



Ohio Swimming, Inc

**2010 Short Course
Regional Championship
and Time Trials**

Meet Information

**February 19 – 21, 2010
Kettering, Ohio**

2010 Ohio Regional Short Course Championships

Event Information

February 19 - 21, 2010
Kettering Recreation Complex
Kettering, Ohio

Sanctioned by USA Swimming through Ohio Swimming

This information is available on-line at <http://www.swimohio.com>

Meet Host website: www.kcstcobras.org

Important Facts About the Meet

- The competition is governed by the Age Group Committee of Ohio Swimming, Inc.
- Entry Deadline: **Tuesday, February 09, 2010** at 5:00 P.M. All paperwork and entry fees must be postmarked by **Wednesday, February 10, 2010**.
- Time Standards - There are no minimum Time Standards for this meet, and all individual entries must be slower than the Short Course Junior Olympic Time Standards (see page 10).
- Entry times shall be in short course yards (Y) achieved since January 1, 2009. No Converted Times will be accepted.
- Entry Limits: Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays.
- This meet is scored.
- There is no Admission Charge for Ohio 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.
- Accommodations for persons with disabilities may be arranged with advance notice.

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Meet Administration

Facility Address

Kettering Recreation Complex
2900 Glengarry Dr.
Kettering, OH 45420
937 296-2587

Meet Referee

Doug Speelman
1656 Shoreham Dr.
Beavercreek, OH 45434
(937) 205-3211
Douglas.e.speelman@bwigroup.com

Meet Director

Margaret Hong
330 Wisteria Dr.
Dayton, OH 45419
937 298-7738
purplegardener@zoomtown.com
Co-Meet Directors: Margaux Frazee and Danielle Lindsay

Local Officials Coordinator

Doug Speelman
1656 Shoreham Dr.
Beavercreek, OH 45434
(937) 205-3211
Douglas.e.speelman@bwigroup.com

Entry Chair

Cindy Simerlink
5148 Pondoray Pl.
Kettering, OH 45440
(937) 291-1336
cinsim@ownmail.net

Meeting Schedule

Friday, February 19
General/Coaches Meeting – 8:45 AM

Friday, February 19
Officials' Meeting 8:15 AM
All subsequent officials' briefing will be held 45 minutes prior to the start of each session

Saturday, February 20
General/Coaches Meeting – 8:45 AM

Saturday, February 20
Officials' Meeting 8:15 AM
All subsequent officials' briefing will be held 45 minutes prior to the start of each session

Sunday, February 21
General/Coaches Meeting – 8:45 AM

Sunday, February 21
Officials' Meeting 8:15 AM
All subsequent officials' briefing will be held 45 minutes prior to the start of each session

Age Group Committee Commission Representative

Brent Peaden
3000 Idaho Falls Drive
Beavercreek, Ohio 45431
(937) 431-5016
bpeaden@woh.rr.com

Age Group Committee Chair

David C. Back
2372 Whitlock Pl.
Kettering, Ohio 45420
(937) 271-0657 cell
swimdavid@woh.com

Meet Committee

- Age Group - David Back
- Meet Director – Margaret Hong
- Meet Referee - Doug Speelman
- Coach - David Back
- Athlete - Nicole Edwards

General Information

Heats Begin at 9:00 a.m.

Order of Events

Short Course Yards

Finals Begin at 5:30 p.m.

