



**Ohio Swimming, Inc.**  
**2024 LC Regional Championship  
and Time Trials**

**July 12-14, 2024**  
**Bowling Green State University**  
**Bowling Green, OH**  
**Entry deadline 12:00 PM EST Tuesday July 2, 2024**

**Held under the Sanction of USA Swimming, Inc.**  
**Sanction #: OH-24LC-02**

**Hosted by: Worthington Swim Club and Upper Arlington Swim Club**

# 2024 Ohio Long Course Regional Championships

## Important Facts About the Meet

- Entry Deadline: Tuesday, July 2, 2024, at 12:00 PM EST.
- The Time qualification period for this event is from January 1, 2023 to the posted entry deadline.
- No relays will be contested at this Regional Championship Meet.
- **AUTOMATIC JUNIOR CHAMPIONSHIP QUALIFIERS: Each individual event winner at the 2024 LC Regional Championship Meet, regardless of finish time, will advance to the 2024 LC Regional Championship meet. 'Win it and Swim it!' All swimmers who achieve new 2024 Junior Championship cuts are eligible to advance to the 2024 LC Junior Championships, regardless of whether they are an individual event champion or not.**
- Time Standards - must be slower than the 2024 Junior Championship Time Standards (Appendix A).
- Time Standards for Swimmers with a Disability - must be slower than the 2024 Para LSC Parallel Time Standards (Appendix A).
- Entry times shall be in Long Course Meters (L) or Short Course Yards (Y). No Converted Times will be accepted.
- NT times will NOT be accepted and will not be imported.
- Entry Limits: Swimmers may enter a maximum of 6 (six) Individual Events (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  $\geq 400\text{M}$  and 11-12 200M Breast, Back and Fly.
- All heats in 11 & over finals will be swum slowest to fastest.
- The 13-14 400M Free and 13-14 400M IM Timed Final events will be swum fastest to slowest in the Preliminary session, and may alternate between women and men, at the discretion of the Meet Referee.
- The Host Team, with consent of the Age Group 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 vs two ends. All decisions will be communicated to coaches within 48 hours past the meet entry deadline.
- **All Swimmers, Coaches and Officials attending the Regional Championship Event must be verified USA Swimming members in good standing by Monday July 8, 2024 12:00 PM EST. There is no 'pending' status for membership and the meet host will not accept certifications that are not updated in the SWIMS electronic Deck Pass.**
- **Only authorized coaches, officials, swimmers and meet volunteers are allowed on deck and must have a deck credential to access the deck.**
- Meet host may run additional lanes for the meet, if available, depending on final entries and timelines. However, protocol for awards will still remain as listed in this meet announcement.
- All teams attending this Regional Championship site should be prepared to assist the host team in staffing some timer positions throughout the weekend. The meet host will contact the teams to arrange the volunteer sign-up.

## Table of Contents

Meet Administration.....	3
Meeting Schedule, Disclaimers, Officials .....	3
Order of Events .....	4
Facility Information .....	5
Organization Regulations/Waivers .....	5
Entering the Meet.....	7
Championship Procedures .....	8
Time Standards (Appendix A) .....	11
Entry Summary Sheet (Appendix B) .....	14
Meet Accommodation/Modification Form for Swimmers with a Disability .....	15

<b>Meet Administration</b>	
<b>Facility Address</b> Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403	<b>Meet Referee</b> Curtis Onofri <a href="mailto:conofri@pathwayscu.com">conofri@pathwayscu.com</a>
<b>Entry Chair</b> Bernard Vrancken <a href="mailto:agegroupchair@swimohio.com">agegroupchair@swimohio.com</a>	<b>Meet Director</b> Bernard Vrancken <a href="mailto:agegroupchair@swimohio.com">agegroupchair@swimohio.com</a>
<b>Age Group Committee Chair</b> Bernard Vrancken <a href="mailto:agegroupchair@swimohio.com">agegroupchair@swimohio.com</a>	<b>Meet Jury</b> Meet Referee, Coach, Athlete to be selected in advance of the meet by the Meet Referee.

