



SOUTHEAST OHIO / WEST VIRGINIA SWIM LEAGUE WINTER CHAMPIONSHIPS

YMCA Sanction # CAQ-2012-OH303579

Ohio Swimming Sanction # AP-OH-1037

WHAT YOU HAVE TO SUBMIT BY FEBRUARY 27TH

- ✓ Entries submitted via www.seowvswim.org
- ✓ Register all coaches' certifications on <http://www.ymcacompetitiveswim.org/YMCARegisterTeam.asp>
- ✓ Checks to Nicole Douglas (address below) OR hand-carry to meet
- ✓ FAX Team Summary Page (page 8) to Jon Reidler: (614) 751-1333
- ✓ FAX Officials Volunteer Page (page 9) to Jon Reidler: (614) 751-1333
- ✓ FAX LATE Coaches Certifications to Jon Reidler: (614) 751-1333

(Late fees will be assessed for certification submissions after Dec 1st)

Dates	March 3 rd & 4 th , 2012	
Times	Saturday, March 3rd Warmups begin at 10:30A, meet starts at 11:30A	Sunday, March 4th Warmups begin at 8:00A, meet starts at 9:00A
Location	Ohio University Natatorium Athens, Ohio Water Depth: Racing Lanes 1-10 depth 7ft; Warmup Lanes depth ranges from 3'9" to 4'6" The competition course has NOT been certified in accordance with 104.2.2C(4).	
Entries	<ul style="list-style-type: none"> • Entries will be submitted electronically through a link from the Winter Champs page on www.seowvswim.org. • Times used can only be from March 1st, 2011 through February 26th, 2012. • Entry times may be challenged. All submitted times will be converted to 25 yard times. "NT" entries will not be accepted as per Article XII, section E-3. • There are minimum qualifying times for all 12 & Under events, the 500 free, and all "long" events. The online entry tool will reject entries not meeting the minimum qualifying times. Relay events do not have qualifying times. • Due to the volume of entries, updates to times are not permitted for this meet. Coaches are encouraged to post seed times for swimmers to review, in order to insure the final entry submission is accurate. • There will be no deck entries. 	
Entry Deadline	All entries must be received by 6 PM (Eastern) on Monday, February 27th, 2012.	
Entry Limits	<ul style="list-style-type: none"> • 10-Under swimmers are allowed to swim a maximum of three (3) individual events plus one (1) Medley and one (1) Freestyle relay. • 11 & over swimmers are limited to (5) individual events plus three (3) relays, with a maximum of three individual events and two relays on any day. <p>Entries in excess of the limit will be deleted in event number order.</p>	
Entry Fees	\$4.00 per individual event. \$8.00 per relay event. Entry fees may be hand carried to the meet and must be paid before the start of the meet. Makes checks payable to	

