

**CINCINNATI AQUATIC CLUB**  
**TYR-CAC MID-WINTER INVITATIONAL**  
**SANCTION #3225-OH**  
**January 29 - 31, 2010**

**CINCINNATI COUNTRY DAY SCHOOL**

6905 Given Road, Indian Hill, Ohio 45243

Held under the Sanction of USA Swimming, Inc. and Ohio Swimming, Inc.

**SHORT COURSE YARDS**

**FACILITY:** The Cincinnati Country Day School (CCDS) facility is a 6 lane, 25 yard pool. Electronic timing facilities are by Colorado System V. There is a new Colorado Time LED 6-lane scoreboard, separate gym for swimmers, and spectator seating overlooking the pool.

**FORMAT:** All events are timed finals for each age group. Age classifications are: 8-Under, 10-Under, 11-12, and Open. **Athletes are limited to 5 events per day, plus relays.** There are no minimum time standards. Deck entries will be permitted in open lanes only. All events on Friday evening and all events 200 yards and longer on Saturday and Sunday will require positive check-in. Events may be limited and/or combined to keep each session scheduled to take less than 4 hours in order to maintain compliance with the 4 hour rule of USA Swimming. **The 1650 Free will be limited to the top 12 athletes for each gender.** Due to the depth of the pool at CCDS, the second and fourth athlete in 100 yard relays will start in the water. All swimmers entered in 8-Under events shall report to the Clerk of Course. All other athletes are to report directly to the blocks for each event. All athletes must be registered athletes of USA Swimming, Inc. Coaches and athletes must be prepared to prove USA Swimming, Inc., membership. Age of athlete on January 29, 2010, will determine the age group for this meet. The current Official USA Swimming and Ohio LSC Rules will govern the competition. See also the attached Warm up Procedure and Safety Guidelines form.

**SCHEDULE:** See attached schedule and order of events for this meet. In order to prevent crowding during warm-ups, teams may be assigned to a designated warm-up period. Warm-ups will conclude with a sprint session for all teams.

**EVENTS:** See attached schedule of events. (CAC reserves the right to combine heats and/or events for time management purposes.)

**ENTRY & DEADLINE:** We encourage Hy-tek Team Manager entries. Hy-tek entries should be sent via Email to [meetentry@swimcincinnati.org](mailto:meetentry@swimcincinnati.org) by the ENTRY DEADLINE of Wednesday, January 20, 2010 at 5:00 P.M. The Hy-tek event file for Team Manager can be found at CAC's website at [www.swimcincinnati.org](http://www.swimcincinnati.org). A print out of the Team Manager entries must be sent to the Entry Chairperson. All hand written entries must use the enclosed Entry Sheet. All entries must include the Team Entry Summary Sheet and Team Certification Form. Teams should submit short course yard times with their entries. A check for all fees, made payable to Cincinnati Aquatic Club, must accompany your entry.

Checklist for Entries:

1. Team Manager Entry file sent via e-mail by Wednesday, January 20, 2010 at 5:00 P.M.
2. The following sent via US Mail to Entry Chair:
  - a. Printout of Team Manager Entries;
  - b. Team Summary Form/Membership Certification Form; and
  - c. Check for Total Entry Fees.

**ENTRY FEES:** \$4.00 per Individual Event; \$7.00 per Relay Event; \$2.00 per athlete Ohio Swimming, Inc. surcharge. **All entry fees must accompany entries.** The entry fee for deck entries is \$5.00 per Individual Event; \$10.00 per Relay Event; \$2.00 per athlete Ohio Swimming, Inc. surcharge. **Ohio Swimming NO LONGER accepts new USA athlete registration for swimmers at meets!**

**MEET DIRECTOR:** Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243. Phone (513) 272-1221 - evening, (513) 984-5255 – day; e-mail – [meetdirector@swimcincinnati.org](mailto:meetdirector@swimcincinnati.org) (not for Hy-Tek entries, see below).

**ENTRY CHAIRPERSON:** Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243. Phone (513) 272-1221 - evening, (513) 984-5255 – day, e-mail – [meetentry@swimcincinnati.org](mailto:meetentry@swimcincinnati.org) (for Hy-Tek entries).

