



# Ohio LSC Open Water Championship

Sanction # 3264 – OH

June 30, 2010

Presented by Cincinnati Aquatic Club

**SANCTION:** This meet is sanctioned by USA Swimming and Ohio Swimming, Inc.

**RULES:** The current USA Swimming open water rules will govern the Meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. *USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.*

**HOSTED BY:** Cincinnati Aquatic Club  
Visit our website for up-to-date meet information: [OhioOpenWater.com](http://OhioOpenWater.com)

**COMPETITION:** The competition will be organized according to these age classifications:

AGE	DISTANCE
10 & Under	1 Kilometer
11-12	2 Kilometer
13-14	3 Kilometer
15 & Over	4 Kilometer

Swimmers will compete as individuals. However, swimmers may also compete on relays. A relay will consist of three (3) swimmers in the same age group/same sex from the same club. The cumulative finishing times of the three fastest swimmers in each age group/sex will make up the A relay. The second fastest cumulative times will make up the B relay, etc. The fastest cumulative time will be used to determine the winners and the place. Teams may have an unlimited number of Relays.

**LOCATION:** The Meet will be conducted at East Fork Lake State Park – Batavia, OH

**COURSE:** This lake course is a 1 Kilometer Course. One lap = 1 Kilometer.

**SCHEDULE:** *Wednesday, June 30, 2010.*

### ***10 & Unders and 11-12 Age Groups***

Check-In & Warmups: 9:00 am – 9:30 am (Swimmers not checking in will be scratched)

Clinic #1: 9:45 am

Competition starts: 10:00 am (10& Unders) 10:15 am (11-12)

### ***13-14 and 15 & Over Age Groups***

Check-In: 10:00 am (13-14) 11:00 am (15&Over) (Swimmers not checking in will be scratched)

Clinic #2 (13-14): 10:30 am

Clinic #2 (15&Over): 11:30 am

Competition starts: 10:45 am (13-14) 11:45 am (15 & Over)

Events will be swum in order. Events may be started prior to the completion of the previous event(s) at the discretion of the Referee. Details of the competition schedule will be discussed during the Clinic.



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## CHECK-IN

Swimmers must report to the check-in table appropriate for their age and sex and report to the Meet Volunteer that they are present and prepared to swim. At that time the swimmers will be given a packet containing their swim caps, competitor number, and Champion Chip along with any other information regarding the competition deemed necessary.

## SAFETY PROCEDURES:

Different colored swim caps will be issued to swimmers in each age group so that Meet Officials can monitor swimmers progress through the course. Swimmers are **required** to wear the cap provided. Any swimmer refusing to wear the cap provided at any time during the clinic, warm-ups or competition will be removed from the water and scratched from competition. There will be a mandatory Clinic held before competition begins to discuss the course, rules and safety procedures. The Referee may remove any swimmer from competition who does not attend the clinic or is found to be inattentive during the clinic. The course will be patrolled by qualified safety personnel.

## ATHLETE ATTITUDE:

Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. *Parents and swimmers should be advised that if there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.*

## ELIGIBILITY:

Swimmer(s) must be registered with Ohio Swimming to be accepted into this meet. Age as of June 30, 2010 shall determine the swimmer's age for the Open Water Championships. Swimmers shall have the National BB time for the 200/400/500 freestyle distance for his or her age group (see below). This cut shall have been achieved during any USA Swimming sanctioned event since January 1, 2009 through the Entry Deadline. Pre and or post verification of the entry times is not required.

## ENTRY FEES:

\$25.00 per individual event – non-refundable, plus \$2.00 Ohio Swimming Surcharge.

Teams submitting entries for three or more swimmers per event will be eligible for relay competition. Relay fees are **free** per each group of three swimmers, per age group, per event, per team. There is no limit on the number of team relays, but only the top 2 relays per team per event will score.

Any swimmer failing to turn in the Computer Chip ankle strap and computer chip following competition will be assessed a fine of \$50.00.

