

**Southern Ohio Swim League
Championships
Hosted by Miamisburg Barracudas Swim Team
& Sycamore Trails Aquatic Center
JULY 12, 2003**

Starting time: Warm-ups will begin at 6:45 (see warm up schedule below) Championship will begin at 8:15

MEET DIRECTOR

Kevin Pendergast
905 Cranbrook Court
Miamisburg, Ohio 45432
(937) 866-7250
kpender2@msn.com

ENTRY CHAIR

Jim Rigney
1702 Countryside Drive
Beavercreek, Ohio 45432
Home: (937) 429-3129 Cell: 937-657-3815
rigneyja@att.net

ENTRY DEADLINE

Entries must be received on or before **Monday, June 30th, 2003.** Early entry submission would be appreciated. If submitting your entries using Team Manager, please e-mail your entries (cfile) to rigneyja@att.net so that we may post your entries on the meet homepage for quick and easy review.

WEBSITE

We will post meet information; psych sheets, and results as soon as they become available at <http://sosl.home.att.net/> to be determined

WARM UP TIMES: Special note- pool entry during warm-up must be feet first.

Team Name	Symbol	Warm-up Lanes	Warm-up Times
West Carrollton	WC	Lanes 1-4	6:45 - 7:05 A.M.
Miamisburg	MB	Lanes 5-8	6:45 - 7:05 A.M.
Germantown	GT	Lanes 1-4	7:05 – 7:25 A.M.
Springboro	SB	Lanes 5-8	7:05 – 7:25 A.M.
Idle Hour	IH	Lanes 1-4	7:25 – 7:45 A.M.
Willow	WI	Lanes 5-8	7:25 – 7:45 A.M.
Cardinal Hill	CH	Lanes 1-4	7:45 – 8:05 A.M.
Eaton	EA	Lanes 5-8	7:45 – 8:05 A.M.

Sprint/Racing Starts – Last 10 minutes of warm-up permitted in even number lanes only.
(Swimmers must exit pool at the opposite end)

ENTRY FORMS

If you are not submitting your entries using Team Manager, you will need to submit your entries on the attached entry forms. For teams using Team Manager Software, include your entries on a 3.5" floppy disk and a paper copy of your entries printed by Team Manager in addition to emailing the file to the Meet Entry Chair. This will allow your team's final results to be returned to you on disk after the meet. An order of events sheet is attached for your reference. Remember, if you are submitting your entries using Team Manager, please e-mail your entries (cfile) to the entry chairperson above so that we may quickly post your entries on the Internet for quick and easy review. Before mailing your completed entry package, please check your entries for:

1. Correct event number
2. Short course meter times for seeding purposes
3. Team name, correct mailing address, and contact person with telephone number

NOTES: You do not need to submit swimmer names for your relay teams, just the team names (i.e., Team A, Team B, etc). The Scoring Table will provide coaches with "Relay Entry" slips first thing the morning of the meet.

All entries must be in meter times. If a time is entered from a meet at Miamisburg pool it must be converted (Multiply by 1.11) or designated with a "Y". In order to ensure fair seeding, please adhere to this policy. Entries provided by Team Manager will do this automatically for you as long as you are using the "SOSL 2003 Championship" template provided on the SOSL website).

ENTRY LIMIT

Swimmers will be limited to five (5) events (3 individual events and 2 relay events). Clubs will be required to check the homepage by Friday, July 4th, 2003 to make sure all entries have been entered. If there is a problem or changes needed, please contact Jim Rigney no later than noon Sunday July 6th, 2003.

RULES

The meet will be conducted under the 2003 rules of United States Swimming (USS) and Ohio Swimming. All participating officials and coaches on deck must have completed Coaches/ Officials clinic or have previous certification.

Exception SOSL rules:

- Swimmers will be allowed one false start
- A swimmer may participate all season swimmers June 1 age group (age as of June 1st)
- A swimmer electing not to start from the start block may start from the side of pool next to block.
- Whistling or flash camera are not permitted during starts

Starting rules:

At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. Followed by, a long whistle indicating that they should take their positions on the starting platform and remain there. In the backstroke and medley relay events, at the Referee's first long whistle the swimmers shall immediately enter the water, and at the second long whistle shall place their hands and feet in preparation for the start. When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control. On the starter's command "take your mark," the swimmers shall immediately assume their starting position with at least one foot at the front of the block or, in the backstroke and medley relay events assume the backstroke starting position. When all swimmers are stationary, the starter shall give the starting signal.

WARMUP PROCEDURES

Ohio LSC swimming safety guidelines and warm-up procedures will be in effect at this meet. Warm-up shall be conducted as follows:

A. General Warm-up (first 10 minutes).

1. NO DIVING OR RACE STARTS allowed from the blocks or pool edge. Swimmers must enter the water feet first with one hand on the deck.
2. NO SPRINTING OR PACE WORK allowed during the general warm-up session
3. All lanes to be used for general warm-up.

B. Specific Warm-up (last 10 minutes)

1. RACING START (EVEN # lanes): Sprint lanes for starts from the blocks or backstroke starts. **One way only**
2. GENERAL WARM-UP (ODD # lanes): No diving or racing starts.