	“YMCA SEOWV SWIM LEAGUE.”
Mailing Address for Checks	YMCA SEOWV SWIM LEAGUE Nicole Douglas Hilliard YMCA 4515 Cosgray Road Hilliard, OH 43026
Relays	<ul style="list-style-type: none"> • Senior relays will be limited to swimmers who are “age eligible” to compete at the upcoming National Championship meet. The league will waive this rule if teams are competing at Champs with only one to three “age eligible” swimmers, and all eligible swimmers compete on the relay. • Relay names may be changed at the meet. Please be courteous to our volunteers and enter the names of your athletes into relays. This is particularly true for those swimmers who are relay-only athletes. Without their name in the submitted entry file, they will require a complete athlete setup into the meet files in order to properly record your relay results.
Seeding	All events will be swum as timed finals. The 1650 and 1000 freestyle events will be deck seeded. Swimmers must check-in before the end of the session’s warm-ups to be seeded in the 1650 and 1000, or they will be scratched from the event. Competitors must supply their own timers and lap counter. The 1650 and 1000 will be swum fastest to slowest heats, alternating full heats of girls and boys. All other events will be pre-seeded according to entered times. The meet referee will have the authority to combine partially seeded heats [girls and boys] as necessary.
Eligibility	Before the entry deadline for Championships, all swimmers must have: <ul style="list-style-type: none"> • been a YMCA member in good standing who holds an annual, full privilege membership. • represented their association in three (3) YMCA meets during the winter season, two of which are closed dual meets, one of which must have been at least 40 days prior to the start of the Championship meet • been a member in good standing for the 90 days prior to the start of the Championship meet • represented only their YMCA in any open competition during the 90 days prior to the start of the meet
Implied Team Certification	Teams submitting entries certify that their entries meet all of the requirements to participate in YMCA swimming. This includes (but is not limited to) 90 days of YMCA membership, single team representation, minimum meet participation requirements and entry birth date.
Rules	The current swimming Technical rules will govern the competition except where superseded by a Southeast Ohio / West Virginia Swim League rule. Criteria for disqualification of a swimmer will be one of the topics at the officials’ meeting.
Flyover Starts	Anticipating a typical turnout, the starts on Sunday will be Fly-over for all events except relays and backstroke. Please review with your swimmers the need to stay in the water at the end of their race near the lane rope (not under the block).
Special Needs	Should you have a swimmer who requires special assistance, please provide that information with your entries. The importance is to properly seed hearing-impaired swimmers near the starter.
Scoring	Scoring will be to 16 places in both individual and relay events. Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Note: Only two relay teams from each club may score in an event.
Awards	Individual & Relay Awards

	<ul style="list-style-type: none"> • Medals will be awarded for 1st-3rd place • Ribbons will be awarded for 4th-16th place <p>Team Awards</p> <ul style="list-style-type: none"> • A rotating trophy shall be presented to the first place team along with a gift certificate. (It is okay to use the certificate to buy a first place plaque.) Second and Third place teams will be presented with a plaque/trophy/banner. Individual age group high point awards will be presented, along with high point awards by team. <p>Awards should be picked up by the coach (or a designated representative) <u>no earlier than 30 minutes after the end of the meet</u>. Any remaining awards will be mailed with the shipping cost billed to the receiving team.</p>
Time Trials	There will be time trials following the Saturday and Sunday sessions. Time Trial entry fees are \$8 for individual events and \$16 for relays. Individual Time Trial entries typically close at the end of the final Breaststroke event, and Relay Time Trials close at the start of the 1000 or 1650. Swimmers are permitted to swim time trials only on their age/event-appropriate day, and for the events offered that day. The league does not support initial splits in time trial events – swim the event on the appropriate day. The time trial events will be mixed (girls and boys) and seeded by entry time.
Timers	All teams will be responsible for providing timers for both days. The number of timers each team is responsible for will be based on the number of swimmers they have entered. No team will have more than three timer assignments per day. Team assignments will occur after the entries are compiled. Each team may schedule their workers as they wish but must cover their assignments for each session. All timers starting at the meet each day should attend the timers meeting and provide their own watch. The Timers Meeting will be held 20 minutes prior to the start of each session in the hospitality room. Please provide competent timers – this is a championship meet. Inexperienced timers may be requested to find a replacement.
Officials	Each team should supply as many officials as possible. A minimum of one official per team per day is required. An official's Volunteer form is included in this packet.
Officials Meeting	All Officials will need to report to the Officials meeting for assignment. The officials meeting will be held 45 minutes prior to the start of each session in the hospitality room.
Coaches Meeting	Coaches' notes will be in the packets provided to the teams, and posted on the Champs web page by the entry deadline. PLEASE pay close attention to the coaches' notes and share the information with your assistants and your team.
Deck Access	<u>Only coaches, officials, swimmers and meet workers will be permitted on the pool deck at any time. Other than swimmers, everyone on deck must display a deck pass.</u> Requests for coach deck passes are input during the online entry process.
No Food or Drink on Deck	A Concession stand will be operating along with a hospitality room for the coaches and officials.
Clerk of Course	There will be a bullpen for the Saturday session only (10 and under swimmers only), but no deck cards. For all sessions, a timer in each lane will verify the swimmers name from the heat sheet.
Extra Swimmer Camp	Additional space will be available for swimmer camp in the Grover Gym. Expect several areas in the aquatic center to be marked as "No Camp". Announcements will occur in the gym to keep the swimmers informed of the event in the pool. There will be NO FOOD in the gym. Please remember we are guests of Ohio University. Treat the

