 *	13-14 400 Medley Relay	238 *
Day 3 – Sunday		
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 Breast	308 **
309	13-14 200 Back	310
311 *	10 & Under 100 Back	312 *
313	11-12 100 Back	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 #	13-14 400 Freestyle Relay	328 #
329 #	11-12 400 Freestyle Relay	330 #
331 **	13-14 1650 Freestyle ^ +	332 **
333 **	11-12 400 Individual Medley ^	334 **
* 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 ^^ Final warm-up/start times will be determined once entries are received^^	11-12 400 IM - First event at Finals 13-14 1650 Free Second event at Finals

## Entering the Meet

<b>Eligibility</b>	<ul style="list-style-type: none"> <li>All contestants must be both (1) currently registered athletes of Ohio Swimming Inc. and (2) reside in the Ohio Swimming boundaries for a period of no less than 30 days prior to the JO Championship meet. USA-S registrations will not be accepted at this meet.</li> <li>Any Ohio LSC swimmer, 14 years and under, with a time equal to or faster than the Ohio Short Course Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A).</li> <li>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 JO Championship meet, unless cleared by the OSI registration/Membership Coordinator.</li> <li>Age on the first day of the meet will determine the age group in which a swimmer is entered.</li> </ul>
<b>Entry Rules - General</b>	<ul style="list-style-type: none"> <li>By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations.</li> <li>Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM), Short Course Meters (SCM).</li> <li>Qualifying period: Only Short Course Yard (SCY) times, Long Course Meter (LCM) or Short Course Meters (SCM) times achieved from January 1, 2019 until the posted entry deadline will be accepted.</li> <li>Late entries are considered for unaffiliated athletes and for qualified swimmers of teams already entered in the meet under the following conditions: <ul style="list-style-type: none"> <li>Late Entries (prior to posting of psych sheets): Will be considered at the discretion of the Meet Referee. Petition for late entries should be made to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a>.</li> <li>Late Entries (after posting of Psych Sheets): A qualified swimmer of a team already entered in the meet, may be deck entered up to 12 hours before the scheduled beginning of the <b>session</b>, at the discretion of the Meet Referee. If accepted, he/she will be charged the entry fee plus a \$100.00 processing charge (per swimmer) payable to the host club. Any late entries will be reseeded up until the time the meet host has printed the meet programs. After that time, late entries will be placed into an open lane. Late entry requests should be made to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a>.</li> </ul> </li> </ul>
<b>Entry Rules: Individual Events</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of three (3) individual events per day, plus relays (including time trials).</li> <li>Swimmers may enter a maximum of seven (7) Individual Events plus Relays (excluding time trials).</li> <li>All Entries must be equal to or faster than the 2020 Short Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2019 Long Course Junior Olympic Time Standards and must be in the USA Swimming times database.</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> <li>A swimmer whose birthday occurs between the start of the Regional Meet and the start of the Short Course Junior Olympics meet may enter the appropriate events at the Junior Olympic meet for which he/she had the cut times in the younger age group by entering the Short Course Junior Olympic meet <b>AT THE CUT TIME</b> for the older age group. Entries for aged up athletes are to be submitted via email to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a> and must include the following information: athlete name, USA ID, gender, age, event(s), time(s) achieved in the previous age group, new event number, stroke, distance and entry cut.</li> </ul>
<b>Entry Rules: Relay Events</b>	<ul style="list-style-type: none"> <li>All relay entries must be equal to or faster than the 2020 Short Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2019 Long Course Olympic Time Standards (as listed on the Ohio Swimming website)</li> <li>Relay times must be times earned within the qualifying period for this meet and must be in the USA Swimming database.</li> <li>Only three (3) relays per team may be entered per event, but only two relays per team event may score points and/or swim in the top 8 final heat.</li> <li>Any swimmer may swim any stroke.</li> <li>A swimmer competing unattached may not be a member of a relay team.</li> <li>13-14 400 Medley Relay teams that make the JO entry cut, may also be entered in the 200 Medley Relay at the corresponding 400 Medley Relay team entry time. Only the 400 Medley Relay times will be accepted for seeding of the 200 Medley Relay.</li> </ul>



