



**Ohio Swimming, Inc.**

**2022 Short Course  
Regional Championship  
and Time Trials**

**Meet Information**

**Held under the Sanction of USA Swimming, Inc.  
Sanction #: OH-22SC-04**

**February 18-20, 2022  
Kettering, OH**

**Hosted by: Kettering City Swim Team**

# 2022 Ohio Regional Short Course Championships

## Event Information

February 18-20, 2022

Sanctioned by USA Swimming through Ohio Swimming under the auspices of the Ohio Swimming Age Group Committee  
Sanction # OH-22SC-04

This information is available on-line at [www.swimohio.com](http://www.swimohio.com)

### Important Facts About the Meet

- Entry Deadline:
  - Friday, February 11, 2022, at 12:00 PM EST.
  - All paperwork and entry fees must be postmarked by Friday, February 11, 2022.
- Time Standards -All individual entries must be slower than the 2022 Junior Olympic Time Standards (see page 10).
- Entry times shall be in short course yards (Y), long course meters (L) or short course meters (S). No converted times will be accepted.
- NT times will NOT be accepted.
- Entry Limits: Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays (excluding time trials).
- There is no Admission Charge for Ohio Championship Meets.
- The 10 & under events will be contested as timed finals.
- The 11-14 individual events will be contested as Prelim/Final except for events >400Y and 11-12 200Y Breast, Back and Fly.
- The meet host has the discretion (with the Age Group Committee's approval) to modify session warm-up and start times; determine the use of two pools vs one pool; and determine the use of starting at one vs two ends. All decisions will be communicated to coaches within 48-hours of the meet entry deadline.
- All heats in finals will be swum slowest to fastest.
- All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. Events >500Y will additionally be swum alternating girls and boys heats.

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<b>Meet Administration</b>	
<b>Facility Address</b> Kettering Recreation Complex 2900 Glengarry Rd. Kettering, OH 45420	<b>Meet Director</b> Margaux Frazee <a href="mailto:mfrazee0320@gmail.com">mfrazee0320@gmail.com</a>
<b>Meet Referee</b> Janelle Kime <a href="mailto:Twinmom314@hotmail.com">Twinmom314@hotmail.com</a>	<b>Entry Chair</b> Beth Bourquin <a href="mailto:secretary@kcstcobras.org">secretary@kcstcobras.org</a>
<b>Age Group Committee Chair</b> Kevin Rachal <a href="mailto:agegroupchair@swimohio.com">agegroupchair@swimohio.com</a>	<b>Meet Jury</b> (Appeal committee for resolving protests) <ul style="list-style-type: none"> <li>• Meet Official – tbd</li> <li>• Coach – tbd</li> <li>• Athlete – tbd</li> </ul>
	<b>Meet Committee</b> (Administrative Advisory Committee) <ul style="list-style-type: none"> <li>• Meet Referee – Janelle Kime</li> <li>• Meet Director – Margaux Frazee</li> <li>• Age Group Chair – Kevin Rachal*</li> <li>• Coach Chair – Dan Cherok*</li> <li>• Technical Chair – Kyle Goodrich*</li> <li>• Officials Chair – Anissa Kanzari*</li> <li>• Athlete Committee Representative – Jessey Li *</li> </ul> *Or designee

<b>Meeting Schedule</b>	
Fri February 18 Sat February 19 Sun February 20	General/Coaches Meeting – tbd <i>All coaches' briefings will be announced</i>  Officials' Meeting <i>All officials' briefing will be held 1 hour prior to the start of each session</i>

<b>Disclaimers</b>
<p>Enhanced health and safety measures for you, our other guests, volunteers, and our athletes have been taken. Everyone must follow all posted instructions while attending this meet.</p> <p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming and Ohio Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection herewith</p> <p>It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>

## Organization Regulations

<p><b>USA Swimming Rules</b></p>	<ul style="list-style-type: none"> <li>• At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• Any swimmer entered in the meet <u>must</u> 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 without the use of the backstroke ledge. 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.</li> <li>• Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>• Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.</li> <li>• Deck changes are prohibited.</li> <li>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li> <li>• Flash photography is not permitted at the start of any race.</li> </ul>
<p><b>Safe Sport 360</b></p>	<ul style="list-style-type: none"> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>• The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.</li> <li>• Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> </ul>
<p><b>Technical Suit Ban</b></p>	<p>Per USA Swimming Rule 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> <li>• Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li>• Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul>
<p><b>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</b></p>	<ul style="list-style-type: none"> <li>• Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> <li>• There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4</li> </ul>