	<u>facility with respect, act accordingly and clean up after yourselves.</u>
Parking	Visitors need to park in designated parking places next to the natatorium or the stadium – not in the grass. Vehicles parked along the roads or in areas restricted to university vehicles can expect to be ticketed and/or towed. Prepare to be charged to park!
Admission	No admission fee will be charged.
Programs	A \$5 fee will be charged for heat sheets for Saturday and Sunday.
Other Notes	<ul style="list-style-type: none"> • Every team will accept a volunteer role at championships. Teams unable to perform their role need to make arrangements with another attending team to cover their duties. Notification of failing to fulfill a role will go to the League President and League Vice President and will be reviewed for a potential maximum \$100 penalty. The league will communicate the penalty to the team prior to the next league meeting. • Ohio University is NOT allowing internet access to spectators. Please do not ask OU employees for access. Using your cell phone, you can access r.seowvswim.com. • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest room, or locker rooms.

MEET SCHEDULE

SATURDAY, MARCH 3rd – 10 & Under and Senior Events

- 10:00** The deck doors open to swimmers
10:30 The pool opens for warm-ups
10:45 Officials meeting in hospitality room
11:10 Timers Meeting begins
11:25 COMPETITION POOL CLOSSES FOR WARM-UPS
11:30 Competition begins

Time trials begin after the 1650 Freestyle.

Projected end time is 6:30 PM.

SUNDAY, MARCH 4th – 11 & Over Events

- 7:30** The deck doors open to swimmers
8:00 The pool opens for warm-ups
8:15 Officials meeting in hospitality room
8:40 Timers Meeting begins
8:55 COMPETITION POOL CLOSSES FOR WARM-UPS
9:00 Competition begins

Time trials begin after the 1000 Freestyle.

Projected end time is 6:00 PM.

**SOUTHEAST OHIO / WEST VIRGINIA
SWIM LEAGUE CHAMPIONSHIP
March 3rd, Saturday Session
ORDER OF EVENTS**

10 & Under & Long Event Session

GIRLS		BOYS
101	13 & Over 800 Free Relay	102
103	8 & Under 100 Medley Relay	104
105	9 - 10 200 Medley Relay	106
107	13 & Over 400 Medley Relay	108
109	8 & Under 100 Free	110
111	10 & Under 200 Free	112
113	11 – 14 / 15 & Over 400 IM *	114
115	13 – 14 / 15 & Over 50 Back *	116
117	8 & Under 100 IM	118
119	9 - 10 100 IM	120
121	8 & Under 25 Free	122
123	9 - 10 50 Free	124
125	11 – 14 / 15 & Over 200 Fly *	126
127	8 & Under 25 Fly	128
129	10 & Under 50 Fly	130
131	13 – 14 / 15 & Over 50 Breast *	132
133	8 & Under 50 Free	134
135	9 - 10 100 Free	136
137	11 – 14 / 15 & Over 200 Back *	138
139	13 – 14 / 15 & Over 50 Fly *	140
141	8 & Under 25 Back	142
143	10 & Under 50 Back	144
145	11 – 14 / 15 & Over 200 Breast *	146
147	8 & Under 25 Breast	148
149	10 & Under 50 Breast	150
151	13 & Over 400 Free Relay	152
153	8 & Under 100 Free Relay	154
155	9 - 10 200 Free Relay	156
157	11 – 14 / 15 & Over 1650 Free *	158

10 & under time trials following the 1650 Free

* Each event will be awarded and scored as **14 & Under** and **15 and Over** events. All swimmers will compete in a single event and be seeded based on entry times with all swimmers, but will be competing only for awards and points based on their entry age. Any 11-12 year olds who would be eligible to compete in the upcoming Nationals may enter the senior events not otherwise available to their age group.