## Entering the Meet

<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li>INDIVIDUAL EVENT ENTRY: Teams/Unattached individuals must enter the meet using the USA Swimming Online Meet Entry (OME) system.</li> <li>RELAY EVENT ENTRY: A Hytek/Team Unify entry file will be sent to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a> for <u>relay entries only (to include relay-only swimmers)</u>, to account for adequate space for warm-ups.</li> <li>The events file can be downloaded from either <a href="http://Ohio State Swim Club">Ohio State Swim Club</a> or <a href="http://www.swimohio.com">www.swimohio.com</a> (for internal use of organizing entries).</li> <li>Registration for the meet will begin January 27, 2020 and remain open until February 27, 2020 at noon.</li> <li>The following <b>must</b> be emailed or sent to the <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a>:             <ol style="list-style-type: none"> <li>Entry Summary Sheet (Appendix C).</li> <li>Check for the Total Entry Fees payable to: <b>The Ohio State University</b></li> </ol> </li> <li>Fax Entries - The meet does not accept faxed entries.</li> <li>All fees must be paid by the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or copy of proof of payment (i.e., copy of check request) must be emailed to the entry chair or presented at the meet.</li> <li>Please let the entry chair know in advance if you are entering any Outreach athletes.</li> </ul>
<b>Confirmation of Entries</b>	<ul style="list-style-type: none"> <li><b>After the entry deadline, the team contact (listed in OME) will be emailed a complete athlete roster with entries for final review. The email will include deadline for any changes/updates to existing entries.</b></li> <li>Psych sheets will be posted by Tuesday, March 3, 2020 at 12 pm.</li> <li>A financial summary report will be emailed to the teams by Wednesday, March 4, 2020.</li> <li>Any changes requested after the psych sheets are posted, are subject to approval of the Meet Referee. Change requests should be sent to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a>.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>Individual Events - \$6.00 per entry</li> <li>Relay Events - \$11.00 per entry</li> <li>Surcharge - \$5.00 per swimmer (OSI)</li> <li>Time Trials – \$12.00 per individual entry / \$16.00 per Relay entry.</li> <li>Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee.</li> </ul>
<b>Proof of Times Procedures:</b>	<ul style="list-style-type: none"> <li>All entry times will be verified through the Online Meet Entry (OME) system.</li> </ul>
<b>Swimmers with a Disability</b>	<p>Ohio Swimming welcomes the inclusion of swimmers with a disability (henceforth referred to as “para-swimmer”) into both regular season and championship level meets. Providing greater opportunities and recognition to such athletes is of the highest priority and the policy set forth encourages all member teams to recruit, train and include para-swimmers as part of their Age-group and Senior programs.</p> <p><b>Entry Procedure for Para-Swimmers</b></p> <p>Coaches/club entry contact should:</p> <ol style="list-style-type: none"> <li>Enter the para-swimmer via team management software and send to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a></li> <li>Provide advance notice of any necessary accommodations to <a href="mailto:ohiojochamps@swimohio.com">ohiojochamps@swimohio.com</a></li> <li>List in the email with the electronic entry the para-swimmer’s name, entry times, strokes/distances and days/sessions.</li> </ol> <p><b>Eligibility for Para-Swimmers</b></p> <ol style="list-style-type: none"> <li>For entry into the JO Championship para-swimmers approved times must meet or exceed the Nationally Approved ‘LSC Motivational Time Standards for Para-Swimmers’ in their respective age group and self-reported Para-Grouping (P1, P2, and P3) as listed in Appendix B.</li> <li>Official sport class recognition of a para-swimmer is NOT required; however, they MUST be identified as such on the team’s meet entry form.</li> <li>Para-Swimmers will be given the designation of D-2. The Para Grouping (P1, P2, and P3) standards are provided as a means to group swimmers with similar (dis)abilities into general classes and provide the appropriate nationally recognized time-standards as qualification for entry. Inclusion in any one of these groupings will be athlete/coach-reported and any questions should be referred to the Disability Chair for clarification.</li> </ol> <p>Para –Grouping Descriptions:</p> <p>P1 - non-ambulatory (wheelchair bound): limited use of all four extremities</p> <p>P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.</p>

