



Ohio Swimming, Inc.

**2022 Long Course
Regional Championship
and Time Trials**

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-22LC-03**

**July 8-10, 2022
Gambier, Ohio**

Hosted By: Central Ohio Aquatics and SERF Swim Team

2022 Ohio Regional Long Course Championships Event Information

July 8-10, 2022
Kenyon College
Gambier, Ohio

Sanction # OH-22LC-03

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

Important Facts About the Meet

- Entry Deadline:
 - Friday, July 1, 2022, at 5:00 PM EST
 - All paperwork and entry fees must be postmarked by Friday, July 5, 2022.
- Time Standards - There are no minimum Time Standards for this meet, and all individual entries must be slower than the 2022 Ohio Junior Olympic Time Standards (Appendix A).
- Entry times shall be in Long Course Meters (L), Short Course Meters (S) or Short Course Yards (Y) achieved since June 1, 2021. All times must have met the time standard and are in the SWIMS database (no exceptions). No Converted Times will be accepted.
- **NT entries will NOT 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.
- The 10 & under events will be contested as timed final on Friday, Saturday & Sunday.
- The 11-14 individual events will be contested as Prelim/Final except for events >400 M and 11-12 200M Breast, Back and Fly.
- 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.
- All heats in 11 & over finals will be swum slowest to fastest.
- All 10 & Under events will be timed finals.
- The Age Group Committee in consultation with the Meet Committee has the discretion to modify session warm-up and start times; the breakout of sessions pending entry numbers and the use of starting at one end vs two ends. Any changes will be communicated to coaches within 48-hours past the meet entry deadline.

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Meet Administration	
Facility Address Steen Aquatic Center, Kenyon College 221 Duff Street Gambier, OH 43022	Meet Referee Matt Fortney mfort07@gmail.com
Entry Chair Matt Fortney mfort07@gmail.com	Meet Director Kyle Goodrich centralohioaquatics@gmail.com
Meet Committee Meet Referee Coach Athlete	Age Group Committee Chair Kevin Rachal agegroupchair@swimohio.com

Meeting Schedule	
Friday, July 8	General/Coaches Meeting 15 minutes before meet/session start time <i>All subsequent coaches' briefings will be announced as needed</i>
Friday, July 8	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>

Officials
<p>All USA Swimming certified officials willing to volunteer should contact the Meet Referee.</p> <p>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.</p>

Disclaimers
<p>Enhanced health and safety measures for you, our other guests, volunteers, and our athletes have been taken. Everyone must follow all posted instructions while attending this meet.</p> <p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming and Ohio Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection herewith</p> <p>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.</p>

2022 LC Regional Championships – Order of Events
Long Course Meters
11 & Over Session

Women's Events	Day 1 – Friday	Men's Events
101 *	11-12 200 Back	102 *
103	13-14 100 Breast	104
105	11-12 50 Breast	106
107	13-14 200 Free	108
109	11-12 100 Free	110
111	13-14 100 Fly	112
113	11-12 50 Fly	114
115 *	13-14 400 IM ^	116 *
117	11-12 200 IM	118
119 *	13-14 1500 Free ^ +	120 *
Women's Events	Day 2 – Saturday	Men's Events
201 *	11-12 200 Free Relay	202 *
203 *	13-14 200 Free Relay	204 *
205 *	11-12 200 Fly	206 *
207	13-14 200 IM	208
209	11-12 50 Back	210
211	13-14 50 Free	212
213	11-12 100 Breast	214
215	13-14 200 Breast	216
217	11-12 200 Free	218
219	13-14 100 Back	220
221 *	11-12 400 IM ^	222 *
Women's Events	Day 3 – Sunday	Men's Events
301 #	11-12 200 Medley Relay	302 #
303 #	13-14 200 Medley Relay	304 #
305 *	11-12 200 Breast	306 *
307	13-14 200 Back	308
309	11-12 100 Back	310
311	13-14 100 Free	312
313	11-12 50 Free	314
315	13-14 200 Fly	316
317	11-12 100 Fly	318
319 *	13-14 400 Free ^\$	320 *
321 *	11-12 400 Free ^%	322 *
* Timed Final – Fastest 1 heat at Finals # Timed Final – Prelims only	^ Prelim heats are fastest to slowest + Alternating girls and boys heats	13-14 1500 Free – First event at Finals % 11-12 400 Free – First event at Finals \$ 13-14 400 Free – Second event at Finals