**SOUTHEAST OHIO / WEST VIRGINIA
SWIM LEAGUE CHAMPIONSHIP
March 4th, Sunday Session**

**ORDER OF EVENTS
11 & Over**

GIRLS		BOYS
201	11 & 12 200 Medley Relay	202
203	13 & 14 200 Medley Relay	204
205	15 & Over 200 Medley Relay	206
207	11 & 12 200 Free	208
209	13 & 14 200 Free	210
211	15 & Over 200 Free	212
213	11 & 12 100 IM	214
215	13 & 14 200 IM	216
217	15 & Over 200 IM	218
219	11 & 12 200 IM	220
221	11 & 12 100 Breast	222
223	11 & 12 50 Free	224
225	13 & 14 50 Free	226
227	15 & Over 50 Free	228
229	11 & 12 50 Fly	230
231	13 & 14 100 Fly	232
233	15 & Over 100 Fly	234
235	11 & 12 100 Back	236
237	11 & 12 100 Free	238
239	13 & 14 100 Free	240
241	15 & Over 100 Free	242
243	11 – 12 / 13 – 14 / 15 & Over 500 Freestyle *	244
245	11 & 12 50 Back	246
247	13 & 14 100 Back	248
249	15 & Over 100 Back	250
251	11 & 12 100 Fly	252
253	11 & 12 50 Breast	254
255	13 & 14 100 Breast	256
257	15 & Over 100 Breast	258
259	11 & 12 200 Free Relay	260
261	13 & 14 200 Free Relay	262
263	15 & Over 200 Free Relay	264
265	11 – 14 / 15 & Over 1000 Free *	266

11 & Over time trials following the last event.

* Each event will be awarded and scored as **11-12**, **13-14** and **15 and Over** events. All swimmers will compete in a single event and be seeded based on entry times with all swimmers, but will be competing only for awards and points based on their entry age. Any 11-12 year olds who would be eligible to compete in the upcoming Nationals may enter the senior events not otherwise available to their age group.

2012 SEOWV League Championships Time Standards

8-Under				
Girls			Boys	
25 M	25 Y		25 Y	25 M
:20.63	:18.49	25 Freestyle	:19.99	:22.31
:47.97	:42.99	50 Freestyle	:45.99	:51.32
1:53.82	1:41.99	100 Freestyle	1:43.99	1:56.06
:25.65	:22.99	25 Backstroke	:24.43	:27.26
:28.60	:25.63	25 Breaststroke	:29.43	:32.84
:24.54	:21.99	25 Butterfly	:26.59	:29.67
2:06.10	1:52.99	100 IM	2:11.99	2:27.31
9-10				
Girls			Boys	
25 M	25 Y		25 Y	25 M
:39.27	:35.19	50 Freestyle	:36.99	:41.28
1:28.15	1:18.99	100 Freestyle	1:24.89	1:34.74
1:40.43	1:29.99	100 IM	1:39.54	1:51.09
10-Under				
Girls			Boys	
25 M	25 Y		25 Y	25 M
3:15.30	2:54.99	200 Freestyle	3:19.99	3:43.20
:47.64	:42.69	50 Backstroke	:45.87	:51.19
:52.10	:46.69	50 Breaststroke	:53.07	:59.22
:46.86	:41.99	50 Butterfly	:51.99	:58.02
11-12				
Girls			Boys	
25 M	25 Y		25 Y	25 M
:34.58	:30.99	50 Freestyle	:30.99	:34.58
1:21.01	1:12.59	100 Freestyle	1:14.49	1:23.13
2:55.32	2:37.09	200 Freestyle	2:53.35	3:13.47
5:58.69	6:49.99	500 Freestyle	6:29.99	5:41.19
:42.28	:37.89	50 Backstroke	:41.49	:46.30
1:33.73	1:23.99	100 Backstroke	1:36.99	1:48.24
:45.74	:40.99	50 Breaststroke	:44.49	:49.65

