

# YMCA SOUTHEAST OHIO / WEST VIRGINIA SWIM LEAGUE REGIONAL “A” CHAMPIONSHIP GAHANNA YMCA February 25, 2012

**POOL:** Located at the Gahanna YMCA

**DATE:** The meet will be held on February 25, 2012

**TIMES:** Warm ups will begin at 12:30 pm, with the meet start time at 1:30 pm.

**ENTRY FEES:** \$2.50 per individual event. \$6.00 per relay event. Entry fees may be hand carried to the meet and must be paid before the start of the meet. Makes checks payable to “YMCA SEOWV SWIM LEAGUE.”

**QUALIFICATIONS:** Recorded in the Southeast Ohio / West Virginia Swim League Rules and Regulations. Championships rules are covered in Article XII. Swimmers with three individual AA times by the entry deadline (across any events) are not eligible to participate in individual events. Participation by these AA swimmers in relay events is only appropriate when the team does not have four A-eligible athletes to complete a relay.

**IMPLIED TEAM CERTIFICATION:** Teams submitting entries certify that their entries meet all of the requirements to participate in YMCA swimming. This includes (but is not limited to) 90 days of YMCA membership, single team representation, minimum meet participation requirements and entry birth date.

**RULES:** The current USA Swimming Technical rules will govern the competition except where superseded by a Southeast Ohio / West Virginia Swim League rule. Criteria for disqualification of a swimmer will be one of the topics at the officials’ meeting.

**ORDER OF EVENTS:** Please see attached sheets.

**ENTRIES:** All entries must be received by **9 PM (Eastern) on Friday February 17, 2012**. Entries will be submitted electronically through a link from the Winter Champs page on [www.seowvswim.org](http://www.seowvswim.org). Swimmers must have swum all events entered in the competition since March 1, 2011. Entry times may be challenged. All submitted times will be converted to 25 yard times. Each swimmer will be allowed to swim a maximum of three (3) individual events plus one (1) Medley and one (1) Freestyle relay. Entries in excess of the limit will be deleted in event number order.

**QUALIFYING TIMES:** There are maximum qualifying times for all individual events. The online entry tool will reject entries exceeding the qualifying times. Relay events do not have qualifying times.

**ENTRY TIMES REQUIRED:** According to Article XII, section E-3 “**NO TIMES**” will not be accepted for any entries.

**PARKING:** Visitors need to park in appropriate marked parking spaces. Overflow parking is available at the Primrose School on Johnstown Road, located in front of the Y.

**REMINDER:** Before the entry deadline for Championships, all swimmers shall have represented their association in three (3) YMCA meets during the winter season and shall have been a YMCA member in good standing who holds an annual, full privilege membership. One of the three participation meets must have been at least 40 days prior to the start of the Championship meet (Saturday, January 7, 2012). A swimmer must be a member in good standing for the 90 days prior to the start of the Championship meet (Sunday, November 20, 2011). A swimmer must have represented only their YMCA in any open competition during the 90 days prior to the start of the meet.

**SEEDING:** There are NO deck entries. All events will be swum as timed finals. All events will be pre-seeded according to entered times.

**SPECIAL NEEDS:** Should you have a swimmer who requires special assistance, please provide that information with your entries. The importance is to properly seed hearing-impaired swimmers near the starter.

**SCORING:** Individual events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1  
Relay Events: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2  
Only two relays from one team may score in the same event.

**AWARDS:** Ribbons will be awarded for first through eighth place – both individual and relays.

**NOTE:** Awards should be picked up by the coach (or a designated representative) no earlier than 30 minutes after the end of the meet. Any remaining awards will be mailed with the shipping cost billed to the receiving team.

**ADMISSION:** No admission fee will be charged.

**MEET PROGRAM / HEAT SHEETS:** A \$3.00 fee will be charged for heat sheets.

**NO FOOD OR DRINK ON DECK:** A hospitality location will be available for the coaches and officials.

**CLERK OF COURSE:** There will be a bullpen.

**TIME TRIALS:** There will be individual time trials following the session for individual events offered during the meet. Time Trial entry fees are \$5 per event. Listen for announcements on when the time trials entry box closes. Swimmers are permitted to swim time trials only on their age-appropriate day.

**TIMERS:** All teams will be responsible for providing timers. The number of timers each team is responsible for will be based on the number of swimmers they have entered. No team will have more than five timer assignments. Team assignments will occur after the entries are compiled. Each team may schedule their workers as they wish but must cover their assignments for each session. All timers starting at the meet each day should attend the timers meeting. The Timers Meeting will be held 20 minutes prior to the start of the meet. Please provide competent timers – this is a championship meet. Inexperienced timers may be requested to find a replacement.

