



Ohio Swimming, Inc.

**2022 Short Course
Junior Olympic Championship
and Time Trials**

Meet Information

Held under the Sanction of USA Swimming, Inc.

Sanction #: OH-22SC-09

QM #:

March 11-13, 2022

Mason, Ohio

Cincinnati, Ohio

2022 Ohio Short Course Junior Olympic Championships

Event Information

March 11-13, 2022

Mason Community Pool
Keating Natatorium

Sanctioned by USA Swimming through Ohio Swimming under the auspices of the Ohio Swimming Age Group Committee
Sanction # OH-22SC-09

This information is available on-line at www.swimohio.com

Important Facts About the Meet

- **Entry Deadline:**
 - Wednesday, March 2, 2022, at Noon
 - All paperwork and entry fees must be postmarked by Wednesday, March 2, 2022.
- Time Standards – All entries must be equal to or faster than the 2022 Ohio Junior Olympic Time Standards (Appendix A)
- Time standards for Para Swimmers – must be equal to or faster than the 2022 Para LSC Motivational Time Standards (Appendix A)
- Entry times shall be in short course yards (Y), long course meters (L) or Short Course Meters (S) achieved since January 1, 2019. No Converted Times will be accepted.
- **Entry Limits:** Swimmers may enter a maximum of 7 (seven) Individual Events plus Relays (excluding time trials).
- OME will be used for Individual entries only. A separate Team Manager/Unify file can be used for relay entries, if desired.
 - Entry lists will be sent to teams by March 3.
 - Teams will have until March 4, 12:00 PM EST to notify the entry chair of any errors to their entries, but no new entries will be allowed.
 - The psych sheet will be posted by end of day on March 4.
- There is no Admission Charge for Ohio Championship Meets.
- The meet will be run between 2 sites. All 10 & Under timed-final sessions will be contested at Mason Community Pool. All 11 & Over Prelim and Finals Sessions will be contested at Keating Natatorium, with the exception of Fri morning Prelims, which will be contested at Mason Community Pool.
- The 11 & Over Prelim Sessions will be run in two pools with 8 lanes. Finals sessions will be in one pool with 8 lanes.
- The 10 & under events will be contested as Timed Finals.
- The Age Group Committee in consultation with the Meet Committee has the discretion 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 end vs two ends. Any changes will be communicated to coaches within 48-hours past the meet entry deadline.
- All heats in 11 & over 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.
- Depending on the timeline, the sessions contested at the Mason pool may use 9 lanes for 11 & over Friday Prelim and all 10U Timed Final sessions.

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Meet Administration

Facility Address

Mason Community Center
6050 S Mason Montgomery Road
Mason, OH 45040

Meet Referee

Terrence Anchrum
jomeetreferee@swimohio.com

Entry Chair

Ohio Swimming Office
ohiojochamps@swimohio.com

Meet Jury (Appeal committee for resolving protests at the meet)

Mason location:

- Meet Official – tbd
- Coach – tbd
- Athlete – tbd

Keating location:

- Meet Official – tbd
- Coach – tbd
- Athlete – tbd

Facility Address

Keating Natatorium, St. Xavier High School
616 W. North Bend Rd
Cincinnati, OH 45224

Administrative Referee

Mark Koors
jomeetreferee@swimohio.com

Age Group Committee Chair

Kevin Rachal
agegroupchair@swimohio.com

Meet Committee (Administrative Advisory Committee)

- Meet Referee – Terrence Anchrum
- Meet Director –
- Age Group Chair – Kevin Rachal*
- Coach Chair – Dan Cherok*
- Technical Chair – Kyle Goodrich*
- Officials Chair – Anissa Kanzari*
- Athlete Committee Representative – Jessey Li*

*Or designee

Meeting Schedule

Thursday, March 10	Virtual Technical Meeting – 7:00 PM EST (Zoom link will be emailed to coaches) <i>All subsequent meetings/briefings will be announced</i>
Friday, March 11	Officials' Meeting: 1 hour before the meet start time <i>All subsequent officials' briefings will be held 1 hour prior to the start of each session</i>

Disclaimers

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.

