

# Miami Valley Aquatic Club

## 2009 Speedo Holiday Spirit Classic

### December 11-13, 2009

Held under the Sanction of United States Swimming, Inc. Sanction # OH3208  
(Pete Lindsay -- Coach) (Terri Shannon -- Meet Director)

#### POOL LOCATION:

Corwin M. Nixon Aquatic Center, Miami University, Oxford, Ohio.  
700 S. Oak St.  
Oxford, OH 45056  
513-529-1844

#### POOL TYPE:

- The Corwin M. Nixon pool is a 50-meter x 25-yard pool with adjacent diving well.
- The competition pool will consist of two 25-yard courses, 9 lanes each in prelims with a depth of 6 to 10 feet. Continuous warm-up and warm-down areas will be available in the diving well.
- Note: Swimmers will not be permitted in the adjacent leisure pool.

#### RULES:

- The meet will be governed by current USA-S Swimming Rules. All participants must be currently registered USA-S Athletes. There will be no USA-S registration at the meet. Age as of the first day of competition will determine eligibility for the meet. Ohio LSC swimming safety guidelines and warm-up procedures will be in effect at this meet. See the section: **Warm-ups** for description of warm-up procedures in this meet.

#### EVENTS:

- The meet will be swum in accordance with the accompanying Schedule of Events.
- The 1000-yard freestyle, Friday evening events, all relay, and 8 and under events will be TIMED FINALS.

**We reserve the right to require positive check in on Friday evening and limit events if the timeline is over four hours.**

- The remaining individual events will be PRELIMINARY and FINALS. Consolation & Championship finals will be swum for the 11-12, 13-14, and Open events. Only one Championship final heat will be swum for the 9-10 age group, if there are no shows, alternates will be placed in open lanes without reseeding.
- 9 lanes will be used for prelims and timed final events. One course of 9 lanes will be used for finals.
- All heats of the 1000-yard freestyle will be swum fast to slow following Sunday morning prelims in two courses. We reserve the right to limit the number of heats in the 1000 to 3 for each gender.

#### ENTRY RESTRICTIONS:

1. Swimmers may enter no more than three (3) individual events per day. If an entry is submitted with an individual entered in more events than this rule allows, the entry will be made by order of events starting with event #101 until the rule is satisfied. There will be no refunds.
2. Positive check-in will be required for the 1000 free on Sunday. All other events will be preseeded. The meet referee will have the authority to add or combine heats.
3. **The Meet Director reserves the right to return entries in order to control the duration of the meet. Entries will be accepted on a first come basis (SEE ENTRY DEADLINE). The Meet Director will also have the authority to add heats if time permits. The meet will be limited to 1000 swimmers. No team will be split.**
4. Late entries, e-mail, fax or phone entries will not be accepted.

**ADAPTIVE SWIMMING** - Swimmers with a disability are welcome to enter this meet. At the time of entry, the coach or person entering the swimmer must alert the Meet Director, the Ohio Adapted Chair, and the Meet Referee regarding the nature of the swimmer's disability, the swimmer's classification (if classified) and special accommodations or seeding arrangements being requested.

**ENTRY FEES:**

INDIVIDUAL EVENT = \$5.00 entry

RELAYS = \$7.00 per entry

TRAVEL FUND SURCHARGE/OHIO CHAMP MEET SURCHARGE = \$2.00 per swimmer

**DECK ENTRIES/FEES:**

Deck entries will be accepted, at the discretion of Miami Valley Aquatic Club Head Coach, Meet Director or Entry Chairperson, provided the meet is not filled. EMPTY LANES WILL BE FILLED. HEATS WILL NOT BE ADDED. Entry fee for deck entries is \$5.00 per event.