2022 LC Regional Championships – Order of Events

Long Course Meters

10 & Under Session

Women's Events	Day 1 – Friday	Men's Events
151	10 & Under 50 Breast	152
153	10 & Under 100 Freestyle	154
155	10 & Under 50 Butterfly	156
157	10 & Under 200 IM	158
Women's Events	Day 2 – Saturday	Men's Events
251	10 & Under 200 Free Relay	252
253	10 & Under 50 Back	254
255	10 & Under 100 Breast	256
257	10 & Under 200 Free	258
Women's Events	Day 3 – Sunday	Men's Events
351	10 & Under 200 Medley Relay	352
353	10 & Under 100 Back	354
355	10 & Under 50 Freestyle	356
357	10 & Under 100 Butterfly	358

Facility Information	
Facility Address	Steen Aquatic Center, Kenyon College 221 Duff Street Gambier, OH 43022 Facility Phone Number 740-427-5012
Pool Information	<p>This facility is the home of the Kenyon Lords and Ladies national championship swim teams. The aquatic center includes a state-of-the-art Colorado Timing starting and scoring system and full-color video scoreboard, a wet classroom, a climate-controlled spectator area that seats 370, a designated meet-manager's office, 3-meter and 1-meter diving boards, a high-quality sound system, and a whirlpool spa that seats twelve to fourteen.</p> <p>The pool is a 9-lane x 50-meter indoor pool with a removable bulkhead in place to make 2 25 yard competition pools. The water depth is 4ft from the balcony end of the pool to 10ft in depth at the Scoreboard end of the pool. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p>
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	Lost items will be kept at the information desk. Lost keys will be given to the Kenyon security office.
Medical Assistance	Medical assistance will be provided at the facility. See the Meet Office.
Facility Information / Venue Rules	<p>The following COVID-19 Protocols will be observed to ensure the safety of all athletes, coaches, volunteers, and spectators during the meet:</p> <p>Capacity</p> <ul style="list-style-type: none"> Per ODH regulations, the maximum number of participants may be limited. Participants are defined as swimmers, coaches, officials, volunteers, and all other applicable adults as defined by MAAPP. <p>Athlete, Coaches & Volunteer Safety</p> <ul style="list-style-type: none"> Masks/cloth face coverings are currently optional. Athletes will be seated on the pool deck. Meet Marshals will help monitor the number of people on the pool deck throughout the meet. Additional or modified protocols may be in place. This will be announced 1 week before the meet. <p>Spectator Safety</p> <ul style="list-style-type: none"> The number of spectators, if any, may be limited. This will be announced approximately 1 week before the meet. <p>Meet Safety</p> <ul style="list-style-type: none"> Concessions & hospitality (for workers) will be available with limited items. Meet Marshals will help monitor the number of people on the pool deck throughout the meet and help direct traffic from the entrance to the pool area and then to the exit upon the conclusion of the meet.
Live Stream	SERF/COA plan to "live stream" the meet (technology permitted) so parents will have an opportunity to watch their swimmer. Parents are encouraged to volunteer.
Directions to the Pool	Kenyon Athletic Center: Google Map link
Parking	Free parking is available in multiple nearby lots
Vendor	TBD

Organization Regulations

USA Swimming Rules	<ul style="list-style-type: none"> • 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. • 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. • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. 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. • 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. • Flash photography is not permitted at the start of any race.
Safe Sport 360	<ul style="list-style-type: none"> • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. • Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	<ul style="list-style-type: none"> • 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 www.swimohio.com under Safe Sport>Concussion. • There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4