## Organization Regulations

<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>• By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.</li> <li>• All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.</li> </ul>
<b>Deck Access</b>	<ul style="list-style-type: none"> <li>• The Meet Director and Meet Referee at each site reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety of the efficient operation of the meet. USA Swimming Rules of Conduct will be strictly enforced.</li> <li>• Non-Athlete Registration cards do NOT grant access to the pool deck at any time.</li> <li>• Only Volunteers, Coaches and Officials signed up to work/attend the event will be permitted on deck.</li> <li>• No swimmer will be allowed to access the pool deck without a coach member present.</li> </ul>
<b>Code of Conduct</b>	<ul style="list-style-type: none"> <li>• Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director, Meet Referee, or Meet Marshal, is harmful to others or to other's property may be required to leave the competition.</li> <li>• Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of meet operations is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.</li> </ul>
<b>Spectator Info</b>	<p>Spectators will be uniquely conditional for each Regional Championship site, based on the restrictions for that facility. Regional Host teams will communicate directly to the Teams attending the meet, any updates about spectator attendance.</p> <p>Spectators will be considered, but not guaranteed at each Regional Championship Site. It is Ohio Swimming's goal to allow all athletes to participate in this Championship Event, as competition between athletes is our utmost priority.</p> <p>If a Regional Host needs to restrict spectators to allow swimmers to stage in the stands, Ohio Swimming will support any decision which is in the best interest of the swimmer.</p> <p>Volunteer positions will be available at each site. Signups will be on the Ohio Swimming website under the Regional Meet Page.</p> <p>The meet host has the right to remove spectators from the facility or disqualify a swimmer from competition if facility protocols are not followed by the family.</p>
<b>Parental Access and Safe Sport Considerations for Athletes</b>	<p>Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child.</p> <p>Ohio Swimming and the Host teams encourage parents to volunteer during the swim meet to reduce the number of people in the facility.</p> <p>The Host Team will provide a live stream if there are no spectators, so parents have access to and/or opportunity to observe their swimmer.</p>

## Officials

All USA Swimming certified officials willing to volunteer should contact the Meet Referee of the respective Regional site location.

Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions.

<b>Facility Information</b>	
<b>Facility Address</b>	Kettering Recreation Complex 2900 Glengarry Rd. Kettering, OH 45420
<b>Pool Information</b>	The pool 25-yard length and is 8 lanes wide with a Colorado timing system and scoreboard. There is adequate spectator viewing. The pool depth at the start wall is 10 feet and at the turn end, the depth is 4 feet. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool area is covered by retractable roof with permanent sidewalls. Free parking available in two large lots adjacent to the facility.
<b>Handicap Access</b>	Accommodations for persons with disabilities may be arranged with advance notice.
<b>Information/Lost &amp; Found</b>	A Lost & Found area will be available at pool control, which is located outside the locker rooms.
<b>Medical Assistance</b>	Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.
<b>Facility Information</b>	<ul style="list-style-type: none"> <li>• All team banners must conform to the 5' X 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen items.</li> <li>• Pool policies: no food on deck and no camp chairs on deck please.</li> <li>• To maximize spectator seating on the pool deck KCST requests that swimmers put their bags against the wall and refrain from putting them in the stands.</li> <li>• Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals</li> <li>• Spectators/Parents are required to wear a face covering at all times while attending, observing, or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by the Kettering City Swim Team or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.</li> <li>• For safety reasons KCST requests no personal camp style chairs be used behind the glass.</li> </ul>
<b>Parking</b>	Parking will be available in the water park lot. There is no parking in the Senior Center lot.
<b>Hospitality</b>	Coaches' and Officials' hospitality will be available throughout the meet in the classroom adjacent to the pool.
<b>Vendor</b>	Parrott Sports Gear will be available with swimsuits, goggles, etc. during a majority of the meet.

