

**YMCA SOUTHEAST OHIO / WEST  
VIRGINIA SWIM LEAGUE  
WINTER CHAMPIONSHIPS  
YMCA Sanction # CAQ-09-2010-8074  
Ohio University  
March 6 & 7, 2010**

**WHAT YOU HAVE TO SUBMIT BY MARCH 1**

- ✓ **Entries submitted via [www.seowvswim.org](http://www.seowvswim.org)**
- ✓ **Checks to Alicia Gorman (address below) OR hand-carry to meet**
- ✓ **FAX Team Summary Page (page 9) to Jon Reidler: (614) 751-1333**
- ✓ **FAX Officials Volunteer Page (page 10) to Jon Reidler: (614) 751-1333**
- ✓ **FAX Coaches Certifications to Jon Reidler: (614) 751-1333**

**(late fees will be assessed for certification submissions after 12/1/09)**

**NEW:** Please, remember to add in the “A” swimmer names for relays with your entry file. It is much more work to enter the athlete information at the meet.

**POOL:** Located at the Ohio University Natatorium

**DATE:** The meet will be held on March 6 & 7, 2010

**TIMES:** Saturday 10 & Under/Senior warm-ups will begin at **10:00 AM** with the meet starting at 11:00 AM. Sunday 11 & Over warm-ups will begin at 8:00 AM with the meet starting at 9:00 AM.

Note: A detailed schedule is included in this packet.

**ENTRY FEES:** **\$2.50** per individual event. **\$6.00** per relay event. Entry fees may be hand carried to the meet and must be paid before the start of the meet. Makes checks payable to “YMCA SEOWV SWIM LEAGUE.”

**ENTRIES:** All entries must be received by **6 PM (Eastern) on Monday, March 1, 2010**. Entries will be submitted electronically through a link from the Winter Champs page on [www.seowvswim.org](http://www.seowvswim.org). Swimmers must have swum all events entered in the competition since March 1, 2009. Entry times may be challenged. All submitted times will be converted to 25 yard times. Each swimmer will be allowed to swim a maximum of three **(3)** individual events plus one **(1)** Medley and one **(1)** Freestyle relay. Age 11 & over swimmers are limited to **(4)** individual events, with a maximum of three events on any day. Entries in excess of the limit will be deleted in event number order.

**ENTRY OF RELAY NAMES:** Relay names may be changed at the meet. Please be courteous to our volunteers and enter the names of your athletes into relays. This is particularly true for those swimmers who are **relay-only athletes**. Without their name in the submitted entry file, they will require a complete athlete setup into the meet files in order to properly record your relay results.

**ENTRY TIMES REQUIRED:** According to Article XII, section E-3 “**NO TIMES**” will not be accepted for any entries.

**ENTRY TIMES SUBMITTED:** Due to the number of participants and over 3,000 entries, updates to times are not permitted for this meet. Coaches are encouraged to post seed times for swimmers to review, in order to insure the final entry submission is accurate.

**QUALIFYING TIMES:** There are minimum qualifying times for all 12 & Under and all “long” events. The online entry tool will reject entries not meeting the minimum qualifying times. Relay events do not have qualifying times.

**QUALIFICATIONS:** Recorded in the Southeast Ohio / West Virginia Swim League Rules and Regulations. Championships rules are covered in Article XII.

**IMPLIED TEAM CERTIFICATION:** Teams submitting entries certify that their entries meet all of the requirements to participate in YMCA swimming. This includes (but is not limited to) 90 days of YMCA membership, single team representation, minimum meet participation requirements and entry birth date.

**RULES:** The current swimming Technical rules will govern the competition except where superseded by a Southeast Ohio / West Virginia Swim League rule. Criteria for disqualification of a swimmer will be one of the topics at the officials’ meeting.

**ADMISSION:** No admission fee will be charged.

**ORDER OF EVENTS:** Please see attached sheets.

**STARTS ON SUNDAY:** Anticipating a typical turnout, the starts on Sunday will be Fly-over for all events except relays and backstroke. Please review with your swimmers the need to stay in the water at the end of their race.

**PARKING:** Visitors need to park in designated parking places next to the natatorium or the stadium – not in the grass. Vehicles parked along the roads or in areas restricted to university vehicles can expect to be ticketed and/or towed.

**REMINDER:** Before the entry deadline for Championships, all swimmers shall have represented their association in three (3) YMCA meets during the winter season and shall have been a YMCA member in good standing who holds an annual, full privilege membership. One of the three participation meets must have been at least 40 days prior to the start of the Championship meet (Sunday, January 24, 2010). A swimmer must be a member in good standing for the 90 days prior to the start of the Championship meet (Saturday, December 5, 2009). A swimmer must have represented only their YMCA in any open competition during the 90 days prior to the start of the meet.