Women's Events

101
103
105
107
109
111
113
115
117
119 *
121 *
123 *

Day 1 – Friday, February 19, 2010

10 & Under 50 Breast
11-12 50 Breast
13-14 100 Breast
10 & Under 100 Back
11-12 100 Back
13-14 200 Back
10 & Under 50 Butterfly
11-12 50 Butterfly
13-14 100 Butterfly
10 & Under 200 Freestyle
11-12 500 Freestyle
13-14 500 Freestyle

Men's Events

102
104
106
108
110
112
114
116
118
120 *
122 *
124 *

Day 2 – Saturday, February 20, 2010

201 #
203 #
205 #
207
209
211
213
215
217
219 *
221
223 *
225
227

10 & Under 200 Freestyle Relay
11-12 200 Freestyle Relay
13-14 200 Freestyle Relay
10 & Under 100 Breast
11-12 100 Breast
13-14 200 Breast
10 & Under 50 Freestyle
11-12 50 Freestyle
13-14 50 Freestyle
10 & Under 200 Individual Medley
11-12 100 Individual Medley
13-14 400 Individual Medley
11-12 200 Freestyle
13-14 200 Freestyle

202 #
204 #
206 #
208
210
212
214
216
218
220 *
222
224 *
226
228

Day 3 – Sunday, February 21, 2010

301 #
303 #
305 #
307
309
311
313
315
317
319
321
323
325
327
329
331**

10 & Under 200 Medley Relay
11-12 200 Medley Relay
13-14 200 Medley Relay
10 & Under 100 Individual Medley
11-12 200 Individual Medley
13-14 200 Individual Medley
10 & Under 100 Freestyle
11-12 100 Freestyle
13-14 100 Freestyle
10 & Under 100 Butterfly
11-12 100 Butterfly
13-14 200 Butterfly
10 & Under 50 Back
11-12 50 Back
13-14 100 Back
13-14 1650 Freestyle

302 #
304 #
306 #
308
310
312
314
316
318
320
322
324
326
328
330
332 **

* Timed Final – Fastest 2 Heats at Night

** Timed Final – All heats in morning, swum fastest to slowest, alternating girls and boys heats

Timed Final – All Heats in Morning

General Information (Continued)

Directions to the Pool

From points East – I-70 & From Route 35 take 675 South. Take the Dorothy Lane/Indian Ripple Exit off of I-675. This exit is approximately 2 miles south of the US-35 and I-675 intersection. Go west off the exit ramp to County Lane Rd and E. Dorothy Lane intersection and turn left (heading south). You will then turn right (this is the first road you can go right) which is Glengarry Drive. This road will take you right to the Kettering Recreational Complex.

From points South - From I-75 take 675 north to Columbus. Take the Dorothy Lane/Indian Ripple Exit off of I-675. This exit is approximately 2 miles south of the US-35 and I-675 intersection. Go west off the exit ramp to County Lane Rd and E. Dorothy Lane intersection and turn left (heading south). You will then turn right (this is the first road you can go right) which is Glengarry Drive. This road will take you right to the Kettering Recreational Complex.

Information/Lost & Found

Information/Lost & Found will be available at the heat sheet sales/awards table

Medical Assistance

Medical assistance will be provided at the facility by the Recreation Complex staff.

Parking

Free parking will be available in all parking areas near the Recreational Complex except in the Senior Center parking lot which is located in front of the Lathram Senior Center entrance. This lot will be marked as Senior Center parking only.

Concessions

Concessions will be available from the snack bar located in the lobby of the Recreation Complex.

Hospitality

Coaches' and Officials' hospitality will be available throughout the meet in the multi-purpose room of the Recreation Complex.

Site information

About the Facility

The pool is 8 lanes wide and has adequate spectator viewing. The pool area is covered by a soft bubble with permanent side walls. Free parking available in two large lots adjacent to the facility. Spacious locker rooms and showers are also available.

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 items.

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 slower than the Ohio Short Course Junior Olympic cutoff, may enter the Regional 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 Regional 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 the 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 Twenty-five (25) yard (Y) times achieved since January 1, 2009 will be accepted.
- All Entries must be slower than the Short Course Junior Olympic Time Standards, as listed in Appendix A.
- Age on the first day of the meet will determine the age group in which a swimmer is entered.

