



2009 Ohio Senior Long Course Championship Meet
MEET SANCTION 3177 OH TIME TRIAL SANCTION 3178 OH

Ohio Swimming, Inc.

Dear Swim Club Representative,

It is our pleasure to inform you that the Mason Manta Rays will host the **2009 Ohio Long Course Senior Championships at the Kenyon Athletic Center at Kenyon College in Gambier, OH on July 9, 2009 – July 12, 2009**. Please read the meet information carefully. We have highlighted below some important issues:

- The format will be timed finals on Thursday, prelims / finals on Friday, Saturday, Sunday.
- We will be scoring the TOP 4 swimmers in the BONUS heat.
- There will be positive check-ins for the 400, 800 and 15000 Freestyles, 400 IM.
- To guarantee a morning preliminary swim for the timed final events on **including the relays**, a No Time must be used as an entry time. These are listed in the meet information. Entering with a No Time is your only guarantee of having your athlete(s) or relay(s) in the preliminary session. There will be **no exceptions** at the meet.
- Volunteer Timers from all teams will be needed to help run this meet.

We encourage all teams to support this meet. We want to continue making this an exciting event for all our athletes at all the levels. It starts with you, coaches! Sincerely, Chris Black, Senior Chair – Ohio Swimming

| LODGING OPTIONS | DINING OPTIONS |
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| <p>ON CAMPUS HOUSING New Apartments at Kenyon College A/C Apt with 2 or 3 bedrooms with two twin beds in each room + living room. Must bring own linens and pillows. Cost \$15/head per night Woodside Drive, Gambier, Ohio Contact Meet Director Chris Williams to reserve: 740-358-8315</p> <p>Kenyon Inn and Restaurant 100 W. Wiggin St, Gambier, Ohio 32 rooms, A/C, dining room, , 800-258-5391, 740-427-2202. (BOOKED)</p> <p><u>Mt. Vernon (4 miles west on OH-229)</u></p> <p>Comfort Inn, 150 Howard Street, 60 rooms, 2 suites, indoor pool, sauna, continental breakfast, accessible accommodations, 800-480-8221, 740-392-6886.</p> <p>Holiday Inn Express, 11555 Upper Gilchrist Road, 70 rooms, A/C, whirlpool/pool, wireless Internet access, offsite exercise facilities, accessible accommodations, 800-465-4329, 740-392-1900.</p> <p>Mount Vernon Inn, 601 West High Street (U.S. 36), 12 units, including 2 houses, 1 cottage, and 1 suite, kitchens, A/C, continental breakfast, 740-392-9881.</p> <p>Super 8 Motel, 1000 Coshocton Avenue, 49 units, A/C, pool and health spa, non-smoking rooms available, continental breakfast, accessible accommodations, 800-800-8000, 740-397-8885.</p> <p>BED AND BREAKFASTS: http://www.kenyon.edu/x1156.xml#x1463</p> | <p>MEAL PLAN OPTION: EAT ON CAMPUS IN NEW DINING HALL Pierce Hall: Located just up the hill from pool. Buffet style – lots of healthy options</p> <p>Breakfast: \$5.00 Open: 7:00 – 8:30 a.m. Lunch: \$8.00 Open: 10:30 a.m.-2:00 p.m.</p> <p>Meals must be ordered by June 17, 2009. Contact Meet Director Chris Williams at 740-358-8135 or cwilliams@tpscamps.com.</p> <p>Central Ohio offers every kind of cuisine, from gourmet French to authentic Amish. If in doubt of the operating hours of a restaurant, please call ahead; many stop serving as early as 7:00 p.m.</p> <p>For a complete listing: http://www.kenyon.edu/x1163.xml</p> |

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SPONSORED BY
DATE ,
PLACE
TIME

Ohio Swimming, Inc. Senior Committee and the Mason Manta Rays (RAYS)

July 9 – July 12, 2009

Kenyon Athletic Center, Kenyon College Gambier, Ohio

Thursday

Warm-up – 4:00 – 4:45 p.m. Start – 5:00 p.m.

Friday – Sunday – Prelims

Warm Up -7:30 – 8:45 a.m. Start – 9:00 a.m.

Friday - Sunday Finals

Warm Up – 2:00 – 3:00 p.m. Start – 3:15 p.m.

