



Ohio Swimming, Inc.

**2009 Long Course
Junior Olympic Championship
and Time Trials**

Meet Information

**July 16 – 19, 2009
Oxford, Ohio**

2009 Ohio Long Course Junior Olympic Championships

Event Information

July 16-19, 2009
Miami University Corwin M. Nixon Aquatic Center
Oxford, Ohio

Sanctioned by USA Swimming through Ohio Swimming

This information is available on-line at swimohio.com and swimmakos.com

Important Facts About the Meet

- The competition is governed by the Age Group Committee of Ohio Swimming, Inc.
- Entry Deadline: Monday, July 13, 2009 at 5:00 P.M. All paperwork and entry fees must be postmarked by Tuesday, July 14, 2009.
- Time Standards - All entries must be equal to or faster than the 2009 Long Course Junior Olympic Time Standards in Appendix A, or the 2009 Short Course Time Standards on the OSI website.
- Entry times shall be in long course meters (L), achieved since January 1, 2008. You may also enter in Short Course Yards (Y) as long as the entry time meets or exceeds the 2009 Short Course Junior Olympic Time Standard. No Converted Times will be accepted.
- Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- Events will be seeded in Long Course Meter (L), Short Course Yard (Y) order.
- There is no Admission Charge for Ohio LSC Championship Meets.
- Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. USA Swimming Rules and Regulations will govern the conduct of these championships.
- No swimmer will be allowed on deck without a coach member present. If home club coach is not planning to attend event, swimmer must be assigned a supervising coach (per USA Swimming Rule 202.3.2). If a swimmer arrives without a coach, he/she must find a willing coach at the facility to be able to participate in warm-up or competition.
- Any team or unattached swimmer with unpaid entry fees at the beginning of the meet will not be allowed to compete.
- Accommodations for persons with disabilities may be arranged with advance notice.

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Meet Administration

Facility Address: 700 S. Oak St.

Facility Name: Miami University Corwin M. Nixon Aquatic Center
City, State, Zip: Oxford, Ohio 45056
Telephone Number: (513) 529-1844

Meet Referee:

Name: Bill Houk
Address: 6 Bull Run Drive
City, State, Zip: Oxford, OH 45056
Telephone Number: (513) 523-3080
e-mail address: houktw@muohio.edu

Meet Director

Name: Terri Shannon
Address: 700 S. Oak St.
City, State, Zip Oxford, Ohio 45056
Telephone Number: (513) 529-8154
e-mail address: shannot1@muohio.edu

Local Officials Coordinator

Name: Bill Houk
Address: 6 Bull Run Drive
City, State, Zip : Oxford, OH 45056
Telephone Number: (513) 523-3080
e-mail address: houktw@muohio.edu

Entry Chair

Name: Claudia Multer
Address: 1075 Oakmont Ave.
City, State, Zip: Hamilton, Ohio 45013
Telephone Number
e-mail address: claudiam@one.net

Meeting Schedule

Friday, July 17, 2009
General/Coaches Meeting 8:15 AM

Officials Meetings

Thursday, July 16, 2009 11:45 AM
Friday, July 17, 2009 7:30 AM

All subsequent officials' briefing will be held 45 minutes prior to the start of each session

Age Group Committee Commission Representative

Name: Brent Peaden
Address
City, State, Zip
Telephone Number: 937-901-9146
e-mail address : bpeaden@woh.rr.com

Age Group Committee Chair

Chip Carrigan
710 Miami Avenue
Terrace Park, OH 45174-1223
(513) 831-5211 work
(513) 831-8294 home
carrigan@fuse.net

Meet Committee

- Age Group – Dave Back
- Meet Director – Terri Shannon
- Meet Referee – Bill Houk
- Coach – Jason Roberts
- Athlete – Mason Davis

Officials

All USA Swimming certified officials willing to volunteer should fill out and submit the Application to Officiate found in the meet information on the [Ohio Swimming Website](#) or the [MVAC website](#)

We anticipate that this meet will be an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications. Officials wishing to be evaluated should submit a [Request for Evaluation](#) form available on the Ohio Swimming or [MVAC](#) website.

