



**OHIO  
SWIMMING**

# **Ohio Swimming, Inc.**

## **2019 Long Course Junior Olympic Championship and Time Trials**

### **Meet Information**

**Held under the Sanction of USA Swimming, Inc.  
Sanction #: OH-19LC-09 and OH-19LC-10 TT  
Officials Qualifying Meet QM19-??**

**July 18-21, 2019  
Oxford, Ohio**

Hosted By: MAKO Swim Team (MAKO) and Cincinnati Aquatic Club (CAC)

# 2019 Ohio Long Course Junior Olympic Championships

## Event Information

July 18-21, 2019

**Miami University Corwin M. Nixon Aquatic Center Oxford, Ohio**

Sanctioned by USA Swimming through Ohio Swimming  
under the auspices of the Ohio Swimming Age Group Committee  
Sanction # OH-19LC-09 and OH-19LC-10 TT

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

Meet Host website: [www.swimmakos.com](http://www.swimmakos.com)

### Important Facts About the Meet

- **Entry Deadline:**
  - Wednesday, July 10, 2019 at 5:00 P.M. There will be no time updates.
  - All paperwork and fees must be postmarked by Thursday, July 11, 2019. When possible, please bring payment or proof of payment (i.e. copy of check request) to the meet.
- Time Standards – All entries must be equal to or faster than 2019 Long Course Junior Olympic Time Standards (see Appendix A), or the 2019 Short Course Time Standards on the Ohio Swimming website.
- 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. All times must have met the time standard and are in the USA Swimming SWIMS database.
- **Entry Limits:** Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- OME will be used for Individual entries only. A separate Team Manager/Unify file is to be used for relay entries.
- There is no Admission Charge for Ohio Championship Meets.
- 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 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 for further information regarding the use of visual recording devices. Deck changes are prohibited. Swimmers discovered deck changing at Miami University will be ejected from the facility.
- 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.
- 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.
- **The 10 & under events will be contested during prelims as timed finals with the top two (2) seeded heats being contested in finals.**
- Swimmers with a disability are welcome to enter this meet. At the time of entry, the coach or entry chair must alert the Meet Director and Meet Referee regarding the nature of the swimmer's disability, the swimmer's classification (if classified), and special accommodations or seeding arrangements being requested.

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## Meet Administration

### Facility Address

Miami University Corwin M. Nixon Aquatic Center  
750 S. Oak St.  
Oxford, Ohio 45056  
(513) 529-1844

### Meet Referee

Pam Birnbrich  
pbirnbrich@gmail.com

### Entry Chair

Ohio Swimming Office  
meetentries@swimohio.com

### Age Group Committee Chair

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

### Meet Director

Terri Shannon and John Mihevic  
750 S. Oak St.  
Oxford, OH 45056  
513-255-5043 / 513-461-9023  
[shannot1@miamioh.edu](mailto:shannot1@miamioh.edu) / [mihevijp@miamioh.edu](mailto:mihevijp@miamioh.edu)

### Local Officials Coordinator

TBD

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

- Meet Official – TBD
- Coach – TBD
- Athlete – TBD

### Meet Committee (Administrative Advisory Committee)

- Meet Referee - Pam Birnbrich
- Meet Director – Terri Shannon / John Mihevic
- Age Group Chair – Kevin Rachal
- Coach Chair – Kris Moellenberg\*
- Technical Chair – Kyle Goodrich\*
- Officials Chair – Pam Birnbrich\*
- Athlete Committee Representative – Brayden Kime\*

(\*Or designee)

## Meeting Schedule

Friday, July 19	General/Coaches Meeting – 8:00 AM <i>All subsequent coaches' briefings will be announced as needed</i>
Thursday, July 18	Officials' Meeting 11:45 AM
Friday, July	Officials' Meeting 7:15 AM <i>All subsequent officials' briefings will begin 45 minutes prior to the start of each session.</i>

## Officials

All USA Swimming certified officials are invited to volunteer. Please 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](http://USA Swimming website) 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.