**ENTRY INFORMATION:**

1.2 Entry forms and fees should be mailed to:

Claudia Multer (513) 863-6298  
1075 Oakmont Ave.  
Hamilton, OH 45013

**Email:** [claudiam@one.net](mailto:claudiam@one.net)

2. Entries will not be accepted until midnight on Monday, Nov. 16, 2009.
3. Teams should submit entries electronically, using Hy-Tek software only.
4. *Make checks payable to: Miami Valley Aquatic Club. A check or a copy of the check request is due before your team will be able to participate. Checks may be mailed or hand carried to the meet.*

**ENTRY DEADLINE:**

- Entries will not be accepted until **MIDNIGHT on Monday, November 16th, 2009.**
- Entries will close at noon on Friday, November 20, 2009.
- **E-mail or mail the USA-S Membership Meet Entry Form to [claudiam@one.net](mailto:claudiam@one.net).**
- A Hy-Tek team manager file with updated times may be submitted no later than Monday, Dec. 7, 2009 at 12 pm.
- E-mail your list of officials to Bill Houk [hoktw@muohio.edu](mailto:hoktw@muohio.edu) by Dec. 1, 2009.
- **No entries** will be accepted after the entry deadline.
- A psych sheet will be posted on the Miami Valley Aquatic Club website after the close date of entries, Friday November 27, 2009. [www.swimmakos.com](http://www.swimmakos.com).

**FINAL RESULTS:**

Final results will be posted on the Miami Valley Aquatic Club website. [www.swimmakos.com](http://www.swimmakos.com)

**SCRATCH RULE:**

Scratching from finals will be allowed in accordance with current OSI Handbook Section 9. A swimmer who fails to appear for a consolation or championship final race in which he/she qualified without scratching shall be charged a fine of \$50 if the event is the swimmers' last event of the meet. The \$50 penalty fee should be charged to the swimmers' club or to the swimmer themselves in the event that they are unattached. This penalty fee should be paid to the host club within 14 days of the conclusion of the meet.

**AWARDS:**

- Individual Events Medals 1<sup>st</sup> - 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> - 18<sup>th</sup> place
- Relays; Medals 1<sup>st</sup> - 3<sup>rd</sup> place
- High point awards for 8 and under, 9-10, 11-12, 13-14 and open events will be awarded. These awards will be made to the swimmer in each age-group with the most points regardless in what age group their points were earned.

- **TIMERS:**  
**Because we conduct competition in two pools, we will require that each team with 10 or more athletes provide (2) timers per session, possibly including the final sessions (although we hope to not need volunteers for the finals).** A list of assignments will be provided prior to the meet based upon team size. Timers will need to sign in at the timer check-in table in the concourse and report to the Head Timer 45 minutes prior to the beginning of each preliminary session in the wet classroom downstairs.

**SCORING:**

Individual events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1.

**SCHEDULE:**

**Friday Evening (all other) Events:**

For swimmers in the 10 & over age groups

WARM-UPS: 5:00 PM

TIMED FINALS: 6:05 PM

**We reserve the right to require positive check in on Friday evening if the timeline is over four hours.**

**Saturday & Sunday Events:**

**Morning Session (13-14, Open Events)**

WARM-UPS: 6:45 AM

PRELIMS BEGIN: 8:05 AM

**Afternoon Session (11-12; 9-10; 8 and unders)**

Warm-ups no sooner than 12:00 PM (noon)

PRELIMS: (9&10 – 11 & 12) TBA

TIMED FINALS: (8&U)

**Saturday FINALS SESSIONS**

**9 & Over events**

WARM-UPS: 5:30 PM

FINALS: 6:30 PM

**Sunday FINALS SESSIONS**

**9 & Over events**

WARM-UPS: 5:00 PM

FINALS: 6:00 PM

**There is only one championship heat at night for the 9-10 age group events.**

Warm-up session assignments will be provided in the coaches' packets and also be posted on the Makos website.

**REGISTRATION:**

Each competing Club's coach must be present and have current USA-S Coaches' Registration available to show the Meet Referee. Teams, regardless of size, are required to register coach/sponsor's name with the meet referee before swimmers will be allowed to begin warm-up. At that time, current coaches' registration must be shown. Unattached swimmers not practicing with a competing club must have the name of a certified coach registered with the Meet Director and Referee before he/she will be allowed to compete.

**WARM-UPS:**

Swimmers must enter the water feet first from the edge of the pool with one hand in contact with the deck. Teams will be assigned warm-up lanes prior to the meet. Check the website for assignments.

**MEET MARSHALS:**

Marshals have authority through the Meet Director to control warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

**DIRECTIONS:**

Maps available on the Miami Valley Aquatic Club website. [www.swimmakos.com](http://www.swimmakos.com)

**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 multi exit pass for the parking garage located adjacent to the RSC. The cost is \$8.00 for 10 exits. Check the Mako website ([www.swimmakos.com](http://www.swimmakos.com)) for any other parking information.