**SEEDING:** There are NO deck entries. All events will be swum as timed finals. The 1650 and 1000 freestyle events will be deck seeded. Swimmers must check-in before the end of the session’s warm-ups to be seeded in the 1650 and 1000, or they will be scratched from the event. Competitors must supply their own timers and lap counter. The 1650 and 1000 will be swum fastest to slowest heats, alternating full heats of girls and boys. The meet referee will have the authority to combine partially seeded heats [girls and boys] as necessary. All other events will be pre-seeded according to entered times.

**SPECIAL NEEDS:** Should you have a swimmer who requires special assistance, please provide that information with your entries. The importance is to properly seed hearing-impaired swimmers near the starter.

| SCORING  | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> | 10 <sup>th</sup> | 11 <sup>th</sup> | 12 <sup>th</sup> |
|--|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Individual events  | 16              | 13              | 12              | 11              | 10              | 9               | 7               | 5               | 4               | 3                | 2                | 1                |
| Relay Events   | 32              | 26              | 24              | 22              | 20              | 18              | 14              | 10              | 8               | 6                | 4                | 2                |
| Only two relays from one team may score in the same event. |                 |                 |                 |                 |                 |                 |                 |                 |                 |                  |                  |                  |

**AWARDS:** Medals will be awarded for first through eighth place – both individual and relays. Ribbons will be awarded for ninth through sixteenth place – both individual and relays.

A rotating trophy shall be presented to the first place team along with a gift certificate. (It is okay to use the certificate to buy a first place plaque.) Second and Third place teams will be presented with a plaque/trophy/banner. Individual age group high point awards will be presented, along with high point awards by team.

**NOTE:** Awards should be picked up by the coach (or a designated representative) no earlier than 30 minutes after the end of the meet. Any remaining awards will be mailed with the shipping cost billed to the receiving team.

**MEET PROGRAM / HEAT SHEETS:** A \$5 fee will be charged for heat sheets for Saturday and Sunday.

**DECK ACCESS:** Only coaches, officials, swimmers and meet workers will be permitted on the pool deck at any time. Other than swimmers, everyone on deck must display a deck pass. Requests for coach deck passes are input during the online entry process.

**NO FOOD OR DRINK ON DECK:** A Concession stand will be operating along with a hospitality room for the coaches and officials.

**CLERK OF COURSE:** There will be a bullpen for the Sunday sessions only (10 and under swimmers only), but no deck cards. For all sessions, a timer in each lane will verify the swimmers name from the heat sheet.

**TIME TRIALS:** There will be time trials following the Saturday and Sunday sessions. Time Trial entry fees are \$5 for individual events and \$10 for relays. Individual Time Trial entries typically close at the end of the final Breaststroke event, and Relay Time Trials close at the start of the 1000 or 1650. Swimmers are permitted to swim time trials only on their age/event-appropriate day, and for the events offered that day. The league does not support initial splits in time trial events – swim the event on the appropriate day. The time trial events will be mixed (girls and boys) and seeded by entry time.

**TIMERS:** All teams will be responsible for providing timers for both days. The number of timers each team is responsible for will be based on the number of swimmers they have entered. No team will have more than three timer assignments per day. Team assignments will occur after the entries are compiled. Each team may schedule their workers as they wish but must cover their assignments for each session. All timers starting at the meet each day should attend the timers meeting and provide their own watch. The Timers Meeting will be held 20 minutes prior to the start of each session in the hospitality room. Please provide competent timers – this is a championship meet. Inexperienced timers may be requested to find a replacement.

**OFFICIALS:** Each team should supply as many officials as possible. A minimum of one official per team per day is required. An official's Volunteer form is included in this packet (see page 10).

**OFFICIALS MEETING:** All Officials will need to report to the Officials meeting for assignment. The officials meeting will be held 45 minutes prior to the start of each session in the hospitality room.

**COACHES MEETING:** Coaches notes will be in the packets provided to the teams, and posted on the Champs web page by the entry deadline. PLEASE pay close attention to the coaches notes and share the information with your assistants and your team.

**ADDITIONAL SWIMMER CAMP:** Additional space will be available for swimmer camp in the Grover Gym. Expect several areas in the aquatic center to be marked as "No Camp". Announcements will occur in the gym to keep the swimmers informed of the event in the pool. There will be NO FOOD in the gym. Please remember we are guests of Ohio University. Treat the facility with respect, act accordingly and clean up after yourselves.