# Order of Events:

## 2019 LC Junior Olympic Championships – Order of Events

All Thursday Events are Timed Finals

Long Course Meters

Timed Finals warm-ups Begin at 11 am<sup>^^</sup>  
Timed Finals Session Begins 12:30 pm<sup>^^</sup>

### Women's Events

101 ⊗  
103 ⊗  
105 ⊗  
107  
109  
111 ⊗

### Day 1 – Thursday, July 18

13-14 1500 Freestyle  
11-12 400 Freestyle  
10 & Under 200 Freestyle  
11-12 200 Backstroke  
10 & Under 200 Individual Medley  
13-14 800 Free Relay

### Men's Events

102 ⊗  
104 ⊗  
106 ⊗  
108  
110  
112 ⊗

There will be a 30-minute break after Event 102 and a 15-minute break after event 110.

Prelim Warm-ups Begin 7:00 am<sup>^^</sup>  
Prelim Session Begins at 8:30 am<sup>^^</sup>

201  
203#  
205  
207  
209#  
211  
213  
215#  
217  
219#  
221  
223#  
225#

### Day 2 – Friday, July 19

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

Finals warm-ups Begin no earlier than 4:15 pm<sup>^^</sup>  
Finals Session Begins no earlier than 5:30 pm<sup>^^</sup>

202  
204#  
206  
208  
210#  
212  
214  
216#  
218  
220#  
222  
224#  
226#

Prelim Warm-ups Begin 7:00 am<sup>^^</sup>  
Prelim Session Begins at 8:30 am<sup>^^</sup>

301#  
303#  
305#  
307\*  
309  
311#  
313  
315  
317#  
319  
321  
323  
325  
327#  
329#  
331#

### Day 3 – Saturday, July 20

11-12 200 Freestyle Relay  
13-14 200 Freestyle Relay  
10 & Under 200 Freestyle Relay  
11-12 200 Butterfly  
13-14 200 Individual Medley  
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  
13-14 50 Freestyle  
10 & Under 200 Medley Relay  
11-12 200 Medley Relay  
13-14 200 Medley Relay

Finals warm-ups Begin no earlier than 4:15 pm<sup>^^</sup>  
Finals Session Begins no earlier than 5:30 pm<sup>^^</sup>

302#  
304#  
306#  
308\*  
310  
312#  
314  
316  
318#  
320  
322  
324  
326  
328#  
330#  
332#

Prelim Warm-ups Begin 7:00 am<sup>^^</sup>  
Prelim Session Begins no earlier than 8:30 am<sup>^^</sup>

401  
403  
405\*  
407  
409#  
411  
413  
415#  
417  
419  
421#  
423  
425#  
427\*

### Day 4 – Sunday, July 22

11-12 400 Freestyle Relay<sup>\*\*</sup>  
13-14 400 Freestyle Relay<sup>\*\*</sup>  
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 at (TBD)<sup>^^</sup>  
Finals Session Begins no earlier than 4:00 pm<sup>^^</sup>

402  
404  
406\*  
408  
410#  
412  
414  
416#  
418  
420  
422#  
424  
426#  
428\*

⊗ Fastest to Slowest, Alternating Girls/Boys  
\* Timed Final – Fastest 1 heat at night  
# Timed Final – Fastest 2 heats at night  
**\*\* Prelims only**

<sup>^^</sup>Please confirm meet start times on the host team website  
Relay events: All heats start from the balcony end  
50 Meter events: All heats start from the scoreboard end

Individual Events 100 Meters and longer:  
- Odd number heats start at Balcony End  
- Even number heats start at Scoreboard End