**OFFICIALS:** Each team should supply as many officials as possible. A minimum of one official per team per day is required. An official's Volunteer form is included in this packet.

**OFFICIALS MEETING:** All Officials will need to report to the Officials meeting for assignment. The officials meeting will be held 45 minutes prior to the start of the meet.

**COACHES MEETING:** Coaches notes will be in the packets provided to the teams. PLEASE pay close attention to the notifications in the packet and share the information with your assistants and your team.

**SWIMMER CAMP:** Swimmer camp will be in the gym. Please remember we are guests of the Gahanna YMCA. Treat the facility with respect, act accordingly and clean up after yourselves.

**WHAT YOU HAVE TO SUBMIT BY FEBRUARY 17**

- ✓ **Entries submitted via [www.seowvswim.org](http://www.seowvswim.org)**
- ✓ **Checks to Nicole Douglas (address below) OR hand-carry to meet**
- ✓ **FAX Coaches Certifications to Jon Reidler: (614) 751-1333  
(late fees will be assessed)**
- ✓ **Email Team Summary Page to Jimmy Cochran: [jccochran@aol.com](mailto:jccochran@aol.com)**
- ✓ **Email Officials Volunteer Page to Jimmy Cochran: [jccochran@aol.com](mailto:jccochran@aol.com)**

**MAILING ADDRESS FOR CHECKS:**

YMCA SEOWV SWIM LEAGUE  
c/o Nicole Douglas  
Hilliard YMCA  
4515 Cosgray Rd.  
Hilliard, Ohio 43026  
(614) 334-9622

# 2011 - 2012 Proposed Southeast Ohio / West Virginia AA Times

Minimum Times Required for SEOWV Champs (Edit 9/11)

Girls		8 & Under		Boys	
25 Meter	25 Yard			25 Yard	25 Meter
:20.63	:18.49		<b>25 Free</b>	:19.99	:22.31
:47.97	:42.99		<b>50 Free</b>	:45.99	:51.32
1:53.82	1:41.99	*	<b>100 Free</b>	* 1:43.99	1:56.06
:25.65	:22.99		<b>25 Back</b>	:24.43	:27.26
:28.60	:25.63		<b>25 Breast</b>	:29.43	:32.84
:24.54	:21.99		<b>25 Fly</b>	* :26.59	:29.67
2:06.10	1:52.99	*	<b>100 IM</b>	* 2:11.99	2:27.31

Girls		9-10		Boys	
25 Meter	25 Yard			25 Yard	25 Meter
:39.27	:35.19		<b>50 Free</b>	:36.99	:41.28
1:28.15	1:18.99	*	<b>100 Free</b>	1:24.89	1:34.74
3:15.30	2:54.99		<b>200 Free</b>	* 3:19.99	3:43.20
:47.64	:42.69		<b>50 Back</b>	:45.87	:51.19
:52.10	:46.69		<b>50 Breast</b>	:53.07	:59.22
:46.86	:41.99	*	<b>50 Fly</b>	* :51.99	:58.02
1:40.43	1:29.99	*	<b>100 IM</b>	1:39.54	1:51.09

Girls		11-12		Boys	
25 Meter	25 Yard			25 Yard	25 Meter
:34.58	:30.99		<b>50 Free</b>	:30.99	:34.58
1:21.01	1:12.59	*	<b>100 Free</b>	1:14.49	1:23.13
2:55.32	2:37.09		<b>200 Free</b>	2:53.35	3:13.47
5:58.69	6:49.99		<b>500 Free</b>	6:29.99	5:41.19
:42.28	:37.89		<b>50 Back</b>	:41.49	:46.30
1:33.73	1:23.99	*	<b>100 Back</b>	* 1:36.99	1:48.24
:45.74	:40.99		<b>50 Breast</b>	* :44.49	:49.65
1:43.78	1:32.99		<b>100 Breast</b>	1:54.08	2:07.32
:41.28	:36.99	*	<b>50 Fly</b>	* :37.99	:42.39
1:39.50	1:29.16		<b>100 Fly</b>	1:31.20	1:41.78
1:32.62	1:22.99		<b>100 IM</b>	1:29.34	1:39.70
3:17.64	2:57.09		<b>200 IM</b>	2:59.99	3:20.88

Girls		11-14		Boys	
25 Meter	25 Yard			25 Yard	25 Meter
12:21.72	14:07.79		<b>1000 / 800 Free</b>	13:34.29	11:52.41
22:55.46	22:59.59		<b>1650 / 1500 Free</b>	22:11.09	22:07.10
2:52.75	2:34.79		<b>200 Back</b>	2:26.19	2:43.15
3:12.06	2:52.09		<b>200 Breast</b>	2:45.09	3:04.25
2:57.77	2:39.29		<b>200 Fly</b>	2:33.79	2:51.64
6:10.74	5:32.19		<b>400 IM</b>	5:18.69	5:55.68

