



**OHIO
SWIMMING**

Ohio Swimming, Inc.

2019 Long Course Regional Championship and Time Trials

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-19LC-05 and OH-19LC-06 TT**

**July 5-7, 2019
Athens, Ohio**

Hosted By: Bobcat Swim Club

2019 Ohio Regional Long Course Championships Event Information

July 5-7, 2019

Ohio University Aquatic Center
Athens, Ohio

Sanctioned by USA Swimming through Ohio Swimming
under the auspices of the Ohio Swimming Age Group Committee
Sanction # OH-19LC-05 and OH-19LC-06 TT

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

Meet Host website: www.bobcatswimclub.com

Important Facts About the Meet

- Entry Deadline:
 - Thursday, June 27, 2019 at 5:00 P.M.
 - All paperwork and entry fees must be postmarked by Friday, June 28, 2019.
- Time Standards - There are no minimum Time Standards for this meet, and all individual entries must be slower than the 2019 Long Course (and 2019 Short Course) Junior Olympic Time Standards.
- Entry times shall be in long course meters (L) or short course yards (Y) achieved since January 1, 2018. No Converted Times will be accepted. **No "NT's" 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.
- 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 manual for further information regarding the use of visual recording devices.
- Deck changes are prohibited.
- 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 fees must be paid before the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or a copy of a check request must be mailed to the entry chair or presented at the meet.
- 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.
- All heats in finals will be swum slowest to fastest
- All 10 & Under events will be timed finals with the fastest 2 heats at finals.
- All relays will be timed finals contested during prelims.

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Meet Administration

Facility Address

Ohio University Aquatic Center
Oxbow Drive
Athens, OH 45701

Meet Director

Alex Moody
amoody@athenscsd.org

Meet Referee

Mike Yeager
sports@yeager.cc

Local Officials Coordinator

TBD

Entry Chair

Alex Moody
amoody@athenscsd.org

Meet Jury (Appeal committee for resolving protests)

- Meet Official – tbd
- Coach – tbd
- Athlete – tbd

Age Group Committee Chair

Kevin Rachal
agegroupchair@swimohio.com

Meet Committee (Administrative Advisory Committee)

- Meet Referee - Mike Yeager
- Meet Director – Alex Moody
- Age Group Chair – Kevin Rachal*
- Coach Chair – Kris Mollenberg*
- Technical Chair – Kyle Goodrich*
- Officials Chair – Pam Birnbrich*
- Athlete Committee Representative – Brayden Kime*

*Or designee

Meeting Schedule

Friday, July 5	General/Coaches Meeting 8:00 AM <i>All subsequent coaches' briefings will be announced as needed</i>
Saturday, July 6	
Sunday, July 7	Officials' Meeting 7:45 AM <i>All subsequent officials' briefing will be held 45 minutes prior to the start of each session</i>

Order of Events:

2019 LC Regional Championship – Order of Events

Prelim Warm-ups Begin 7:00 am^^
Prelim Session Begins 8:40 am^^

Women's Events

101
103
105
107**
109
111*
113
115
117*
119
121
123*
125
127
129*
131*
133**

Prelim Warm-ups Begin 7:00 am^^
Prelim Session Begins 8:40 am^^

201**
203*
205*
207
209
211*
213
215
217*
219
211
213

Prelim Warm-ups Begin 7:00 am^^
Prelim Session Begins 8:40 am^^

301
303
305
307**
309
311*
313
315
317*
319
321
323*
325
327*
329**

Long Course Meters

Day 1 – Friday

11-12 200 Freestyle Relay
13-14 200 Freestyle Relay
10 & Under 200 Freestyle Relay
11-12 200 Backstroke
13-14 100 Breast
10 & Under 50 Breast
11-12 50 Breast
13-14 200 Freestyle
10 & Under 100 Freestyle
11-12 100 Freestyle
13-14 100 Butterfly
10 & Under 50 Butterfly
11-12 50 Butterfly
13-14 200 Individual Medley
10 & Under 200 Freestyle
11-12 400 Freestyle
13-14 1500 Freestyle^+

Day 2 – Saturday

11-12 200 Butterfly
13-14 400 Individual Medley
10 & Under 200 Individual Medley
11-12 200 Individual Medley
13-14 50 Freestyle
10 & Under 50 Backstroke
11-12 50 Backstroke
13-14 100 Backstroke
10 & Under 100 Breaststroke
11-12 100 Breaststroke
13-14 200 Breaststroke
11-12 200 Freestyle

Day 3 – Sunday

11-12 200 Medley Relay
13-14 200 Medley Relay
10 & Under 200 Medley Relay
11-12 200 Breaststroke
13-14 200 Backstroke
10 & Under 100 Backstroke
11-12 100 Backstroke
13-14 100 Freestyle
10 & Under 50 Freestyle
11-12 50 Freestyle
13-14 200 Butterfly
10 & Under 100 Butterfly
11-12 100 Butterfly
13-14 400 Freestyle
11-12 400 Individual Medley^

Finals warm-ups Begin 4:30 pm^^
Finals Session Begins at 5:35 pm^^

Men's Events

102
104
106
108**
110
112*
114
116
118*
120
122
124*
126
128
130*
132*
134**

Finals warm-ups Begin 4:30 pm^^
Finals Session Begins 5:35 pm^^

202**
204*
206*
208
210
212*
214
216
218*
210
212
214

Finals warm-ups Begin 4:30 pm^^
Finals Session Begins at 5:35 pm^^

302
304
306
308**
310
312*
314
316
318*
320
322
324*
326
328*
330**

** Timed Final – Fastest 1 heat at night
* Timed Final – Fastest 2 heats at night

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

^^ Please confirm meet start times on the host team website
All Relays will be contested during prelims.