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.

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.

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

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.

Organization Regulations

Organization Regulations	
USA Swimming Rules	<ul style="list-style-type: none"> • 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. • 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. • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • 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. • Deck changes are prohibited. • 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. • Flash photography is not permitted at the start of any race.
Safe Sport 360	<ul style="list-style-type: none"> • 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. • 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. • 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. • 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 www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	<ul style="list-style-type: none"> • 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 www.swimohio.com under Safe Sport>Concussion. • 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

Organization Regulations	
Waiver/Release	<ul style="list-style-type: none"> • 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. • 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.
Deck Access	<ul style="list-style-type: none"> • 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. • Non-Athlete Registration cards do NOT grant access to the pool deck at any time. • Only Volunteers, Coaches and Officials signed up to work/attend the event will be permitted on deck. • No swimmer will be allowed to access the pool deck without a coach member present.
Code of Conduct	<ul style="list-style-type: none"> • 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. • 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.
Spectator Info	<p>Ohio Swimming will communicate to the Team Coaches directly, any updates about spectator attendance. Should conditions warrant that spectators are restricted, Ohio Swimming kindly asks for understanding in that decision, as 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>Volunteer positions will be available at each site. All teams participating in this championship event will be expected to provide volunteers for the event.</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 swimmers and/or their families.</p>
Parental Access and Safe Sport Considerations for Athletes	<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
<p>All USA Swimming certified officials willing to volunteer should fill out and submit the electronic Application to Officiate found on the Ohio Swimming website JO Event page.</p> <p>This meet may be an Officials Qualifying meet for certification at the N2 and N3 initial levels and for N2 and N3 re-certifications (QM). Officials wishing to be evaluated should indicate that in the Application to Officiate form available on the Ohio Swimming website JO Event page.</p> <p>Note: To be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.</p> <p>Special notice to those interested in obtaining National Certification as a Chief Judge, Starter, or Referee: First priority for assigned positions will be given to those seeking certification as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. Preference will also be given to those seeking either an N2 or N3 Evaluation. If the evaluation is for "Recertification", then one must work the minimum number of sessions in each position in which he/she is recertifying. For specific requirements, refer to the USA Swimming website, in the Volunteers Section under Officials Certification.</p> <p>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.</p>

Facility Information – Mason Community Pool	
Facility Address	Mason Community Center 6050 S Mason-Montgomery Road Mason, OH 45040
Pool Information	The Mason Natatorium is a 25-yard pool with 11 lanes, ten of which have starting blocks. During the competition, lanes 10 and 11 will be available for swimmers to use for warm-up and cool down with lane 9 left unused. The competition pool course has not been certified in accordance with 104.2.2C(4). The water depth in the competition pool varies from 10' 6" to 11'6".
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	A Lost & Found area will be available at pool control, which is located beneath the scoreboard.
Medical Assistance	Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.
Facility Information	<i>SPECIAL ENTRANCE NOTICE: Please enter through the H.S. natatorium entrance, not the Mason Community Center entrance.</i>
Parking	Parking is available in the Mason High School parking lot or across the street at the Mason Municipal Building
Hospitality	Coaches' and Officials' hospitality will be available throughout the meet in the classroom adjacent to the pool.
Vendor	SwimOutlet will be available with swimsuits, goggles, etc. during a majority of the meet, unless circumstances prevent them from being on site.