<b>Meeting Schedule</b>	
<b>Friday July 12</b>	General/Coaches Meeting – 15 minutes before meet/session start time. <i>All subsequent coaches' briefings will be announced.</i>  Officials' Meeting - 1 hour before the meet start time <i>All subsequent officials' briefing will be held 1 hour prior to the start of each session.</i>

<b>Disclaimers</b>
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.

<b>Officials</b>
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.

## 2024 LC Regional Championships – Order of Events 11 & Over Session

### Long Course Meters

Women's Events	Day 1 – Friday	Men's Events
101 ^+	11-12 400 Free	102 ^+
103 ^+	13-14 1500 Free	104 ^+
105 ^+	11-12 400 IM	106 ^+
Women's Events	Day 2 – Saturday	Men's Events
201 *	11-12 200 Back	202 *
203	13-14 100 Breast	204
205	11-12 50 Breast	206
207	13-14 200 Free	208
209	11-12 100 Free	210
211	13-14 100 Fly	212
213	11-12 100 Fly	214
215	13-14 200 Back	216
217	11-12 200 IM	218
219	13-14 50 Free	220
221 *	11-12 200 Breast	222 *
223 *	13-14 400 IM ^+	224 *
225	11-12 50 Back	226
Women's Events	Day 3 – Sunday	Men's Events
301	11-12 100 Breast	302
303	13-14 100 Back	304
305	11-12 100 Back	306
307	13-14 200 IM	308
309	11-12 50 Free	310
311	13-14 100 Free	312
313 *	11-12 200 Fly	314 *
315	13-14 200 Fly	316
317	11-12 200 Free	318
319	13-14 200 Breast	320
321	11-12 50 Fly	322
323 *	13-14 400 Free ^+	324 *
* Timed Final – Fastest 1 heat at Finals	^ Fastest to slowest + Alternating girls and boys heats	Warm-up / start times will be determined once entries are received and emailed to teams attending the meet

## 2024 LC Regional Championships – Order of Events 10 & Under Session

### Long Course Meters

Women's Events	Day 2 – Saturday	Men's Events
251	10 & Under 50 Back	252
253	10 & Under 100 Breast	254
255	10 & Under 50 Free	256
257	10 & Under 100 Fly	258
259	10 & Under 200 Free	260
Women's Events	Day 3 – Sunday	Men's Events
351	10 & Under 50 Fly	352
353	10 & Under 100 Free	354
355	10 & Under 50 Breast	356
357	10 & Under 100 Back	358
359	10 & Under 200 IM	360

Warm-up / start times will be determined once entries are received and emailed to teams attending the meet.

Facility Information	
<b>Facility Address</b>	Bowling Green State University 1411 Ridge Street Student Recreation Center Bowling Green Ohio 43403 419-372-2000
<b>Pool Information</b>	8-Lane, 50-meter pool. Depth: 13 feet at the dive end and 4 feet at the turn end of the competition pool. 8 Lanes in the competition pool. Blocks with wedges. Colorado Timing System with scoreboard display. Indoor pool. The host will ensure the required course dimensions.
<b>Handicap Access</b>	Accommodations for persons with disabilities may be arranged with advance notice.
<b>Information/Lost &amp; Found</b>	Lost items will be kept at the information desk. Lost keys will be given to the Kenyon security office.
<b>Medical Assistance and Supervision</b>	Lifeguard and SRC staff will provide initial care for athletes participating in the meet.
<b>Facility Information</b>	<ul style="list-style-type: none"> <li>Swimmers will enter the facility using the main front doors. Exit either through the ADA entrance or main doors of the SRC.</li> <li>Smoking is not allowed on the campus of BGSU.</li> <li>All swimmers are to stay in the areas of the Recreation Center designated for the swim meet (Cooper Poo). Other areas of the Recreation Center will be closed or in use by individuals or groups during the meet.</li> <li>Any food or beverages brought into the pool should be prepackaged or well-sealed in a lunch box and inside the swimmers' backpack/swim bag.</li> <li>Only swimmers, coaches, officials and meet personnel are to be on deck.</li> <li>For their own safety, swimmers must wear shoes or sandals when they go upstairs.</li> <li>All SRC rules and regulations are in effect during all meet sessions.</li> </ul>
<b>Parking</b>	Parking Information will be distributed with the Meet Notes.
<b>Hospitality</b>	Coaches' and Officials' hospitality will be available throughout the meet.
<b>Vendor</b>	A swim vendor may be available at this meet; however Regional Meet apparel can be purchased online. Link to the Regional meet apparel can be found on the Ohio Swimming website Regional Event Page. Vendor information will be shared in the meet notes.
<b>Concessions</b>	A concessions area may be available at the meet. Information regarding concessions will be shared in the meet notes.