## Order of Events (11 & Overs):

### 2022 SC Age Group Regional Championships –Order of Events

Women's Events	Short Course Yards	Men's Events
Prelim Warm-ups Begin ~TBD <sup>^^</sup> Prelim Session Start Time: TBD <sup>^^</sup>	Day 1 – Fri Feb 18	Finals warm-ups Begin ~TBD <sup>^^</sup> Finals Session Start Time: TBD <sup>^^</sup>
101 **	11-12 200 Backstroke	102 **
103	13-14 100 Breaststroke	104
105	11-12 50 Breaststroke	106
107	13-14 200 Freestyle	108
109	11-12 100 Freestyle	110
111	13-14 100 Butterfly	112
113	11-12 50 Butterfly	114
115 *	13-14 400 Individual Medley ^	116 *
117	11-12 200 Individual Medley	118
<b>Minimum 10 Minute Break</b>		
119 *	11-12 500 Freestyle ^	120 *
Prelim Warm-ups Begin ~TBD <sup>^^</sup> Prelim Session Start Time: TBD <sup>^^</sup>	Day 2 – Sat Feb 19	Finals warm-ups Begin ~TBD <sup>^^</sup> Finals Session Start Time: TBD <sup>^^</sup>
201 **	11-12 200 Freestyle Relay	202 **
203 **	13-14 200 Freestyle Relay	204 **
205 **	11-12 200 Butterfly	206 **
207	13-14 200 Individual Medley	208
209	11-12 100 Individual Medley	210
211	13-14 50 Freestyle	212
213	11-12 50 Backstroke	214
215	13-14 200 Breaststroke	216
217	11-12 100 Breaststroke	218
219	13-14 100 Backstroke	220
221	11-12 200 Freestyle	222
223 *	13-14 500 Freestyle ^	224 *
Prelim Warm-ups Begin ~TBD <sup>^^</sup> Prelim Session Start Time: TBD <sup>^^</sup>	Day 3 – Sun Feb 20	Finals warm-ups Begin ~TBD <sup>^^</sup> Finals Session Start Time: TBD <sup>^^</sup>
301 #	11-12 200 Medley Relay	302 #
303 #	13-14 200 Medley Relay	304 #
305 **	11-12 200 Breaststroke	306 **
307	13-14 200 Backstroke	308
309	11-12 100 Backstroke	310
311	13-14 100 Freestyle	312
313	11-12 50 Freestyle	314
315	13-14 200 Butterfly	316
317	11-12 100 Butterfly	318
319 **	13-14 1650 Freestyle ^ +	320 **
321 **	11-12 400 Individual Medley ^	322 **

\* Timed Final – Fastest 2 heats at Finals  
 \*\* Timed Final – Fastest 1 heat at Finals  
 # Timed Final – All relay heats during Prelims

^ Prelim heats are fastest to slowest  
 + Alternating girls and boys heats

11-12 400 IM - First event at Finals  
 13-14 1650 Free - Second event at Finals  
 ^^ Final warm-up/start times will be determined once entries are received^^

**Order of Events (10 & Unders):****2022 SC Age Group Regional Championships –Order of Events**

<b>Women's Events</b>	<b>Short Course Yards</b>	<b>Men's Events</b>
<b>Warm-ups Begin ~TBD^^</b>	<b>Day 1 – Fri Feb 18</b>	<b>Session Start Time: TBD ^^</b>
151	10 & Under 50 Breaststroke	152
153	10 & Under 100 Freestyle	154
155	10 & Under 50 Butterfly	156
157	10 & Under 200 Individual Medley	158
<b>Warm-ups Begin ~TBD ^^</b>	<b>Day 2 – Sat Feb 19</b>	<b>Session Start Time: TBD ^^</b>
251	10 & Under 200 Freestyle Relay	252
253	10 & Under 100 Individual Medley	254
255	10 & Under 50 Backstroke	256
257	10 & Under 100 Breaststroke	258
259	10 & Under 200 Freestyle	260
<b>Warm-ups Begin ~TBD^^</b>	<b>Day 3 – Sun Feb 20</b>	<b>Session Start Time: TBD ^^</b>
351	10 & Under 200 Medley Relay	352
353	10 & Under 100 Backstroke	354
355	10 & Under 50 Freestyle	356
357	10 & Under 100 Butterfly	358

