SOUTHWEST OHIO YMCA SWIM LEAGUE
2009 LONG COURSE CHAMPIONSHIP

YMCA Sanction CAQ-08-09 - 5072

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July 10, 11, 12, 2009

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1. LOCATION AND TIMES

Corwin Nixon Aquatic Center, Miami University
Oxford, Ohio 513-529-1844

Friday, Saturday & Sunday Preliminary Sessions:
11-12, 13-14, 15 & Over and Senior
Warm-ups: 6:30 a.m. Meet: 8:00 a.m.

Saturday & Sunday Timed Finals Sessions:
8 & Under and 9-10
Warm-ups: TBA Meet: TBA

Friday, Saturday & Sunday Finals Sessions: 11-12, 13-14, 15 & Over and Senior
Friday Warm-ups TBA Meet: TBA
Sat. & Sun. Warm-ups: 5:00 p.m. Meet: 6:00 p.m.

COACHES: REVIEW WARM-UP GUIDELINES WITH YOUR SWIMMERS!!
REVIEW LOCKER ROOM BEHAVIOR AND BUILDING RULES!

- **Swimmers entering the warm-up/warm-down pool must enter FEET FIRST WITH ONE HAND IN CONTACT WITH THE POOL DECK/WALL.**
  Willful disregard of this rule will result in ejection of the offender from the meet.
- **THERE IS NO SHAVING ALLOWED AT THIS MEET.**
  Willful disregard of this rule will result in ejection of the offender from the meet.
- **THERE IS NO FOOD OR BEVERAGE ALLOWED IN NATATORIUM.**
- **NO COOLERS ARE ALLOWED IN NATATORIUM.**
- **A CONCESSION AREA IS AVAILABLE.**
- **PARKING IS AVAILABLE.**
- **ONLY SWIMMERS, COACHES WITH DECK PASSES, WORKING OFFICIALS, AND AGE GROUP PARENTS FOR THE 8 & UNDER AGE GROUP WILL BE ALLOWED ON THE POOL DECK.**
- **NO DECK CHANGING. ANYONE CAUGHT DECK CHANGING WILL BE EJECTED FROM THE MEET.**

2. ORDER OF EVENTS

The attached order of events will be followed.

NEW THIS YEAR – ALL INDIVIDUAL EVENTS 400 METERS OR LONGER REQUIRE POSITIVE CHECK IN.

NEW THIS YEAR - The 400 Free events will be consolidated with all girls swimming together and all boys swimming together in prelims. They will swim in age groups at night.

NEW THIS YEAR - We have added 13-14 events to 200 stroke events and the 400 IM. 13-14 and Senior will swim together in prelims and will split into age group at night.

All 8 & under and 9-10 age group events are timed finals. All 11-12, 13-14, 15 & over and Senior individual events, including the 400 IM and 400 Free, will have preliminaries and consolation, championship finals.

The Senior 800 freestyle, 1500 freestyle and all 11 and over relay events will be timed finals swum in the morning sessions with the top heat of girls and boys swimming with finals at night. The 800 and 1500 will be swum fastest to slowest alternating girls and boys heats. The top girls and top boys heat of the 800 will be swum at the beginning of Saturday finals and the top heat of the girls and boys 1500 will be swum at the beginning of the Sunday Finals Session. The 800 and 1500 Freestyle may be swum two to a lane.

All events 11 and over 200 meters and longer will be seeded fastest to slowest. The heats will be numbered sequentially and odd heats will start at the balcony end and even heats will be swum from the scoreboard end.

3. ELIGIBILITY

A swimmer must be a full privilege member of the YMCA he/she represents for a minimum of 90 days prior to the Championship, or be eligible by the "YMCA Rules That Govern YMCA Sports".

During the Long Course Season (May 1 through July 15, 2009), a swimmer may not swim in open competition representing any team other than the YMCA he/she is representing in this championship.

Returning YMCA swimmers must have competed in two (2) Southwest Ohio YMCA Swim League inter-association meets in the current Long Course Season to be eligible to swim in this Championship Meet.

New YMCA swimmers must have competed in three (3) Southwest Ohio YMCA Swim League inter-association meets in the current Long Course Season to be eligible to swim in this Championship Meet.

Swimmers and teams must meet all requirements outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets".

Coaches must submit their current coaches' certification documents to receive their deck passes. Each coach must have a deck pass in order to be on deck during this Championship Meet. A SOUTHWEST

OHIO YMCA SWIM LEAGUE Coaches Certification Card must be displayed while on deck.

Collegiate swimmers may participate if they are members of their YMCA 90 days prior to the start of this Championship Meet. They must participate in three inter-association meets. If they cannot meet these requirements, they may enter as non-scoring participants and be ineligible to swim in the evening finals sessions.