Organization Regulations

Waiver/Release	<ul style="list-style-type: none"> • By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. • All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.
Deck Access	<ul style="list-style-type: none"> • The Meet Director and Meet Referee at each site reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety of the efficient operation of the meet. USA Swimming Rules of Conduct will be strictly enforced. • Non-Athlete Registration cards do NOT grant access to the pool deck at any time. • Only Volunteers, Coaches and Officials signed up to work/attend the event will be permitted on deck. • No swimmer will be allowed to access the pool deck without a coach member present.
Code of Conduct	<ul style="list-style-type: none"> • Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director, Meet Referee, or Meet Marshal, is harmful to others or to other's property may be required to leave the competition. • Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of meet operations is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.
Spectator Info	<p>Ohio Swimming will communicate to the Team Coaches directly, any updates about spectator attendance. Should conditions warrant that spectators are restricted, Ohio Swimming kindly asks for understanding in that decision, as it is Ohio Swimming's goal to allow all athletes to participate in this Championship Event, as competition between athletes is our utmost priority.</p> <p>Timer positions will be available. All teams participating in this championship event will be expected to provide volunteer timers for the event.</p> <p>The meet host has the right to remove spectators from the facility or disqualify a swimmer from competition if facility protocols are not followed by swimmers and/or their families.</p>
Parental Access and Safe Sport Considerations for Athletes	<p>Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child.</p> <p>Ohio Swimming and the Host teams encourage parents to volunteer during the swim meet to reduce the number of people in the facility.</p> <p>The Host Team will provide a live stream if there are no spectators, so parents have access to and/or opportunity to observe their swimmer.</p>

Entering the Meet

Eligibility	<ul style="list-style-type: none">• 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 Regional Championship meet. USA-S registrations will not be accepted at this meet.• Any Ohio LSC swimmer, 14 years and under, with a time slower than the 2022 Ohio Junior Olympic cutoff, may enter the Regional Championship. (See Appendix A time standards).• Any Ohio LSC Para Swimmer, 14 years and under, with a time slower than the 2022 Para LSC Motivational Time Standard, may enter the Junior Olympic Championship (see Appendix A time standards).• 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.• Age on the first day of the meet will determine the age group in which a swimmer is entered.
Entry Rules - General	<ul style="list-style-type: none">• 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 Meters (SCM), Short Course Yards (SCY).• Qualifying period: Only Long Course Meter (LCM), Short Course Meters (SCM) or Short Course Yard (SCY) times achieved from June 1, 2021, until the posted entry deadline will be accepted.
Late Entries	<p>Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:</p> <ul style="list-style-type: none">• 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 \$50.00 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.• Late entries must be received no later than 12:00 PM EST on Wednesday, July 6, 2022.• Any late entries will be reseeded up until the time the meet programs have been printed. After that time, late entries will be placed into an open lane only.
Entry Rules: Individual Events	<ul style="list-style-type: none">• Swimmers may enter a maximum of seven (7) Individual Events plus Relays (excluding time trials).• 11 & Over Swimmers may swim a maximum of three (3) individual events per day, plus relays (including time trials).• 10 & Under Swimmer may swim a maximum of six (6) individual events per day, plus Relays (including time trials).• All Entries must be slower than the 2022 Ohio Junior Olympic Time Standards (as listed in Appendix A).• NT entries will NOT be accepted for Individual Events. Please estimate an entry time.• 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.
Entry Rules: Relay Events	<ul style="list-style-type: none">• All relay entries must be slower than the 2022 Junior Olympic Time Standards (as listed in Appendix A)• 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. NT entries will NOT be imported.• Only two (2) relays per team may be entered per event.• Any swimmer may swim any stroke.• A swimmer competing unattached may not be a member of a relay team.