## Entering the Meet

<b>Eligibility</b>	<ul style="list-style-type: none"> <li>All contestants must be both (1) currently registered athletes of Ohio Swimming Inc. and (2) reside in the Ohio Swimming boundaries for a period of no less than 30 days prior to the JO Championship meet. USA-S registrations will not be accepted at this meet.</li> <li>Any Ohio LSC swimmer, 14 years and under, with a time slower than the Ohio Short Course Junior Olympic cutoff, may enter the Regional Championship. (See Appendix A).</li> <li>All swimmers must enter under a team affiliation or unattached. Those with a team affiliation must swim in an unattached status if switching swim clubs in the last 120 days prior to the Regional Championship meet, unless cleared by the OSI Registration/Membership Coordinator.</li> <li>Age on the first day of the meet will determine the age group in which a swimmer is entered.</li> </ul>
<b>Entry Rules - General</b>	<ul style="list-style-type: none"> <li>By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations.</li> <li>Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM), Short Course Meters (SCM).</li> <li><u>There shall be No Deck Entries at the Championship Meet.</u></li> <li>A swimmer who is either not entered or incorrectly entered by fault of the host club should be properly placed in the appropriate events.</li> <li>A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 12 hours before the scheduled beginning of the <b>session</b>, provided he/she pays the appropriate entry fee plus a \$25.00 processing charge (per swimmer) to the host club. Any late entries will be reseeded up until the time the meet host as printed the meet programs. After that time, late entries will be placed into an open lane.</li> </ul>
<b>Entry Rules: Individual Events</b>	<ul style="list-style-type: none"> <li>Swimmers may enter a maximum of seven (7) Individual Events, plus Relays (excluding time trials).</li> <li>11 &amp; Over Swimmers may swim a maximum of three (3) individual events per day, plus Relays (including time trials).</li> <li>10 &amp; Under Swimmers may swim a maximum of six (6) individual events per day, plus Relays (including time trials).</li> <li>“NT” entries will <u>not</u> be accepted. Please estimate an entry time.</li> <li>All Entries must be slower than the published 2022 Junior Olympic Time Standards, as listed in Appendix A.</li> <li>If a swimmer wants an official intermediate split from a longer distance event, they must notify the meet referee before the event and complete an Ohio Time Certification form.</li> </ul>
<b>Entry Rules: Relay Events</b>	<ul style="list-style-type: none"> <li>No relay minimum qualifying time standards shall be enforced at the Regional Championship meet.</li> <li>Relays may be entered with a “no time” (NT).</li> <li>Relay Entry Times faster than the JO cut are acceptable.</li> <li>Only two (2) relays per team may be entered per event.</li> <li>Any swimmer may swim any stroke.</li> <li>All relay team members must also be entered in at least one individual event in the meet.</li> <li>A swimmer competing unattached may not be a member of a relay team.</li> </ul>
<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li><b>Entry Deadline is February 11, 2022, at 12:00 PM EST</b></li> <li>Electronic entry files (Hytek Team Manager or Team Unify) are required for all team entries. The electronic Event File can be downloaded from the Regional Meet Event Page on the Ohio Swimming website.</li> <li>The following <b>must</b> be emailed to the Entry Chair by Friday, February 11, 2022:             <ul style="list-style-type: none"> <li>Electronic Entry File</li> <li>Entry Summary Sheet (Appendix B)</li> </ul> </li> <li>The meet does not accept faxed entries.</li> <li>Check for the Total Entry Fees is payable to: <b>Kettering City Swim Team or KCST</b></li> <li>All fees must be paid by the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or copy of proof of payment (i.e., copy of check request) can be emailed to the entry chair.</li> <li>Unattached Swimmers are encouraged to use Hytek’s <u>TM Lite</u> for entry submission. Manual (paper) entries are subject to a \$25/swimmer surcharge. These fees are due at the time of entry submission.</li> <li>Please let the entry chair know in advance if you are entering any Outreach athletes and indicate them on the entry summary.</li> </ul>