4. SANCTION

The National YMCA Swimming and Diving Committee sanctions this meet. The sanction number is CAQ-08-09-5072

5. PROOF OF TIME/VERIFICATION OF PARTICIPATION (2 files required)

A proof of time file may be generated in your Team Manager program and submitted along with your entry. This should satisfy your proof of time for the meet. If additional proof is needed the entry chair will contact you. (The proof of time file is in "File", "Export", "Proof of Time")

A proof of time file does not show how many meets a swimmer participated in, so we also need a printout of swimmers best times as it will show the meets they participated in. Please generate this file ("File", "Export", "Best Times File"). Then make this a word file and attach it to an email. If there is any question on any swimmer you may be asked to print all meets for just that swimmer.

Any coach may challenge the participation or time of any swimmer by filing a protest with the Meet Committee and posting a $5.00 fee. This protest must be filed prior to the beginning of each session's events. The fee will be returned only if the protest is won.

Any swimmer who does not meet the qualifying time may be required to prove his entry time.

6. ENTRIES

To be entered in an event, a swimmer must have a qualifying long course time, short course meter time or may use a yard time from meets dated from July 1 of the previous year.

A swimmer must swim in his/her age group for individual events. A swimmer may swim up one or more age groups for relays. "**No Time" (NT) entries will not be accepted**. **DO NOT CONVERT TIMES.**

Entries may be entered in long course meters, short course meters or yards. Please indicate "S" for short course meter and "Y" for yard times. All entry times without a designation will be assumed to be long course meters times. **DO NOT CONVERT TIMES.**

To enter Senior events, a swimmer must be at least 12 years of age on the first day of the YMCA Long Course Nationals, July 28, 2009.

Minimum time standards have been established for 8 & Under 100 Free, 9 - 10 200 meter events, and for all 11 & over events except the 50 meter events. A swimmer must have achieved this time standard during the qualifying period in order to be entered in the event. All swimmers can be entered in the 50 meter events.

Relay only swimmers can now be entered in Team Manager. **You will be billed $5 per swimmer who must be entered at the meet.**

8 & Under swimmers may enter no more than four (4) individual age group events over the three day period.

All other swimmers, 9-10 and older, may enter up to six (6) individual events over the three day period.

A swimmer may swim a maximum of one (1) age group medley relay and one (1) age group freestyle relay.

Team entries for relay events are unlimited. Only A, B and C relays per team per event can score. All other relays will not be scored under any circumstances, including disqualification of the team's A, B or C relays. Please mark any relays beyond C as exhibition.

7. ENTRY DEADLINE

HYTEK file entries will be accepted through Sunday, July 5, 2009 at 8 PM.
They are to be e-mailed to claudiam@one.net . (Please put Long Course in the subject line). The psych sheet will be posted on the web by Monday, July 6, noon. Any changes in the psych sheet need to be reported by 8:00 PM, Monday, July 6, 2009.

Please send all other entry materials, to the Entry Chairperson:

Claudia Multer H: (513) 863-6298
1075 Oakmont Avenue.
Hamilton, OH 45013

The entry chairperson must receive full payment of entry fees (or a copy of the check request) prior to the start of the Championship Meet. If fees are not paid in full, the team will not be permitted to participate.

Deck entries will not be accepted at any Southwest Ohio YMCA Swim League championship meet.
The only exceptions are as follows:
Exception 1: A swimmer, who is not entered or incorrectly entered by the fault of the meet entry chairperson, may be properly placed in the appropriate events.
Exception 2a: A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck-entered up to 24 hours before the beginning of the meet, provided he/she pays the appropriate entry fee plus a $25.00/swimmer processing charge to the Southwest Ohio YMCA Swim League. The coach is the only one who may make these changes.
Exception 2b: Coaches may add an event to a swimmer already entered in the meet (same 24 hour notice required) provided it is not over the entry limit and he/she pays the appropriate entry fee plus a $25.00/swimmer processing charge. They may not exchange events. The coach is the only one who may make these changes.

8. MEET RULES

Except for those stated in this document and outlined in the YMCA "Rules That Govern" and the Southwest Ohio YMCA Swim League "Rules and Regulations", the current USA-S Rule Book will

govern this meet.

Breaks are determined by the meet director when the timeline is available.

Only swimmers, coaches with deck passes, working officials and assigned parents for the 8 & Under will be allowed on the pool deck. Coaches may use the deck passes issued for the 2008-2009 winter season. Any coach needing a new pass for summer is to contact Toby Boedeker and submit his/her certifications by June 15, 2009.

