

**CINCINNATI AQUATIC CLUB**  
**CAC Pentathlon - Sanction #3186-OH**  
**Saturday, October 10, 2009**

**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 six lane scoreboard, and there is ample spectator seating overlooking the pool.

**FORMAT:** All events are timed finals for each age group. Age classifications are 8&Under, 9-10, 11-12, 13&14 and 15&Over. The 13&14 and 15&Over age groups will swim together (13&Over), but be scored separately. Deck entries will be permitted in open lanes only. **Athletes should be encouraged to swim all five events for their age group.** Please submit short course yard times with entries. 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 October 10, 2009 will determine the age group for this meet. The current Official USA Swimming Rules will govern the competition. See also the attached Warm-up Procedure and Safety Guidelines form.

**SCHEDULE:** Session 1: 11-12 and 13&Over - WARM-UP 7:00 A.M. TIMED FINALS 8:15 A.M.  
Session 2: 8&Under and 9-10 - WARM-UP TBA TIMED FINALS TBA

In order to prevent crowding during warm-up, teams may be assigned to a 30-minute warm-up period. Warm-ups will conclude with a 10-minute sprint (lanes 2-5) and push/pace (Lanes 1 & 6) period for all teams.

**ENTRIES:** Athletes are encouraged to swim all five events for their age group. 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, September 30, 2009 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. Entry fees will not be returned unless your entry is closed out of the meet.

Checklist for Entries:

1. Team Manager Entry file sent via e-mail by September 30, 2009 at 5:00 PM.
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:** There is a single entry fee of \$20.00 per swimmer for all 5 events [backstroke, breaststroke, butterfly, freestyle, and IM]; plus the Ohio Swimming Surcharge: \$2.00/swimmer (Travel Fund/Championship Meet Facilities). **All entry fees must accompany entries.** The entry fee for deck entries is \$23.00, plus the Ohio Swimming Surcharge.

**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).

**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 AND SCORING:** Ribbons – 1st through 12th place for each event for each age group. High Point Awards will be awarded by Age Group for both male and female. The determination of the High Point Awards will be by traditional points scoring for each event.

**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.

**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 requests that all marked parking rules be followed. If all parking slots are full, additional parking is located in the CCDS South 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. Further, no one is allowed on the gymnastics equipment which is near the spectator gallery.

**COACHES:** All coaches must sign in for each session and present a current USA Swimming 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 officiating and timing at our meets. Any volunteers should contact the Meet Director.

**SWIMMERS WITH DISABILITIES:** CAC welcomes swimmers with disabilities to participate in the meet. 1) Provide advance notice of any necessary accommodations; 3) 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

## Session 1

Warm-up: 7:00 AM

Session Starts at 8:15 AM

| <b>Event No.</b> | <b>Boys/Girls</b> | <b>Age Group</b> | <b>Distance</b> | <b>Stroke</b>     |
|------------------|-------------------|------------------|-----------------|-------------------|
| 101              | G                 | 13&Over          | 100 Yard        | Freestyle         |
| 102              | B                 | 13&Over          | 100 Yard        | Freestyle         |
| 103              | G                 | 11-12            | 50 Yard         | Freestyle         |
| 104              | B                 | 11-12            | 50 Yard         | Freestyle         |
| 109              | G                 | 13&Over          | 100 Yard        | Backstroke        |
| 110              | B                 | 13&Over          | 100 Yard        | Backstroke        |
| 111              | G                 | 11-12            | 50 Yard         | Backstroke        |
| 112              | B                 | 11-12            | 50 Yard         | Backstroke        |
| 117              | G                 | 13&Over          | 100 Yard        | Butterfly         |
| 118              | B                 | 13&Over          | 100 Yard        | Butterfly         |
| 119              | G                 | 11-12            | 50 Yard         | Butterfly         |
| 120              | B                 | 11-12            | 50 Yard         | Butterfly         |
| 125              | G                 | 13&Over          | 100 Yard        | Breaststroke      |
| 126              | B                 | 13&Over          | 100 Yard        | Breaststroke      |
| 127              | G                 | 11-12            | 50 Yard         | Breaststroke      |
| 128              | B                 | 11-12            | 50 Yard         | Breaststroke      |
| 133              | G                 | 13&Over          | 200 Yard        | Individual Medley |
| 134              | B                 | 13&Over          | 200 Yard        | Individual Medley |
| 135              | G                 | 11-12            | 100 Yard        | Individual Medley |
| 136              | B                 | 11-12            | 100 Yard        | Individual Medley |