Facility Information

Facility Address	Ohio University Aquatic Center Oxbow Drive Athens, OH 45701												
Pool Information	<p>The Ohio University Aquatic Center is a 10-lane, 50-meter facility with an automated Colorado timing system. The competition will take place in Lanes 1 through 8. Lane 10 will be used as a warm-up / warm-down lane.</p> <p>The competition course has not been certified in accordance with 104.2.2C(4).</p> <table> <tr> <td>Pool Depth:</td> <td>Shallow End:</td> <td>1 meter from wall = 3'9"</td> <td>5 meters from wall = 4'6"</td> </tr> <tr> <td></td> <td>Deep End (Ln1)</td> <td>1 meter from wall = 7'0"</td> <td>5 meters from wall = 7'0"</td> </tr> <tr> <td></td> <td>Deep End (Ln10)</td> <td>1 meter from wall = 12'0"</td> <td>5 meters from wall = 12'0"</td> </tr> </table>	Pool Depth:	Shallow End:	1 meter from wall = 3'9"	5 meters from wall = 4'6"		Deep End (Ln1)	1 meter from wall = 7'0"	5 meters from wall = 7'0"		Deep End (Ln10)	1 meter from wall = 12'0"	5 meters from wall = 12'0"
Pool Depth:	Shallow End:	1 meter from wall = 3'9"	5 meters from wall = 4'6"										
	Deep End (Ln1)	1 meter from wall = 7'0"	5 meters from wall = 7'0"										
	Deep End (Ln10)	1 meter from wall = 12'0"	5 meters from wall = 12'0"										
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.												
Information/Lost & Found	For Information/Lost & Found see the Meet Office.												
Medical Assistance	Medical assistance will be provided at the facility. See the Meet Office.												
Facility Information / Venue Rules	<p>Ample spectator seating is available on the second level of the Aquatic Center. The stairway is located through the double doors to the right immediately after entering the building. Wheelchair / handicap viewing is available from the pool deck. Please contact Meet Management concerning this. No other parent or spectator will be allowed on the pool deck during the meet for any reason.</p> <p>Heat sheets and concessions will be available. Signs will be posted at various locations around the facility to indicate where items can be purchased.</p>												
Directions to the Pool	For directions to the OU campus, please visit the BSC website at www.bobcatswimclub.com .												
Parking	For parking at the OU campus, please visit the BSC website at www.bobcatswimclub.com .												
Vendor	Swimville USA will be available for equipment purchases.												

Hotel Information

We encourage all teams and families to make reservations well in advance of the meet to ensure that options are available.

Recommended Hotels in Athens:

Holiday Inn Express

555 East State St.

740-592-4640

Hampton Inn

986 East State St.

740-593-5600

Ohio University Inn & Conference Center

331 Richland Ave

740-593-6661

*Within walking distance to the pool

Baymont Inn & Suites

20 Home St

740-594-3000

*Located next to Bob Evans

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 Long Course Junior Olympic cutoff, may enter the Regional Championship. (See Appendix A for time standards). • 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: Long Course Meters (LCM), Short Course Meter (SCM), Short Course Yards (SCY). • Qualifying period: Only Long Course Meter (LCM) or Short Course Yard (SCY) times achieved between January 1, 2018 and the entry date deadline will be accepted. • 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 event, provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per swimmer) to the host club. The event will be reseeded up until the meet program is printed by the host team. After that time, the swimmer 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 3 (three) individual events per day (including time trials). • Swimmers may enter a maximum of 7 (seven) Individual Events (excluding time trials). • There are no minimum Time Standards for this meet, and all individual entries must be slower than the 2019 Long Course (and 2019 Short Course) Junior Olympic Time Standards. • 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 an individual longer distance event, they must notify the meet referee before the event and complete an Ohio Time Certification form. • “NT” Entries will not be accepted for Individual Events. Please estimate an entry time.
<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 NOT be entered with a “no time” (NT). Please use aggregate times or estimate a time. • Relay Entry Times must be slower than the 2019 Long Course and 2019 Short Course JO time standards. No member of the relay should have a 2019 Long Course or 2019 Short Course JO time standard for the leg of the relay they are swimming. • Any swimmer may swim any stroke except as limited above. • Relays must be limited to swimmers entered in the meet and competing in an individual event. • A swimmer competing unattached may not be a member of a relay team.
<p>Entry Procedures</p>	<ul style="list-style-type: none"> • Teams should enter the meet either using Hy-tek Team Manager or Team Unify. The electronic Event File can be downloaded from either www.bobcatswimclub.com or www.swimohio.com. The electronic entry file should be sent via e-mail to amood@athenscsd.org by Thursday, June 27, 2019, 5:00pm • The following must be sent (postmarked) to the Entry Chair via US Mail or other courier service by Friday, June 28, 2019: <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 Bobcat Swim Club. • Unattached Swimmers may email the meet host with entries. • Fax Entries - The meet does not accept faxed entries. • Please let the host club know in advance if you are entering any Outreach athletes.
<p>Entry Fees</p>	<ul style="list-style-type: none"> • Individual Events - \$6.00 per entry • Relay Events - \$11.00 per entry • Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund) • Time Trials – \$12.00 for Individual Events and \$16.00 for Relay Events.