Facility Information – Keating Natatorium	
Facility Address	Keating Natatorium, St. Xavier High School 616 W. North Bend Rd Cincinnati, OH 45224
Pool Information	Keating Natatorium is an 8 lane x 50 meter indoor pool with a removable bulkhead in place to make 2 25 yard competition pools. The water depth is 6ft from the balcony (south) end of the pool to 4ft in depth at the Scoreboard (north) end of the pool The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.
Handicap Access	Accommodations for persons with disabilities may be arranged with advance notice.
Information/Lost & Found	A Lost & Found area will be available near concessions.
Medical Assistance	Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Meet Director or Meet Referee.
Facility Information	Caution should be taken when entering the water from the bulkheads. When feet first entries are done one hand should be placed and remain on the bulkhead. Locker rooms will be open for swimmers to quickly change in to/out of suits. At no time should swimmers congregate in the locker rooms. The adjacent gym may be available during specific sessions for athletes. The following items are not permitted in the facility: glass, lawn or camping chairs, coolers and outside food, tobacco, alcohol, illegal substances, helium balloons, noise makers. Unmanned Aircraft Systems and drones are not permitted on the St. Xavier High School Complex without prior approval and are not permitted in Keating Natatorium. Wireless internet access will be available throughout the meet. Select Cincy-Marlins Guest for your wireless log-in and open your device's browser to accept the terms of use.
Parking	Complimentary Parking is available onsite at Keating Natatorium.

Facility Information – Keating Natatorium

Hospitality	Coaches' and Officials' hospitality will be available throughout the meet in the Hospitality Room located under the first set of bleachers
Vendor	SwimOutlet will be available with swimsuits, goggles, etc. during a majority of the meet, unless circumstances prevent them from being on site.

Order of Events (11 & Overs):**2022 SC Junior Olympic Championships – Order of Events**

Women's Events	Short Course Yards	Men's Events
Morning Preliminary Session @ Mason Community Center Pool	Day 1 – Friday	Evening Finals Session @ Keating Natatorium
101 **	11-12 200 Backstroke	102 **
103	13-14 100 Breast	104
105	11-12 50 Breast	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
119 *	13-14 800 Freestyle Relay	120 *
121 *	11-12 500 Freestyle ^	122 *
Morning Preliminary Session @ Keating Natatorium	Day 2 – Saturday	Evening Finals Session @ Keating Natatorium
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 Back	214
215	13-14 200 Breast	216
217	11-12 100 Breast	218
219	13-14 100 Back	220
221	11-12 200 Freestyle	222
223 *	13-14 500 Freestyle ^	224 *
225 *	11-12 400 Medley Relay	226 *
227 *	13-14 400 Medley Relay	228 *
Morning Preliminary Session @ Keating Natatorium	Day 3 – Sunday	Evening Finals Session @ Keating Natatorium
301 #	11-12 200 Medley Relay	302 #
303 #	13-14 200 Medley Relay	304 #
305 **	11-12 200 Breast	306 **
307	13-14 200 Back	308
309	11-12 100 Back	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 #	13-14 400 Freestyle Relay	320 #
321 #	11-12 400 Freestyle Relay	322 #
323 **	13-14 1650 Freestyle ^ +	324 **
325 **	11-12 400 Individual Medley ^	326 **
* 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

Warm-up/start times will be determined once entries are received and emailed to teams attending and posted on the JO Championship Meet Page

Order of Events (10 & Unders):**2022 SC Junior Olympic Championships – Order of Events
Mason Community Center Pool**

Women's Events	Short Course Yards	Men's Events
Warm-ups Begin no earlier than 1:00 pm *	Day 1 – Friday	Session Begins 2:00 pm *
151	10 & Under 50 Breast	152
153	10 & Under 100 Freestyle	154
155	10 & Under 50 Butterfly	156
157	10 & Under 200 Individual Medley	158
Warm-ups Begin no earlier than 1:00 pm *	Day 2 – Saturday	Session Begins 2:00 pm *
251	10 & Under 200 Freestyle Relay	252
253	10 & Under 100 Individual Medley	254
255	10 & Under 50 Back	256
257	10 & Under 100 Breast	258
259	10 & Under 200 Freestyle	260
Warm-ups Begin no earlier than 1:00 pm *	Day 3 – Sunday	Session Begins 2:00 pm *
351	10 & Under 200 Medley Relay	352
353	10 & Under 100 Back	354
355	10 & Under 50 Freestyle	356
357	10 & Under 100 Butterfly	358