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 observation 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](#) website, the Volunteers Section under Officials Certification.

Δ Fastest to Slowest, Alternating Girls/Boys
Time Final – Fastest 1 Heat at Night
Time Final – Fastest 2 Heats at Night

General Information (Continued)

Directions to the Pool

From Cincinnati: Take Rt. 27 north from I-275 (on the west side of I-75). Take left on Chestnut Street; right on Oak Street. Facility is on left. Parking is in front. Approximate driving time: 45 minutes
From Dayton: Take I-75 south to Rt. 73 west. Take left on Patterson Street; right on Spring Street; left on Oak Street. Facility is on right. Approximate driving time: 1 hour, 15 minutes.

Hotel Information:

Amierhost Inn and Suites
5190 College Corner Pike
(513) 523-2722

Hampton Inn
5056 College Corner Pike
(513) 524-0114

Marcum Conference Center and Inn
100 N. Patterson Ave,
(513) 529-2104

Barker's Bed and Breakfast
5815 Brown Rd.
(513) 523-1107

Best Western Sycamore Inn
6 E. Sycamore St.
(513) 523-0000

Hueston Woods Resort
RR 2, College Corner
(513) 664-3500

Elms Hotel/ Holiday Inn
75 S. Main St.
(513) 524-2002

Holiday Inn Express (Fairfield)
6755 Fairfield Business Ctr.

(513) 860-2900

Manchester Inn (Middletown)
1027 Manchester Ave.
(513) 422-5481

Information/Lost & Found

An Information/Lost & Found booth will be available in the Aquatic Vestibule.

Lockers

Day lockers will be available for use at the Aquatics Center for use by athletes, coaches and officials. Overnight use is prohibited.

ACCIDENT/INCIDENTS – 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.

HOSPITAL - 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 number is 523-2111.**

Parking

Parking will be available in university parking lots near to the Recreational Sports Center except in the main parking areas on Oak and Spring Street. You will need to pay to park at any metered space, and you must park legally. The parking garage is open and will offer a multiple day pass for \$10.00. Present ticket at the Pro Shop. Please observe all fire lane and parking restrictions.

Concessions

Concessions will be available for spectators in the concourse at the Recreational Sports Center

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the Wet Classroom adjacent to the pool.

Site information

The Miami University Aquatic Center features a 50 meter x 25 yard pool with eight championship nine foot wide lanes. There is an adjacent diving well with four 25 yard lanes available for continuous warm up and warm down. Electronic timing and video facilities are by Colorado Timing Systems, Colorado Olympex scoreboard and videoboard. There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the finish end of the pool.

- No coolers or glass containers are permitted in the facility.
- Swimmers are not permitted to take food onto the pool deck.
- A food and drink concession is available for your convenience inside the Natatorium.
- Pannell Swim Shop will also be available for your swim equipment needs.
- No alcohol or tobacco shall be consumed in the venue.

Use of any portion of the Recreational Sports Center by parents, athletes, and siblings while not involved in the meet is available for a \$6.00 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.

About the Facility

Enter information about the Aquatics Center

Team Banners

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.

Entering the Meet

Entry Rules - General

- All contestants must be registered athletes of Ohio Swimming, Inc. and entries must contain their USA Swimming number. "Pending" will not be accepted.
- Any Ohio LSC swimmer, 14 years and under, with a time equal to or faster than the Ohio Long Course Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A).
- By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations.
- 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 Junior Olympic Championship meet.
- There shall be No Deck Entries at the Championship Meet. There will be no exception to the no deck entry policy except as:
EXCEPTION A: A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events.
EXCEPTION B: A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 12 hours before the scheduled beginning of the event, provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per event) to host club.