**AWARDS:** Ribbons - 1st through 6th place for each age group for each event, including relays.

**SCORING:** The Meet will be scored using traditional scoring.

**RESULTS:** Final results, Hy-tek Team Manager Results File, and Hy-Tek Meet Manager Backup File will be posted on CAC's website at [www.swimcincinnati.org](http://www.swimcincinnati.org) immediately after the meet. Meet results may be obtained on computer disk, but each team must supply their own disk or jump drive.

**COACHES:** All coaches must sign in for each session and present a current USA Swimming, Inc. membership card. At the discretion of the Meet Director, there may be a brief coaches' meeting prior to start of the meet.

**TIMERS AND OFFICIALS:** CAC greatly appreciates the help we get from other swim clubs in timing and officiating our meets. Any volunteers should contact the Meet Director.

**LOCATION:** Cincinnati Country Day School, 6905 Given Road, Indian Hill, Ohio 45243.

**From Cincinnati:** Take I-71 North; take Exit 11 from I-71 (Kenwood Road exit); take right on Kenwood Road; take left on Shawnee Run Road; take left on Given Road; take left into second driveway at CCDS.

**From north and west of Cincinnati:** Take I-275 East to Exit 52 (Loveland-Madeira Road) south to Kugler Mill Road; take left on Kugler Mill Road; take right onto Given Road; take right into parking lot of CCDS.

**From south and east of Cincinnati:** Take I-275 to the Rt. 50 exit from I-275; go through Milford; after crossing the Little Miami River bridge, take right onto Ohio Rt. 126; take left onto Shawnee Run Road under the one lane train bridge; take right on Given Road; take left into CCDS parking lot.

**FACILITY RULES:** CCDS requires that all marked parking rules be followed. Additional parking is located in the parking lot at the main entrance to the school. Between events, athletes are to stay in the designated gym area. The entrance to the spectator seating is located off the second floor gym. As seating is somewhat limited, parents are requested to only use this area while their athletes are in the water.

**SWIMMERS WITH DISABILITIES:** CAC welcomes swimmers with disabilities to participate in the meet. The Meet Director requests 1) the athlete's coach provide advance notice of any necessary accommodations; and 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. 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). More info. available under 'Adapted Swimming' on the Ohio Swimming website.

**SCHEDULE OF EVENTS:**

CAC reserves the right to combine heats and/or events, and to limit the number of heats for time management purposes.

<b>Fri PM (Session 1) Warm-up 4:15 PM</b>		<b>Competition 5:30 PM</b>
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
101	Open 400 IM*	102
103	11-12 200 IM*	104
105	10 & UNDER 200 IM*	106
107	Open 500 FREE*	108
109	11-12 500 FREE *	110
111	10 & UNDER 200 FREE*	112

\* All Friday PM Events Require Positive Sign-In by 4:45 PM

<b>Sat AM (Session 2) Warm-up 7:00 AM</b>		<b>Competition 8:15 AM</b>
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
201	11-12 200 MED RELAY	202
203	Open 200 MED RELAY	204
205	11-12 200 FREE*	206
207	Open 200 FREE*	208
209	11-12 100 BREAST	210
211	Open 200 BREAST*	212
213	11-12 50 FREE	214
215	Open 50 FREE	216
217	11-12 100 FLY	218
219	Open 200 FLY*	220
221	11-12 50 BACK	222
223	Open 100 BACK	224

\* Positive check in required

<b>Sat PM (Session 3) Warm-up TBA PM</b>		<b>Competition TBA PM</b>
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
225	10-UNDER 200 MED RELAY	226
227	8-UNDER 100 MED RELAY	228
229	10-UNDER 50 BACK	230
231	8-UNDER 25 BACK	232
233	10-UNDER 100 IM	234
235	8-UNDER 100 IM	236
237	10-UNDER 100 FLY	238
239	8-UNDER 50 FLY	240
241	10-UNDER 50 BREAST	242
243	8-UNDER 25 BREAST	244
245	10-UNDER 100 FREE	246
247	8-UNDER 50 FREE	248

<b>Sun AM (Session 4) Warm-up 7:00 AM</b>		<b>Competition 8:15 AM</b>
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
301	11-12 200 FREE RELAY	302
303	Open 200 FREE RELAY	304
305	11-12 50 BREAST	306
307	Open 100 BREAST	308
309	11-12 100 BACK	310
311	Open 200 BACK*	312
313	11-12 100 FREE	314
315	Open 100 FREE	316
317	11-12 100 IM	318
319	Open 200 IM*	320
321	11-12 50 FLY	322
323	Open 100 FLY	324