Organization Regulations	
<b>USA Swimming Rules</b>	<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>The 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> <li>All adults associated with this competition, whether spectators, volunteers, coaches, officials or meet staff, acknowledge that they understand the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and will have an active role in keeping swimmers at this meet safe.</li> </ul>

## Organization Regulations

<p><b>Safe Sport 360</b></p>	<ul style="list-style-type: none"> <li>• The U.S. Center for Safe Sport program is a 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. <a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a></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 833-5US-SAFE (833-587-7233) 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> <li>• For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</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>
<p><b>Deck Access</b></p>	<ul style="list-style-type: none"> <li>• The Meet Director and Meet Referee 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 and the Ohio Swimming Code 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. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course to coach at this event.</li> <li>• No swimmer will be allowed to access the pool deck without a coach member present.</li> </ul>
<p><b>Waiver/Release</b></p>	<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>
<p><b>Parental Access and Safe Sport Considerations for Athletes</b></p>	<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>

## Organization Regulations

<b>Spectator Info</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>All teams participating in this Championship will be expected to help the meet host with timers. The meet host will contact each team to arrange for timers.</li> </ul>
<b>Code of Conduct</b>	<ul style="list-style-type: none"> <li>Each club is responsible for the conduct of its swimmers and parents. Any person who, in the opinion of the Meet Director, Meet Referee, or Meet Marshal, is harmful to others or to other's property will 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 any 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> <li>Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others.</li> <li>The Ohio Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. Ohio Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of Ohio Swimming. The complete Ohio Swimming Code of Conduct can be reviewed on the Ohio Swimming website under Governance&gt; OSI Policy &amp; Procedures Manual, Appendix 18.</li> </ul>

## Entering the Meet

<b>Eligibility</b>	<ul style="list-style-type: none"> <li>All meet contestants must be verified USA Swimming athletes of Ohio Swimming Inc. by Monday July 8, 2023 12:00 PM EST. No exceptions. USA-S memberships will not be verified at this meet.</li> <li>Any Ohio LSC swimmer, 14 years and under, with a time slower than the 2024 Ohio Junior Championship cutoff, may enter the Regional Championship. (See Appendix A).</li> <li>Any Ohio LSC Swimmer with a Disability, 14 years and under, with a time slower than the 2024 Para LSC Parallel Time Standard, 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 60 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 swimmer agrees to abide by USA Swimming Rules and Regulations.</li> <li>Qualifying period: Only Long Course Meter (LCM) or Short Course Yard (SCY) times achieved from January 1, 2023, until the posted entry deadline will be accepted.</li> <li>Entries will be seeded as follows: Long Course Meters (LCM), Short Course Yards (SCY)</li> <li><u>There shall be No Deck Entries at the Championship Meet.</u></li> <li>Once the psych sheets have been posted, there are no times updates or entry fee refunds for scratches.</li> <li>A swimmer 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 \$50.00 processing charge (per swimmer) to the host club. Any late entries will be reseeded up until the time the meet programs are printed or Meet Mobile publishing. After that time, late entries will be placed into an open lane only.</li> </ul>