* Warm-up/start times will be determined once entries are received and emailed to teams attending and posted on the JO Championship Meet Page

Entering the Meet	
Eligibility	<ul style="list-style-type: none"> 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. Any Ohio LSC swimmer, 14 years and under, with a time equal to or faster than the 2022 Ohio Junior Olympic cutoff, may enter the Junior Olympic Championship. (See Appendix A time standards). Any Ohio LSC Para Swimmer, 14 years and under, with a time equal to or faster than the 2022 Para LSC Motivational Time Standard, may enter the Junior Olympic Championship (see Appendix A time standards). 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 JO Championship meet, unless cleared by the OSI Registration/Membership Coordinator. Age on the first day of the meet will determine the age group in which a swimmer is entered.
Entry Rules - General	<ul style="list-style-type: none"> By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations. Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM), Short Course Meters (SCM). Qualifying period: Only Short Course Yard (SCY) times, Long Course Meter (LCM) or Short Course Meters (SCM) times achieved from January 1, 2019, until the posted entry deadline will be accepted.
Late Entries	<p>Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:</p> <ul style="list-style-type: none"> Late entries must be submitted through the Online Meet Entry System (OME); These entries must be received no later than 12:00 PM EST on Thurs, March 10, 2022. The team or athlete must pay a one-time processing fee of \$150 <i>and</i> pay entry fees of \$16 per individual and \$24 per relay event. Any late entries will be reseeded up until the time the meet programs have been printed. After that time, late entries will be placed into an open lane only.
Entry Rules: Individual Events	<ul style="list-style-type: none"> Swimmers may enter a maximum of seven (7) Individual Events plus Relays (excluding time trials). 11 & Over Swimmers may swim a maximum of three (3) individual events per day, plus relays (including time trials). 10 & Under Swimmer may swim a maximum of six (6) individual events per day, plus Relays (including time trials). All Entries must be equal to or faster than the 2022 Ohio Junior Olympic Time Standards (as listed in Appendix A) and must be in the USA Swimming times database. A swimmer whose birthday occurs between the start of the Regional Meet and the start of the Short Course Junior Olympics meet may enter the appropriate events at the Junior Olympic meet for which he/she had the cut times in the younger age group by entering the Short Course Junior Olympic meet AT THE CUT TIME for the older age group. Entries for aged up athletes are to be submitted via email to ohiojochamps@swimohio.com and must include the following information: athlete name, USA ID, gender, age, event(s), time(s) achieved in the previous age group, new event number, stroke, distance, and entry cut.
Entry Rules: Relay Events	<ul style="list-style-type: none"> All relay entries must be equal to or faster than the 2022 Junior Olympic Time Standards (as listed in Appendix A) Relay times must be times earned within the qualifying period for this meet and must be in the USA Swimming database. Only two (2) relays per team may be entered per event. Any swimmer may swim any stroke. A swimmer competing unattached may not be a member of a relay team. 13-14 400 Medley Relay teams that make the JO entry cut, may also be entered in the 200 Medley Relay as a Bonus event at the corresponding 400 Medley Relay team entry time for seeding purposes.