Entering the Meet	
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• Individual Events - \$7.00 per entry</li> <li>• Relay Events - \$12.00 per entry</li> <li>• Surcharge - \$5.00 per swimmer (Travel Fund/Site Selection Fund)</li> <li>• Time Trials – \$14.00 per individual entry; \$24.00 per relay entry</li> <li>• Entry Fees for Age Group Championship Meets are established annually by the OSI Board of Directors.</li> </ul>
<b>Swimmers with a Disability</b>	<p><b>Entry Procedure for Para-Swimmers</b></p> <p>Coaches/club entry contact should:</p> <ol style="list-style-type: none"> <li>A. Enter the para-swimmer via team management software and send to the entry chair.</li> <li>B. Include the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>C. List in the email with the electronic entry the swimmer's name, entry times, strokes/distances, and days/sessions.</li> <li>D. Preferred seeding is with the swimmer's same age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.</li> </ol> <p><b>Eligibility for Para-Swimmers</b></p> <ol style="list-style-type: none"> <li>A. Swimmers are not required to have achieved the JO qualifying standard for their age group/events. However, an approved time must be provided with the entry for each event entered.</li> <li>B. Teams may enter up to six (6) para-swimmers to the JO Championship.</li> <li>C. Official sport class recognition of the swimmers are not required, but the swimmers must be identified on the meet entry form.</li> </ol> <p>Para –Grouping Descriptions are listed in the OSI Policies and Procedures document posted on the Ohio Swimming website under Governance&gt;OSI Policies &amp; Procedures.</p>
<b>Membership Requirement</b>	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming.

Championship Procedures	
<b>Rules</b>	USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules except as modified specifically herein.
<b>Membership Requirement</b>	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming.
<b>Competition Guidelines &amp; Meet Format for 11 &amp; Over Sessions</b>	<ul style="list-style-type: none"> <li>• Except for the Relays and events designated as Timed Finals Events in the Order of Events listed in this meet program, the meet will be conducted in a Preliminary-Finals format with a Championship (A) and a Consolation (B) heat at Finals. The B Final will swim before the A Final. Alternates should be ready to swim in the B Finals and identify themselves to the referee.</li> <li>• The 13-14 1650Y Freestyle event will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim fastest to slowest; alternating between women and men.</li> <li>• All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session.</li> <li>• Athletes will swim Timed Final events <u>as seeded by entry time</u>. If an athlete desires to swim the event during prelims, they must use a non-conforming time. They will not be permitted to change their entry time, or down seed at the meet.</li> <li>• Relays are timed finals and only the top heat will swim at night on Day 2. Relays on Day 3 are all contested in Prelims.</li> <li>• The 13-14 1650Y Freestyle and 11-12 400Y IM will be contested as the last event at Prelims on Day 3, with the 11-12 400Y IM and 13-14 1650Y Freestyle as first and second events at Day 3 Finals, respectively.</li> <li>• The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat at Finals. The preliminary sessions of these events will swim slowest to fastest.</li> <li>• Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.</li> </ul>

## Championship Procedures

<b>Competition Guidelines &amp; Meet Format for 10 &amp; Under Sessions</b>	<ul style="list-style-type: none"> <li>All events will be contested as Timed Finals.</li> <li>Fly-over starts may be used at the discretion of the Meet Referee, in consultation with the meet committee.</li> </ul>
<b>Seeding</b>	<ul style="list-style-type: none"> <li>The seeding order for this meet will be SCY, LCM, SCM.</li> </ul>
<b>Warm-Up and Safety Guidelines</b>	<ul style="list-style-type: none"> <li>Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.</li> <li>The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their designees).</li> <li>Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants.</li> <li>Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck.</li> <li>The timing of warm-ups may be by gender, by age group or any mixture in order to keep the number of swimmers warming-up at one time as equal as possible.</li> <li>The host may choose to divide the warm-up by team and have an entire teams' athletes warm-up together. In this case, teams should be assigned "early" and "late" warm-up sessions on different days so that no team is advantaged over another.</li> <li>Marshaling Requirements:             <ul style="list-style-type: none"> <li>➤ <b>A minimum of four (4) marshals, who report to and receive instructions from the Meet Referee and/or the Meet Director, shall be on deck from the beginning of the first warm-up session through the end of the warm-down session, including the competition.</b></li> <li>➤ Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.</li> <li>➤ In addition to the four (4) Marshals required for pre-meet warm-up, one Marshal shall be assigned to each warm-up, warm down facility throughout the meet; which includes warm-up prior to meet, breaks during the meet, and during active competition.</li> </ul> </li> <li>An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.</li> </ul>
<b>Protest Procedures</b>	<p>All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.</p>
<b>Scratch Procedures:</b>	<ul style="list-style-type: none"> <li>A swimmer who officially scratches from an individual event shall not have that event count towards their maximum number of events for the meet or for that day.</li> <li>The scratch deadline for Preliminary Events and Timed Final Events will be 30 minutes prior to the start of the session where the individual or relay is contesting the event.</li> </ul>
Scratching from Prelims:	<ul style="list-style-type: none"> <li>Any swimmer not appearing for an individual preliminary event or timed final event, without officially scratching per meet guidelines, shall not be penalized; however, that event will be counted against their 7 event maximum for the meet and their 3 event per day maximum.</li> <li>Any relay team that fails to appear for a pre-seeded relay event shall not be penalized.</li> </ul>
Scratching from Finals:	<ul style="list-style-type: none"> <li>Any swimmer listed as an original qualifier, qualifying for a consolation or championship final in an individual event who fails to compete in said final shall be barred from his/her next individual event, except as noted in 'Exception for Failure to Compete' below. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete. In order to remain eligible for subsequent sessions, the swimmer must declare their intention to swim with the Administrative Referee prior to the completion of the current session.</li> <li>In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the consolation or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. The alternates shall not be penalized if unavailable to compete in the finals.</li> <li>Where consolation finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation and championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.</li> <li>If the consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).</li> </ul>