## Entering the Meet

<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li>• <b>Entry Deadline is Saturday July 2, 2024, 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:             <ol style="list-style-type: none"> <li>1. Electronic Meet Entry File</li> <li>2. Entry Summary Sheet (Appendix B)</li> <li>3. Meet Accommodation/Modification Form for any Swimmers with a Disability entering the meet (Appendix C)</li> </ol> </li> <li>• Each updated entry file submitted prior to the deadline must be a complete entry file as the old file will be removed. Please review the entry listing generated by your team software for errors <b>BEFORE</b> the entry deadline.</li> <li>• "NT" entries will <b>not</b> be accepted. Please estimate the entry time.</li> <li>• Check for the Total Entry Fees is payable to: <b>Worthington Swim Boosters</b></li> <li>• If sending the payment by mail, please send it to the address listed on the entry summary form.</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 <b>TM Lite</b> for entry submission. Manual (paper) entries are subject to a \$50/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 (Appendix B).</li> </ul>
<b>Entry Procedure for Swimmers with a Disability</b>	<ul style="list-style-type: none"> <li>• Entry Procedures:             <ol style="list-style-type: none"> <li>1. Include the USA-S swimmer with a disability electronically with your team entries via email to the entry chair.</li> <li>2. Submit the Accommodation/Modification Form for each swimmer with a disability entered into the competition (Appendix C) to both the Entry Chair and also the listed Meet Referee in the Meet Announcement.</li> </ol> </li> <li>• Swimmers with a disability will compete in prelims with able-bodied athletes; however, they will have a separate single championship heat at finals that will be contested after the able-bodied Championship heat. The Para Championship heat will be awarded separately to eighth place.</li> </ul>
<b>Entry Rules: Individual Events</b>	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of six (6) Individual Events (excluding time trials).</li> <li>• 11 &amp; Over Swimmers may swim a maximum of three (3) individual events per day (including time trials).</li> <li>• 10 &amp; Under Swimmers may swim a maximum of six (6) individual events per day (including time trials).</li> <li>• "NT" entries will <b>not</b> be accepted. Please estimate the entry time.</li> <li>• All Entries must be slower than the published Time Standards, as listed in Appendix A.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• Individual Events - \$7.00 per entry</li> <li>• Surcharge - \$20.00 per swimmer</li> <li>• Time Trials – \$14.00 per individual entry; \$24.00 per relay event</li> <li>• <b>No refunds will be issued for scratched events.</b></li> </ul>

## Championship Procedures

<b>Rules</b>	<p>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.</p>
<b>Membership Requirement</b>	<ul style="list-style-type: none"> <li>• All meet contestants must be verified USA Swimming athletes of Ohio Swimming Inc. by Monday July 8, 2023 12:00 PM EST. No exceptions. USA-S memberships will not be verified at this meet.</li> <li>• All meet directors, coaches and officials serving in an official capacity at this Championship event must be a pre-verified current member of USA Swimming and should be prepared to show a current USA Swimming membership card and photo identification (i.e., driver's license, passport, etc.) when signing in at the meet. Failure to cooperate with the request will result in immediate ejection from the remainder of the event. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming.</li> </ul>