Please make checks payable to Cincinnati Aquatic Club

**If any team has unpaid fees at the start of competition, the entire team will be scratched.**

## ENTRY CHAIR:

Please submit all Hytek Team Manager entries via e-mail (preferred) or paper entry form on page 6 of this packet via US Mail, USA Swimming certification, and fees to: Mike Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243 – [MeetEntry@swimcincinnati.org](mailto:MeetEntry@swimcincinnati.org) The hardcopies of entries, membership certification, and check should be sent via us mail to the same address.



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## ENTRY PROCEDURES & DEADLINE

Entries and Fees must be received on or before June 21, 2010. *Hard copy entries must be received by Monday, June 21, 2010.* We encourage HYTEK entries. The HYTEK entries may be sent either: (a) via Email to [MeetEntry@swimcincinnati.org](mailto:MeetEntry@swimcincinnati.org) in the same format and with a print out to the entry chairperson at the address listed below, or (b) Manual Entry Form on page 6 of this packet.

Host will send an Entry Report and Exception report (if any) back to entering club/unattached swimmer by Wednesday, June 23 at 8:00 p.m. via e-mail.

The e-mailed Entry Report sent to you confirming your entry, along with all subsequent Entry Reports notifying you of changed or updated entries, shall be the official record of your entry. No other information will be considered if there is an entry error or discrepancy.

**There will be no deck entries allowed for this meet. NT (No Time) Entries will not be accepted.**

## IMPORTANT REMINDER

Entering clubs/swimmers need to remember to check all data BEFORE submitting. Entering club with unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of club entries.

## START/FINISH

An “in-water” mass start and a “beach finish” will be used for each individual event.

## TIMING SYSTEM

Automated timing of individual races will be provided. Each swimmer will be issued a Computer Chip worn on a Velcro strap on their ankle at check-in.

## TIME LIMITS

Time Limits - swimmers must finish within 60 minutes of the first swimmer in their event to be eligible for scoring and award.

## ENTRY CHAIR

Mike Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243  
513) 984-5255 (work), (513) 272-1221 (home), [MeetEntry@swimcincinnati.org](mailto:MeetEntry@swimcincinnati.org)

## MEET DIRECTOR:

Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243  
(513) 984-5255 (work), (513) 272-1221 (home), [MeetDirector@swimcincinnati.org](mailto:MeetDirector@swimcincinnati.org)

## SCORING:

Individual events will be scored as follows:  
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay events will be scored as follows:  
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Team competition will be scored as follows:

The combined points scored by attached members of the team shall determine the team score. The Vein Solutions Ohio LSC Open Water Championships will be scored separately and independently from any other OSI Sponsored LSC championships.



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## AWARDS:

### Individual Events:

1<sup>st</sup> through 8<sup>th</sup> place will receive medals.  
9<sup>th</sup> through 16<sup>th</sup> will receive ribbons.

### Relay Events

1<sup>st</sup> through 3<sup>d</sup> place will receive medals.

### Team Awards:

1<sup>st</sup> through 3<sup>rd</sup> place will receive trophies or plaques

### Bonus Awards: – Provided by TYR

Individual Event Winner – TYR Jacket - embroidered

Relay Event Winner – TYR Swim Backpack - embroidered

### Ceremony:

The awards ceremony will be conducted at the conclusion of each Age Group

## GENERAL ADMISSION:

There is no admission fee for Ohio LSC Championship Meets

## MEET WARM-UP PROCEDURES:

An area adjacent to the competition will be available for continuous warm-up and warm-down during competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events

## PROGRAMS:

Psych sheets will be available on-line at [OhioOpenWater.com](http://OhioOpenWater.com)

## FINAL RESULTS:

Final results and Hy-tek Team Manager Results file will be posted to [OhioOpenWater.com](http://OhioOpenWater.com)

## REFRESHMENTS:

Concessions will be provided

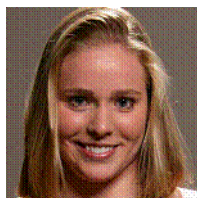
## PARKING:

Parking is free with over 1,000 spaces available

## OTHER ACTIVITIES: Stay tuned for 2010 Activities!

In 2008 we were proud to welcome:

- Bacchanal Steel Drum Band
- This year's activities will be announced later.