Entry Rules – Individual Events

- Swimmers may swim a maximum of three individual events per day, plus relays.
- Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays
- Only 50 meter (L) or 25 yard (Y) times achieved since [January 1, 2008](#) will be accepted.
- All Entries must be equal to or faster than the Long Course Junior Olympic Time Standards, as listed in Appendix A. You may also enter in Short Course Yards (Y) as long as the entry time meets or exceeds the [2009](#) Short Course Junior Olympic Time Standard.
- Age on the first day of the meet will determine the age group in which a swimmer is entered.
- A swimmer whose birthday occurs between the start of the Ohio LC Regional Champs and the start of the Long Course Junior Olympic meet, may enter 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 at the **cut time** for the older age group. The swimmer may also enter the **next** longer event (200, 400, or 1500) for which they had the cut times in the younger age group, but the event was not offered in the younger age group.

Entry Rules – Relay Events

- All Relay entries must be equal to or faster than the Long Course Junior Olympic Time Standards, as listed in Appendix A.
- Only 3 Relays per team may be entered per event.
- Any swimmer may swim any stroke. Relays may be declared at the meet, but they must be limited to swimmers entered in the meet.
- A swimmer competing unattached may not be a member of a relay team.

Entry Procedures

- Teams should enter the meet using Hy-tek Team Manager. The Hy-tek Team Manager Event File can be downloaded from the meet host site www.swimmakos.com, or from Ohio Swimming's website www.swimohio.com
- Team Manager Entry File should be sent via e-mail to the Entry Chair by the Entry Deadline.
- The following **must** be sent to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline:
 - Hardcopy printout of entries from Hy-tek Team Manager with Proof-Of-Times (POT) listed (see POT procedures below)
 - Membership Verification & Entry Summary Sheet (Appendix B)
 - Check for the Total Entry Fees payable to (insert host club).
- Outreach Teams or Unattached Swimmers only may enter manually using Form in Appendix C contained in this document.

Entry Fees

- Individual Events - \$7.00 per entry
- Relay Events - \$10.00 per entry
- Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)
- Time Trials – same as Ind/Relay Events above

Proof-of-Times Procedures

- Ohio Swimming requires all entries times into the Junior Olympics to be pre-proven.
- In Hy-tek Team Manager, using the following:
 - [Meets] [Reports] [Other Options], checkmark “include Proof of Time”.
- All entry times will be verified by the OSI Registration Chair through USA Swimming's SWIMS database.
- Teams will be notified of “unproven times”, and posted on Ohio Swimming's website at www.swimohio.com. Teams must submit proof to the meet Entry Chair/Administrative Referee at the meet.
- Unproven Times – Any Team that fails to submit written proof for an “unproven time” within 72 hours following the meet will be subject to a \$100.00 fine per event. Teams with unpaid fines will not be allowed bid on meets or enter Championships.

Swimmers with a Disability are Welcome to Enter

Ohio Swimming Meets: For Ohio Swimming Championship meets, swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships. 1) Provide advance notice of any necessary accommodations; 2) List in the email with the Hy-Tek entry (or on paper) the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded.

Championship Procedures

Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

Membership Requirement

All swimmers, coaches, and officials should be prepared to show a current USA Swimming membership card.

Coaches must be able to provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents. All meet directors, referees, starters, marshals and stroke and turn judges serving in an official capacity in a sanctioned event must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

Warm-Up and Safety

The meet host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and 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.

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.

Below are listed the Warm-up procedures that are to be used for the OSI championship meets.

TEAM SPECIFIC WARM-UP PROCEDURES

- a. Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.
- b. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.
- c. If coaches in a lane can not 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.
- d. 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.
- e. 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 as equal as possible.
- f. 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.

Safety Guidelines

1. Coaches' Responsibilities. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - a. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
 - b. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - c. Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.
2. Host Team Responsibilities
 - a. Marshaling
 1. 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.
 2. Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.
 3. In addition to four (4) Marshal's 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.
 - a. Host team shall provide signs for each lane at both ends of the pool which indicate the designated use during the warm-up session.
 - b. Warm-up times and lane assignments shall be posted at several locations around the pool area, announced periodically and on a regular basis.
 - c. 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.
 - d. Host team must supply a certified lifeguard on duty at all times.
3. Miscellaneous
 - a. 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.
 - b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - c. 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.
 - d. Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.