NOTE: Meet host reserves the right to adjust the beginning on the **Sunday Finals** session warm-up and start times.

MEET DIRECTOR

Chris Williams Email: cwilliams@tpscamps.com

ENTRY CHAIR

Matt Miller Email: mmiller@wsacltd.org

FACILITIES

Facility: **Kenyon Athletic Center, Gambier, Ohio 43022**

The KAC swimming and diving facility is the home of the Kenyon Lords and Ladies national championship swim teams. Twenty-five yards wide by fifty meters long, the pool has twenty short-course and nine long-course lanes. The aquatic center includes a state-of-the-art Colorado Timing starting and scoring system and full-color video scoreboard, a wet classroom, a climate-controlled spectator area that seats 370, a designated meet-manager's office, 3-meter and 1-meter diving boards, a high-quality sound system, and a whirlpool spa that seats twelve to fourteen.

Insider information: This is an exceptionally fast pool, designed to minimize turbulence through carefully calibrated depth and a special wide gutter construction. Coach Jim Steen and pool consultants Counsilman Hunsaker collaborated closely on every aspect of the pool's design, with an eye to creating a superb facility for competition.



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| DIRECTIONS | Go to www.kenyon.edu Gambier, Ohio 43022 |
| PARKING | 3 parking lots in close proximity of the Kenyon Athletic Center |
| MEET FORMAT | Single preliminary sessions for all swimmers on Friday, Saturday, and Sunday 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. Timed final session for all events on Thursday. Eight lanes will be used for all heats in preliminaries and morning timed final events. Eight (8) lanes will be used for finals/consolation/bonus heats and timed final events swum in the evening. One lane (Lane 9) will be open for warm-up/warm-down during meet. |
| PHILOSOPHY OF THE MEET ELIGIBILITY REGULATIONS | <p>The Ohio Senior Long Course Championship intent is to promote excellence within the ranks of Ohio Swimming. The purpose is not only 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. The Ohio Senior Long Course Championships are open to all swimmers who meet the following criteria;</p> <ol style="list-style-type: none">1. 15 years old and older athletes.2. High school athletes who are age <i>14 and older</i> and <i>in high school</i>. Additionally, those athletes had to be in class during their freshman year and have competed in a high school swim meet during that academic year.3. All swimmers 14 years old and younger who are not in high school, but who have achieved National 15-16 AAA Times in the events they enter4. Disabled athletes who meet the eligibility criteria that are required of other meet participants. <ol style="list-style-type: none">1. All contestants must be current (2009) registered athletes of Ohio Swimming, Inc., and entries must contain their USA Swimming number2. 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. Current USAS & Ohio Swimming Rules will govern the meet and all regulations, procedures and penalties set forth in the current Ohio Swimming Gray Book regarding the conduct of Ohio Championship meets shall be adhered to in the conduct of this meet.4. By the act of entering, each team, coach and swimmer agrees to abide by the rules in the current Ohio Swimming Gray Book and in the current USA Swimming Rules and Regulations.5. Entry times will be seeded Long Course, Yards, and Short Course Meters, and shall be times achieved since January 1, 2008.6. Fly-over starts will be used in preliminary session events at the discretion of the meet referee.7. 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.8. Fastest 8 Swimmers will swim at night in the 800 Free. In order to assure a morning swim coaches shall enter swimmers with NT. |

