

2011 Ohio Senior Circuit Meet
Meet Sanction OH 3402

SPONSORED BY	Ohio Swimming, Inc. Senior Committee and Miami Valley Aquatic Club.
DATE	May 20-22, 2011
PLACE	Friday PM Timed Finals
TIME	Warm Up -5:30 – 6:45 p.m. Start – 7:00 p.m. Saturday & Sunday AM Prelims Warm Up – 8:30 – 9:45 a.m. Start – 10:00 a.m. Saturday Finals Warm-up 4:00 – 5:20 p.m. – Finals 5:30 p.m. Sunday Finals Warm-up 2:30 – 3:20 p.m. – Finals 3:30 PM
MEET DIRECTOR ENTRY CHAIR	Terri Shannon Email: shannot1@muohio.edu (513) 529-8154 Claudia Multer 1075 Oakmont Ave. Hamilton, Ohio 45013 Email: claudiam@one.net , (513) 863-6298
FACILITIES	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. The competition course has been certified in accordance with 104.2.2C(4)(C). Where a moveable bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved. Note: Swimmers will not be permitted in the adjacent leisure pool.
DIRECTIONS	Maps available on the Miami Valley Aquatic Club website. (www.swimmakos.com)
PARKING	Event parking will be available in the parking garage located next to the Recreational Sports Center. A multiple day pass will be sold for \$8.00. These passes are available on a cash only basis. There is limited street parking around the Rec Center. You will need to pay any meters, and you must park in a legal parking space. Check the website for any other parking information www.swimmakos.com .
MEET FORMAT	Friday night session will be timed finals. Saturday and Sunday sessions will consist of preliminary sessions for all swimmers with a final session in those evenings consisting of; Bonus, Consolation and Championship heats for all events except those which are marked as timed final events. Relays are timed finals and only the top 16 seeded times will swim at night. Eight (8) lanes will be used for finals/consolation/bonus heats and timed final events swum in the evening.
PHILOSOPHY OF THE MEET	The Ohio Senior Circuit's intent is to promote excellence within the ranks of Ohio Swimming and elsewhere. The purpose is to provide a venue for those swimmers aspiring to attain Sectional and National qualifying times, but also to give all Senior swimmers within Ohio the opportunity to participate in a high quality competitive meet with shorter preliminary sessions and more opportunities to swim at night. The Ohio Senior Circuit Championships are open to all swimmers who meet the following criteria; <ol style="list-style-type: none"> 1. All 15 & over athletes who have achieved the meet time standards 2. All 14 year old swimmers who have achieved the 2011 SUMMER Central Zone sectional time standards. 3. Ohio Swimmers will get first priority into the meet in the event that a preliminary session begins to exceed 2 ½ hours.

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**ELIGIBILITY
REGULATIONS**

1. The meet will be governed by current USA-S Swimming Rules.
2. All coaches, officials, and participating teams must be registered members of USA Swimming (USAS). All coaches on deck must join USA Swimming as “coach members”. No coach shall be permitted on the pool deck unless that coach is a valid “coach member” of USA Swimming with all his/her certifications current. It is required at all Ohio USAS sanctioned meets that the coaches present and wear their USA Swimming membership card.
3. All participants must be currently registered USA-S Athletes. The entry must contain the USA Registration number. There will be no USA-S registration at the meet.
4. Age as of the first day of competition will determine eligibility for the meet.
5. 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.
6. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
7. By the act of entering, each team, coach and swimmer agrees to abide by the rules in the current USA Swimming Rules and Regulations and the Ohio Swimming Handbook (posted on Ohio Swimming website).
8. Entry times will be seeded, Long Course, Yards, and Short Course Meters, and shall be times achieved since January 1, 2010.
9. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.
- 10. No deck changing will be allowed. Anyone caught deck changing will be ejected from the meet.**