**CLERK OF COURSE/SWIMMER CONDUCT:**

- There will be a clerk of course for the sessions for swimmers 8 & under. Swimmers 9 & over should report directly to the starting blocks for their events.
- All swimmers are expected to conduct themselves in an appropriate manner. It is the responsibility of all parents to ensure all minor participants/spectators are well behaved and under supervision at all times. Any swimmer acting in an inappropriate manner will be reported to their coach. If the swimmer is reported a second time, they will be banned from participating for the remainder of the meet.

**CONCESSIONS/FACILITIES:**

- Natatorium concessions are available to everyone. Hospitality for coaches and workers will be available in the Wet Classroom, adjacent to the pool entrance.
- ABSOLUTELY NO SMOKING IS ALLOWED ON THE MIAMI UNIVERSITY CAMPUS.
- SwimvilleUSA Swim Shop will be available at the meet.

**MEET OFFICIALS:**

The Miami Valley Aquatic Club will need the help of your USA-S Swimming Officials. Please provide the names of your officials via e-mail to Bill Houk [houktw@muohio.edu](mailto:houktw@muohio.edu) by Dec. 1, 2009.

**Toys For Tots: PLEASE NOTE!!!**

This meet is named the “Holiday Spirit Classic” with the intent of reminding all participants to think about the spirit of giving during the holiday season. In promoting this spirit, each swimmer is asked to bring one unwrapped, new toy, which will be collected at the meet in marked barrels and given to a less fortunate child via the Toys for Tots program. The Makos Team asks that all coaches communicate this request to all swimmers and parents in their program with the goal of collecting hundreds of toys at this meet which will later be wrapped and distributed to the under privileged children in the area. Thanks, in advance, for your help in this worthwhile cause. Over the past several years, swimmers have made this effort very successful.

**USE OF RECREATIONAL SPORT CENTER:**

Use of any portion of the Recreational Sports Center by parents, athletes, and siblings while not involved in the meet is available for a \$7.00 a day for adults and \$5.00 a day charge for children ages 2-12 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 adults (over 18 years of age) use only.

Facility Hours\*\*

Friday	6am -11:00pm
Saturday	8am -11:00pm
Sunday	10am -11:00pm

Leisure Pool Hours\*\*

Friday	7am - 11:00pm
Saturday	8am - 11:00pm
Sunday	10am – 11:00pm

\*\* Children 12 and under must be accompanied in all facility areas by an adult. Youth 13 – 18 years old are required to have a parent purchase the youth’s pass.

Call (513) 529-8181 for additional information.

**Meet Staff**

Meet Director:	Terri Shannon	(513) 529-8154	E-mail: <a href="mailto:shannot1@muohio.edu">shannot1@muohio.edu</a>
Entry Chair:	Claudia Multer	(513) 863-6298	E-mail: <a href="mailto:claudiam@one.net">claudiam@one.net</a>
Site Managers:	John Mihevic	(513) 529-8155	E-mail: <a href="mailto:mihevj@muohio.edu">mihevj@muohio.edu</a>
	Terri Shannon		



USAS Membership Meet Entry Form  
Meet Name: 2009 Speedo Holiday Spirit Classic  
Location: Corwin M. Nixon Aquatic Center  
Date: December 11-13, 2009  
Sanction OH3208

Please email or mail this form to entry chair

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this swim meet are currently member athletes of United States Swimming Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA-S.

Team: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Title: \_\_\_\_\_ Date: \_\_\_\_\_

**Miami Valley Aquatic Club**  
**Speedo Holiday Spirit Classic**  
**Schedule of Events**

**Friday Evening**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
101	Senior 400 IM	102
103	13 -14 400 IM	104
105	10 & Under 200 IM	106
107	11-12 200 IM	108
109	10 & under 200 Free	110
111	11-12 500 Freestyle	112
113	13-14 500 Freestyle	114
115	Open 500 Freestyle	116