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| ENTRIES | <ol style="list-style-type: none">1. All entries must be in meter times only. Entries will be seeded as follows Long Course Meters, Short Course Meters, Short Course Entries. Per the Gray Book, times cannot be updated once received. All entries must be on Hy-Tek.2. For the 800 free, to guarantee a preliminary swim enter your athlete(s) with the time of NT.3. The 800 and the 1500 are timed final events – see order of events page for positive check in times, and other details. These events will swim the fastest to the slowest alternating female and male heats. 4. Positive check in will be required for 400 free, 400 IM, 800 free and 1500 free and. See order of events page for positive check-in times.5. Telephone entries cannot be accepted.6. All relay swimmers must be entered in the meet prior to the first day of competition.7. 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 THE TPSC, LLC PRIOR TO THE START OF THE MEET.9. All swimmers must enter under an Ohio, LE or other Senior Chair approved club. OR as Ohio/LE unattached club athletes. 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.10. 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. |
| EVENT LIMITS | <p>All athletes are permitted to swim a maximum of six (6) individual events and two (2) time trials in the course of this meet and may swim no more than three (3) individual events per day (including time trials). 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 events2. Teams are not limited on the number of relays they can enter, but only two relays can score.3. The top 16 relays will swim at finals. If teams want to guarantee that their relays compete in the preliminary sessions, they must enter them with “No Times”.4. 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.5. Swimmers competing unattached may not be a member of a relay team.6. If a split time is desired on the opening leg of a relay in order to obtain a qualifying time, a lead off split form must be filled out and given to the referee ½ hour prior to the start of the relay. In addition, the team making the request must provide the necessary three (3) watches to back up the electronic timing system. |
| ENTRY FEE | Individual entry - \$7.00; Relay event - \$10.00; \$2.00 per swimmer will be charged for the Ohio Travel Fund/Championship Competition Fund. Make checks payable to: TPSC, LLC |

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| ENTRY DEADLINE | <p>Wednesday, July 1, 2009 NOON Team entries shall be emailed so that they are received prior to the entry deadline. No entries will be accepted on deck. E-mail entries to Entry Chair Matt Miller at mmiller@wsactld.org.</p> <p>There will be no exceptions to this policy except as written in Article VI of the Ohio Swim Handbook. EXCEPTION: A swimmer who is either not entered or incorrectly entered by fault of the host club or a swimmer whose name appears on the qualifier list from the preceding championship meet(s) but whose entry chairperson mistakenly failed to enter him/her may be properly placed in the appropriate events. (Note: Entry in this manner does not apply to an entire team. This exception is for the swimmer that is accidentally missed.) EXCEPTION: A swimmer, otherwise qualified, who was not entered by his/her 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 to the meet host. All entries must be on Hy-Tek. A \$35 service fee will apply to all teams with more than five swimmers who do not use Hy-Tek. Mail entry fees to the entry chairperson. All fees due by the first day of the meet.</p> |
| PROCEDURE | <p><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.</p> |
| WARM-UPS | <p>See Ohio Swimming, Inc. Safety Guidelines and Warm Up Procedures posted on the Ohio Swimming Web page.http://www.ohioswim.org/</p> |
| SCRATCH RULES | <p>See Ohio Swimming, Inc. Scratch Rules posted on the Ohio Swimming Web page.http://www.ohioswim.org/</p> |
| AWARDS & SCORING | <p>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 total team age group championship for Official Club Team Champion.</p> |
| FINAL RESULTS | <p>Results will be posted on Ohio Swimming and Total Performance Swim Camp website (www.tpscamps.com).</p> |
| NOTICE | <p>PENALTY FEES ARE IN EFFECT FOR THIS MEET. Refer to Ohio Swimming Gray Book for all fines.</p> |
| TIME TRIALS | <p>Time Trials will be held after prelims on Friday, Saturday and Sunday. Trials will be limited to those swimmers who are within .50 of a second per fifty yards of a Sectional, Zone, Junior National or Senior National time standard, except for the Sunday Time Trials, where any time will be accepted. Swimmers may not exceed the national rule of three (3) events per day. Swimmers who are members of USAS, but not entered in the meet may swim in the Time Trials provide they are within the same .50 per second standards listed above and they pay the \$5.00 fee per individual events or \$10.00 per relay. Time trial registration closes at 10:00 a.m. Friday and Saturday and at 11:00 a.m. on Sunday.</p> |
| UPDATES, PSYCH SHEET RESULTS-WEB | <p>Any updates, plus the psych sheet and results during the meet, will be posted on www.tpscamps.com and www.ohioswim.org.</p> |
| MEET OFFICIALS | <p>Mark Palmore mpalmore@connect2one.com</p> |