Entering the Meet

<p>Entry Procedures</p>	<ul style="list-style-type: none"> • Entry Deadline is March 2, 2022, at 12:00 PM EST. • All individual and aggregate relay entries must be made online using the USA Swimming Online Meet Entry (OME) system, which will open February 8, 2022. • Only times found in the SWIMS database are used for seeding in this meet. OME will be formatted to force the use of the fastest provable entry time found during the qualifying entry period. • OSI will provide an events file on the event page on the Ohio Swimming website and at the time of the distribution of the Meet Packet to the club contacts. The event file can be used to assist you in completing your entries in the OME. • Coaches can update entry times in OME until the entry deadline. Coaches can maintain flexibility in removing swimmers or events before checking out. Once you check out of OME you cannot delete existing entries, however, you can update times for existing athletes, and add new swimmers and events up until the close of the OME entry period. • You must check out of OME prior to the entry deadline to have your entries placed in the meet. Once times are entered in OME for athletes, they do not automatically update if an improved time was achieved from when you started the entry process. The entry person must <i>manually</i> update the improved times in OME for the improved time to record in the entry. All times updates must be done before the entry deadline. • Once you have completed your online entry, you will immediately receive an email confirmation. If you do not receive a confirmation from OME contact the Entry Chair. After an entry has been submitted, removals must be managed by Meet Admin Staff. Please keep ALL electronic correspondence and bring them with you to the meet. • RELAY EVENT ENTRY: A Hytek/Team Unify entry file will be sent to ohiojochamps@swimohio.com for <u>relay entries only (please include relay-only swimmers)</u>, to account for adequate space for warm-ups. • The following must be emailed to ohiojochamps@swimohio.com: <ul style="list-style-type: none"> • Entry Summary Sheet (Appendix B). • The meet does not accept faxed entries. • Check for the Total Entry Fees is payable to: Ohio Swimming • 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. • Please let the entry chair know in advance if you are entering any Outreach athletes and indicate them on the entry summary.
<p>Entry Procedure for Para-Swimmers</p>	<ul style="list-style-type: none"> • Enter the para-swimmer via team management software and send to ohiojochamps@swimohio.com • Include the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. • List in the email with the electronic entry the swimmer's name, entry times, strokes/distances, and days/sessions. • 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. <p>Para –Grouping Descriptions are listed in the OSI Policies and Procedures document posted on the Ohio Swimming website under Governance>OSI Policies & Procedures</p>
<p>Confirmation of Entries</p>	<ul style="list-style-type: none"> • After the entry deadline, the team contact (listed in OME) will be emailed a complete athlete roster with entries for final review. The email will include deadline for any changes/updates to existing entries. • Psych sheets will be posted by Friday, March 4, 2022, by 5 pm. • A financial summary report will be emailed to the teams on Friday, March 4, 2022. • Any changes requested after the psych sheets are posted, are subject to approval of the Meet Referee. Change requests should be sent to ohiojochamps@swimohio.com.
<p>Entry Fees</p>	<ul style="list-style-type: none"> • Individual Events - \$8.00 per entry • Relay Events - \$12.00 per entry • Surcharge - \$5.00 per swimmer (OSI) • Time Trials – \$16.00 per individual entry / \$24.00 per Relay entry. • Entry Fees for Championship Meets are established annually by the OSI Board of Directors.
<p>Proof of Times:</p>	<ul style="list-style-type: none"> • All entry times will be verified through the Online Meet Entry (OME) system.
<p>Deck Access for Coaches</p>	<p>All coaches that expect to attend the Age Group Championship meet must register in OME for a Deck Pass. This listing will be used for deck access at the meet.</p>

Entering the Meet	
Membership Requirement	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

Rules	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.
Competition Guidelines & Meet Format for 11 & Over Sessions	<ul style="list-style-type: none"> • Except for the Relays and events designated as Timed Final Events in the Order of Events, 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 Final and identify themselves to the starter and report to the start area prior to the start of the event. • 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. • All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. • Athletes will swim Timed Final events as <u>seeded by entry time</u>. They will not be permitted to override times, change their entry time, or down seed at the meet. • Relays are timed finals and the top two heats will swim at night on Days 1-2. Relays on Day 3 are all contested in Prelims. • The 13-14 1650Y Freestyle and 11-12 400Y IM will be contested as the last 2 events 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. • The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim slowest to fastest. • Fly-over starts may be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee. • 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.
Competition Guidelines & Meet Format for 10 & Under Sessions	<ul style="list-style-type: none"> • All events will be contested as timed finals. • Fly-over starts may be used at the discretion of the Meet Referee, in consultation with the meet committee. • 9 lanes may be used for the timed finals sessions if timelines warrant.
Seeding	<ul style="list-style-type: none"> • The seeding order for this meet will be SCY, LCM, SCM.
Warm-Up Procedures & Safety Guidelines	<ul style="list-style-type: none"> • Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet. • 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. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their designees). • Participating teams shall be assigned to specific lanes for the warm-up period based on number of participants. • 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. • 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. • 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. • Marshaling Requirements: <ul style="list-style-type: none"> ➢ 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. ➢ 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. ➢ 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