## Entering the Meet

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance

### Conduct of the meet for Para-Swimmers (D-2)

- 1) D-2 Swimmers will swim preliminaries during their respective event, or paired event and seeded by time. Preferred seeding is with the para-swimmer's same age group in either the same distance race or a longer distance race (i.e., 50 free during the 100 free). Exceptions to this should be listed in "necessary accommodations."
- 2) D-2 Swimmers will swim a separate final for each of the championship events to include up to 4 female and 4 male athletes, or, a combination not to exceed a total of 8 finalists per event.
- 3) D-2 Swimmers will score points and be awarded and recognized in the same fashion as the D-1 swimmers.
- 4) D-2 Swimmer final events may be combined if the total number of finalist does not exceed 8 competitors.
- 5) The D-2 finals heat will precede the respective D-1 heat.

Note: This format may be modified by the Age Group and or JO Meet committee to include not more than 2 para event finals on any day based on multi-day format.

## Championship Procedures

<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>• Except for the Relays and events designated as Timed Final Events in the Order of Events, 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 Final and identify themselves to the starter.</li> <li>• 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.</li> <li>• All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session.</li> <li>• Athletes will swim Timed Final events <u>as seeded by entry time</u>. If an athlete desires to swim the event during prelims, they must use a non-conforming time that will be verified in SWIMS. They will not be permitted to override times, change their entry time or down seed at the meet.</li> <li>• Relays are timed finals and only the top two heats will swim at night on Day 2. Relays on Day 3 are all contested in Prelims.</li> <li>• The 13-14 1650Y Freestyle and 11-12 400Y IM will be contested as the last 2 events 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.</li> <li>• The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim slowest to fastest.</li> <li>• Ten (10) lanes will be used for all heats in preliminaries and morning timed final events. Eight (8) lanes will be used for finals and timed final events swum in the evening.</li> <li>• Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.</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> </ul>

## Championship Procedures

<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> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>Safety Guidelines</b>	<p><b>Host Team Safety Responsibilities:</b></p> <ul style="list-style-type: none"> <li>Marshaling Requirements: <ul style="list-style-type: none"> <li><b>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></li> <li>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.</li> <li>In addition to the four (4) Marshals required for pre-meet warm-up, 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.</li> </ul> </li> <li>Host team shall post sign(s) in a prominent location(s) which indicate the designated lane use during the warm-up sessions.</li> <li>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.</li> <li>Host team must supply a certified lifeguard on duty at all times.</li> </ul> <p><b>Coach/Team Safety Responsibilities:</b></p> <ul style="list-style-type: none"> <li>Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.</li> <li>Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.</li> <li>Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.</li> <li>Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.</li> </ul> <p><b>Miscellaneous Safety:</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.</li> <li>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.</li> </ul> <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>
<b>Seeding</b>	For these Championships, the seeding order is Short Course Yards (Y) then Long Course Meters (L) then Short Course Meters (S).
<b>Protest Procedures</b>	All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.
<p><b>Scratch Procedures:</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>	
Scratching from Prelims:	<ul style="list-style-type: none"> <li>Any swimmer not appearing for an individual preliminary 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.</li> <li>Any relay team that fails to appear for a pre-seeded relay event shall not be penalized.</li> </ul>