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OHIO SWIMMING, INC. - ELECTED AND APPOINTED OFFICERS

General Chairman

Dick Boettcher

Senior Vice-Chairman

Chris Black

Administrative Vice Chairman

John Reynolds

Secretary

Carolyn Strunk

Treasurer

Tim Myers

Coaches Representative

Mark Davis

Meet Committee

Chris Black – Senior Chair

Steve Nye – Coach Rep

Megan Foster – Athlete Rep

Chris Williams– Facility Rep

TBA – Officials Rep

Entry Chair

Matt Miller mmiller@wsactd.org

Meet Director

Chris Williams cwilliams@tpscamps.com

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| Thursday, July 9, 2009 Timed Finals -- Warm Up – 4:15 – 5:15 p.m. Meet starts – 5:30 p.m. | | |
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| Women # | Event | Men # |
| 101 | Women's 800 Free Relay | |
| | Men's 1500 Free | 102 |
| 103 | Women's 1500 Free | |
| | Men's 800 Free Relay | 104 |
| Friday, July 10, 2009 Preliminary - Warm ups 7:30 – 8:45 a.m., Meet starts at 9:00 a.m. Finals – Warm Up – 4:15 – 5:15 p.m. Meet starts – 5:30 p.m. | | |
| Women # | Event | Men # |
| 201 | 200 Free Relay – Timed Finals – top 16 swim at finals. If coaches want to guarantee that their relays compete in the preliminary session, they must enter with “No Times”. | 202 |
| 203 | 400 Freestyle – Positive check in required by 8:00 a.m. | 204 |
| 205 | 50 Freestyle | 206 |
| 207 | 200 Butterfly | 208 |
| 209 | 100 Breaststroke | 210 |
| 211 | 200 Individual Medley | 212 |
| 213 | 400 Medley Relay– Timed finals – top 16 swim at finals If coaches want to guarantee that their relays compete in the preliminary session, they must enter with “No Times”. | 214 |
| Saturday, July 11, 2009 Preliminary - Warm ups 7:30 – 8:45 a.m., Meet starts at 9:00 a.m. Finals – Warm Up – 4:15 – 5:15 p.m. Meet starts – 5:30 p.m. | | |
| Women # | Event | Men # |
| 301 | 200 Medley Relay – Timed Finals – top 16 swim at finals. If coaches want to guarantee that their relays compete in the preliminary session, they must enter with “No Times”. | 302 |
| 303 | 400 Individual Medley– Positive check in required by 8:00 a.m. | 304 |
| 305 | 100 Butterfly | 306 |
| 307 | 100 Backstroke | 308 |
| 309 | 100 Freestyle | 310 |
| 311 | 800 Freestyle – Timed finals – top 8 swim at finals & will be the first event at finals. To guarantee a preliminary swim, enter your athlete(s) with the “No Time”. Positive check in required by 8:00 a.m. In the preliminary session, swimmers must supply their own counters & timers. At the finals, they must supply their own counter. Swim fastest to slowest, alternating female and male heats. | 312 |
| **If coaches want to guarantee that their relays compete in the preliminary sessions, they must enter them with “No Times”. | | |
| Sunday, July 12, 2009 Preliminary - Warm ups 7:30 –8:45 am, Meet starts at 9:45 am Finals - Warm-ups 2:00 PM – 2:50 p.m. Meet starts – 3:00 PM | | |
| Women # | Event | Men # |
| 401 | 200 Breaststroke | 402 |
| 403 | 200 Freestyle | 404 |
| 405 | 200 Backstroke | 406 |
| 407 | 400 Freestyle relay – All relays in the AM Session | 408 |
| Please check the website for a posting of warm-up times and timer assignments. | | |

OHIO SWIMMING, INC - SENIOR LONG COURSE CHAMPIONSHIP MEET
Ohio Swimming, Inc.

USA Swimming Registration Waiver Form

Meet Name: Senior Championship Meet 3177-OH; Senior Time Trials 3178-OH Location:

Kenyon Athletic Center, Kenyon College, Gambier Ohio.

Date: July 9 – July 12, 2009

Entry Deadline: **Wednesday, July 1, 2009 by 12:00 Noon. This form MUST be submitted with your entry forms. E-mail entries to Entry Chair Matt Miller at mmiller@wsactd.org.**

**MAIL HARD COPY TO:
CHRIS WILLIAMS, P.O. Box 2011, Gambier, Ohio 43022**

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 @ \$7.00 each = \$ _____

_____ Relays Events @ \$10.00 each = \$ _____

Total Amount Remitted = \$ _____ Date: _____

Attach Check to this Summary Sheet. Make Checks Payable to: **TPSC, LLC.**