Championship Procedures

	<p>meet, and during active competition.</p> <ul style="list-style-type: none"> 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. 						
Protest Procedures	All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.						
11 & over Finals Session Event Order	The order of the 11 & over 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.						
Scratch Procedures & Deadlines for 11 & over events:	<p>This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations with the following exceptions:</p> <ul style="list-style-type: none"> The scratch deadline for Individual Preliminary and Timed Final Events will be 60 minutes prior to the start of the session where the individual event is contested. Relay scratch deadlines are as follows: <ol style="list-style-type: none"> The scratch deadline for the Friday 800 Free Relay shall be 30 minutes after the start of Friday Prelims. The scratch deadline for Saturday relays will be 30 minutes after the start of the Friday Finals. The scratch deadline for Sunday relays will be 30 minutes after the start of the Saturday Finals. Any swimmer not appearing for an individual <i>preliminary</i> 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. Any relay team that fails to appear for a pre-seeded relay event shall not be penalized. Any swimmer 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 USA Rule 207.11.6E. This rule also applies to timed final events where the top heat(s) are contested in the consolation or championship heats. 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 Ohio Swimming. 						
Scratch Procedures 10 & under events:	<ul style="list-style-type: none"> Any swimmer or relay that fails to appear for a pre-seeded 10 & Under event shall not be penalized. 						
Relay Check-In Procedures:	<ul style="list-style-type: none"> All relays are conducted on a timed final basis. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she 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 Clerk of Course for tabulation according to the deadlines listed below: <ul style="list-style-type: none"> 10 & under: Thirty (30) minutes prior to the start of that day's session. 11 & overs: Same as the scratch deadline listed above. Relay order may be changed up to the time of the swim. 						
Scoring: 8 Lane Pool (16 places)	<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						
Awards	<ul style="list-style-type: none"> 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). Relay Events - Medals will be awarded to the top 3 relay places. Ribbons will be awarded to 4-8 places. Outstanding Swimmer – An Outstanding Swimmer Award will be awarded for each gender to the swimmer who achieves the highest total of USA Swimming Power Points. The announcement of the Outstanding Swimmer will be on the Ohio Swimming JO Event Page and also through email and on OSI's Facebook page. Individual High Point Plaques – High point plaques will be awarded for each gender and age group who achieves the highest point total using standard scoring. Team High Point Plaques – High Point plaques will be awarded for each gender and age group. Overall High Point Large and Small Team Awards shall be furnished by Ohio Swimming. Definitions for large and small team can be found in the OSI Policy Manual. ALL INDIVIDUAL AWARD PLAQUES WILL BE PRESENTED AT THE OHIO SWIMMING LSC RECOGNITION 						