## Championship Procedures

<p>Scratching from Finals:</p>	<ul style="list-style-type: none"> <li>Any swimmer 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.</li> <li>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.</li> <li>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.</li> <li>If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).</li> <li>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.</li> </ul>												
<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 consolation or championship final race based upon the 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>Relays and Relay Check-In Procedures:</p>	<ol style="list-style-type: none"> <li>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.</li> <li>Relay Forms – Deadlines: <table data-bbox="641 1018 1380 1140" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: left;"><u>Day:</u></th> <th style="text-align: left;"><u>Event Name:</u></th> <th style="text-align: left;"><u>Relay Form Deadline for pre-seeding:</u></th> </tr> </thead> <tbody> <tr> <td>Friday</td> <td>800 Free Relay</td> <td>30 minutes after the start of Friday Prelims</td> </tr> <tr> <td>Saturday</td> <td>All Relays</td> <td>30 minutes after the start of Friday Finals</td> </tr> <tr> <td>Sunday</td> <td>All Relays</td> <td>30 minutes after the start of Saturday Finals</td> </tr> </tbody> </table> </li> </ol>	<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline for pre-seeding:</u>	Friday	800 Free Relay	30 minutes after the start of Friday Prelims	Saturday	All Relays	30 minutes after the start of Friday Finals	Sunday	All Relays	30 minutes after the start of Saturday Finals
<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline for pre-seeding:</u>											
Friday	800 Free Relay	30 minutes after the start of Friday Prelims											
Saturday	All Relays	30 minutes after the start of Friday Finals											
Sunday	All Relays	30 minutes after the start of Saturday Finals											
<p><b>Finals Session Event Order</b></p>	<p>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.</p>												
<p><b>Scoring:</b> <b>8 Lane Pool (16 places)</b></p>	<table data-bbox="332 1276 1315 1375" style="width: 100%;"> <tr> <td style="width: 50%;"><u>Individual Events:</u></td> <td style="width: 50%;"><u>Relay Events:</u></td> </tr> <tr> <td>A (Final) 20-17-16-15-14-13-12-11</td> <td>A (Final) 40-34-32-30-28-26-24-22</td> </tr> <tr> <td>B (Consolation) 9-7-6-5-4-3-2-1</td> <td>B (Consolation) 18-14-12-10-8-6-4-2</td> </tr> </table> <p><b>Special note on scoring:</b> 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 final heat.</p>	<u>Individual Events:</u>	<u>Relay Events:</u>	A (Final) 20-17-16-15-14-13-12-11	A (Final) 40-34-32-30-28-26-24-22	B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2						
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B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2												
<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>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).</li> <li>Relay Events - Medals will be awarded to the top 3 relay places. Ribbons will be awarded to 4-8 places.</li> <li>Outstanding Swimmer – An Outstanding Swimmer Award will be awarded for each gender to the swimmer who achieves the highest total of <b>USA Swimming Power Points</b>.</li> <li>Individual High Point Plaques – High point plaques will be awarded for each gender and age group who achieves the highest point total using standard scoring.</li> <li>Team High Point Plaques – High Point plaques will be awarded for each gender and age group.</li> <li>Overall High Point Large and Small Team Awards shall be furnished by Ohio Swimming. Definitions for large and small team can be found in the OSI Policy Manual.</li> <li>ALL INDIVIDUAL AWARD PLAQUES WILL BE PRESENTED AT THE OHIO SWIMMING LSC RECOGNITION BANQUET IN APRIL.</li> </ul>												

## Championship Procedures

<b>Psych Sheet</b> <b>Warm-up</b> <b>Schedule</b> <b>Results</b>	<ul style="list-style-type: none"><li>• The following information will be published <a href="http://www.swimohio.com">at www.swimohio.com</a><ol style="list-style-type: none"><li>1. Psych Sheets</li><li>2. Warm-up Schedule</li><li>3. Results</li><li>4. Final Results, Team Manager Results file, and Meet Manager Backup file</li></ol></li></ul>
<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 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.</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>• 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>• 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.</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><u>must show</u></b> proof of current USA Swimming membership at the time of sign-up for Time Trials.</li></ul>