Girls		13-14		Boys	
25 Meter	25 Yard			25 Yard	25 Meter
5:49.94	6:39.99		<b>500/400 Free</b>	6:19.99	5:32.44

Girls		15 & Over		Boys	
25 Meter	25 Yard			25 Yard	25 Meter
5:41.19	6:29.99		<b>500/400 Free</b>	6:09.99	5:23.70
11:46.72	13:27.79		<b>1000 / 800 Free</b>	12:54.29	11:17.41
21:55.64	21:59.59		<b>1650 / 1500 Free</b>	21:11.09	21:07.28
2:52.75	2:34.79		<b>200 Back</b>	2:26.19	2:43.15
3:12.06	2:52.09		<b>200 Breast</b>	2:45.09	3:04.25
2:57.77	2:39.29		<b>200 Fly</b>	2:33.79	2:51.64
6:10.74	5:32.19		<b>400 IM</b>	5:18.69	5:55.68

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REGIONAL "A" CHAMPIONSHIP  
February 25, 2012**

**ORDER OF EVENTS**

<b>GIRLS</b>		<b>BOYS</b>
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	8 & Under 100 Freestyle	8
9	10 & Under 200 Freestyle	10
11	11-12 200 Freestyle	12
13	8 & Under 100 IM	14
15	9-10 100 IM	16
17	11-12 100 IM	18
19	11-12 200 IM	20
21	8 & Under 25 Freestyle	22
23	9-10 50 Freestyle	24
25	11-12 50 Freestyle	26
27	8 & Under 25 Butterfly	28
29	10 & Under 50 Butterfly	30
31	11-12 50 Butterfly	32
33	11-12 100 Butterfly	34
35	8 & Under 50 Freestyle	36
37	9-10 100 Freestyle	38
39	11-12 100 Freestyle	40
41	8 & Under 25 Backstroke	42
43	10 & Under 50 Backstroke	44
45	11-12 50 Backstroke	46
47	11-12 100 Backstroke	48
49	8 & Under 25 Breaststroke	50
51	10 & Under 50 Breaststroke	52
53	11-12 50 Breaststroke	54
55	11-12 100 Breaststroke	56
57	8 & Under 100 Freestyle Relay	58
59	9-10 200 Freestyle Relay	60
61	11-12 200 Freestyle Relay	62

Individual time trials following the last event.

**SOUTHEAST OHIO / WEST VIRGINIA  
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February 25, 2012**

TEAM: \_\_\_\_\_ INITIALS: \_\_\_\_\_

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

EVENING PHONE: \_\_\_\_\_ DAY TIME PHONE: \_\_\_\_\_

# OF SWIMMERS: \_\_\_\_\_

# OF INDIVIDUAL EVENTS: \_\_\_\_\_ # OF RELAYS: \_\_\_\_\_

8 & U GIRLS \_\_\_\_\_

8 & U BOYS \_\_\_\_\_

10 & U GIRLS \_\_\_\_\_

10 & U BOYS \_\_\_\_\_

11 – 12 GIRLS \_\_\_\_\_

11 & 12 BOYS \_\_\_\_\_

INDIVIDUAL EVENTS @ \$2.50 X \_\_\_\_\_ = \_\_\_\_\_

RELAY EVENTS @ \$6.00 X \_\_\_\_\_ = \_\_\_\_\_

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

**MAILING ADDRESS FOR ALL CHECKS:**

[checks must be received by start date of meet or may be hand-carried to the meet]

YMCA SEOWV SWIM LEAGUE  
c/o Nicole Douglas  
Hilliard YMCA  
4515 Cosray Rd.  
Hilliard, Ohio 43026  
(614) 334-9622

**SUBMIT** ENTRIES VIA: [www.seowvswim.org](http://www.seowvswim.org)

**EMAIL** THIS SUMMARY, ADDITIONAL COACHES CERTIFICATIONS AND OFFICIALS  
FORMS TO: Jimmy Cochran --- [jccochran@aol.com](mailto:jccochran@aol.com)

**SOUTHEAST OHIO / WEST VIRGINIA SWIM LEAGUE  
REGIONAL "A" CHAMPIONSHIP**

**February 25, 2012**

**LEAGUE CHAMPIONSHIPS OFFICIALS VOLUNTEER FORM**

For the best possible meet each team should supply as many officials as possible. A minimum of one official per team per day is required. Complete this form and return it with your entries. Your team will not be processed without this form. Officials will be notified of their assignments at the mandatory officials meeting.

**Team Name:** \_\_\_\_\_

<b>Officials Name</b>	<b>Certification Expires On:</b>	<b>Available Saturday</b>