

GREATER COLUMBUS SWIM TEAM OF OHIO'S

January B MEET - 2012

Sunday, January 15, 2012

Held under the sanction of USA Swimming, Inc. Sanction Number 3427-OH. All participants, coaches, officials, and teams must be members of USA Swimming, Inc.

POOL: The Columbus Academy (see enclosed map). **PARKING IS AVAILABLE ON THE EAST SIDE OF THE FACILITY**, only. The address is 4300 Cherry Bottom Road in Gahanna, Ohio 43230.

COMPETITION COURSE: The competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). Water depth at the starting block end of the pool is 10.0 feet to at least 5.0M off of the wall. Water depth at the shallow end of the pool is at least 3.5 feet at its shallowest to at least 5.0M off of the wall. There are 6 X 25 yard lanes with Kiefer lane lines & Colorado timing.

EQUIPMENT CONCESSIONS: Kast-A-Way Swimwear (614) 855-7946

ENTRY DEADLINE: All entries must be received by the Entry Chairman by 8:00 P.M. Thursday, January 5, 2012.

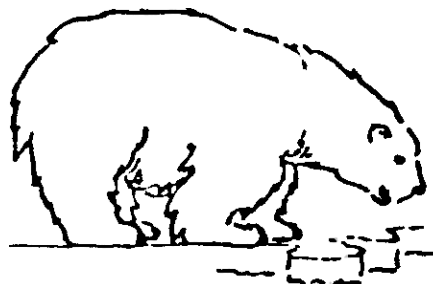
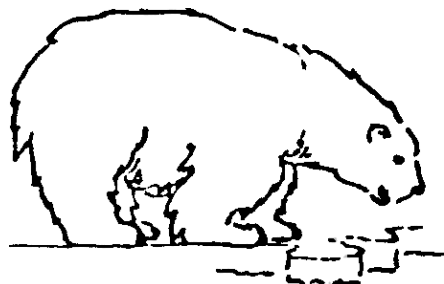
ENTRY CHAIRMAN: Brian Tann/ GCSTO PO Box 30483, Gahanna, OH 43230/ (614) 312-8323
irelander1848@gmail.com

CO-MEET DIRECTORS: Ron Bolden/ 2921 Scottwood Road, Bexley, OH 43209 / (614) 833-6254
ronebol@aol.com or Steve Nye/ PO Box 30483, Gahanna, OH 43230/ (614) 478-5445
stevenye@sbcglobal.net

ENTRIES: All competitors must be athlete members of USA Swimming. Swimmer's age as of January 15, 2012 will determine the eligibility for the age division. Submit **BEST YARD** times. All events will be **TIMED FINALS**. Indicate the total number of swimmers and individual events on the enclosed sheet and return it with the entry forms. If you wish confirmation of entries received, please enclose a stamped, self-addressed postcard or envelope. Each swimmer may enter a total of four (4) individual events in which his/her best time is slower than the time standards enclosed, plus relays. Relays must be made up of swimmers entered in the meet. Deck entries will be permitted if the meet director determines that time permits. Swimmers not already entered in the meet **MUST** bring proof of current USA Swimming membership in order to be allowed to deck enter. All individual deck entries are \$5.00 while relay deck entries are \$7.00.

ENTRY TIMES: The enclosed GCSTO B Meet time standards will be used for the meet. Swimmers may not enter an event in which they have achieved this standard.

ENTRY FEE: \$4.00 per individual event or \$7.00 per relay. \$1.00 per swimmer to Ohio LSC Travel fund. \$1.00 per swimmer to the Ohio Swimming Championship Meet Facility Fund. **Please make checks payable to G.C.S.T.O.**



MEET DESIGN: Please note that we are using a split format for our 10 & under sessions. We hope that our split session design for the 8 & under and 9-10 swimmers allows our younger swimmers to get in and out of a swimming meet in a more timely fashion. For our 11 & over swimmers, we use a meet format design that allows us to offer a wide variety of events and allows participants to choose events from several different distances while still keeping the meet to a manageable size. Swimmers and coaches must understand that, because of the structure of this session, the 15-minute rule will not be in effect. **Please remember that, though athletes of differing ages may be swimming together in this session, all age groups will be awarded separately.**

RULES: USA Swimming rules will govern the meet. All swimmers must be registered athletes of USA Swimming. All coaches will be required to sign in prior to each session and present their USA Swimming Coaching Membership Card to a meet director. Coaches are required to wear their USA Swimming Coach Membership Card on deck. No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet management. Wheelchair/handicap access is available. Contact the meet management concerning this issue. **THERE IS NO DECK CHANGING TO BE DONE AT ANY OHIO SWIMMING, INC. SPONSORED MEET.** Everyone MUST use the locker rooms to changes. Failure to do so may result in immediate dismissal from the grounds.