## Facility Information

<b>Facility Address</b>	Miami University Corwin M. Nixon Aquatic Center 750 S. Oak St. Oxford, Ohio 45056 (513) 529-1844
<b>Pool Information</b>	The Miami University Aquatic Center features a 50 meter x 25 yard pool with eight championship nine foot wide lanes. Pool depth ranges from 6 feet to 10 feet. There is an adjacent diving well with five 25 meter lanes available for continuous warm up and warm down. Electronic timing and video facilities are by Colorado Timing Systems 8mm Display Board (1844 x 488 pixels). There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the finish end of the pool.  The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Where a moveable bulkhead is used, course measurement of the lane in which the national record was set must be confirmed at the conclusion of the session during which the time was achieved.
<b>Handicap Access</b>	Accommodations for persons with disabilities may be arranged with advance notice.
<b>Information/Lost &amp; Found</b>	An Information/Lost & Found booth will be available in the Aquatic Vestibule
<b>Medical Assistance</b>	<b>ACCIDENT/INCIDENTS:</b> For any injury sustained at the aquatic center, Miami University will need to fill out an accident report. Lifeguards will handle all in-water emergencies as well as minor injuries. EMS will be called in the event of serious injury. Emergency response time is approximately 5 minutes. Please report all first aid issues to the Aquatic Office.  <b>HOSPITAL:</b> McCullough-Hyde Hospital is located at 110 N Poplar Street, 1 mile away and has on-call emergency medical service 24 hrs/day. Emergency response time is approximately 5 minutes. The phone number is <b>513-523-2111</b> .
<b>Facility Information / Venue Rules</b>	Note: Swimmers will not be permitted in the adjacent leisure pool. <u>Venue Rules:</u> <ul style="list-style-type: none"> <li>• Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except at the request of the meet officials or meet director.</li> <li>• Locker rooms are located on the pool deck level. Day lockers will be available for use at the Aquatics Center for use by athletes, coaches and officials. Overnight use is prohibited. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items.</li> <li>• The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons. There is no food allowed on the pool deck.</li> <li>• Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first come basis. Saving of seats is prohibited.</li> <li>• Wireless internet access will be available throughout the meet.</li> <li>• A food and drink concession is available for your convenience at the Pro Shop.</li> <li>• Miami University is a smoke free campus.</li> </ul> <p>Use of any portion of the Recreational Sports Center by parents, athletes, and siblings while not involved in the meet is available for \$9.00 a day charge at the Membership window. You will receive a wristband. There is an additional charge for the climbing wall or to attend classes. The Fitness Center is for adult (over 18 years of age) use only. Call (513) 529-8181 for additional information.</p> <p>All team banners must conform to the 5' x 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen team banners</p>
<b>Directions to the Pool</b>	<b>From Cincinnati:</b> Take Rt. 27 north from I-275 (on the west side of I-75). Take left on Chestnut Street; right on Campus Ave. The facility is on the right. The parking garage is located right after the pool: Approximate driving time: 45 minutes. <b>From Dayton:</b> Take I-75 south to Rt. 73 west. Take left onto Patterson Street; right on Chestnut Street; right on Oak St. The facility is on the left. The parking garage is located to the north of the facility. Approximate driving time: 1 hour, 15 minutes.
<b>Parking</b>	Event Parking will be available in the parking garage located next to the Recreational Sports Center. Questions about parking should be directed to the Parking Services Office at 513.529.8535. <a href="http://www.miamioh.edu/parking">www.miamioh.edu/parking</a> . Check the MAKOS website for other parking information. <a href="http://www.swimmakos.com">www.swimmakos.com</a> .
<b>Hospitality</b>	Coaches' and Officials' hospitality will be available throughout the meet in the Wet Classroom adjacent to the pool.
<b>Vendor</b>	<b>Swimville</b> will be available for your swim equipment needs.

## Entering the Meet

<p><b>Entry Rules - General</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Any Ohio LSC swimmer, 14 years and under, with a time equal to or faster than the 2019 Ohio Long Course Junior Olympic cutoff or 2019 Ohio Short Course Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A for time standards).</li> <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: Long Course Meters (LCM) followed by Short Course Yards (SCY).</li> <li>• Qualifying period: Only Long Course Meter (LCM) or Short Course Yard (SCY) times achieved from January 1, 2018 through the entry deadline will be accepted.</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 Membership/Registration Coordinator.</li> <li>• <u>There will be No Deck Entries at the Championship Meet.</u></li> <li>• A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events.</li> <li>• A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 12 hours before the scheduled beginning of the meet, provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per swimmer) to the host club.</li> <li>• <b>Events will be reseeded with late entries up until the time the meet host prints the meet program. After that time, swimmers will be placed in open lanes.</b></li> </ul>
<p><b>Entry Rules: Individual Events</b></p>	<ul style="list-style-type: none"> <li>• Swimmers may swim a maximum of 3 (three) Individual Events per day, plus relays (including time trials).</li> <li>• Swimmers may enter a maximum of 7 (seven) Individual Events, plus relays (excluding time trials).</li> <li>• All Entries must be equal to or faster than the 2019 Long Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2019 Short Course Junior Olympic Time Standards (as listed on the Ohio Swimming website) and must be in the USA Swimming times database.</li> <li>• Age on the first day of the meet will determine the age group in which a swimmer is entered.</li> <li>• 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.</li> <li>• A swimmer whose birthday occurs between the start of the Regional Meet and the start of the Long 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 Long 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:meetentries@swimohio.com">meetentries@swimohio.com</a> by the entry deadline and must include the following information: athlete name, USA ID, gender, age, event(s) qualified and time(s) achieved in the previous age group.</li> </ul>
<p><b>Entry Rules: Relay Events</b></p>	<ul style="list-style-type: none"> <li>• All relay entries must be equal to or faster than the 2019 Long Course Junior Olympic Time Standards (as listed in Appendix A) or equal to or faster than the 2019 Short Course Junior 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>• Three (3) relays per team may be entered per event but only two (2) 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>• All relay entries MUST be the cumulative (aggregate) times of four (4) swimmers entered in the meet.</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 400 Med Relay team entry time. Only the 400 Medley Relay times will be accepted for seeding of the 200 Medley Relay.</li> <li>• All Relays on Sunday will be contested during prelims only.</li> </ul>