## Session 2

Warm-up: TBD

Session Starts at TBD

| <b>Event No.</b> | <b>Boys/Girls</b> | <b>Age Group</b> | <b>Distance</b> | <b>Stroke</b>     |
|------------------|-------------------|------------------|-----------------|-------------------|
| 105              | G                 | 9-10             | 50 Yard         | Freestyle         |
| 106              | B                 | 9-10             | 50 Yard         | Freestyle         |
| 107              | G                 | 8&Under          | 25 Yard         | Freestyle         |
| 108              | B                 | 8&Under          | 25 Yard         | Freestyle         |
| 113              | G                 | 9-10             | 50 Yard         | Backstroke        |
| 114              | B                 | 9-10             | 50 Yard         | Backstroke        |
| 115              | G                 | 8&Under          | 25 Yard         | Backstroke        |
| 116              | B                 | 8&Under          | 25 Yard         | Backstroke        |
| 121              | G                 | 9-10             | 50 Yard         | Butterfly         |
| 122              | B                 | 9-10             | 50 Yard         | Butterfly         |
| 123              | G                 | 8&Under          | 25 Yard         | Butterfly         |
| 124              | B                 | 8&Under          | 25 Yard         | Butterfly         |
| 129              | G                 | 9-10             | 50 Yard         | Breaststroke      |
| 130              | B                 | 9-10             | 50 Yard         | Breaststroke      |
| 131              | G                 | 8&Under          | 25 Yard         | Breaststroke      |
| 132              | B                 | 8&Under          | 25 Yard         | Breaststroke      |
| 137              | G                 | 9-10             | 100 Yard        | Individual Medley |
| 138              | B                 | 9-10             | 100 Yard        | Individual Medley |
| 139              | G                 | 8&Under          | 100 Yard        | Individual Medley |
| 140              | B                 | 8&Under          | 100 Yard        | Individual Medley |

CAC reserve the right to combine heats and/or events for time management purposes.

**Cincinnati Aquatic Club**  
**Team Entry Summary Sheet**  
**CAC Pentathlon – Sanction #3186-OH**  
**OCTOBER 10, 2008**

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

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

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

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

E-MAIL ADDRESS (FOR FINAL RESULTS): \_\_\_\_\_

\_\_\_\_\_ INDIVIDUAL EVENTS AT: \$20.00 = \$ \_\_\_\_\_

\_\_\_\_\_ SWIMMERS AT: \$ 2.00 = \$ \_\_\_\_\_

(Travel Fund & Championship Facilities Site Selection Surcharges)

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

MAKE CHECK PAYABLE TO: Cincinnati Aquatic Club

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**USA SWIMMING MEMBERSHIP CERTIFICATION FORM**

**Cincinnati Aquatic Club – CAC PENTATHLON**  
**Sanction #3186-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, 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: \_\_\_\_\_

**Cincinnati Aquatic Club**  
**CAC PENTATHLON - Sanction #3186-OH**  
**WARM UP PROCEDURE AND SAFETY GUIDELINES**

**II. Warm-Up Procedure**

**A. General Warm-up – First Hour**

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 – Ten Minutes**

1. All 6 Lanes Are Sprint Lanes – One Way Only From Blocks

**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: CAC Pentathlon  
 DATE: October 10, 2008  
 SANCTION #3186-OH  
 CLUB:  
 COACH:  
 PHONE:

| Circle          | Boys | Girls | Saturday |  |  |  |  |  |  |  |  |  |
|-----------------|------|-------|----------|--|--|--|--|--|--|--|--|--|
|                 |      |       | Event    |  |  |  |  |  |  |  |  |  |
| 8&Under         |      |       |          |  |  |  |  |  |  |  |  |  |
| 9-10            |      |       |          |  |  |  |  |  |  |  |  |  |
| 11-12           |      |       |          |  |  |  |  |  |  |  |  |  |
| 13-14           |      |       |          |  |  |  |  |  |  |  |  |  |
| 15&Over         |      |       |          |  |  |  |  |  |  |  |  |  |
| Qualifying Time |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 1.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 2.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 3.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 4.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 5.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 6.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 7.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 8.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 9.              |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |
| 10.             |      |       |          |  |  |  |  |  |  |  |  |  |
| AGE:            |      |       |          |  |  |  |  |  |  |  |  |  |

October 10, 2009

**ENTER MEET IN YARDS TIMES**  
**NUMBER OF INDIVIDUAL EVENTS: \_\_\_\_**