11-12 (cont)				
Girls			Boys	
25 M	25 Y		25 Y	25 M
1:43.78	1:32.99	100 Breaststroke	1:54.08	2:07.32
:41.28	:36.99	50 Butterfly	:37.99	:42.39
1:39.50	1:29.16	100 Butterfly	1:31.20	1:41.78
1:32.62	1:22.99	100 IM	1:29.34	1:39.70
3:17.64	2:57.09	200 IM	2:59.99	3:20.88

11-14				
Girls			Boys	
25 M	25 Y		25 Y	25 M
12:21.72	14:07.79	1000 Freestyle	13:34.29	11:52.41
22:55.46	22:59.59	1650 Freestyle	22:11.09	22:07.10
2:52.75	2:34.79	200 Backstroke	2:26.19	2:43.15
3:12.06	2:52.09	200 Breaststroke	2:45.09	3:04.25
2:57.77	2:39.29	200 Butterfly	2:33.79	2:51.64
6:10.74	5:32.19	400 IM	5:18.69	5:55.68

13-14				
Girls			Boys	
25 M	25 Y		25 Y	25 M
5:49.94	6:39.99	500 Freestyle	6:19.99	5:32.44
15 & Over				
Girls			Boys	
25 M	25 Y		25 Y	25 M
5:41.19	6:29.99	500 Freestyle	6:09.99	5:23.70
11:46.72	13:27.79	1000 Freestyle	12:54.29	11:17.41
21:55.64	21:59.59	1650 Freestyle	21:11.09	21:07.28
2:52.75	2:34.79	200 Backstroke	2:26.19	2:43.15
3:12.06	2:52.09	200 Breaststroke	2:45.09	3:04.25
2:57.77	2:39.29	200 Butterfly	2:33.79	2:51.64
6:10.74	5:32.19	400 IM	5:18.69	5:55.68

**SOUTHEAST OHIO / WEST VIRGINIA
SWIM LEAGUE CHAMPIONSHIP
March 3rd & 4th, 2012**

TEAM: _____ INITIALS: _____

TEAM CONTACT: _____

EVENING PHONE: _____ DAY TIME PHONE: _____

OF SWIMMERS: _____

OF INDIVIDUAL EVENTS: _____ # OF RELAYS: _____

8 & U GIRLS _____

8 & U BOYS _____

10 & U GIRLS _____

10 & U BOYS _____

11 – 12 GIRLS _____

11 & 12 BOYS _____

13 & 14 GIRLS _____

13 & 14 BOYS _____

15 & Over GIRLS _____

15 & Over BOYS _____

SENIOR GIRLS _____

SENIOR BOYS _____

INDIVIDUAL EVENTS @ \$4.00 X _____ = _____

RELAY EVENTS @ \$8.00 X _____ = _____

TOTAL AMOUNT REMITTED: \$ _____

MAILING ADDRESS FOR ALL CHECKS:

[checks must be received by start date of meet or may be hand-carried to the meet]

YMCA SEOWV SWIM LEAGUE
Nicole Douglas
Hilliard YMCA
4515 Cosgray Road
Hilliard, OH 43026

SUBMIT ENTRIES VIA: www.seowvswim.org

FAX THIS SUMMARY, ADDITIONAL COACHES CERTIFICATIONS AND OFFICIALS FORMS
TO: Jon Reidler – (614) 751-1333

SOUTHEAST OHIO / WEST VIRGINIA SWIM LEAGUE CHAMPIONSHIP

March 3rd & 4th, 2012

LEAGUE CHAMPIONSHIPS OFFICIALS VOLUNTEER FORM

For the best possible meet each team should supply as many officials as possible. A minimum of one official per team per day is required. Complete this form and return it with your entries. Your team will not be processed without this form. Officials will be notified of their assignments at the mandatory officials meeting.

Team Name: _____

Officials Name	Certification Expires On:	USA Certified / Level?	Available Saturday 10 & Under & Long Events	Available Sunday 11 & Over