DECK ENTRIES

Deck entries will not be accepted unless a swimmer's entry is either incorrectly entered or missed by the host team. It is suggested that if a swimmer has even the remotest chance of swimming in the Championship Meet they should be entered.

SCRATCHES

A scratch meeting will be held in the clerk of course area at 7:30AM. Coaches should have a list of their swimmer names and the event numbers they are scratching. These entries will then be scratched out of the master heat sheet.

CLERK OF COURSE

There will be an event caller. There will be a 'bull pen' (for all Swimmers) when event is called all swimmers for that event and heat must report to the 'bull pen' when called.

Any swimmer that leaves the clerk of course is responsible for returning before their event.

RESEEDING A SWIMMER

The clerk of course will not re-seed a swimmer unless one of the following conditions exist:

- A) Entry chair incorrectly transcribed information from entry forms to Meet Manager.
- B) In the opinion of the clerk of course and the Meet Director, as a result of scratches, two or more heats can be combined to the benefit of the swimmers and the conduct of the meet. The clerk of course and the Meet Director will have sole discretionary authority to make this determination.

AWARDS

The SOSL has approved the following awards for the 2003 Championship Meet:

- Individual:** Ribbons for 1st through 15th place
Relay: Ribbons for 1st through 8th place
Heat: Ribbons for heat winners while they last
Bell Heat: Small gift for the winner of each bell heat
Age Group: Plaques will be awarded to the team that scores the most points in each age group, for both girls and boys.

SCORING:

Points will be totaled during the meet by the computer room and the League Championship team will be announced at the conclusion of the meet. Points will be awarded to the team as follows:

Individual Events		Relay Events	
<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
1 st	9	1 st	18
2 nd	7	2 nd	14
3 rd	6	3 rd	12
4 th	5	4 th	10
5 th	4	5 th	8
6 th	3	6 th	6
7 th	2	7 th	4
8 th	1	8 th	2

No points will be awarded for 9th through 15th places.

No points will be awarded for boys and girls in the 6th and under events

No points will be awarded for the coach's relay, event #81

No team may score points for more than two (2) relay teams, although ribbons will be awarded in the order of finish.

TIMING AND PLACING:

Two timers will be assigned to each lane; one will operate the backup plunger and write the stop watch times on the timer sheet - the other will operate the stop watch. When using electronic equipment the pad time (if valid) is always used followed by the backup time. The stopwatch time is only considered if the timing system fails or there is a discrepancy between the primary (pad) & backup (plunger) time. Placing will be determined by the recorded times once all times and DQ's for the event have been entered into the computer.

DISPUTES:

Disputes must be made to the Meet Referee by one of the participating coaches within thirty (30) minutes of the disputed action.

The Meet Referee will resolve the dispute as called for by the 2003 USA & SOSL rules.

SWIMMER CONDUCT

All swimmers are expected to conduct themselves in an appropriate manner. It is the responsibility of all parents to ensure all minor spectators are well behaved and under supervision at all times. Any swimmer or minor spectator acting in an inappropriate manner will be reported to the coach or parent for disciplinary action. Should a swimmer or minor spectator be reported a second time, they will be banned for the remainder of the meet. Any swimmer or minor spectator caught damaging or defacing property will be banned from the meet and appropriate remedies for damages will be pursued.

FACILITIES

The facility at the Miamisburg Aquatic center is a 25-yard eight-lane pool, with minimum depth of 5 ft. at diving ends. We have a Colorado Timing System and a start cart for horn starts. There is a large spectator area with view of the pool. **NOTE: Due to irrigation lines throughout the green areas WITHIN and OUTSIDE the pool area, NO spikes or other similar securing apparatus for tents, shelters, etc., shall be permitted.**

Parking is available at the immediate pool site. Authorized parking areas will be marked. However, due to the size of the meet, over-flow parking (within a short walking distance) will be required. Ushers will be available to direct you to the over-flow parking area. **Please do not park in unauthorized areas as your vehicle could be towed.**

We will have our concession stand running to meet all your hunger and thirst needs morning, noon and afternoon. We will have Pannel Swim Wear there for any last minute shopping needs and great bargains. T.J. Photography will be on-site offering action shots. Our SOSL Championship T-Shirts will also be available for purchase.

DIRECTIONS

From I-75 exit at the Miamisburg/Centerville exit, Turn west follow St/Rt. 725 to Heincke Rd. turn left follow 400 S. Heincke road to Miamisburg Aquatic Center on the left.

MEETING DAY OF THE MEET:

Worker Coordinators for each team meet 7:15AM outside pool office

First Shift Officials ---- 7:45AM on the peninsula near the meet manager/computer tent

First Shift Timers ----- 7:45AM behind the metal start blocks

There will be shift changes at 10:00, 12:00, 2:00, and 4:00pm. Shift change meeting will occur 15 minutes prior to each shift change. Timers and officials will meet by the scoring table area. **Team representatives, please make sure your timers and officials attend this meeting!**

STATEMENT:

The Championship Meet will be under the direction of the Meet Director and the Meet Referee. The meet will not be cancelled before 4:PM unless due to electrical storm or tornado. The meet can be run as long as necessary to complete it on Saturday. If it is not possible to complete the meet on Saturday because of violent weather, the meet will be completed on Sunday. The same warm-up periods and meet starting time as used in Saturday will prevail.