Swimmers entering the pool for warm-up or warm-down must enter the pool **FEET FIRST ONLY, WITH ONE HAND IN CONTACT WITH THE POOL DECK.** Swimmers must enter the pool at the starting block area of the pool. Willful disregard of these procedures will result in disqualification from the meet.

Scratch Rule - The Southwest Ohio YMCA Swim League 30-Minute Scratch Rule will be in effect up to the top 24 individual finishers after preliminaries. Swimmers must scratch from finals or they will be penalized by missing their next event. If the missed event is their last event the team will be fined $25. All 16 on the final heat sheet are obligated to swim or be penalized. Once the heat sheet is final, the alternate has the privilege of swimming finals, but not the obligation. There is no penalty for an alternate who misses his/her event.

800 and 1500-meter swimmers will swim fastest to slowest, alternating girls and boys, in the preliminary session.

AM sessions – all **individual events 100, 200, and 400 meters** will be run from two ends of the pool. Odd heats start at the balcony end of the pool and even heats start at the scoreboard end of the pool.

50 meter events will all start at the scoreboard end of the pool.. (all sessions)

9. SCORING

Individual Events - Top 16	i.e. 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events - Top 16	i.e. 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

10. AWARDS

Individual Events:	Medals	1st through 8th	Ribbons	9th through 16th
Relay Events:	Medals	1st through 3rd	Ribbons	4th through 16th
Heat Ribbons:	Heat ribbons will be awarded to all heat winners in the 8 & Under and 9-10 events.			
Age Group Plaques:	Awarded to age groups, which score the highest combined points in the age group standings.			
Team awards	First Place-Banner; Second and Third - Plaques			

11. ENTRY FEES

Individual Events	$ 4.00 per event
Relay Events	$16.00 per relay
Swimmer Surcharge	$ 1.00 per swimmer

12. HEAT SHEETS

Heat sheets will be sold at the main entrance of the pool. All certified coaches will be given a free copy for each session.

13. REQUIRED YMCA WORK ASSIGNMENTS

As pre-determined from last year's numbers, all YMCAs must provide the assigned officials/workers as designated by the Meet Committee. The assignments will be posted on the league website. Failure to provide all of the assigned officials/workers for any session of this meet will disallow that team's swimmers from further participation in the meet. Should this situation occur, no entry fees will be returned. Teams are to arrange for their own substitutes. **Do not contact the meet director**.

Substitutes/alternates for various officials/workers positions are allowed, provided that the position's instructions are reviewed with the person and that the Deck Referee is notified of the change.

A team not fulfilling their worker assignment will be fined $100.00 per position and the money will go to the team filling that position. This only applies to assignments that must be filled the day of the meet.

REMINDER – CERTIFIED OFFICIALS ARE REQUIRED TO WEAR WHITE SHIRTS AND PANTS. YOU MAY NOT WORK THE MEET IN A CERTIFIED POSITION IF YOU ARE DRESSED INAPPROPRIATELY. YOUR TEAM WILL NOT GET CREDIT FOR FULFILLING A POSITION IF YOU ARE NOT IN WHITE.

14. MEET COMMITTEE

All members of the Southwest Ohio Swimming League Executive Committee in attendance of the meet are members of the meet committee.

15. MEET DIRECTOR

Anne Lawley
11334 Terwilligerscreek Drive
Cincinnati OH 45429
513-677-1395

16. PARKING:

Parking will be available in university parking lots near to the Recreational Sports Center except for the two lots directly adjacent to the RSC. You will need to pay any meters, and you must park in a legal parking space. Parking Services will be offering a weekend rate for the YMCA meet for $8.00 if you would like to utilize the parking garage. To take advantage of this opportunity, please park in the garage and bring your ticket with you to the Pro Shop at the RSC where you can purchase this guest pass.

17. DEVOTIONS - Please note the assignments below for devotions
Contact Claudia claudiam@one.net if you would like to do the national anthem.

Devotions	Friday	Saturday	Sunday
AM	ABLY	CFY	MCY
PM		GMVY	PCY
Finals	KEY	CY	BASH

NEW POLICY FOR VIDEO MESSAGE BOARD
Effective 3/16/2009

All messages must be submitted directly to Jamey Rutschilling rutschjm@muohio.edu . JPEG files or a Power Point slide preferred.