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

Approved 11-6-2019

**OHIO SWIMMING**  
**2019 Long Course Junior Olympics**  
**TIME STANDARDS**

Ohio Swimming 2019 Long Course Junior Olympic Qualifying Times						
GIRLS			BOYS			
<u>13-14</u>	<u>11-12</u>	<u>10 &amp; Under</u>		<u>10 &amp; Under</u>	<u>11-12</u>	<u>13-14</u>
29.79	31.09	34.79	<b>50 Free</b>	35.89	31.39	28.09
1:03.79	1:07.79	1:18.49	<b>100 Free</b>	1:19.49	1:08.79	1:00.99
2:18.59	2:28.09	2:51.19	<b>200 Free</b>	2:54.19	2:28.69	2:13.79
4:55.29	5:14.99		<b>400 Free</b>		5:15.49	4:46.29
10:19.65			<b>800 Free</b> (qual time for 1500 Free)			9:52.96
20:10.59			<b>1500 Free</b>			19:16.79
	36.49	41.69	<b>50 Back</b>	43.09	36.99	
1:14.29	1:19.69	1:31.09	<b>100 Back</b>	1:34.29	1:20.69	1:11.29
2:38.19	2:48.79		<b>200 Back</b>		2:51.09	2:33.99
	41.49	47.29	<b>50 Breast</b>	49.69	42.19	
1:23.99	1:30.99	1:44.59	<b>100 Breast</b>	1:49.79	1:32.79	1:21.99
3:03.59	3:17.29		<b>200 Breast</b>		3:20.99	2:57.79
	34.29	39.49	<b>50 Fly</b>	41.69	35.19	
1:11.39	1:18.39	1:36.09	<b>100 Fly</b>	1:43.29	1:19.99	1:09.49
2:46.99	3:07.99		<b>200 Fly</b>		3:18.59	2:39.79
2:38.99	2:49.79	3:15.09	<b>200 IM</b>	3:22.89	2:54.39	2:30.99
5:40.69	6:09.49		<b>400 IM</b>		6:10.99	5:25.79
2:05.19	2:10.59	2:27.19	<b>200 Free Relay</b>	2:31.09	2:11.89	1:57.99
4:27.99	4:44.79		<b>400 Free Relay</b>		4:48.99	4:16.19
9:42.09			<b>800 Free Relay</b>			9:21.99
(see 400 MR)	2:30.59	2:51.99	<b>200 Med Relay</b>	2:58.89	2:33.09	(see 400 MR)
5:08.19	5:32.79		<b>400 Med Relay</b>		5:38.39	4:57.99
Approved 4/23/2019						

## OHIO SWIMMING PARA MOTIVATIONAL TIME STANDARDS

Para 1 LSC Motivational Time Standards													
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls						P1	Boys					
	10 & U P1		11-12 P1		13-14 P1			10 & U P1		11-12 P1		13-14 P1	
	Yard	LCM	Yard	LCM	Yard	LCM		Yards	LCM	Yards	LCM	Yards	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:26.19	1:26.19		50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29
3:25.49	3:45.49	3:07.69	3:07.69	3:00.79	3:00.79	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	
8:12.09	8:12.09	7:29.39	7:29.39	7:12.99	7:12.99	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	
1:55.89	1:55.89	1:45.79	1:45.79	1:41.99	1:41.99	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	
3:33.99	3:32.99	3:14.59	3:14.59	3:07.49	3:07.49	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	
1:47.29	1:47.29	1:30.99	1:37.99	1:34.39	1:34.39	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	
5:05.89	5:05.89	4:39.39	4:39.39	4:29.19	4:29.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	
2:52.49	2:52.49	2:37.45	2:37.49	2:31.79	2:31.79	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	
7:07.49	7:07.49	6:30.39	6:30.39	6:16.19	6:16.19	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	