Championship Procedures

Seeding

For these Championships, the seeding order is

1. Long Course Meters (L)
2. Short Course Yards (Y)

Protest Procedures

All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.

Scratch Procedures

Pre-seeded Preliminary Events - 200 meter and below: Any swimmer not appearing for a preliminary heat when finals are scheduled shall not be penalized. Any swimmer not appearing for a timed final event shall not be penalized. Any relay team that fails to appear for a pre-seeded relay event shall not be penalized.

Ohio Swimming follows USA Swimming's Championship Scratch Procedures as stated in 207.12.10 of USA Swimming Rules and Regulations for all events 400 Meters and longer.

Timed Final Events – 200 Meters and above: The scratch deadline for these events is as follows:

<u>Day</u>	<u>Event Name</u>	<u>Scratch Deadline</u>
Thursday	All Events	15 minutes following beginning of warm-ups
Friday	10&U 200 IM 13-14 400 IM	15 minutes after start of prelims on Friday
Saturday	13-14 400 Free	15 minutes after the start of prelims on Saturday

Penalty for failure to compete 400 Yards & above:
Swimmer will be barred from his/her next individual event.

Scratching from Finals:

1. 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 paragraph B. A declared false start under 102.14.5F or deliberate delay of meet under 102.14.7A is not permitted and will be regarded as a failure to compete.
2. 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.
3. 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.

4. If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).
5. Failure to scratch consolation or championship finals according to the rules above shall result in a \$25.00 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.

Exception for Failure to compete – No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
2. 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.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Relays and Relay Check-In Procedures

1. All relays are conducted on a timed final basis and are swum during prelims. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she 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 Clerk of Course for tabulation by the scratch deadline. However, relay order may be changed up to the time of the swim.

2. Relay Forms – Deadlines

<u>Day</u>	<u>Event Name</u>	<u>Deadline</u>
Thursday	800 Free Relay	3:00 PM Thursday
Friday	All Relays	30 minutes after the start of warm-ups on Friday morning
Saturday	All Relays	30 minutes after the start of Friday Finals

Championship Procedures

Finals Session Event Order

The order of the final events shall be the same as preliminary Sessions, with the following exceptions:

- On Saturday, the Top 2 Heats of 13-14 400 Freestyle will be swum after the Freestyle Relays.

Scoring

- Individual Events:
20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
- Relay Events:
40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
- **Special note on scoring:** 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 final heat. Swimmers or relays who fail to make the State qualifier time standard in either prelims or finals are still eligible to score points or receive awards.

Awards

- Individual Events:
 - Medals – Top 8 places.
 - Custom Ribbons – Places 9-16
- Relay Events:
 - Medals – Top 3 places
 - Custom Ribbons – Places 4 – 8
- Outstanding Swimmer – An Outstanding Swimmer Award will be awarded for each gender to the swimmer who achieves the highest total of Hy-Tek Age Group Power Points. In case of a tie, both swimmers will be awarded.
- Individual High Point Plaques – High point plaques will be awarded for each gender and age group who achieves the highest total points.
- Team High point plaques – High point plaques will be awarded for each gender and age group which achieves the highest total points.
- Team trophies – Trophies will be presented to the top three teams in each division.
- Combined team trophies – A single trophy for large team and a single trophy for small team division will be awarded to the teams with the greatest combined scores at the Seniors and Age-Group Championship meets. These trophies will be presented at the Fall Ohio LSC House of Delegates meeting.

Large Team – Small Team Definition

- To determine a small team, divide the total number of 9-14 year old registered athletes as of July 1st. Divide by the number of teams with 9-14 year old athletes eliminating any remainder. Teams with athletes equal to or less than this number will be designated as small teams.

Results

- Results will be posted to the meet website following each prelim and final session at www.swim-makos.com

www.swim-makos.com

- Final Results, Team Manager Results file, and Meet Manager Backup file will be posted to the meet website at www.swim-makos.com on Monday morning, July 20, 2009.