**MAILING ADDRESS FOR CHECKS:**

YMCA SEOWV SWIM LEAGUE  
c/o Alicia Gorman  
Jerry L. Garver YMCA  
6767 Refugee Rd  
Canal Winchester, OH 43110

# **SOUTHEAST OHIO / WEST VIRGINIA SWIM LEAGUE CHAMPIONSHIP**

**March 6 & 7, 2010  
MEET SCHEDULE**

## **SATURDAY, MARCH 6, 2010 – 10 & Under and Senior Events**

**9:30** The deck doors open to swimmers

**10:00** The pool opens for warm-ups

**10:15** Officials meeting in hospitality room

**10:40** Timers Meeting begins

**10:55** COMPETITION POOL CLOSSES FOR WARM-UPS

**11:00** Competition begins

Time trials begin after the 1650 Freestyle.

Projected end time is 5:30 PM.

## **SUNDAY, MARCH 7, 2010 – 11 & Over Events**

**7:30** The deck doors open to swimmers

**8:00** The pool opens for warm-ups

**8:15** Officials meeting in hospitality room

**8:40** Timers Meeting begins

**8:55** COMPETITION POOL CLOSSES FOR WARM-UPS

**9:00** Competition begins

Time trials begin after the 1000 Freestyle.

Projected end time is 5:30 PM.

**SOUTHEAST OHIO / WEST VIRGINIA  
SWIM LEAGUE CHAMPIONSHIP**

**March 6<sup>th</sup>, Saturday Session**

**ORDER OF EVENTS**

**10 & Under & Long Event Session**

| <b>GIRLS</b> |                                  | <b>BOYS</b> |
|--------------|----------------------------------|-------------|
| 101          | 13 & Over 800 Free Relay         | 102         |
| 103          | 8 & Under 100 Medley Relay       | 104         |
| 105          | 9 - 10 200 Medley Relay          | 106         |
| 107          | 13 & Over 400 Medley Relay       | 108         |
| 109          | 8 & Under 100 Free               | 110         |
| 111          | 10 & Under 200 Free              | 112         |
| 113          | 11 - 14 / 15 & Over 400 IM *     | 114         |
| 115          | 13 - 14 / 15 & Over 50 Back *    | 116         |
| 117          | 8 & Under 100 IM                 | 118         |
| 119          | 9 - 10 100 IM                    | 120         |
| 121          | 8 & Under 25 Free                | 122         |
| 123          | 9 - 10 50 Free                   | 124         |
| 125          | 11 - 14 / 15 & Over 200 Fly *    | 126         |
| 127          | 8 & Under 25 Fly                 | 128         |
| 129          | 10 & Under 50 Fly                | 130         |
| 131          | 13 - 14 / 15 & Over 50 Breast *  | 132         |
| 133          | 8 & Under 50 Free                | 134         |
| 135          | 9 - 10 100 Free                  | 136         |
| 137          | 11 - 14 / 15 & Over 200 Back *   | 138         |
| 139          | 13 - 14 / 15 & Over 50 Fly *     | 140         |
| 141          | 8 & Under 25 Back                | 142         |
| 143          | 10 & Under 50 Back               | 144         |
| 145          | 11 - 14 / 15 & Over 200 Breast * | 146         |
| 147          | 8 & Under 25 Breast              | 148         |
| 149          | 10 & Under 50 Breast             | 150         |
| 151          | 13 & Over 400 Free Relay         | 152         |
| 153          | 8 & Under 100 Free Relay         | 154         |
| 155          | 9 - 10 200 Free Relay            | 156         |
| 157          | 11 - 14 / 15 & Over 1650 Free *  | 158         |

10 & under time trials following the 1650 Free

\* Each event will be awarded and scored as **14 & Under** and **15 and Over** events. All swimmers will compete in a single event and be seeded based on entry times with all swimmers, but will be competing only for awards and points based on their entry age. Any 11-12 year olds who would be eligible to compete in the upcoming Nationals may enter the senior events not otherwise available to their age group.