DIVING REQUIREMENT: Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

MEET PROCEDURE: All events, including relays, will be pre-seeded with the first heat of each event comprised of the SLOWEST times entered and the last heat comprised of the FASTEST times entered. In some instances, the 15-minute rule will not be in effect, so please use your judgment when entering swimmers in back-to-back events.

ATHLETE PRIVACY PRESERVATION: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

DISABILITY SWIMMERS: Swimmers with a disability are welcomed to enter Ohio Swimming Meets. Coaches, entry procedures are the same as for all other swimmers. Please provide advance notice of any necessary accommodations needed by the swimmer. List with your entry the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. Swimmers with a disability will be seeded with the same age group in either the same distance race or a longer distance race (i.e. 50 free during the 100 free event). Qualifying time standards at regular season meets are waived for swimmers with a disability. At Ohio Swimming Championship Meets swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships. At the Central Zone Meet four swimmers with a disability are welcome on the Ohio Zone Team without meeting the qualifying time standards. More information is available under "Adapted Swimming" on the Ohio Swimming web site (www.swimohio.org).

BULLPEN: The bullpen for 10 & under swimmers will be located in the wrestling room located through the 2nd floor door on the steps leading to the balcony at the starting block end of the pool. This area will also be open for parents and swimmers to relax during the meet. Please **STAY OFF OF, AND KEEP FOOD & DRINK OFF OF, THE WRESTLING MATS** while in this room. **We ask that coaches go over bullpen procedures with their athletes so that the athletes know what to expect when they get into the bullpen.**

FOOD CONCESSIONS: This will be located in the wrestling room located through the 2nd floor door on the steps leading to the balcony at the starting block end of the pool.

AWARDS: Awards will be handed out to swimmers at the meet after the results of their event have been announced. Awards not claimed by the final session of the meet will be given to the coach at the end of that session. We will award the following age group categories: 8 & under, 9 - 10, 11-12, 13 & above. Remember that in the 11 & over session, although, athletes may be swimming together with other age swimmers in their events, they will still be awarded separately by age division.

Individual Events: Custom Ribbons - 1st – 6th

Relay Events: Custom Ribbons - 1st – 3rd

Heat Winner Ribbons - All 10 & under events

WARM-UP PROCEDURE: No diving... feet first entry with one hand on the pool deck upon entry for general warm-ups. Diving permitted only when doing one way sprints during the last 15 minutes of warm-up.

| <u>Lane</u> | <u>0-15min</u> | <u>15-30min</u> |
|-------------|----------------|-----------------|
| 1 | General | Pace |
| 2 | General | Sprint |
| 3 | General | General |
| 4 | General | General |
| 5 | General | Sprint |
| 6 | General | General |

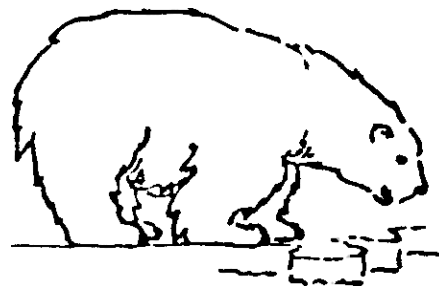
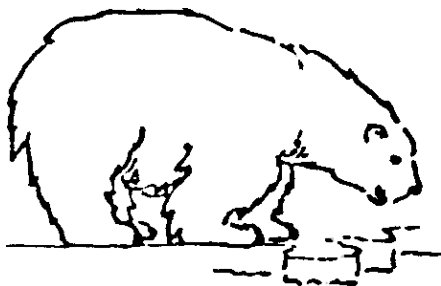
WARM-UP SCHEDULE:

Sunday A.M. Session #1: Girls – 7:30 to 7:50 A.M./ Boys – 7:50-8:10 A.M./Meet Starts - 8:15 A.M.

Sunday A.M. Session #2: Girls – 10:30 to 10:55 A.M./Boys 10:55-11:20 A.M./Meet Starts -11:25 A.M.

Sunday P.M. Session: All swimmers: 2:30 to 3:00 P.M./Meet Starts - 3:05 P.M.