Championship Procedures

	BANQUET IN APRIL.
Psych Sheet Warm-up Schedule Results	<ul style="list-style-type: none">The following information will be published at www.swimohio.com<ol style="list-style-type: none">Psych SheetsWarm-up ScheduleResultsFinal Results, Team Manager Results file, and Meet Manager Backup file
Time Trials	<ul style="list-style-type: none">Time Trials will be conducted, time permitting, following the preliminary and timed finals sessions on Friday, Saturday and Sunday beginning no earlier than 20 minutes following the end of the session.Signups for Time Trials each day will close no later than one hour prior to the end of each session according to the estimated timeline. The time will be communicated to coaches in the general meeting.Meet Participants are limited to three (3) individual events for 11 & overs and six (6) individual events for 10 & unders per day, including Time Trials. A declared false start is counted as one of these three individual events per day.Time Trials at the Mason location will be limited to only 10 & under meet participants, except for Fri morning, where 11 & over meet participants in the Fri prelim session may time trial after their session concludes.Time trials at the Keating location will be limited to 11 & over meet participants only.Each meet site reserves the right to limit Time Trial events 500 yards or longer to a specific day, based upon the session timelines. Teams will be informed of this at the General Meeting.Time Trial sessions will be limited to one (1) hour.If on any day, the 11 & over preliminary session ends less than 45 minutes before the start of the warm-ups for finals, the time trial will not be conducted on that day.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.Time Trials for non-meet participants are limited to individuals attempting to achieve a published National Cut (USA Zone, Y Zone, Sectional, Futures, Junior National, Y Nationals, US Open or Senior National). Entry times for time trials should be within ½ second per 50 yards/meters of the published Time Standard. The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries.Time Trials are open to non-meet participants who are current athlete members of Ohio Swimming, Inc. You must show proof of current USA Swimming membership at the time of sign-up for Time Trials.

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	50 Free	:35.99	:29.49	:24.99
:58.19	1:02.49	1:17.69	100 Free	1:17.39	1:02.69	:54.39
2:04.69	2:15.89	2:52.29	200 Free	2:53.09	2:17.79	1:57.89
5:34.89	6:04.39		500 Free		6:08.19	5:21.39
11:48.19			1000 Free			11:17.69
19:33.59			1650 Meet			18:52.59
	:34.19	:41.89	50 Back	:42.59	:35.09	
1:04.69	1:11.29	1:28.59	100 Back	1:30.19	1:12.69	1:02.09
2:19.69	2:36.09		200 Back		2:38.29	2:13.99
	:38.69	:47.19	50 Breast	:49.09	:38.89	
1:13.89	1:20.59	1:39.89	100 Breast	1:44.29	1:23.79	1:09.19
2:40.89	3:01.29		200 Breast		3:04.69	2:34.59
	:32.39	:39.59	50 Fly	:41.39	:33.19	
1:03.89	1:11.29	1:32.19	100 Fly	1:33.79	1:14.29	1:00.79
2:24.19	2:53.69		200 Fly		3:03.69	2:21.29
	1:11.39	1:27.39	100 IM	1:29.89	1:12.89	
2:21.29	2:33.99	3:11.09	200 IM	3:17.49	2:36.09	2:14.89
5:00.59	5:40.49		400 IM		5:41.89	4:48.29
1:47.49	1:52.79	2:10.09	200 Free Relay	2:12.19	1:54.59	1:40.89
3:52.49	4:05.09		400 Free Relay		4:05.99	3:41.59
8:13.59			800 Free Relay			8:00.39
(See 400 MR)	2:08.29	2:30.79	200 Med Relay	2:35.29	2:12.59	(See 400 MR)
4:20.49	4:40.09		400 Med Relay		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	50 Free	:39.49	:32.19	:27.89
1:03.49	1:09.59	1:26.39	100 Free	1:27.49	1:10.69	1:00.68
2:18.18	2:32.29	3:08.59	200 Free	3:11.89	2:32.99	2:13.29
4:54.89	5:24.39		400 Free		5:24.89	4:45.68
10:19.29			800 Free			9:52.09
20:10.89			1500 Free			19:15.99
	:37.78	:46.08	50 Back	:47.68	:38.28	
1:14.59	1:22.48	1:40.89	100 Back	1:44.48	1:23.59	1:11.59
2:38.98	2:54.88		200 Back		2:57.28	2:34.68
	:42.59	:51.99	50 Breast	:54.68	:43.39	
1:23.68	1:33.59	1:55.18	100 Breast	2:00.98	1:35.48	1:21.68
3:03.28	3:23.18		200 Breast		3:27.09	2:57.38
	:35.39	:43.58	50 Fly	:45.98	:36.28	
1:11.48	1:20.98	1:46.28	100 Fly	1:54.28	1:22.58	1:09.48
2:47.58	3:14.58		200 Fly		3:25.78	2:40.18
	1:19.67	1:37.53	100 IM	1:40.32	1:21.35	
2:38.99	2:55.09	3:35.39	200 IM	3:44.09	2:59.99	2:30.89
5:41.18	6:21.59		400 IM		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	50 Free	:40.29	:32.99	:28.69
1:05.09	1:11.19	1:27.99	100 Free	1:29.09	1:12.29	1:02.29
2:21.39	2:35.49	3:11.79	200 Free	3:15.09	2:36.19	2:16.49
5:01.29	5:30.79		400 Free		5:31.29	4:52.09
10:32.09			800 Free			10:04.89
20:34.89			1500 Free			19:39.99
	:38.39	:46.69	50 Back	:48.29	:38.89	
1:15.79	1:23.69	1:42.09	100 Back	1:45.69	1:24.79	1:12.79
2:41.39	2:57.29		200 Back		2:59.69	2:37.09
	:43.59	:52.99	50 Breast	:55.69	:44.39	
1:25.69	1:35.59	1:57.19	100 Breast	2:02.99	1:37.49	1:23.69
3:07.29	3:27.19		200 Breast		3:31.09	3:01.39
	:36.09	:44.29	50 Fly	:46.69	:36.99	
1:12.89	1:22.39	1:47.69	100 Fly	1:55.69	1:23.99	1:10.89
2:50.39	3:17.39		200 Fly		3:28.59	2:42.99
2:42.19	2:58.29	3:38.59	200 IM	3:47.29	3:03.19	2:34.09
5:47.59	6:27.99		400 IM		6:29.59	5:32.39
2:05.19	2:10.59	2:27.19	200 Free Relay	2:31.09	2:11.89	1:57.99
4:27.99	4:44.79		400 Free Relay		4:48.99	4:16.19
9:42.09			800 Free Relay			9:21.99
(See 400 MR)	2:30.59	2:51.99	200 Med Relay	2:58.89	2:33.09	(See 400 MR)
5:08.19	5:32.79		400 Med Relay		5:38.39	4:57.99