- Messages can be sent July 1 – July 8 for Long course 2009.
- No messages at the meet.
- Pay for messages at the meet at the heat sheet table.
- Cost $10 per slide

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2009 Southwest Ohio Swim League
Long course Qualifying times
Corrected 6/20/2009

25 Y Course	25 M Course	LCM	8 and Under	LCM	25 M Course	25 Y Course
			50 Free			
1:32.39	1:43.11	1:44.99	100 Free	1:44.99	1:41.94	1:31.34
			50 Back			
			50 Breast			
			50 Fly			
			200 Free Relay			
			200 Medley Relay			

25 Y Course	25 M Course	LCM	9 and 10	LCM	25 M Course	25 Y Course
			50 Free			
			100 Free			
3:11.15	3:33.33	3:35.99	200 Free	3:30.99	3:26.04	3:04.61
			50 Back			
			50 Breast			
			50 Fly			
3:31.19	3:55.70	3:59.99	200 IM	3:59.99	3:51.68	3:27.59
			200 Free Relay			
			200 Medley Relay			

25 Y Course	25 M Course	LCM	11 and 12	LCM	25 M Course	25 Y Course
			50 Free			
1:13.91	1:22.48	1:23.99	100 Free	1:20.99	1:18.63	1:10.46
2:38.40	2:56.78	2:58.99	200 Free	2:54.99	2:50.88	2:33.11
6:58.86	6:06.45	6:13.99	400 Free/500 Free	6:10.99	5:58.65	6:49.94
			50 Back			
1:27.60	1:37.76	1:38.99	100 Back	1:35.99	1:33.20	1:23.51
			50 Breast			
1:32.21	1:42.91	1:45.99	100 Breast	1:45.99	1:42.32	1:31.68
			50 Fly			
1:24.54	1:34.35	1:34.99	100 Fly	1:34.99	1:33.82	1:24.06
2:58.63	3:19.36	3:22.99	200 IM	3:21.99	3:15.00	2:54.72
			200 Free Relay			
			200 Medley Relay			

25 Y Course	25 M Course	LCM	13 and 14	LCM	25 M Course	25 Y Course
			50 Free			
1:10.39	1:18.56	1:19.99	100 Free	1:14.99	1:12.81	1:05.24
2:32.21	2:49.87	2:51.99	200 Free	2:43.99	2:40.14	2:23.49
6:30.98	5:42.06	5:49.09	400 Free/500 Free	5:29.99	5:19.01	6:04.63
			50 Back			
1:17.87	1:26.90	1:27.99	100 Back	1:24.99	1:22.52	1:13.94
2:40.44	2:59.06	3:01.29	200 Back	2:54.09	2:49.03	2:31.45
			50 Breast			
1:26.99	1:37.08	1:39.99	100 Breast	1:36.99	1:33.63	1:23.89
3:03.03	3:24.27	3:27.99	200 Breast	3:17.19	3:10.36	2:50.56
			50 Fly			
1:17.42	1:26.40	1:26.99	100 Fly	1:22.99	1:21.97	1:13.44
2:54.69	3:14.96	3:16.29	200 Fly	3:05.19	3:01.88	2:42.96
2:50.71	3:10.52	3:13.99	200 IM	3:02.99	2:56.65	2:38.28
5:46.11	6:26.28	6:31.09	400 IM	6:13.19	6:02.36	5:24.67
			200 Free Relay			
			200 Medley Relay			

25 Y Course	25 M Course	LCM	15 & Over	LCM	25 M Course	25 Y Course
			50 Free			
1:02.47	1:09.72	1:10.99	100 Free	1:09.39	1:07.37	1:00.36
2:10.26	2:25.37	2:27.19	200 Free	2:17.89	2:14.65	2:00.65
6:09.70	5:23.44	5:30.09	400 Free/500 Free	4:59.59	4:49.62	5:31.04
			50 Back			
1:14.06	1:22.65	1:23.69	100 Back	1:17.49	1:15.24	1:07.41
			50 Breast			
1:26.12	1:36.11	1:38.99	100 Breast	1:29.99	1:26.87	1:17.84
			50 Fly			
1:12.08	1:20.44	1:20.99	100 Fly	1:17.19	1:16.24	1:08.31
2:34.60	2:52.54	2:55.69	200 IM	2:45.99	2:40.24	2:23.58
			400 Free Relay			
			200 Medley Relay			

25 Y Course	25 M Course	LCM	Senior	LCM	25 M Course	25 Y Course
13:09.50	11:30.72	11:49.99	800 Free/1000 Free	11:09.99	10:54.16	12:27.70
20:26.75	20:23.08	20:51.79	1500 Free/1650 Free	19:25.99	18:53.43	18:56.84
2:38.14	2:56.49	2:58.69	200 Back	2:48.09	2:43.21	2:26.23
2:55.81	3:16.21	3:19.79	200 Breast	3:09.99	3:03.41	2:44.34
2:45.53	3:04.74	3:05.99	200 Fly	2:50.99	2:47.93	2:30.47
5:28.06	6:06.13	6:10.69	400 IM	5:49.99	5:39.83	5:04.49
			200 Free Relay			
			800 Free Relay			
			200 Medley Relay			
			400 Medley Relay			