**Saturday Morning**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
201	13-14 200 Free Relay	202
203	Open 200 Free Relay	204
205	13 - 14 200 Back	206
207	Open 200 Back	208
209	13-14 100 Fly	210
211	Open 100 Fly	212
213	13-14 200 Free	214
215	Open 200 Free	216
217	13-14 200 Breast	218
219	Open 200 Breast	220
221	13 - 14 50 Free	222
223	Open 50 Free	224

**Sunday Morning**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
301	13-14 200 Medley Relay	302
303	Open 200 Medley Relay	304
305	13-14 200 Fly	306
307	Open 200 Fly	308
309	13 & 14 100 Breast	310
311	Open 100 Breast	312
313	13 & 14 200 IM	314
315	Open 200 IM	316
317	13 & 14 100 Free	318
319	Open 100 Free	320
321	13 & 14 100 Back	322
323	Open 100 Back	324
325	Open 1000 Free	326

**Saturday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
225	8 & U 100 Free Relay	226
227	9 & 10 200 Free Relay	228
229	11-12 200 Free Relay	230
231	9-10 100 Back	232
233	11-12 50 Back	234
235	8 & under 25 Back	236
237	9-10 100 Fly	238
239	11-12 100 Fly	240
241	8 & under 25 Fly	242
243	9-10 50 Free	244
245	11-12 200 Free	246
247	8 & under 25 Free	248
249	9-10 50 Breast	250
251	11-12 50 Breast	252
253	8 & under 25 Breast	254
255	11-12 50 Free	256

**Sunday Afternoon**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
327	8 & Under 100 Med Relay	328
329	9 & 10 200 Medley Relay	330
331	11-12 200 Medley Relay	332
333	8 & Under 50 Fly	334
335	9 & 10 50 Fly	336
337	11-12 50 Fly	338
339	8 & Under 50 Breast	340
341	9 & 10 100 Breast	342
343	11-12 100 Breast	344
345	8 & Under 100 IM	346
347	9 & 10 100 IM	348
349	11-12 100 IM	350
351	8 & Under 50 Free	352
353	9 & 10 100 Free	354
355	11-12 100 Free	356
357	8 & Under 50 Back	358
359	9 & 10 50 Back	360
361	11-12 100 Back	362

**Miami Valley Aquatic Club  
Speedo Holiday Spirit Classic  
Schedule of Events For Finals**

<u>Saturday Evening</u>			<u>Sunday Evening</u>		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
231	9-10 100 Back	232	335	9-10 50 Fly	336
233	11-12 50 Back	234	337	11-12 50 Fly	338
205	13 - 14 200 Back	206	305	13-14 200 Fly	306
207	Open 200 Back	208	307	Open 200 Fly	308
237	9-10 100 Fly	238	341	9-10 100 Breast	342
239	11-12 100 Fly	240	343	11-12 100 Breast	344
209	13-14 100 Fly	210	309	13 & 14 100 Breast	310
211	Open 100 Fly	212	311	Open 100 Breast	312
243	9-10 50 Free	244	347	9-100 100 IM	348
245	11-12 200 Free	246	349	11-12 100 IM	350
213	13-14 200 Free	214	313	13 & 14 200 IM	314
215	Open 200 Free	216	315	Open 200 IM	316
249	9-10 50 Breast	250	353	9-10 100 Free	354
251	11-12 50 Breast	252	355	11-12 100 Free	346
217	13-14 200 Breast	218	317	13 & 14 100 Free	318
219	Open 200 Breast	220	319	Open 100 Free	320
255	11-12 50 Free	256	359	9-10 50 Back	360
221	13 - 14 50 Free	222	361	11-12 100 Back	362
223	Open 50 Free	224	321	13 & 14 100 Back	322
			323	Open 100 Back	324

## Oxford Area Hotel Guide

### Oxford Area Lodging

Baymont Inn and Suites	5190 College Corner Pike	(513) 523-2722
Barker's Bed & Breakfast	5815 Brown Road	(513) 523-1107
Best Western Sycamore Inn	6 E. Sycamore	(513) 523-0000
Hampton Inn	5056 College Corner Pike	(513) 524-0114
Hueston Woods Resort	RR 1, College Corner	(513) 664-3500
Marcum Conference Center & Inn	100 N. Patterson	(513) 529-2104
Elms Hotel/Holiday Inn	75S Main St.	(513) 524-2002