## Championship Procedures

	<ul style="list-style-type: none"> <li>Failure to scratch consolation or championship finals according to the rules above shall result in a \$50.00 penalty fee per event against the swimmer if the event is his/her last event of the meet. The penalty fee shall be billed to the club and paid to the host of the meet.</li> </ul>						
Exception for Failure to Compete:	<p>No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <ul style="list-style-type: none"> <li>The Referee is notified in the event of illness or injury and accepts the proof thereof.</li> <li>A swimmer qualifying for a consolation or championship final race based upon the original results of the preliminaries notifies the Clerk of Course within thirty (30) minutes after the announcement of qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.</li> <li>It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</li> </ul>						
<b>Relays and Relay Check-In Procedures:</b>	<ol style="list-style-type: none"> <li>All relays are conducted on a timed final basis. Entry forms for all relays will be included in the Team packets and must be turned in prior to the relay forms deadline in order to be seeded. The coach shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the host team designated person for entry by the deadline. However, relay swim order may be changed up to the time of the swim.</li> <li>Relay Forms – All relay forms are due no later than 30 minutes after the start of the warm-ups for the session in which they are being contested. Any changes to this will be communicated during the coach's meeting.</li> </ol>						
<b>Finals Session Event Order</b>	The order of the final events shall be the same as preliminary sessions except the 11-12 400Y IM and 13-14 1650Y Freestyle will be contested as the first and second events at Finals, respectively.						
<b>Scoring:</b> <b>8 Lane Pool (16 places)</b>	<table> <tr> <td><u>Individual Events:</u></td> <td><u>Relay Events:</u></td> </tr> <tr> <td>A (Final) 20-17-16-15-14-13-12-11</td> <td>A (Final) 40-34-32-30-28-26-24-22</td> </tr> <tr> <td>B (Consolation) 9-7-6-5-4-3-2-1</td> <td>B (Consolation) 18-14-12-10-8-6-4-2</td> </tr> </table>	<u>Individual Events:</u>	<u>Relay Events:</u>	A (Final) 20-17-16-15-14-13-12-11	A (Final) 40-34-32-30-28-26-24-22	B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2
<u>Individual Events:</u>	<u>Relay Events:</u>						
A (Final) 20-17-16-15-14-13-12-11	A (Final) 40-34-32-30-28-26-24-22						
B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2						
<b>Awards</b>	<ul style="list-style-type: none"> <li>Individual Events - Medals will be awarded to all place winners in the "A" final (championship). Ribbons will be awarded to all place winners in the "B" final (consolation).</li> <li>Relay Events - Medals will be awarded to the top 3 relay places. Ribbons will be awarded to remaining lanes in the "A" Championship heat (4-8 place for 8-lane pool).</li> </ul>						
<b>Psych Sheet Warm-up Schedule Results</b>	<p>The following information will be published on the meet host website <a href="http://www.kcstcobras.org">www.kcstcobras.org</a></p> <ol style="list-style-type: none"> <li>Psych Sheets</li> <li>Warm-up Schedule</li> <li>Results</li> <li>Final Results, Team Manager Results file, and Meet Manager Backup file</li> </ol>						
<b>Time Trials</b>	<ul style="list-style-type: none"> <li>Only participants of teams assigned to this Regional Championship site are permitted to enter time trials at this site. Non-meet participants are not permitted to enter time trials at this site.</li> <li>Time Trials will be conducted time permitting following the preliminary/timed finals sessions on Friday, Saturday, and Sunday beginning no earlier than 20 minutes following the end of the preliminary session.</li> <li>Signups for Time Trials each day will close no later than one hour prior to the end of each preliminary session according to the estimated timeline. The time will be communicated to coaches in the general meeting.</li> <li>Meet Participants are limited to three (3) individual events for 11 &amp; overs and six (6) individual events for 10 &amp; unders per day, including Time Trials. A declared false start is counted as one of these three individual events per day.</li> <li>Time trial sessions will be limited to one (1) hour. If on any day, the preliminary session ends less than 45 minutes before the start of the next session warm-ups, the time trial will not be conducted on that day.</li> <li>The Meet Host reserves the right to limit Time Trial events 500 yards or longer to a specific day, based upon the preliminary session timelines. Teams will be informed of this at the General Meeting.</li> <li>Events from the current day will be swum first, with events for subsequent days following in order. Event order may be modified for ease of seeding and timeline control.</li> <li>The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries.</li> </ul>						