Erica Rose

In previous years, activities included:

- 2007 – Swim Clinics conducted by 10-time National Open Water Erica Rose
- 2005 & 2006 – Swim Clinics conducted by 12-time Olympic Medalist Dara Torres
- 2005 & 2006 – Toyota Summer Splash Tour



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## OPEN WATER EVENTS

GIRLS EVENT #	AGE	DIST	TYPE	BOYS EVENT #
1	10 & Under	1 Kilometer	Individual	2
3	10 & Under	3 Kilometer	Relay	4
5	11-12	2 Kilometer	Individual	6
7	11-12	6 Kilometer	Relay	8
9	13-14	3 Kilometer	Individual	10
11	13-14	9 Kilometer	Relay	12
13	15 & Over	4 Kilometer	Individual	14
15	15 & Over	12 Kilometer	Relay	16

## TIME STANDARDS

### Girls

#### National BB Cut

### Boys

#### National BB Cut

SCM	LCM	SCY	EVENT	SCY	LCM	SCM
			<b>10 &amp; Under</b>			
3:16.99	3:23.59	2:58.29	200 Free	2:50.89	3:13.99	3:08.89
			<b>11 &amp; 12</b>			
5:50.09	6:00.09	6:40.09	400 / 500 Free	6:35.09	5:54.39	5:45.79
			<b>13 &amp; 14</b>			
5:34.59	5:42.99	6:22.39	400 / 500 Free	6:03.19	5:27.99	5:17.79
			<b>15 &amp; Over</b>			
5:29.39	5:34.69	6:16.29	400 / 500 Free	5:51.29	5:14.39	5:07.49

source: 2009 – 2012 USA Swimming National Age Group Motivational Times





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## ENTRY SUMMARY

Please fill out the information requested below and submit with your payment. Make checks payable to Cincinnati Aquatic Club. Thank you.

**Send to:** **Mike Rice**  
**Entry Chair**  
**7425 Algonquin Drive**  
**Cincinnati, OH 45243**  
[MeetDirector@swimcincinnati.org](mailto:MeetDirector@swimcincinnati.org)

NAME OF CLUB _____	CODE _____
Number of individual entries: _____ X	\$25.00 = _____
Number of Relay entries: _____ X	\$ 0.00 = _____
Number of Swimmers – Ohio Swimming surcharge _____ X	\$ 2.00 = _____

**TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

<b>Club Official Submitting Entry:</b>	<b>Coaches:</b>
Name: _____	_____
Address: _____	_____
City: _____	_____
State: _____ Zip: _____	Head Coach E-mail Address: _____
Daytime Phone: ( ) _____	Club Official E-mail: _____

**Release and Hold Harmless Agreement**

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges the host club, Ohio Swimming Inc., and its Board of Directors, USA Swimming, Ohio Department of Parks and Recreation and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, form any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the host club and Ohio Swimming, USA Swimming, Ohio Dept of Parks and Recreation and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

**Signature of Club Official/Coach** \_\_\_\_\_ **Date** \_\_\_\_\_

\*Person who signs above is responsible for any fines imposed on the club for each missed cut not proven.

\*You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please list the name of your spokesperson: \_\_\_\_\_

**Did you include?**

<input type="checkbox"/>	<b>Entries in Writing</b>
<input type="checkbox"/>	<b>Check for entries and surcharges</b>
<input type="checkbox"/>	<b>This completed form</b>
<input type="checkbox"/>	



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## USA SWIMMING MEMBERSHIP MEET ENTRY FORM

**Meet Name:** Ohio LSC Open Water Championship  
**Location:** East Fork Lake, Batavia, OH  
**Date:** June 30, 2010

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: \_\_\_\_\_