Entering the Meet

<p>Entry Procedures</p>	<ul style="list-style-type: none"> • Entry Deadline is Friday July 1, 2022, at 5:00 PM EST. • Electronic entry files (Hytek Team Manager or Team Unify) are required for all team entries. The electronic Event File can be downloaded from the Regional Meet Event Page on the Ohio Swimming website. • RELAY ONLY SWIMMERS: Must be included in the meet file to verify membership and account for adequate space for warm-ups. • The following must be emailed to the meet entry chair by July 1, 2022 5:00 PM EST: <ol style="list-style-type: none"> 1. Electronic Entry File 2. Entry Summary Sheet (Appendix B) • The meet does not accept faxed entries. • Check for the Total Entry Fees is payable to: High Performance Aquatics • 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) can be emailed to the entry chair. • Please let the entry chair know in advance if you are entering any Outreach athletes and indicate them on the entry summary. • Unattached Swimmers are encouraged to use Hytek's <u>TM Lite</u> for entry submission. Manual (paper) entries are subject to a \$50/swimmer surcharge. These fees are due at the time of entry submission.
<p>Swimmers with a Disability</p>	<p>Entry Procedure for Para-Swimmers</p> <p>Coaches/club entry contact should:</p> <ol style="list-style-type: none"> A. Enter the para-swimmer via team management software and send to the entry chair. B. Include the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. C. List in the email with the electronic entry the swimmer's name, entry times, strokes/distances, and days/sessions. D. Preferred seeding is with the swimmer's same age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats. <p>Eligibility for Para-Swimmers</p> <ol style="list-style-type: none"> A. Swimmers are not required to have achieved the JO qualifying standard for their age group/events. However, an approved time must be provided with the entry for each event entered. B. Teams may enter up to six (6) para-swimmers to the JO Championship. C. Official sport class recognition of the swimmers are not required, but the swimmers must be identified on the meet entry form. <p>Para –Grouping Descriptions are listed in the OSI Policies and Procedures document posted on the Ohio Swimming website under Governance>OSI Policies & Procedures.</p>
<p>Entry Fees</p>	<ul style="list-style-type: none"> • Individual Events - \$7.00 per entry • Relay Events - \$12.00 per entry • Surcharge - \$5.00 per swimmer (OSI) • Time Trials – \$14.00 per individual entry / \$24.00 per Relay entry. • Entry Fees for Championship Meets are established annually by the OSI Board of Directors.
<p>Membership Requirement</p>	<p>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.</p>

Championship Procedures

Rules	<p>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.</p>
Competition Guidelines & Meet Format for 11 & Over Sessions	<ul style="list-style-type: none"> • 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 and report to the start area prior to the start of the event. • 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. They will not be permitted to change their entry time, or down seed at the meet. • The 13-14 1500M 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. • The 13-14 1500M Freestyle will be contested as the last event at Prelims and the first event at Finals. • The 11-12 400M and 13-14 400M Freestyle will be contested as the first and second events at Finals respectively. • All 400M and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. • Relays are timed finals and only the top heat will swim at finals on Day 2. Relays on Day 3 are all contested in Prelims. • The 11-12 200M 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. • Fly-over starts may be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.
Competition Guidelines & Meet Format for 10 & Under Sessions	<ul style="list-style-type: none"> • All events will be contested as Timed Finals. • Fly-over starts may be used at the discretion of the Meet Referee, in consultation with the meet committee.
Seeding	<ul style="list-style-type: none"> • The seeding order for this meet will be LCM, SCM, SCY.
Warm-Up Procedures & Safety Guidelines	<ul style="list-style-type: none"> • Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet. • 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 in advance of the meet. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their designees). • Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants. • 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. • Marshaling Requirements: <ul style="list-style-type: none"> ➤ 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. ➤ 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. ➤ 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. • 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.