<p><b>Entry Procedures</b></p>	<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 should be sent to the entry chair for relay entries only.</li> <li>● The events file can be downloaded from either <a href="http://www.swimmakos.com">www.swimmakos.com</a> or <a href="http://www.swimohio.com">www.swimohio.com</a> (for internal use of organizing individual entries). Times will be validated through the SWIMS database.</li> <li>● Age-up athletes: send an email directly to the meet entry chair which includes the following information: Name, age, list event(s) and time(s) achieved in previous age group.</li> <li>● Registration for the meet will begin <b>June 1</b>, 2019 and remain open for registration until July 10, 2019 5 pm.</li> <li>● The following <b>must</b> be sent (postmarked) to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline: <ul style="list-style-type: none"> <li>1. Entry Summary Sheet (Appendix B).</li> <li>2. Check for the Total Entry Fees payable to <u>MIAMI UNIVERSITY</u>.</li> </ul> </li> <li>● Fax Entries - The meet does not accept faxed entries.</li> <li>● All payments will be made via check to the meet host.</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 a copy of proof of payment (i.e. copy of check request) must be mailed to the entry chair or presented at the meet.</li> <li>● Please let the host club know in advance if you are entering any Outreach athletes.</li> </ul>
<p><b>Entry Fees</b></p>	<ul style="list-style-type: none"> <li>● Individual Events - \$6.00 per entry</li> <li>● Relay Events - \$11.00 per entry</li> <li>● Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)</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>
<p><b>Proof of Times Procedures:</b></p>	<ul style="list-style-type: none"> <li>● All entry times will be verified through the Online Meet Entry (OME) system.</li> </ul>
<p><b>Swimmers with a Disability</b></p>	<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>A. Enter the para-swimmer electronically, or, on the paper entry form.</li> <li>B. Provide advance notice of any “necessary accommodations.”</li> <li>C. List in the email with the electronic entry (or, on paper) 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>A. 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).</li> <li>B. 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>C. 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> <p>P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance</p> <p><b>Conduct of the meet for Para-Swimmers (D-2)</b></p> <ol style="list-style-type: none"> <li>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</li> </ol>

	<p>accommodations.”</p> <ol style="list-style-type: none"> <li>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.</li> <li>3) D-2 Swimmers will score points and be awarded and recognized in the same fashion as the D-1 swimmers.</li> <li>4) D-2 Swimmer final events may be combined if the total number of <b>finalists</b> does not exceed 8 competitors.</li> <li>5) The D-2 finals heat will precede the respective D-1 heat.</li> </ol> <p>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.</p>
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## Championship Procedures

<b>Rules</b>	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.
<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 a currently certified coach member 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 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.</li> <li>● 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 the balcony end of the pool.</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> <li>● Athletes will swim Timed Final events as seeded by entry time. All entry times will be the swimmer's fastest time in SWIMS. There will be no down seeding.</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 via email prior to the start of the meet, posted throughout the venue, 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.</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>
<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: <ol style="list-style-type: none"> <li>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.</li> <li>b. Marshals shall have the authority, with concurrence of the meet referee, 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> </ol> </li> </ul> <p>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>