**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.

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ENTRIES	<p>1. Entries will be seeded as follows; Long Course Meters, Short Course Yards, Short Course Meters. Times cannot be updated once received. All entries must be in a compatible SD3 format.</p> <p>2. Positive check in be required for 800 free, 800 free relay, and 1500 free. See order of events page for positive check-in times.</p> <p>3. Telephone entries will not be accepted.</p> <p>4. All relay swimmers must be entered in the meet prior to the first day of competition.</p> <p>5. Entry fees must be paid by the first day of the meet. The entry for each individual must include the swimmer's name, current USA number (all digits), and team affiliation. SWIMMERS SHALL NOT COMPETE IN THIS CHAMPIONSHIP MEET IF THEIR ENTRY FEES ARE NOT PAID TO MEET HOST PRIOR TO THE START OF THE MEET.</p> <p>6. All swimmers must enter under an USA Swimming team affiliation or as unattached. Those with a team affiliation must swim in an unattached status if switching swim clubs in the last 120 days prior to the Championship meet.</p> <p>7. Bonus Swims: Swimmers who enter the meet must have achieved an automatic time standard are eligible to swim bonus swims under the following formula: 1 Automatic Cut = 3 Bonus Swims, 2 Automatic Cuts = 3 Bonus Swims, 3 Automatic Cuts = 3 Bonus Swims. All bonus swims must be faster than the Bonus event Standard.</p> <p>8. Swimmers must have achieved the time standard in all events entered. \$50.00 fines will be levied on each unproven time.</p> <p>9. If a swimmer is not entered through fault of the Meet Host, the error will be corrected. An otherwise qualified swimmer, who was mistakenly not entered by his/her Entry Chairperson, may be deck-entered up to twelve (12) hours before the scheduled beginning of the event, provided she/he pays the appropriate entry fee, plus \$25.00 processing fee to the Meet Host. PLEASE NOTE: NO ENTRY WILL BE ACCEPTED UNLESS IT IS ACCOMPANIED BY THE ENCLOSED CERTIFICATION FORM PROPERLY FILLED OUT AND SIGNED. THIS FORM CERTIFIES THAT ALL ATHLETES AND COACHES ARE PROPERLY REGISTERED AND/OR SUPERVISED.</p>
ENTRY DEADLINE	<p>Wednesday, May 11, 2011 at noon. Team entries <u>shall</u> be emailed so that they are received prior to the entry deadline. No entries will be accepted on deck.</p>
EVENT LIMITS	<p>All athletes are permitted to swim a maximum of six (6) individual events in the course of this meet and may swim no more than three (3) individual events per day. Swimmers may enter more than the maximum number of individual events in which they are permitted to compete and then scratch upon arrival at the meet; in such cases, however, there shall be no refund of entry fees.</p>
RELAYS	<ol style="list-style-type: none"> 1. Relays are all timed final events 2. Teams are not limited on the number of relays they can enter, but only two relays can score. 3. Relays may be entered with a 'no time' (NT) basis if necessary. Relay members may be declared at the meet prior to swimming the event, but must be limited to swimmers entered in the meet. 4. Swimmers competing unattached may not be a member of a relay team.
ENTRY FEE	<p>Individual entry - \$8.00; Relay - \$16.00; \$2.00 per swimmer will be charged for the Ohio Travel Fund/Championship Competition Fund. Make checks payable to: Miami University.</p>

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PROCEDURE	<i>The meet host may combine events if in accordance with the official USA Swimming rules.</i> The meet host will post a time line in several prominent places. No event shall start prior to its posting on the time line.
WARM-UPS	See Ohio Swimming, Inc. Safety Guidelines and Warm Up Procedures posted on the Ohio Swimming Website .
SCRATCH RULES	See Ohio Swimming, Inc. Scratch Rules posted on the Ohio Swimming Website .
AWARDS & SCORING	Scoring: Individual Events – 26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1 Relay Events – Double individual events Total senior team scores will be added to the other three Senior Circuit events to determine the Senior Team Champion
FINAL RESULTS	Results will be posted on the swim site www.swimmakos.com and Ohio Swimming.
NOTICE	PENALTY FEES ARE IN EFFECT FOR THIS MEET FOR MISSED CUTS.
UPDATES, PSYCH SHEET RESULTS-WEB	Any updates, plus the psych sheet and results during the meet, will be posted on Makos' web site at www.swimmakos.com .
MEET OFFICIALS	The Ohio Senior committee will need the help of your USA Swimming Officials. Please contact Anissa Kanzari to provide names of your official's who wish to volunteer. Parents who would like to serve as a timer may report to the check in table in the concourse 40 minutes prior to the start of the session. 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 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. Please provide the names of your officials via e-mail to Anissa Kanzari by May 11, 2011.
VENUE RULES:	<u>Deck Access:</u> 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. <u>Locker Rooms and Changing Facilities:</u> The Women and Men's locker rooms are located on the pool deck level. Locker space is not available. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items. <u>First Aid/Training Needs:</u> Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Staff. <u>Prohibited Items:</u> 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. <u>Banners:</u> One professionally made banner per team may be displayed. Banners will be hung by the facility staff. <u>Flash Photography:</u> Flash photography is not permitted at the start of any race. <u>Team Seating:</u> 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. Saving of seats is prohibited. <u>Wireless Internet Access:</u> Wireless internet access will be available throughout the meet.

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OHIO SWIMMING, INC. - ELECTED AND APPOINTED OFFICERS

General Chairman

John Reynolds

Senior Vice-Chairman

Chris Black

Administrative Vice Chairman

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Meet Committee:

Chris Black – Senior Chair

Steve Nye – Coach Rep

Mason David – Athlete Rep

Terri Shannon – Facility Rep

Anissa Kanzari – Officials Rep

Secretary

Carolyn Strunk

Treasurer

Chris Wolford

Coaches Representative

Mark Davis

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Friday, May 20, 2011 Warm ups 5:30 – 6:45 p.m.; Meet starts at 7:00 p.m.