**SOUTHEAST OHIO / WEST VIRGINIA  
SWIM LEAGUE CHAMPIONSHIP  
March 7<sup>th</sup>, Sunday Session**

**ORDER OF EVENTS  
11 & Over**

| <b>GIRLS</b> |                                     | <b>BOYS</b> |
|--------------|-------------------------------------|-------------|
| 201          | 11 & 12 200 Medley Relay            | 202         |
| 203          | 13 & 14 200 Medley Relay            | 204         |
| 205          | 15 & Over 200 Medley Relay          | 206         |
| 207          | 11 & 12 200 Free                    | 208         |
| 209          | 13 & 14 200 Free                    | 210         |
| 211          | 15 & Over 200 Free                  | 212         |
| 213          | 11 & 12 100 IM                      | 214         |
| 215          | 13 & 14 200 IM                      | 216         |
| 217          | 15 & Over 200 IM                    | 218         |
| 219          | 11 & 12 200 IM                      | 220         |
| 221          | 11 & 12 100 Breast                  | 222         |
| 223          | 11 & 12 50 Free                     | 224         |
| 225          | 13 & 14 50 Free                     | 226         |
| 227          | 15 & Over 50 Free                   | 228         |
| 229          | 11 & 12 50 Fly                      | 230         |
| 231          | 13 & 14 100 Fly                     | 232         |
| 233          | 15 & Over 100 Fly                   | 234         |
| 235          | 11 & 12 100 Back                    | 236         |
| 237          | 11 & 12 100 Free                    | 238         |
| 239          | 13 & 14 100 Free                    | 240         |
| 241          | 15 & Over 100 Free                  | 242         |
| 243          | 11 – 14 / 15 & Over 500 Freestyle * | 244         |
| 245          | 11 & 12 50 Back                     | 246         |
| 247          | 13 & 14 100 Back                    | 248         |
| 249          | 15 & Over 100 Back                  | 250         |
| 251          | 11 & 12 100 Fly                     | 252         |
| 253          | 11 & 12 50 Breast                   | 254         |
| 255          | 13 & 14 100 Breast                  | 256         |
| 257          | 15 & Over 100 Breast                | 258         |
| 259          | 11 & 12 200 Free Relay              | 260         |
| 261          | 13 & 14 200 Free Relay              | 262         |
| 263          | 15 & Over 200 Free Relay            | 264         |
| 265          | 11 – 14 / 15 & Over 1000 Free *     | 266         |

11 & Over time trials following the last event.

\* Each event will be awarded and scored as **14 & Under** and **15 and Over** events. All swimmers will compete in a single event and be seeded based on entry times with all swimmers, but will be competing only for awards and points based on their entry age. Any 11-12 year olds who would be eligible to compete in the upcoming Nationals may enter the senior events not otherwise available to their age group.

PAGE FOR QUALIFYING TIMES!

**SOUTHEAST OHIO / WEST VIRGINIA  
SWIM LEAGUE CHAMPIONSHIP  
March 6 & 7, 2010**

TEAM: \_\_\_\_\_ INITIALS: \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

EVENING PHONE: \_\_\_\_\_ DAY TIME PHONE: \_\_\_\_\_

# OF SWIMMERS: \_\_\_\_\_

# OF INDIVIDUAL EVENTS: \_\_\_\_\_ # OF RELAYS: \_\_\_\_\_

8 & U GIRLS \_\_\_\_\_

8 & U BOYS \_\_\_\_\_

10 & U GIRLS \_\_\_\_\_

10 & U BOYS \_\_\_\_\_

11 – 12 GIRLS \_\_\_\_\_

11 & 12 BOYS \_\_\_\_\_

13 & 14 GIRLS \_\_\_\_\_

13 & 14 BOYS \_\_\_\_\_

15 & Over GIRLS \_\_\_\_\_

15 & Over BOYS \_\_\_\_\_

SENIOR GIRLS \_\_\_\_\_

SENIOR BOYS \_\_\_\_\_

INDIVIDUAL EVENTS @ \$2.50 X \_\_\_\_\_ = \_\_\_\_\_

RELAY EVENTS @ \$6.00 X \_\_\_\_\_ = \_\_\_\_\_

TOTAL AMOUNT REMITTED: \$ \_\_\_\_\_

**MAILING ADDRESS FOR ALL CHECKS:**

[checks must be received by start date of meet or may be hand-carried to the meet]

YMCA SEOWV SWIM LEAGUE  
c/o Alicia Gorman  
Jerry L. Garver YMCA  
6767 Refugee Rd  
Canal Winchester, OH 43110

**SUBMIT** ENTRIES VIA: [www.seowvswim.org](http://www.seowvswim.org)

**FAX** THIS SUMMARY, ADDITIONAL COACHES CERTIFICATIONS AND OFFICIALS  
FORMS TO: Jon Reidler – (614) 751-1333

# SOUTHEAST OHIO / WEST VIRGINIA SWIM LEAGUE CHAMPIONSHIP

**March 6 & 7, 2010**

## LEAGUE CHAMPIONSHIPS OFFICIALS VOLUNTEER FORM

For the best possible meet each team should supply as many officials as possible. A minimum of one official per team per day is required. Complete this form and return it with your entries. Your team will not be processed without this form. Officials will be notified of their assignments at the mandatory officials meeting.

**Team Name:** \_\_\_\_\_

| Officials Name | Certification Expires On: | USA Certified / Level? | Available Saturday 10 & Under & Long Events | Available Sunday 11 & Over |
|----------------|---------------------------|------------------------|---|----------------------------|
|                |                           |                        |   |                            |
|                |                           |                        |   |                            |
|                |                           |                        |   |                            |
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