### Hamilton Area Lodging

Hampton Inn Northwest/Fairfield	430 Kold Dr.	(513) 942-3440
Holiday Inn Express	6755 Fairfield Business Center	(513) 860-2900
Manchester Inn (Middletown)	1027 Manchester Ave.	(513) 422-5481
Courtyard by Marriott ( <b>Hamilton</b> )	1 Riverfront Plaza,	(513) 896-9463

## Oxford Area Restaurants

### Full Service Restaurants

Bob Evans  
5076 College Corner Pike, Oxford OH (513) 523-8866  
A family restaurant

Brick Street  
36 E. High St., Oxford OH (513) 523-1335  
Rated "Playboy's Top 100 Bars"

El Burrito Loca  
120 S. Locust St., Oxford, OH (513) 523-6639

Kona Bistro & Coffee Bar  
31 W. High St., Oxford OH (513) 523-0686  
Big city dining with small town prices

La Bodega Delicatessen  
11 W. High St., Oxford OH (513) 523-1338  
Contemporary deli-box lunches

Paesano's Pasta House  
308 S. Campus Ave. Oxford, (513) 524-9100

Skippers Pub  
121 E. High St., Oxford OH (513) 523-0066  
Great food, service & prices

45 East Bar & Grill  
45 E. High St., Oxford OH (513) 523-3737  
Great food, sports TV, and late-night entertainment!

Buffalo Wild Wings  
10 E. Walnut St., Oxford OH (513) 524-2999  
Food, sports & fun

Fiesta Charra  
19 W. High St., Oxford OH (513) 524-3114  
Mexican cuisine

Mac & Joe's  
21 E. High St., Oxford OH (513) 523-8018  
Oxford's oldest tavern est. 1946

Phan Shin Chinese & Thai

104 W. High St., Oxford OH (513) 523-1020

Stadium Sports Bar & Grille  
16 S. Poplar St., Oxford OH (513) 523-4661  
7 TVs, beer garden, food & fun

Steinkeller  
15 E. High St. (Basement), Oxford OH (513) 524-2437  
A German eatery & pub

Varsity Bar & Grill  
13 W. High St., Oxford OH (513) 523-0018  
2 sports bars, great food and games

Pachinko Bar & Grill  
11 S. Main St., Oxford OH (513) 523-0048

Qdoba Mexican Grill  
9 W. High St., Oxford O (513) 523-0869  
Mexican cuisine

The Smokin' Ox  
12 East Park Place, Oxford OH (513) 524-4BBQ  
Barbecue & Beer

### Fast Food

Arbys of Oxford  
2 Lynn St., Oxford OH (513) 523-3040

Bagel and Deli Shop  
119 E. High St., Oxford OH (513) 523-2131

Great Steak & Potato Co.  
17A High St., Oxford OH (513) 523-4805

Jimmy Johns  
23 E. High St., Oxford OH (513) 524-2424

McDonalds  
601 S. Locust St., Oxford OH (513) 523-8933

Skyline Chili  
1 E. High St., Oxford OH (513) 523-3330

Taco Bell  
36 Lynn St., Oxford OH (513) 523-0070

Wendys Old Fashioned Hamburgers  
College Corner Pike, Oxford OH (513) 523-1116

Johnnys Campus Deli  
209 E. Sycamore St., Oxford OH (513) 523-1123

Subway  
17 E. High St., Oxford OH (513) 523-7827

## **Pizza**

Brunos Pizza  
14 W. Park Place & 31 E. High St., Oxford OH (513) 523-2266

Dominos Pizza  
5156 College Corner Pike, Oxford OH (513) 524-6262

La Rosas Pizzeria  
21 Lynn St., Oxford OH (877) 347-1111

Papa Johns Pizza - Oxford  
619 S. Locust St., Oxford OH (513) 523-9991

Pizza Hut  
135 Lynn St., Oxford OH (513) 523-2184

SDS Pizza & Subs  
7 E. Chestnut St., Oxford OH (513) 523-1234

## **Coffee, Bakeries, and Sweets**

Patterson's Café  
Stewart Square, Oxford OH (513) 523-0770

Starbucks  
19 E. High St., Oxford OH (513) 523-7200

Cold Stone Creamery  
9 W. High St., Oxford OH (513) 523-4540  
Cakes, pies & ice cream; call or stop in for a good ice cream  
experience!