<b>Sun PM (Session 6) Warm-up TBA PM</b>		<b>Competition TBA PM</b>
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
327	10-UNDER 200 FREE RELAY	328
329	8-UNDER 100 FREE RELAY	330
331	10-UNDER 100 BACK	332
333	8-UNDER 50 BACK	334
335	10-UNDER 50 FLY	336
337	8-UNDER 25 FLY	338
339	10-UNDER 100 BREAST	340
341	8-UNDER 50 BREAST	342
343	10-UNDER 50 FREE	344
345	8-UNDER 25 FREE	346

<b>Sun AM (Session 5) Warm-up for 15 minutes after Event 324</b>	
325	OPEN 1650 FREE**
	326

\*\* Events 325 and 326 limited to fastest 12 athletes per event and require positive check in by 30 minutes after start of Session 4.

**Cincinnati Aquatic Club  
Team Entry Summary Sheet  
TYR-CAC Mid-Winter Invitational  
January 29 - 31, 2010**

TEAM: \_\_\_\_\_ CODE \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

TEAM CONTACT E-MAIL: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_

E-Mail ADDRESS: \_\_\_\_\_

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

\_\_\_\_\_ INDIVIDUAL EVENTS AT: \$4.00 = \_\_\_\_\_

\_\_\_\_\_ RELAY EVENTS AT: \$7.00 = \_\_\_\_\_

TOTAL AMOUNT REMITTED: \_\_\_\_\_

ATTACH CHECK TO THIS SUMMARY SHEET.

MAKE CHECK PAYABLE TO: Cincinnati Aquatic Club

**=====**

**USA SWIMMING MEMBERSHIP CERTIFICATION FORM**

**Cincinnati Aquatic Club – TYR-CAC Mid-Winter Invitational  
Cincinnati Country Day School  
January 29 – 31, 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: \_\_\_\_\_

**TYR-CAC MID-WINTER INVITATIONAL**  
**January 29 – 31, 2010**  
**WARM-UP PROCEDURE AND SAFETY GUIDELINES**

**I. Warm-Up Procedure**

- A. General Warm-up – Fri 4:15-5:15 PM, Sat AM & Sun AM: 7:00-8:00 AM; Sat & Sun PM Sessions - TBA
  - 1. No diving or racing starts allowed from the blocks or edge of the pool. Swimmers must enter pool feet first in a cautious manner with one hand in contact with the pool edge.
  - 2. No sprinting or pace work allowed during this general warm up session.
  - 3. All lanes are to be used for general warm-up.
  
- B. Push/Pace/Starts – Fri 5:15–5:25 PM, Sat AM & Sun AM: 8:00-8:10 AM; Sat & Sun PM Sessions - TBA
  - 1. Push/Pace Lanes: 1 & 6
  - 2. Racing Start Lanes: 2 - 5
  - 3. Push/Pace Lanes - Push off one or two lengths from the starting end with the same entry as in general warm-up.
  - 4. Racing Start Lanes - Sprint lanes for racing starts from blocks or backstroke starts in specified lanes at designated times. One way only – from starting blocks.
  
- C. There will be a special 10 minute warm-up session prior to the 1650 Free on Sunday which will begin immediately after the conclusion of Event #324.

**II. Safety Guidelines**

- A. Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets.
  
- B. Coaches shall actively supervise their swimmers throughout the warm-up session.
  
- 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.
  
- E. 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.
  
- F. 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.

MEET: TYR-CAC Mid-Winter Invitational  
 DATE: Jan 29-31, 2010  
 CLUB: \_\_\_\_\_

CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-Mail \_\_\_\_\_

Circle	Boys	Girls	Event #	FRIDAY		SATURDAY				SUNDAY			
8&Under													
10&Under													
9-10													
11-12													
Open													
Qualifying Time													
AGE:													
1.	AGE:												
2.	AGE:												
3.	AGE:												
4.	AGE:												
5.	AGE:												
6.	AGE:												
7.	AGE:												
8.	AGE:												
9.	AGE:												
10.	AGE:												

Revised 5/09

ENTER MEET IN: Yard Times

NUMBER OF: INDIVIDUAL EVENTS: \_\_\_\_\_