## Championship Procedures

<b>Competition Guidelines &amp; Meet Format for 11 &amp; Over Sessions</b>	<ul style="list-style-type: none"> <li>• Except for the 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 prior to swimming the event.</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>• Friday events will swim fastest to slowest; alternating between women and men.</li> <li>• The 11-12 200M 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, in event order.</li> <li>• The 13-14 400 Free on Day 3 will swim fastest to slowest, alternating between women and men in the preliminary session. The fastest one (1) heat each women and men, will be contested as the first event at Finals.</li> <li>• Fly-over starts may be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.</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> <li>• <b><u>Any changes in format not listed in this meet announcement must be cleared by the Age Group Committee.</u></b></li> <li>• Meet host may run additional lanes for the meet, if available, depending on final entries and timelines. However, protocol for awards will still remain as listed in this meet announcement.</li> </ul>
<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> <li>• Meet host may run additional lanes for the meet, if available, depending on final entries and timelines. However, protocol for awards will still remain as listed in this meet announcement.</li> </ul>
<b>Seeding</b>	<ul style="list-style-type: none"> <li>• The seeding order for this meet will be LCM, SCY.</li> </ul>
<b>Warm-Up and Safety Guidelines</b>	<ul style="list-style-type: none"> <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 at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.</li> <li>• Warm-up procedures may, at the discretion of the host team, be modified based on the number of swimmers in the meet and other safety and logistical concerns.</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 &amp; Deadlines</b>	<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"> <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 60 minutes prior to the start of the session where the individual or relay is contesting the event.</li> <li>• 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 6 event maximum for the meet and their 3 event per day maximum.</li> <li>• 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.</li> <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/team if the event is their last event of the meet. The penalty fee shall be billed to the club and paid to the host of the meet.</li> <li>• <b>Entry fees for scratched events will not be refunded.</b></li> </ul>
<b>Scratch Procedures 10 &amp; Under Events</b>	<p>Any swimmer that fails to appear for a pre-seeded 10 &amp; under event shall not be penalized.</p>

## Championship Procedures

<b>Scoring:</b>	There will be no scoring or team awards at this Regional Championship Meet.
<b>Finals Session Event Order</b>	The order of the final events shall be the same as preliminary sessions except the 13-14 400M Freestyle fastest one (1) heat each women and men, will be contested as the first event at Finals.
<b>Awards</b>	Individual Events - Medals will be awarded to 1-8 place finishers. Ribbons will be awarded to 9-16 place finishers.
<b>Time Trials</b>	<ul style="list-style-type: none"><li>• Regional meet participants will have first priority entry for time trials.</li><li>• Time Trials will be conducted on Sunday only, <b>following</b> Finals.</li><li>• Time trial sessions will be limited to one (1) hour.</li><li>• Signups for Time Trials will begin Sunday at 10:00 am and will close at least one (1) hour prior to the end of the Sunday Finals session according to the estimated timeline. The times 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 toward the limits.</li><li>• Time Trials for non-meet participants:<ol style="list-style-type: none"><li>1. Limited to swimmers only from teams assigned to this Regional Championship site, and only if space allows.</li><li>2. Limited to a maximum of three (3) individual events.</li><li>3. Limited to individual attempting to achieve a published national cut (zones, sectionals, futures, junior nationals, Y nationals, US Open or Senior Nationals). Please bring proof of best time from the event you are entering for time trials.</li><li>4. Must be prepared to show PROOF of current membership with USA Swimming and in good standing at the time of sign-up for time trials.</li><li>5. Must pay the \$20 OSI Championship Surcharge to enter into Time Trials plus the per event fees for time trials.</li></ol></li><li>• The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries and limit to only meet participants, or specific events if timelines warrant.</li><li>• <b>Time trials participants must provide two (2) timers for each event entered, and a counter if appropriate.</b></li></ul>

Ohio Swimming 2024 Short Course Junior Championships Qualifying Times						
GIRLS			Event	BOYS		
13-14	11-12	10 & Under		10 & Under	11-12	13-14
26.09	28.49	32.39	50 Free	32.39	28.09	24.49
56.89	1:00.99	1:11.99	100 Free	1:13.49	1:00.99	53.49
2:02.79	2:13.99	2:41.59	200 Free	2:41.59	2:14.99	1:55.49
5:28.29	5:54.99		500 Free		5:54.99	5:16.89
11:32.99			1000 Free (qual time for 1650 Free)			10:48.99
19:10.49			1650 Free			18:30.29
	32.49	37.69	50 Back	38.99	33.39	
1:03.39	1:10.09	1:22.39	100 Back	1:23.19	1:10.29	1:00.79
2:17.89	2:28.59		200 Back		2:30.69	2:13.99
	36.79	43.19	50 Breast	44.59	38.19	
1:12.39	1:20.59	1:37.29	100 Breast	1:39.69	1:23.79	1:08.59
2:39.99	2:59.99		200 Breast		2:59.99	2:31.49
	31.29	37.79	50 Fly	38.39	31.59	
1:02.89	1:11.29	1:32.19	100 Fly	1:33.79	1:12.99	59.59
2:25.59	2:45.39		200 Fly		2:54.89	2:19.99
	1:10.99	1:23.09	100 IM	1:24.09	1:11.99	
2:19.99	2:29.99	3:01.49	200 IM	3:01.49	2:30.99	2:12.19
4:56.29	5:29.99		400 IM		5:29.99	4:47.19
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
Approved May 2022						