- GCSTO reserves the rights to adjust warm-up assignments and procedures, as well as, meet starting times to more evenly divide the number of swimmers in the pool during each session of warm-ups for safety purposes. Any teams affected by such a decision will be contacted one week prior to the meet to allow them time to communicate any changes to their swimmers.



| ORDER OF EVENTS: | Girls | | | Boys |
|----------------------------------|----------------|-------------------|-------------------|------|
| Sunday Events Session #1: | 1 | 8 & under | 25 yd free | 2 |
| | 3 | 8 & under | 25 yd back | 4 |
| | 5 | 8 & under | 100 yd IM | 6 |
| | 7 | 8 & under | 25 yd breast | 8 |
| | 9 | 8 & under | 25 yd fly | 10 |
| | 11 | 8 & under | 50 yd free | 12 |
| | 13 | 8 & under | 100yd free relay | 14 |
| Sunday Events Session #2: | 15 | 9-10 | 50 yd free | 16 |
| | 17 | 9-10 | 50 yd back | 18 |
| | 19 | 9-10 | 100 yd IM | 20 |
| | 21 | 9-10 | 50 yd breast | 22 |
| | 23 | 9-10 | 50 yd fly | 24 |
| | 25 | 9-10 | 100 yd free | 26 |
| | 27 | 9-10 | 200 yd free relay | 28 |
| | 29 | 9-10 | 200 yd IM | 30 |
| Sunday Events (PM): | 31 | 11 & over open | 100 yd IM | 32 |
| | 33 | 11 & over open | 200 yd IM | 34 |
| | 35 | 11 & over open | 50 yd free | 36 |
| | 37 | 11 & over open | 100 yd back | 38 |
| | 39 | 11 & over open | 50 yd breast | 40 |
| | 41 | 11 & over open | 100 yd free | 42 |
| | 43 | 11 & over open | 50 yd fly | 44 |
| | 45 | 11 & over open | 100 yd breast | 46 |
| | 47 | 11 & over open | 50 yd back | 48 |
| | 49 | 11 & over open | 100 yd fly | 50 |
| 51 | 11 & over open | 200 yd free relay | 52 | |
| 53 | 11 & over open | 200 yd free | 54 | |

GCSTO B MEET TIME STANDARDS

REVISED 4/02/11

GIRLS

BOYS

| <u>13-14</u> | <u>11-12</u> | <u>10 & under</u> | <u>Event</u> | <u>10 & under</u> | <u>11-12</u> | <u>13-14</u> |
|--------------|--------------|-----------------------|---------------------|-----------------------|--------------|--------------|
| 27.79 | 28.99 | 32.79 | 50yd free | 32.29 | 28.09 | 25.49 |
| 59.99 | 1:02.89 | 1:12.69 | 100yd free | 1:11.49 | 1:01.69 | 55.69 |
| 2:08.69 | 2:16.19 | 2:40.59 | 200yd free | 2:39.29 | 2:15.19 | 1:59.49 |
| 5:43.29 | 6:03.49 | | 500yd free | | 6:00.59 | 5:25.09 |
| | 33.19 | 38.59 | 50yd back | 38.19 | 33.49 | |
| 1:06.69 | 1:11.29 | 1:22.49 | 100yd back | 1:22.89 | 1:11.19 | 1:03.59 |
| 2:23.39 | | | 200yd back | | | 2:15.29 |
| | 38.49 | 43.29 | 50yd breast | 43.99 | 37.09 | |
| 1:15.59 | 1:19.49 | 1:33.59 | 100yd breast | 1:35.49 | 1:21.79 | 1:10.99 |
| 2:43.69 | | | 200yd breast | | | 2:35.49 |
| | 31.49 | 36.49 | 50yd fly | 37.09 | 31.59 | |
| 1:05.99 | 1:11.29 | 1:26.69 | 100yd fly | 1:26.09 | 1:12.69 | 1:01.59 |
| 2:29.99 | | | 200yd fly | | | 2:22.49 |
| | 1:11.19 | 1:22.19 | 100yd IM | 1:22.39 | 1:11.39 | |
| 2:25.29 | 2:32.99 | 2:58.99 | 200yd IM | 3:00.69 | 2:32.59 | 2:16.69 |
| 5:06.69 | | | 400yd IM | | | 4:50.59 |

GCSTO 2012 January B MEET

COLUMBUS ACADEMY NATATORIUM - GAHANNA, OHIO

January 15, 2012

SANCTION NUMBER 3427 - OH

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

TEAM: _____

REPRESENTATIVE'S PRINTED NAME: _____

SIGNATURE: _____

DATE: _____