Entry Rules – Relay Events

- No relay minimum qualifying time standards shall be enforced at the Regional Championship meet.
- Relays may be entered with a "no time" (NT).
- Relay Entry Times faster than the JO cut are acceptable.
- Any swimmer may swim any stroke. Relays 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 meethostwebsite.org or from Ohio Swimming's website www.SwimOhio.com
- Team Manager Entry File should be sent via e-mail to the cinsim@ownmail.net by the Entry Deadline, Tuesday, February 9, 2010, 5:00pm
- The following **must** be sent (postmarked) to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline:
 - Hardcopy printout of all entries from Hy-tek Team Manager
 - Membership Verification & Entry Summary Sheet (Appendix B)
 - Check for the Total Entry Fees payable to (insert host club).
- Teams or Unattached Swimmers may enter manually using Form in Appendix C contained in this document.
- Fax Entries - The meet does not accept faxed entries

Entry Fees

- Individual Events - \$5.00 per entry
- Relay Events - \$10.00 per entry
- Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund)
- Time Trials – same as Individual/Relay Events above
- Entry Fees for Age Group Championship Meets are established annually by the Age Group Committee.

Swimmers with a Disability are Welcome to Enter Ohio Swimming Meets: 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. More info is available under Adaptive Swimming on the OSI website.

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, officials, and marshals 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
 - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
 - c. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - d. 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. Short Course Yards (Y)
2. Long Course Meters (L)

Protest Procedures

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

Scratch Procedures

Pre-seeded Preliminary Events/Timed Final Event - 200 yards 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 Yards and longer.

Timed Final Events – 400 Yards and above: The scratch deadline for these events are as follows:

<u>Day</u>	<u>Event Name</u>	<u>Scratch Deadline</u>
Friday	500 Free	15 minutes after the start of Friday Prelims
Saturday	400 IM	15 minutes after the start of Saturday Prelims
Sunday	1650 Free	15 Minutes after the start of Sunday Prelims

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.

Swimming 1650 Freestyle Procedures – The 1650 Freestyle is conducted on a timed final basis and scheduled as the last event during prelims on Sunday morning. **All heats will be swum in the morning**, fastest to slowest, alternating girls and boys heats. **No heats will be swum in the evening.**

Relays and Relay Check-In Procedures

1. All relays are conducted on a timed final basis and are swum during prelims. The Coaches packet will include Relay Sheets, and must be returned to the Clerk of Course for tabulation by the following deadlines. 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>
Saturday	200 Free Relay	30 minutes after the start of Friday Finals
Sunday	200 Medley Relay	30 minutes after the start of Saturday 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 Sunday, the 1650 Freestyle will be swum as the first event in Finals.

Scoring

8 Lane Pool (16 places)

- Individual Events:
 - A (Final) 20-17-16-15-14-13-12-11
 - B (Consolation) 9-7-6-5-4-3-2-1
- Relay Events:
 - A (Final) 40-34-32-30-28-26-24-22
 - B (Consolation) 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.

Awards

- Individual Events - Medals will be awarded to all place winners in the "A" final (championship). Ribbons will be awarded to all place winners in the "B" final (consolation).
- Relay Events - Medals will be awarded to the top 3 relay places.

Psych Sheet/Warm-up Schedule/Results

- The following information will be published on the meet host website at www.kcstcobras.org
- Psych Sheets will be posted on-line not later than Monday, February 15, 2010.
- Warm-up Schedule will be posted on-line no later than Monday, February 15, 2010.
- Results will be posted to the meet website following each prelim and final session.
- Final Results, Team Manager Results file, and Meet Manager Backup file will be posted no later than Monday, February 22, 2010.

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.
- The Meet Host reserves the right to limit Time Trial events over 400 meters to a specific day, based upon the preliminary session timelines.
- Time Trials are limited to individuals attempting to achieve a published National Cut (OSI Junior Olympic, Zone, Sectional, Junior National, US Open, or Senior National). 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 and authority to review Time Trial entries.