Championship Procedures

Protest Procedures	All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.
Scratch Procedures & Deadlines 11 & over events:	<p>This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations with the following exceptions:</p> <ul style="list-style-type: none"> • The scratch deadline for Individual Preliminary and Timed Final Events and all Relay Events will be 30 minutes prior to the session start time where the event is contested. • Any swimmer not appearing for an individual <i>preliminary</i> 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. • 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 USA Rule 207.11.6E. This rule also applies to timed final events where the top heat(s) are contested in the consolation or championship heats. • Failure to scratch consolation or championship finals according to the rules above shall result in a \$50.00 penalty fee per event levied against the swimmer/team if the event is their last event of the meet. The penalty fee will be billed to the club and paid to the Host Team. • Entry Fees for scratched events will not be refunded.
Scratch Procedures 10 & under events:	<ul style="list-style-type: none"> • Any swimmer or relay that fails to appear for a pre-seeded 10 & Under event shall not be penalized.
Relay Check-In Procedures:	<ul style="list-style-type: none"> • All relays are conducted on a timed final basis. • Each coach shall pick up Relay Entry Forms from the Clerk of Course if not in their Coach/Team Packet. • On the Relay Entry Form, the Coach shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. <ul style="list-style-type: none"> – Relay Entry Forms shall be returned to the Clerk of Course for tabulation thirty (30) minutes prior to the start of that day's session. • Any Relay Entry Forms not turned in will result in the relays being scratched for that session. Turning in the form indicates the team wishes to contest the relay(s) for that session. • Relay order may be changed up to the time of the swim.
11 & Over Finals Session Event Order	The order of the final events shall be the same as preliminary sessions except the 13-14 1500M Free will be contested as the first event at Finals and the 11-12 400M Free and 13-14 400M Free will be contested as first and second events respectively.
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). • Relay Events - Medals will be awarded to the top 3 relay places. Ribbons will be awarded to 4-8 places.
Psych Sheet Warm-up Schedule Results	<ul style="list-style-type: none"> • The following information will be published on the meet host website: <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

Championship Procedures

Time Trials

- Only participants of teams assigned to this Regional Championship site are permitted to enter time trials at this site. Non-meet participants are not permitted to enter time trials at this site.
- Time Trials will be conducted, time permitting, following the preliminary and timed finals sessions on Friday, Saturday and Sunday beginning no earlier than 15 minutes following the end of the session.
- Signups for Time Trials each day will close at least one hour prior to the end of each session according to the estimated timeline. The time will be communicated to coaches in the general meeting.
- Meet Participants are limited to three (3) individual events for 11 & overs and six (6) individual events for 10 & unders per day, including Time Trials. A declared false start is counted as one of these three individual events per day.
- The Meet Referee reserves the right to limit Time Trial events 400 meters or longer to a specific day, based upon the session timelines. Teams will be informed of this at the General Meeting.
- Time Trial sessions will be limited to one (1) hour.
- If on any day, a session ends less than 45 minutes before the start of the warm-ups for the next session, the time trial will not be conducted on that day.
- Events from the current day will be swum first priority, with events for subsequent days following in order. Event order may be modified for ease of seeding and timeline control.
- The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries.