<b>Safety Guidelines (cont'd)</b>	<ul style="list-style-type: none"> <li>● Host team shall post information at both ends of the pool which indicate the designated use of the lanes during the warm-up session.</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> <li>● Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.</li> </ul>
<b>Seeding</b>	For these Championships, the seeding order is Long Course Meters (LCM), then Short Course Yards (SCY).
<b>Protest Procedures</b>	All technical protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee. Judgement decisions can only be made by the Meet Referee, whose decision is final.
<b>Scratch Procedures:</b>	
<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 or a timed final event, without officially scratching per meet guidelines, shall not be penalized; however, that event will be counted against their 7-event maximum for the meet and their 3 event per day maximum.</li> <li>● Any relay that fails to appear for a pre-seeded relay event shall not be penalized.</li> </ul>
Scratching from Finals:	<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>
Exception for Failure to Compete in Finals:	No penalty shall apply for failure to withdraw or compete in an individual event final if: <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>	<p>1. All relays are conducted on a timed final basis. Entry forms for all relays must be turned in prior to the relay deadline. Each coach shall pick up relay entry forms from the mailbox in the hospitality room. 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 computer table for entry by the deadline. However, relay swim order may be changed up to the time of the swim.</p> <p>2. Relay Forms – Deadlines:</p> <table border="0" style="width: 100%;"> <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:</u></th> </tr> </thead> <tbody> <tr> <td>Thursday</td> <td>800 Free Relay</td> <td>30 minutes after the start of Thursday Session</td> </tr> <tr> <td>Friday</td> <td>All Relays</td> <td>30 minutes after the start of Thursday Session</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>	<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline:</u>	Thursday	800 Free Relay	30 minutes after the start of Thursday Session	Friday	All Relays	30 minutes after the start of Thursday Session	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:</u>														
Thursday	800 Free Relay	30 minutes after the start of Thursday Session														
Friday	All Relays	30 minutes after the start of Thursday Session														
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.</p>															
<p><b>Scoring:</b> <b>8 Lane Pool (16 places)</b></p>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"><u>Individual Events:</u></td> <td style="vertical-align: top;"><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 8 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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<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> </ul>															
<p><b>Psych Sheet Warm-up Schedule Results</b></p>	<ul style="list-style-type: none"> <li>• The following information will be published on the meet host website at: <a href="http://www.swimmakos.com">www.swimmakos.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>															
<p><b>Time Trials</b></p>	<ul style="list-style-type: none"> <li>• Time Trials will be conducted following the preliminary sessions on Friday, Saturday and Sunday beginning as soon as possible following the end of the preliminary session.</li> <li>• Signups for Time Trials each day will close two hours prior to the end of each preliminary session according to the estimated timeline.</li> <li>• Meet Participants are limited to three individual events per day, including Time Trials. A declared false start is counted as one of these three individual events per day.</li> <li>• The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines to be communicated during the coach’s meeting.</li> <li>• Time Trial sessions will be limited to one (1) hour. If on any day, the 10 &amp; under Timed Final session is projected to end 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 meet and non-meet participants are limited to individuals attempting to achieve a published National Cut (USA Zone, Y Zone, Sectional, Futures, Junior National, Y 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.</li> <li>• 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.</li> </ul>															

# 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>			9:52.99
20:10.59			<b>(qual time for 1500 Free)</b>			
			<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						

Individual Entries Limited to 7 Individual Events

# OHIO SWIMMING

## 2019 Long Course Junior Olympics

### PARA 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	2:36.00	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	

## 2019 Long Course Junior Olympic Championship

Held under the sanction of USA Swimming #OH-19LC-09 and #OH-19LC-10 TT

**USA Swimming Registration Waiver Form**

**Location:** Miami University Corwin M Nixon Aquatic Center, Oxford, Ohio

**Date:** July 18-21, 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 = \$
<b>Total Amount Remitted: \$</b>

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

Make checks payable to: MIAMI UNIVERSITY  
 Miami University Rec Sports Center  
 Att: Terri Shannon  
 750 S. Oak St.  
 Oxford, OH 45056

**ENTRY DEADLINE: Wednesday July 10, 2019** (teams are encouraged to bring payment or proof of payment (i.e. copy of check request) to the meet)

**Local Area Information**

**RESTAURANT INFORMATION:**

<http://www.miami.muohio.edu/about-miami/visiting-miami/restaurants.html>

**HOTEL INFORMATION:**

<https://www.miami.muohio.edu/about-miami/visiting-miami/accommodations.html>

**Miami Apartment Reservations**

<https://regstg.com/Registration/Introduction.aspx?rid=c52e1898-d30e-4e0f-8d62-629c0b3ecd90>

**Team Meals** may be arranged in a convenient Miami Dining hall.

Please contact Paula Green at [greenp1@miamiOH.edu](mailto:greenp1@miamiOH.edu) for further information.