Women #	Event	Men #
101	200 Free	102
103	400 IM	104
105	100 Fly	106
107	200 Back	108
109	400 Medley Relay	110
111	Women's 1500 Free*	
	Men's 800 Free*	112

*W1500 Free / M800 Free will be swum fastest to slowest alternating women/men –
Positive Check in required by 7:00 PM

Saturday, May 21, 2011 Prelims - Warm ups 8:30 – 9:45 a.m.; Meet starts at 10:00 a.m.
Finals: Warm up 4:00-5:20p.m. Meet starts at 5:30p.m.

Women #	Event	Men #
201	200 Free Relay	202
203	50 Free	204
205	200 IM	206
207	400 Free	208
209	100 Breast	210
211	100 Back	212
213	800 Free Relay – Positive Check-in by 10:00 AM	214

Sunday, May 22, 2011 Prelims - Warm ups 8:30 – 9:45 a.m.; Meet starts at 10:00 a.m.
Finals: Warm ups 2:30 – 3:20p.m., Meet starts at 3:30 p.m.

Women #	Event	Men #
301	200 Medley Relay	302
303	200 Breast	304
305	100 Free	306
307	200 Butterfly	308
309	400 Freestyle Relay	310
311	Women's 800 Free**	
	Men's 1500 Free**	312

**W800 Free / M1500 Free will be swum fastest to slowest alternating women/men –
Positive Check in required by 3:00 PM Saturday

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Senior Circuit Time Standards

Automatic Cuts				
LCM	SCY	Events	SCY	LCM
30.29	25.99	50 Free	22.69	27.09
1:05.09	55.49	100 Free	49.69	59.39
2:20.09	2:03.09	200 Free	1:49.09	2:09.39
4:53.49	5:28.59	400 Free	5:04.09	4:38.09
10:04.99	10:59.99	800 Free	10:33.29	9:29.99
19:25.09	18:57.69	1500 Free	17:29.29	17:59.99
1:14.59	1:04.19	100 Back	56.99	1:08.09
2:39.09	2:16.89	200 Back	2:05.09	2:26.69
1:23.49	1:12.99	100 Breast	1:05.09	1:19.59
2:59.19	2:36.99	200 Breast	2:22.09	2:49.99
1:11.49	1:01.99	100 Fly	55.09	1:05.79
2:42.69	2:26.99	200 Fly	2:06.89	2:27.89
2:46.59	2:19.19	200 IM	2:04.79	2:26.59
5:29.99	4:53.29	400 IM	4:27.49	5:03.29

Bonus Cuts				
LCM	SCY	Events	SCY	LCM
31.99	26.99	50 Free	23.69	28.09
1:08.09	57.49	100 Free	51.69	1:00.79
2:27.89	2:05.09	200 Free	1:51.09	2:14.99
5:09.79	5:46.79	400 Free	5:15.79	4:45.09
10:35.99	11:12.89	800 Free	10:48.29	9:44.99
20:29.79	19:59.99	1500 Free	18:19.29	18:45.99
1:17.89	1:06.19	100 Back	58.99	1:10.79
2:43.99	2:19.99	200 Back	2:09.09	2:28.69
1:27.49	1:15.49	100 Breast	1:07.09	1:20.69
3:09.19	2:44.99	200 Breast	2:26.39	2:51.99
1:15.49	1:03.99	100 Fly	57.09	1:07.79
2:45.39	2:27.29	200 Fly	2:09.89	2:29.89
2:47.69	2:23.19	200 IM	2:06.79	2:29.59
5:35.99	4:59.99	400 IM	4:33.49	5:09.99

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OHIO SWIMMING, INC - SENIOR CIRCUIT MEET
Ohio Swimming, Inc.

USA Swimming Registration Waiver Form

Meet Name: Senior Circuit Meet 3402 OH;

Corwin M. Nixon Aquatic Center, Miami University

Date: May 20-22, 2011

Sanction #: OH 3402 OH Entry Deadline: **Wednesday, May 11, 2011. This form MUST be submitted with your entry forms.**

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 currently a coach member of USA Swimming, Inc. or a USA Swimming non-athlete "other" member without exception under the direction of a USA "coach" member.

Team:

_____ Code: _____
_____ Head Coach

Team Representative's Name (printed): _____

Team Representative's Signature: _____

Contact's/or Coach's E-Mail: _____

(We will use this address for all correspondence.)

Number of Coaches attending: _____

Contact's Day Phone # (_____) _____ Evening phone # (_____) _____

Address for Final Results _____

Final Summary

_____ Swimmers @ \$2.00 per Swimmer = \$ _____ (LSC charge)

_____ Individual Events @ \$8.00 each = \$ _____

_____ Relays Events @ \$16.00 each = \$ _____

_____ Swimmers @ \$2.00 per Swimmer = \$ _____ (MU recovery charge)

Total Amount Remitted = \$ _____ Date: _____

Attach Check to this Summary Sheet. Make Checks Payable to: Miami University

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Hotel Listing

Oxford Area Lodging

Amerihost 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

Manchester Inn (Middletown)	1027 Manchester Ave.	(513) 422-5481
Courtyard (Hamilton)	1 Riverfront Plaza	(513) 896-6200