2022 Ohio Swimming JO Time Standards						
FEMALE			SCY	MALE		
13-14	11-12	10U	Event	10U	11-12	13-14
:26.69	:29.69	:35.39	<b>50 Free</b>	:35.99	:29.49	:24.99
:58.19	1:02.49	1:17.69	<b>100 Free</b>	1:17.39	1:02.69	:54.39
2:04.69	2:15.89	2:52.29	<b>200 Free</b>	2:53.09	2:17.79	1:57.89
5:34.89	6:04.39		<b>500 Free</b>		6:08.19	5:21.39
11:48.19			<b>1000 Free</b>			11:17.69
19:33.59			<b>1650 Meet</b>			18:52.59
	:34.19	:41.89	<b>50 Back</b>	:42.59	:35.09	
1:04.69	1:11.29	1:28.59	<b>100 Back</b>	1:30.19	1:12.69	1:02.09
2:19.69	2:36.09		<b>200 Back</b>		2:38.29	2:13.99
	:38.69	:47.19	<b>50 Breast</b>	:49.09	:38.89	
1:13.89	1:20.59	1:39.89	<b>100 Breast</b>	1:44.29	1:23.79	1:09.19
2:40.89	3:01.29		<b>200 Breast</b>		3:04.69	2:34.59
	:32.39	:39.59	<b>50 Fly</b>	:41.39	:33.19	
1:03.89	1:11.29	1:32.19	<b>100 Fly</b>	1:33.79	1:14.29	1:00.79
2:24.19	2:53.69		<b>200 Fly</b>		3:03.69	2:21.29
	1:11.39	1:27.39	<b>100 IM</b>	1:29.89	1:12.89	
2:21.29	2:33.99	3:11.09	<b>200 IM</b>	3:17.49	2:36.09	2:14.89
5:00.59	5:40.49		<b>400 IM</b>		5:41.89	4:48.29
1:47.49	1:52.79	2:10.09	<b>200 Free Relay</b>	2:12.19	1:54.59	1:40.89
3:52.49	4:05.09		<b>400 Free Relay</b>		4:05.99	3:41.59
8:13.59			<b>800 Free Relay</b>			8:00.39
(See 400 MR)	2:08.29	2:30.79	<b>200 Med Relay</b>	2:35.29	2:12.59	(See 400 MR)
4:20.49	4:40.09		<b>400 Med Relay</b>		4:50.53	4:08.69
FEMALE			SCM	MALE		
13-14	11-12	10U	Event	10U	11-12	13-14
:29.58	:31.88	:38.19	<b>50 Free</b>	:39.49	:32.19	:27.89
1:03.49	1:09.59	1:26.39	<b>100 Free</b>	1:27.49	1:10.69	1:00.68
2:18.18	2:32.29	3:08.59	<b>200 Free</b>	3:11.89	2:32.99	2:13.29
4:54.89	5:24.39		<b>400 Free</b>		5:24.89	4:45.68
10:19.29			<b>800 Free</b>			9:52.09
20:10.89			<b>1500 Free</b>			19:15.99
	:37.78	:46.08	<b>50 Back</b>	:47.68	:38.28	
1:14.59	1:22.48	1:40.89	<b>100 Back</b>	1:44.48	1:23.59	1:11.59
2:38.98	2:54.88		<b>200 Back</b>		2:57.28	2:34.68
	:42.59	:51.99	<b>50 Breast</b>	:54.68	:43.39	
1:23.68	1:33.59	1:55.18	<b>100 Breast</b>	2:00.98	1:35.48	1:21.68
3:03.28	3:23.18		<b>200 Breast</b>		3:27.09	2:57.38
	:35.39	:43.58	<b>50 Fly</b>	:45.98	:36.28	
1:11.48	1:20.98	1:46.28	<b>100 Fly</b>	1:54.28	1:22.58	1:09.48
2:47.58	3:14.58		<b>200 Fly</b>		3:25.78	2:40.18
2:38.99	2:55.09	3:35.39	<b>100 IM</b>	3:44.09	2:59.99	2:30.89
2:38.99	2:55.09	3:35.39	<b>200 IM</b>	3:44.09	2:59.99	2:30.89
5:41.18	6:21.59		<b>400 IM</b>		6:23.18	5:25.99

