

THE GCSTO "HOLIDAY INVITATIONAL" - 2009
GREATER COLUMBUS SWIM TEAM OF OHIO
December 18-20, 2009

Held under the sanction of USA Swimming, Inc. Sanction Number 3212-OH. All participants, coaches, officials, and teams must be members of USA Swimming, Inc.

POOL: The Columbus Academy (see enclosed map)
4300 Cherry Bottom Road in Gahanna, Ohio 43230
6 Lanes, 25 yard, Kiefer lane lines, Colorado timing.
Athlete & Parent Rest Area – Academy Wrestling (Barton) Room

PARKING IS AVAILABLE ON, BOTH, THE EAST AND WEST SIDES OF THE FACILITY.

EQUIPMENT CONCESSIONS: Aqua Outfitters & Custom Embroidery (614-470-7946)

ENTRY DEADLINE: Entries must be received by 8:00 P.M. Wednesday, December 9, 2009.

ENTRY CHAIRMAN: Steve Nye/ GCSTO PO Box 30483, Gahanna, OH 43230/ (614) 352-1826
stevenye@sbcglobal.net

CO-MEET DIRECTORS: Jeff Pastor/ 6766 Laburnum Dr., Canal Winchester, OH 43110 / (614) 833-6254 padre2@ameritech.net
Steve Nye/ PO Box 30483, Gahanna, OH 43230/ (614) 478-5445
stevenye@sbcglobal.net

ENTRIES: We will, once again, use our "Create Your Own Distance Format" design. This allows us to offer all events possible in a fashion that allows participants to choose their own event distance while still keeping the meet to a manageable size. This meet will include almost all possible events. Swimmers and coaches must understand that, because of the structure of the meet, the 15-minute rule will not be in effect. **Please remember that, though athletes of differing ages may be swimming together, all age groups will be awarded separately.**

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. Meet results will be mailed to teams with 5 swimmers or more.

Swimmer's age as of December 18, 2009 will determine their age division. Each swimmer may enter a total of five (5) individual events per day plus relays. Relays must be made up of swimmers entered in the meet. A swimmer may compete in either his or her age group relay or in an open relay, but not in both.

Deck entries may be permitted if the meet director determines that time permits. Cost is \$5.00 per individual event and \$10.00 per relay. It is our goal to complete each session in 4 hours or less (excluding the 1650 yd free event on Sunday). Swimmers not already entered in the meet **MUST** bring proof of current USA Swimming membership in order to be allowed to deck enter.



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

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 Coach Membership Card to a Meet Director. Coaches are required to wear their Membership Card in a visible place on their person in order to be on deck. No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet officials. Wheelchair and handicap access is available. Contact the meet management concerning this issue.

MEET PROCEDURE: All 8 & under and 10 & under events will be pre-seeded on Saturday and Sunday save the 10 & under 200 IM's on Saturday which we will deck seed. We will deck seed (positive check-in) ALL 11 & over events. We are doing this as there are always many who miss the meet due to last minute change in plans so this helps eliminate all of the open lanes (as well as speeds up the meet which always helps).

We will use fly over starts for ALL 11 & over events (sans the backstroke events) *Please go over this with your athletes... even the 10 & unders in the event that the meet referee decides to do this for all events!*

The 1650yd free will be seeded fastest to slowest, males and females combined. Swimmers entered in the 1650 free on Sunday will be required to provide their own timers and lap counters.

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.

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.

AWARDS Awards will be handed out to swimmers at the meet after the results of their events 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 & Over, although athletes may be swimming together with other age swimmers in their events.

Individual Events: Custom Medals - 1st – 6th

Relay Events: Custom Ribbons - 1st – 3rd

Heat Winner Ribbons: 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-ups.

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

MEET SCHEDULE:

Friday: Girls 5:00 - 5:30 P.M. Boys 5:30 - 6:00 P.M. Meet Starts: 6:05 P.M.

Saturday A.M. Sessions: GCSTO 11 & over Girls 7:30-8:00 a.m./ All other Girls 8:00 - 8:30 A.M. Boys 8:30 - 9:00 A.M. Meet Starts: 9:05 A.M.

Sunday A.M. Sessions: GCSTO 10 & under Girls 7:30-8:00 a.m./ All other Girls 8:00 - 8:30 A.M. Boys 8:30 - 9:00 A.M. Meet Starts: 9:05 A.M.

- GCSTO reserves the rights to adjust warm-up assignments and procedures to more evenly divide the number of swimmers in the pool during each session of warm-ups. Any teams affected by this decision will be contacted one week prior to the meet to allow them time to communicate any changes to their swimmers.
- The meet start time has been made later to allow the morning swimmers a better opportunity to be prepared for their swims...and, in the case of adjusted warm-up assignments, we will be able to add another half hour (7:30 to 8:00 a.m.) of warm-ups while still starting the meet on time.

ORDER OF EVENTS:	Girls		Boys	
Friday Events:	1	open	500 yd free	2
	3	10 & under	200 yd free	4
	5	open	400 yd IM	6
Saturday Events (AM):	7	11 & over open	200 yd IM	8
	9	8 & under	100 yd IM	10
	11	10 & under open	100 yd fly	12
	13	11 & over open	50 yd fly	14
	15	8 & under	50 yd free	16
	17	10 & under open	50 yd free	18
	19	11 & over open	200 yd breast	20
	21	8 & under	25 yd fly	22
	23	10 & under open	50 yd breast	24
	25	11 & over open	100 yd back	26
	27	8 & under	25 yd back	28
	29	10 & under open	100 yd back	30
	31	11 & over open	50 yd breast	32
	33	8 & under	100 free relay	34
	35	10 & under	200 free relay	36
	37	11 & over open	200 yd fly	38
	39	11 & over open	100 yd free	40
	41	10 & under open	200 yd IM	42
	43	11 - 12	200 yd free relay	44
	45	13 & over	200 yd free relay	46
Sunday Events (AM):	47	11 & over open	100 yd IM	48
	49	10 & under open	100 yd IM	50
	51	8 & under	25 yd free	52
	53	11 & over open	50 yd free	54
	55	10 & under open	100 yd free	56
	57	8 & under	25 yd breast	58
	59	11 & over open	100 yd fly	60
	61	10 & under open	50 yd back	62
	63	8 & under	100 yd free	64
	65	11 & over open	200 yd back	66
	67	10 & under open	100 yd breast	68
	69	8 & under	100 yd medley relay	70
	71	11 & over open	100 yd breast	72
	73	10 & under open	50 yd fly	74
	75	11 & over open	50 yd back	76
	77	10 & under open	200 yd medley relay	78
	79	11 & over open	200 yd free	80
	81	11 - 12	200 yd medley relay	82
	83	13 & over	200 yd medley relay	84
* 15 min break before	85	open	1650 yd free	86

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COLUMBUS ACADEMY NATATORIUM - GAHANNA, OHIO

December 18-20, 2009

SANCTION NUMBER 3212 - 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, 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., 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: _____