	<ul style="list-style-type: none"> • 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"> • Provide advance notice of any necessary accommodations; • 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>Adaptive Swimming on the OSI website.</u>

Championship Procedures	
Rules	USA Swimming Rules and Regulations except as modified herein 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 a currently certified coach member of USA Swimming.
Competition Guidelines & Meet Format	<ul style="list-style-type: none"> • Except for events designated as Timed Final 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 Final and identify themselves to the starter. • All relays are timed final events contested during prelims. • Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee. • The 13-14 1500 Freestyle event will be Timed Finals with the fastest 8 swimmers swimming at Finals. The preliminary sessions of these events will swim fastest to slowest, alternating between women and men. • Athletes will swim all events as seeded by entry time. All entry times must be the swimmer's fastest time earned during the qualification period. There is no down seeding. • Preliminary individual events will be started from both ends of the pool, odd heats starting from the balcony end and even heats starting from the scoreboard end of the pool. All 50 M events will be started from the scoreboard end of the pool. All relays will be started from one end of the pool.
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 distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before the meet and monitored jointly by the meet director and the 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.
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: <ul style="list-style-type: none"> 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.

Championship Procedures

	<p>c. 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.</p> <ul style="list-style-type: none"> • Host team shall provide signs for each lane at both ends of the pool which indicate the designated use 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.
Safety Guidelines	<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 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. <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	For these Championships, the seeding order is Long Course Meters (L) then Short Course Yards (Y). "NT" entries are not accepted for Individual or Relay Events.
Protest Procedures	All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.
<p>Scratch Procedures:</p> <ul style="list-style-type: none"> - A swimmer who officially scratches from an individual event shall not have that scratched 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. 	
Scratching from Prelims:	<ul style="list-style-type: none"> • Any swimmer not appearing for an individual preliminary, 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 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 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 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.

Championship Procedures

<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"> • 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 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. 		
<p>Relays and Relay Check-In Procedures</p>	<ul style="list-style-type: none"> • All relays are conducted on a timed final basis during prelims. 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 form deadlines will be communicated to coaches prior to the meet. 		
<p>Finals Session Event Order</p>	<p>The order of the final events shall be the same as preliminary sessions.</p>		
<p>Scoring: 8 Lane Pool (16 places)</p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Relay Events</u> 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> </td> </tr> </table> <p>Special note on scoring: There are no limit to the number of relay teams that may be entered, but only two relays per team per event may score points.</p>	<p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p>	<p><u>Relay Events</u> 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p>
<p><u>Individual Events:</u> A (Final) 20-17-16-15-14-13-12-11 B (Consolation) 9-7-6-5-4-3-2-1</p>	<p><u>Relay Events</u> 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p>		
<p>Awards</p>	<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). • Relay Events – Medals will be awarded to the top 3 relay places. Ribbons will be awarded to 4-8 places. 		
<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.bobcatswimclub.com: <ol style="list-style-type: none"> 1. Psych Sheets 2. Warm-up Schedule 3. Results 4. 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 following the preliminary sessions on Friday, Saturday, and Sunday. • Signups for Time Trials each day will close one hour prior to the end of each preliminary session according to the estimated timeline. • 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. • The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines. This will be communicated to coaches once entries have been received. • Time Trials for non-meet participants are limited to individuals attempting to achieve a published National Cut (Zone, Sectional, Junior National, 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. • Only members of teams assigned to this Regional Championship site are permitted to enter time trials at this site. Members of teams assigned to other Regional sites, can only swim time trials at their designated Regional site. • Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You must show proof of current USA Swimming membership at the time of sign-up for Time Trials. 		

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

Approved 4/21/2017

Individual Entries Limited to 7 Individual Events

2019 Long Course Age Group Regional Championship

Held under the sanction of USA Swimming #OH-19LC-?? and #OH-19LC-?? TT

USA Swimming Registration Waiver Form

Location: Ohio University Aquatic Center

Date: July 5-7, 2019

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: _____

Outreach Athletes attending: _____

Financial Summary

Meet Entry Summary
Number of Swimmers x \$2.00 per swimmer (LSC fee) = \$
Number of Individual Events x \$6.00 per event = \$
Less the Number of Outreach Individual Events 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: Bobcat Swim Club.
 PO Box 319
 Shawnee, OH 43782

ENTRY DEADLINE: June 27, 2019 at 5:00 PM (to [tbd](#))