2022 Ohio Swimming JO Time Standards						
FEMALE			LCM	MALE		
13-14	11-12	10U	Event	10U	11-12	13-14
:30.39	:32.69	:38.99	<b>50 Free</b>	:40.29	:32.99	:28.69
1:05.09	1:11.19	1:27.99	<b>100 Free</b>	1:29.09	1:12.29	1:02.29
2:21.39	2:35.49	3:11.79	<b>200 Free</b>	3:15.09	2:36.19	2:16.49
5:01.29	5:30.79		<b>400 Free</b>		5:31.29	4:52.09
10:32.09			<b>800 Free</b>			10:04.89
20:34.89			<b>1500 Free</b>			19:39.99
	:38.39	:46.69	<b>50 Back</b>	:48.29	:38.89	
1:15.79	1:23.69	1:42.09	<b>100 Back</b>	1:45.69	1:24.79	1:12.79
2:41.39	2:57.29		<b>200 Back</b>		2:59.69	2:37.09
	:43.59	:52.99	<b>50 Breast</b>	:55.69	:44.39	
1:25.69	1:35.59	1:57.19	<b>100 Breast</b>	2:02.99	1:37.49	1:23.69
3:07.29	3:27.19		<b>200 Breast</b>		3:31.09	3:01.39
	:36.09	:44.29	<b>50 Fly</b>	:46.69	:36.99	
1:12.89	1:22.39	1:47.69	<b>100 Fly</b>	1:55.69	1:23.99	1:10.89
2:50.39	3:17.39		<b>200 Fly</b>		3:28.59	2:42.99
2:42.19	2:58.29	3:38.59	<b>200 IM</b>	3:47.29	3:03.19	2:34.09
5:47.59	6:27.99		<b>400 IM</b>		6:29.59	5:32.39
2:05.19	2:10.59	2:27.19	<b>200 Free Relay</b>	2:31.09	2:11.89	1:57.99
4:27.99	4:44.79		<b>400 Free Relay</b>		4:48.99	4:16.19
9:42.09			<b>800 Free Relay</b>			9:21.99
(See 400 MR)	2:30.59	2:51.99	<b>200 Med Relay</b>	2:58.89	2:33.09	(See 400 MR)
5:08.19	5:32.79		<b>400 Med Relay</b>		5:38.39	4:57.99

Individual Entries Limited to 7 Individual Events

## 2022 Short Course Age Group Regional Championship

## Summary of Fees / Release Form

Held under the sanction of USA Swimming #OH-22SC-04

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$12.00 per relay	
OSI Swimmer Surcharge		\$5.00 per swimmer	
Total Fees Due			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Kettering City Swim Team, Kettering Recreation Complex, Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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 Signature (Coach or Club Representative)

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 Club Title (Coach etc)

---

 Name of Club

---

 Date

Send this form with check made payable to:

Kettering City Swim Team or KCST

PO Box 291995

Kettering, OH 45429

[secretary@kcstcobras.org](mailto:secretary@kcstcobras.org)