Time Trials

- Time Trials will be conducted following the preliminary sessions on Friday, Saturday, and Sunday sessions.
- Signups for Time Trials each day will close one hour prior to the end of each preliminary session.
- Time Trials are limited to individuals attempting to achieve a published National Cut (Zone, Sectional, Junior National, US Open Senior National, and Olympic Trial). 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 has full discretion to review Time Trial entries.
- The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines.
- Swimmers are limited to three individual events per day, including Time Trials. A declared false start in counted as one of these three individual events per day.
- Time Trials are open to non-meet participants who are registered athletes of Ohio Swimming, Inc. You **must show** your current USA Registration card at the time of sign-up for Time Trials.

OHIO SWIMMING
2009 Long Course Junior Olympics
TIME STANDARDS

2009

GIRLS			BOYS			
13-14	11-12	10 & Under	Event	10 & Under	11-12	13-14
29.99	31.19	34.79	50 Free	35.89	31.49	28.19
1:04.79	1:07.89	1:17.29	100 Free	1:19.49	1:08.79	1:01.79
2:20.59	2:27.19	2:51.19	200 Free	2:54.19	2:28.69	2:14.79
4:57.69	5:14.99		400 Free		5:15.49	4:46.29
20:10.59			1500 Free			19:16.79
	37.09	41.69	50 Back	43.09	36.99	
1:15.09	1:19.69	1:31.09	100 Back	1:34.29	1:20.69	1:12.29
2:40.29			200 Back			2:36.19
	41.49	47.49	50 Breast	49.69	42.19	
1:25.49	1:30.99	1:44.59	100 Breast	1:47.19	1:32.79	1:22.19
3:03.99			200 Breast			2:59.89
	34.29	39.49	50 Fly	41.69	35.89	
1:12.89	1:18.99	1:36.89	100 Fly	1:39.59	1:22.29	1:09.49
2:48.59			200 Fly			2:39.79
2:39.99	2:49.79	3:15.09	200 IM	3:18.59	2:54.39	2:30.99
5:40.69			400 IM			5:28.89
2:08.99	2:17.99	2:41.99	200 Free Relay	2:42.99	2:24.99	2:03.99
4:45.99	5:04.99		400 Free Relay		5:16.99	4:32.99
10:37.99			800 Free Relay			10:39.99
2:27.99	2:36.99	3:11.99	200 Medley Relay	3:04.99	2:41.99	2:22.99
5:15.99	5:51.99		400 Medley Relay		6:00.99	5:03.99

- Acceptable times for Long Course Junior Olympics are (since January 1, 2008):
 Long Course Meters (L), and Short Course Yards (Y), and seeded in (LY) order.
 You may enter in Yard (Y) times as long as long as it meets the 2009 Short Course Time Standards.

Entries limited to 7 Individual Events.

Meet: **Ohio LC Junior Olympics**

Date: **July 16-18, 2009**

Club: _____

Coach: _____

Phone: _____

E-Mail: _____

Event#

Qualifying Time

200 Free Relay

A: _____

B: _____

C: _____

Event#

Qualifying Time

400 Free Relay

A: _____

B: _____

C: _____

Event#

Qualifying Time

800 Free Relay

A: _____

B: _____

C: _____

Event#

Qualifying Time

200 Medley Relay

A: _____

B: _____

C: _____

Event#

Qualifying Time

200 Medley Relay

A: _____

B: _____

C: _____

Appendix C

			Friday				Saturday				Sunday			
Circle: Boys Girls 10&U 11-12 13-14	Event													
	Number													
Qualifying Time														
1.	Age:													
USA#														
2.	Age:													
USA#														
3.	Age:													
USA#														
4.	Age:													
USA#														
5.	Age:													
USA#														
6.	Age:													
USA#														
7.	Age:													
USA#														
8.	Age:													
USA#														

ENTER MEET IN: METER TIMES (L) OR YARDS (Y)

NUMBER OF INDIVIDUAL EVENTS: _____ NUMBER OF RELAY EVENTS: _____

Note: This form may only be used by Unattached or Outreach Swimmers.