- Swimmers are limited to three individual events per day, including Time Trials. A declared false start is 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
2010 Short Course Junior Olympics
TIME STANDARDS

GIRLS			BOYS			
13-14	11-12	10-UNDER		10-UNDER	11-12	13-14
26.29	27.29	30.59	50 FREE	<i>31.09</i>	27.09	24.49
56.99	59.49	1:08.29	100 FREE	1:09.09	59.69	53.69
2:02.69	2:09.39	<i>2:31.79</i>	200 FREE	<i>2:34.49</i>	2:11.19	1:55.49
5:28.29	5:46.99		500 FREE		5:50.59	5:15.09
19:10.49			1650 FREE			18:30.29
	31.49	36.39	50 BACK	36.99	32.49	
1:03.69	1:07.89	1:18.09	100 BACK	<i>1:20.49</i>	1:09.19	1:01.59
2:17.39			200 BACK			2:11.29
	<i>35.79</i>	41.09	50 BREAST	42.79	36.09	
1:12.59	<i>1:16.69</i>	1:29.19	100 BREAST	<i>1:33.09</i>	1:19.79	1:08.99
2:37.69			200 BREAST			2:31.49
	29.79	34.29	50 FLY	35.89	30.59	
1:02.99	1:07.89	1:22.29	100 FLY	1:23.69	1:10.69	59.59
2:23.99			200 FLY			2:18.49
	1:07.99	1:17.99	100 IM	1:20.19	1:09.39	
2:19.29	2:26.59	<i>2:50.59</i>	200 IM	<i>2:56.29</i>	2:28.59	2:12.69
4:54.69			400 IM			4:42.59
1:47.89	1:54.09	2:10.49	200 FR. RELAY	2:14.89	1:56.99	1:41.19
3:57.59	4:11.29		400 FR. RELAY		4:27.69	3:46.09
8:37.19			800 FR. RELAY			8:11.09
2:01.49	2:10.69	2:29.89	200 M. RELAY	2:36.89	2:16.89	1:55.29
4:23.89	4:42.99		400 M. RELAY		4:56.79	4:12.09

Revised 10-6-09

Entries accepted for Short Course Yards (Y) or Long Course Meters (L) achieved since 1/1/09

Meet will be seeded in YL order

Bold represents change from previous year

Italics represent a slower time from the previous year

USA SWIMMING
Ohio Swimming Inc. Membership Verification

Meet Name: Ohio LSC Short Course Regional Championship

Location _____

Date _____

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA 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 Swimming, Inc.

TEAM: _____

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____

2010 Short Course Age Group Regional Championship
ENTRY SUMMARY SHEET

TEAM: _____ CODE _____

TEAM CONTACT: _____

DAYTIME PHONE: _____ EVENING PHONE: _____

Email Address: _____

_____ SWIMMERS AT: \$2.00 = _____ (Travel Fund & Championship Facilities Site Selection Surcharges)

_____ INDIVIDUAL EVENTS AT: \$5.00 = _____

_____ RELAY EVENTS AT: \$10.00 = _____

TOTAL AMOUNT REMITTED = _____

ATTACH CHECK TO THIS SUMMARY SHEET.

Make checks payable to:

KCST

PO Box 292995

Kettering, OH, 45429-1995

ENTRY DEADLINE: February 9, 2010 at 5:00 PM

MEET: _____
 DATE: _____
 CLUB: _____
 COACH: _____
 PHONE: _____

EVENT#
 Qualifying time:
 200 Free Relay
 A. _____
 B. _____
 C. _____

EVENT#
 Qualifying time:
 200 Medley Relay
 A. _____
 B. _____
 C. _____

2010 Ohio Short Course Regional Championships
Sanction # 3240-OH
Outreach & Unattached Athletes Only

Appendix C

				Friday					Saturday					Sunday					
Circle: 9-10	Boys 11-12	Girls 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: YARD TIMES ONLY

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