2022 Ohio Swimming JO Time Standards						
FEMALE			LCM	MALE		
13-14	11-12	10U	Event	10U	11-12	13-14
:30.39	:32.69	:38.99	50 Free	:40.29	:32.99	:28.69
1:05.09	1:11.19	1:27.99	100 Free	1:29.09	1:12.29	1:02.29
2:21.39	2:35.49	3:11.79	200 Free	3:15.09	2:36.19	2:16.49
5:01.29	5:30.79		400 Free		5:31.29	4:52.09
10:32.09			800 Free			10:04.89
20:34.89			1500 Free			19:39.99
	:38.39	:46.69	50 Back	:48.29	:38.89	
1:15.79	1:23.69	1:42.09	100 Back	1:45.69	1:24.79	1:12.79
2:41.39	2:57.29		200 Back		2:59.69	2:37.09
	:43.59	:52.99	50 Breast	:55.69	:44.39	
1:25.69	1:35.59	1:57.19	100 Breast	2:02.99	1:37.49	1:23.69
3:07.29	3:27.19		200 Breast		3:31.09	3:01.39
	:36.09	:44.29	50 Fly	:46.69	:36.99	
1:12.89	1:22.39	1:47.69	100 Fly	1:55.69	1:23.99	1:10.89
2:50.39	3:17.39		200 Fly		3:28.59	2:42.99
2:42.19	2:58.29	3:38.59	200 IM	3:47.29	3:03.19	2:34.09
5:47.59	6:27.99		400 IM		6:29.59	5:32.39
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
FEMALE			SCM	MALE		
13-14	11-12	10U	Event	10U	11-12	13-14
:29.58	:31.88	:38.19	50 Free	:39.49	:32.19	:27.89
1:03.49	1:09.59	1:26.39	100 Free	1:27.49	1:10.69	1:00.68
2:18.18	2:32.29	3:08.59	200 Free	3:11.89	2:32.99	2:13.29
4:54.89	5:24.39		400 Free		5:24.89	4:45.68
10:19.29			800 Free			9:52.09
20:10.89			1500 Free			19:15.99
	:37.78	:46.08	50 Back	:47.68	:38.28	
1:14.59	1:22.48	1:40.89	100 Back	1:44.48	1:23.59	1:11.59
2:38.98	2:54.88		200 Back		2:57.28	2:34.68
	:42.59	:51.99	50 Breast	:54.68	:43.39	
1:23.68	1:33.59	1:55.18	100 Breast	2:00.98	1:35.48	1:21.68
3:03.28	3:23.18		200 Breast		3:27.09	2:57.38
	:35.39	:43.58	50 Fly	:45.98	:36.28	
1:11.48	1:20.98	1:46.28	100 Fly	1:54.28	1:22.58	1:09.48
2:47.58	3:14.58		200 Fly		3:25.78	2:40.18
	1:19.67	1:37.53	100 IM	1:40.32	1:21.35	
2:38.99	2:55.09	3:35.39	200 IM	3:44.09	2:59.99	2:30.89
5:41.18	6:21.59		400 IM		6:23.18	5:25.99

2022 Ohio Swimming JO Time Standards						
FEMALE			SCY	MALE		
13-14	11-12	10U	Event	10U	11-12	13-14
:26.69	:29.69	:35.39	50 Free	:35.99	:29.49	:24.99
:58.19	1:02.49	1:17.69	100 Free	1:17.39	1:02.69	:54.39
2:04.69	2:15.89	2:52.29	200 Free	2:53.09	2:17.79	1:57.89
5:34.89	6:04.39		500 Free		6:08.19	5:21.39
11:48.19			1000 Free			11:17.69
19:33.59			1650 Meet			18:52.59
	:34.19	:41.89	50 Back	:42.59	:35.09	
1:04.69	1:11.29	1:28.59	100 Back	1:30.19	1:12.69	1:02.09
2:19.69	2:36.09		200 Back		2:38.29	2:13.99
	:38.69	:47.19	50 Breast	:49.09	:38.89	
1:13.89	1:20.59	1:39.89	100 Breast	1:44.29	1:23.79	1:09.19
2:40.89	3:01.29		200 Breast		3:04.69	2:34.59
	:32.39	:39.59	50 Fly	:41.39	:33.19	
1:03.89	1:11.29	1:32.19	100 Fly	1:33.79	1:14.29	1:00.79
2:24.19	2:53.69		200 Fly		3:03.69	2:21.29
	1:11.39	1:27.39	100 IM	1:29.89	1:12.89	
2:21.29	2:33.99	3:11.09	200 IM	3:17.49	2:36.09	2:14.89
5:00.59	5:40.49		400 IM		5:41.89	4:48.29
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

2022 Para LSC 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		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59
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		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09
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		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39

2022 Long Course Regional Championships

Held under the sanction of USA Swimming # OH-22LC-03

Submit this form by email to mfort07@gmail.com at the time you complete your entry.

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. St. Xavier High School, Cincinnati Marlins Swim Team, Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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 \$7.00 per event = \$
Number of Relay Events x \$12.00 per event = \$
Total Amount Remitted: \$

Make checks payable to:

High Performance Aquatics

221 Duff Street
Gambier, OH 43022

ENTRY DEADLINE: July 1, 2022, 5:00 PM EST
Payment must be received before the meet begins