Individual Entries Limited to 6 Individual Events

## Ohio Swimming 2024 Long Course Junior Championships Qualifying Times

GIRLS			Event	BOYS		
13-14	11-12	10 & Under		10 & Under	11-12	13-14
29.79	31.79	36.59	<b>50 Free</b>	37.19	32.29	28.09
1:04.59	1:10.09	1:23.59	<b>100 Free</b>	1:24.59	1:10.99	1:01.59
2:19.99	2:35.49	3:02.99	<b>200 Free</b>	3:06.89	2:36.19	2:14.79
5:02.99	5:30.79		<b>400 Free</b>		5:29.99	4:48.99
10:32.09			<b>800 Free</b> (qual time for 1500 Free)			10:04.89
20:34.89			<b>1500 Free</b>			19:26.79
	37.79	44.09	<b>50 Back</b>	43.99	38.49	
1:14.29	1:22.09	1:36.99	<b>100 Back</b>	1:37.99	1:22.09	1:11.29
2:39.99	2:53.29		<b>200 Back</b>		2:56.69	2:35.99
	43.59	52.49	<b>50 Breast</b>	52.69	44.39	
1:25.69	1:35.59	1:52.99	<b>100 Breast</b>	1:57.99	1:37.49	1:22.99
3:07.29	3:25.99		<b>200 Breast</b>		3:26.99	3:01.39
	35.29	43.29	<b>50 Fly</b>	44.29	36.99	
1:12.89	1:22.39	1:47.69	<b>100 Fly</b>	1:52.99	1:23.99	1:09.49
2:50.39	3:17.29		<b>200 Fly</b>		3:28.59	2:42.99
2:39.99	2:58.29	3:32.99	<b>200 IM</b>	3:34.99	2:58.99	2:31.29
5:43.99	6:27.99		<b>400 IM</b>		6:29.59	5:28.99
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

**Approved July 2022**

## 2024 Para LSC Parallel Time Standards

Parallel Time Standards for Swimmers With A Disability - LSC																	
Para 1	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
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	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

  

Parallel Time Standards for Swimmers With A Disability - LSC																	
Para 2	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
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	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	

  

Parallel Time Standards for Swimmers With A Disability - LSC																	
Para 3	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
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	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	

## Meet Summary - 2024 Long Course Junior Championships

Submit this form by email to the entry chair at the time you send your electronic entries.

Team Name	
Head Coach Name	
Team Representative's Name	
Team Representative's Email	

Item	Total # (excluding outreach #s)	Cost per	Total Fees
Individual Entries		\$7.00 per event	
OSI Swimmer Surcharge		\$20.00 per swimmer	
Total Fees Due			
Total Fees Submitted (subtract Outreach fees from below)			

Please list any Outreach Swimmers Below and # of events entered in the meet:


### Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. 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. Bowling Green Swim Club, Bowling Green State University, 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.

\_\_\_\_\_  
Signature (Coach or Club Representative)

\_\_\_\_\_  
Club Title (Coach etc.)

\_\_\_\_\_  
Name of Club

\_\_\_\_\_  
Date

Send this form electronically to the meet entry chair and also a copy with check made payable to:

Worthington Swim Boosters  
400 W. Dublin-Granville Rd.  
Worthington, OH 43085  
[agegroupchair@swimohio.com](mailto:agegroupchair@swimohio.com)

**Ohio Swimming Meet Accommodation/Modification Form for Swimmer with a Disability**

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.