Yours Truly,

Kevin Pendergast
Meet Director

SOSL 2003 Championships - 7/12/2003 Event List-By Event Number

1	Girls 8 & U 100 Med Relay	41	Girls 6 & U 25 Back
2	Boys 8 & U 100 Med Relay	42	Boys 6 & U 25 Back
3	Girls 9-10 100 Med Relay	43	Girls 7-8 25 Back
4	Boys 9-10 100 Med Relay	44	Boys 7-8 25 Back
5	Girls 11-12 100 Med Relay	45	Girls 9-10 25 Back
6	Boys 11-12 100 Med Relay	46	Boys 9-10 25 Back
7	Girls 13-14 200 Med Relay	47	Girls 11-12 25 Back
8	Boys 13-14 200 Med Relay	48	Boys 11-12 25 Back
9	Girls 15 & O 200 Med Relay	49	Girls 13-14 50 Back
10	Boys 15 & O 200 Med Relay	50	Boys 13-14 50 Back
11	Girls 10 & U 100 IM	51	Girls 15 & O 50 Back
12	Boys 10 & U 100 IM	52	Boys 15 & O 50 Back
13	Girls 11-12 100 IM	53	Girls 9-10 50 Free
14	Boys 11-12 100 IM	54	Boys 9-10 50 Free
15	Girls 13-14 100 IM	55	Girls 11-12 50 Free
16	Boys 13-14 100 IM	56	Boys 11-12 50 Free
17	Girls 15 & O 100 IM	57	Girls 13-14 100 Free
18	Boys 15 & O 100 IM	58	Boys 13-14 100 Free
19	Girls 6 & U 25 Free	59	Girls 15 & O 100 Free
20	Boys 6 & U 25 Free	60	Boys 15 & O 100 Free
21	Girls 7-8 25 Free	61	Girls 8 & U 25 Fly
22	Boys 7-8 25 Free	62	Boys 8 & U 25 Fly
23	Girls 9-10 25 Free	63	Girls 9-10 25 Fly
24	Boys 9-10 25 Free	64	Boys 9-10 25 Fly
25	Girls 11-12 25 Free	65	Girls 11-12 25 Fly
26	Boys 11-12 25 Free	66	Boys 11-12 25 Fly
27	Girls 13-14 50 Free	67	Girls 13-14 50 Fly
28	Boys 13-14 50 Free	68	Boys 13-14 50 Fly
29	Girls 15 & O 50 Free	69	Girls 15 & O 50 Fly
30	Boys 15 & O 50 Free	70	Boys 15 & O 50 Fly
31	Girls 8 & U 25 Breast	71	Girls 8 & U 100 Free Relay
32	Boys 8 & U 25 Breast	72	Boys 8 & U 100 Free Relay
33	Girls 9-10 25 Breast	73	Girls 9-10 100 Free Relay
34	Boys 9-10 25 Breast	74	Boys 9-10 100 Free Relay
35	Girls 11-12 25 Breast	75	Girls 11-12 100 Free Relay
36	Boys 11-12 25 Breast	76	Boys 11-12 100 Free Relay
37	Girls 13-14 50 Breast	77	Girls 13-14 200 Free Relay
38	Boys 13-14 50 Breast	78	Boys 13-14 200 Free Relay
39	Girls 15 & O 50 Breast	79	Girls 15 & O 200 Free Relay
40	Boys 15 & O 50 Breast	80	Boys 15 & O 200 Free Relay

Relay Team Name	Event Number – Entry Times									
	1	2	3	4	5	6	7	8	9	10
Team A										
Team B										
Team C										
Team D										
Team E										
Note: Relay swimmer names can be supplied the morning of the meet										

Relay Team Name	Event Number – Entry Times									
	71	72	73	74	75	76	77	78	79	80
Team A										
Team B										
Team C										
Team D										
Team E										
Note: Relay swimmer names can be supplied the morning of the meet										

PLEASE ATTACH TO YOUR ENTRY FORMS AND ENTRY SUMMARY SHEET

ENTRY SUMMARY SHEET

TEAM: _____ CODE: _____
 TEAM CONTACT: _____
 DAY TIME PHONE: _____ EVENING PHONE _____
 ADDRESS FOR FINAL RESULTS: _____

AGE/GENDER	NUMBER OF SWIMMERS	NUMBER OF INDIVIDUAL EVENTS	RELAYS
6 & UNDER GIRLS			
6 & UNDER BOYS			
7-8 GIRLS			
7-8 BOYS			
8 & UNDER GIRLS			
8 & UNDER BOYS			
9-10 GIRLS			
9-10 BOYS			
10 & UNDER GIRLS			
10 & UNDER BOYS			
11-12 GIRLS			
11-12 BOYS			
13-14 GIRLS			
13-14 BOYS			
15 & OVER GIRLS			
15 & OVER BOYS			