2022 Para LSC Motivational Time Standards

Para 1 LSC Motivational Time Standards																	
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59
Para 2 LSC Motivational Time Standards																	
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09
Para 3 LSC Motivational Time Standards																	
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39

2022 Short Course Junior Olympic Championships

Held under the sanction of USA Swimming # OH-22SC-09

Submit this form by email to ohiojochamps@swimohio.com at the time you complete your OME entry.

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. The Mason Manta Rays, Mason Community Center, Mason High School, Cincinnati Marlins, St. Xavier High School, 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.

Team: _____ Code: _____

Head Coach Name: _____ Email: _____

Team Representative's Name
(printed): _____

Team Representative's Signature: _____

Team Contact's Email Address: _____
(We will use this email to update you on this meet)

Number of Coaches Attending: _____

Team Contact Phone: _____

Team Address: _____

Financial Summary

Meet Entry Summary
Number of Outreach swimmers attending the meet:
Number of Outreach Individual Events:
List names of Outreach Swimmers attending the meet:
Number of Swimmers (do not include Outreach) x \$5.00 per swimmer (LSC fee) = \$
Number of Individual Events (do not include Outreach) x \$8.00 per event = \$
Number of Relay Events x \$12.00 per event = \$
Total Amount Remitted: \$

Make checks payable to:

Ohio Swimming
5020 B College Corner Pike
Oxford, OH 45056

ENTRY DEADLINE: March 2, 2022, 12:00 PM EST
Payment must be received before the meet begins