Para 2 LSC Motivational Time Standards													
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls						P2	Boys					
	10 & U P2		11-12 P2		13-14 P2			10 & U P2		11-12 P2		13-14 P2	
	Yard	LCM	Yard	LCM	Yard	LCM		Yards	LCM	Yard	LCM	Yards	LCM
	51.49	54.19	46.89	49.39	45.09	47.49		50 FR	53.99	56.79	49.09	51.69	44.19
1:54.69	2:00.69	1:44.39	1:49.89	1:40.39	1:45.69	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	
3:56.09	4:08.49	3:34.89	3:46.29	3:26.79	3:37.69	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	
1:02.59	1:05.89	56.99	59.99	54.79	57.69	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	
2:24.79	2:32.49	2:11.89	2:18.79	2:06.89	2:13.49	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	
1:00.79	1:03.99	55.29	58.29	53.19	55.99	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	
2:24.99	2:32.59	2:11.99	2:18.89	2:06.99	2:13.69	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	
		4:24.89	4:38.79	4:14.79	4:28.29	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	
1:03.09	1:06.39	21:36.00	1:00.39	55.19	58.09	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	
2:42.09	2:50.59	2:27.59	2:35.29	2:21.99	2:29.49	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	
5:00.59	5:16.39	4:33.69	4:48.09	4:23.29	4:37.19	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	

Para 3 LSC Motivational Time Standards													
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls						P3	Boys					
	10 U P3		11-12 P3		13-14 P3			10 U P3		11-12 P3		13-14 P3	
	Yards	LCM	Yard	LCM	Yard	LCM		Yards	LCM	Yard	LCM	Yards	LCM
	38.49	42.79	34.89	38.79	33.79	37.29		50 FR	39.79	44.19	36.19	40.19	32.5
1:22.09	1:31.29	1:14.49	1:22.79	1:11.59	1:19.59	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	
3:22.59	3:45.09	3:03.79	3:24.19	2:56.49	3:16.19	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	
7:25.89	7:25.89	6:44.49	6:44.49	6:28.59	6:28.59	500/400 FR	7:45.09	7:30.09	7:00.09	6:49.19	6:15.09	6:08.29	
		14:33.09	14:33.09	13:58.69	13:58.69	1000/800 FR			16:02.39	15:37.49	14:19.29	14:03.69	
		26:46.19	26:46.19	25:42.89	25:42.89	1650/1500 FR			29:30.19	31:55.79	26:20.49	28:44.19	
38.69	42.99	35.09	38.99	33.69	37.49	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	
1:38.49	1:45.39	1:29.29	1:39.29	1:25.79	1:35.39	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	
		2:57.39	3:17.09	2:50.39	3:09.29	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	
42.29	46.99	38.39	42.59	36.79	40.89	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	
1:44.69	1:56.39	1:34.99	1:45.59	1:31.29	1:41.39	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	
		3:06.29	3:26.99	2:58.99	3:18.89	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	
36.69	40.79	33.29	36.99	31.99	35.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	
1:28.89	1:38.79	1:20.69	1:29.59	1:17.49	1:26.09	100 FL	1:30.89	1:40.99	1:22.59	1:31.99	1:14.39	1:22.59	
		2:57.09	3:16.79	1:50.09	3:08.99	200 FL			3:29.19	3:52.39	3:26.29	3:29.19	
3:28.19	3:51.39	3:08.89	3:29.89	3:01.49	3:21.59	200 IM	33:36.00	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	
		7:03.39	7:03.89	6:46.79	6:46.79	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	



## 2020 Short Course Age Group Junior Olympic Championships

Held under the sanction of USA Swimming #OH-20SC-17 and #OH-20SC-18TT

### USA Swimming Registration Waiver Form

**Location:** McCorkle Aquatic Pavilion, Columbus, OH

**Date:** March 13-15, 2020

**You must submit this form by email to [ohiojochamps@swimohio.com](mailto:ohiojochamps@swimohio.com) at the time you complete your OME entry.**

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 = \$
<b>Total Amount Remitted: \$</b>

Make checks payable to: The Ohio State University  
c/o Christine Thompson  
1847 Neil Ave  
Columbus, OH 43210

**ENTRY DEADLINE: February 27, 2020 at Noon**