Great Lakes Zone YMCA Swimming Championship Meet

March 18 – 20, 2011 The Ohio State University

Key changes for 2011:

The 2011 Zone meet is pleased to add the 11-12 500 Free event to the Friday session.

Coaches certifications submitted after 12/1 will involve a late fee payable at the time of team registration. Late fees of \$25 per coach start on 12/2 and increase to \$50 per coach on January 15. You are strongly encouraged to update your certifications by October to allow for the receipt of your certification card to forward to Linda Brooks.

Swim-ups are not allowed for individual events.

Swim-ups for age-group relays are valid as long as the swimmer is in the next lower age group.

Revisions & Updates:

11/21/10 Update to packet to add YMCA National Sanction Number on page 5. Corrected swimmer surcharge.

1/9/11 Added Jenny Puett as contact for devotions.

Added course certification to conform to Ohio Swimming policies.

Added the Ohio Swimming Sanction Number.

Site: The Ohio State University McCorkle Aquatic Pavilion 1847 Neil Ave., Columbus, OH 43210-1222

Host Teams: Columbus Hilltop YMCA, Columbus North YMCA, Gahanna YMCA, Grove City YMCA, Hilliard YMCA, Jerry L. Garver YMCA, Liberty Township/Powell YMCA, Pickaway YMCA

Questions: Jon Reidler, Columbus Hilltop YMCA, (H) 614-751-1234;

zones2011@isp.com

Amy Miller, Columbus Hilltop YMCA, (H) 614-539-1159;

Ohioswimnuts@aol.com

Meet Web site: http://www.glzyswim.org and click on 2011 zones

Entry Deadline: Monday, March 14, 2011, 8:00 PM.

Entries will only be processed online. A link to the entry site will be posted on the zone website. E-mail, paper and fax entries will <u>not</u> be accepted.

Please email a team manager proof of time file to Amy Miller at **ohioswimnuts@aol.com** by Tuesday, March 15, 2011, NOON.

Teams using **Team Unify** need to unzip the file before submitting their entry file to the web site.

Entry Times:

All entry times must be actual times yards, short course meter, or long course meter, in hundredths of seconds. Times must be achieved from March 1, 2010 up to the entry deadline.

Do not convert entry times. Non-conforming times will be seeded last.

Rules:

Except for rule changes listed in this information packet, the 2011 USA Swimming rules will govern the meet. This meet will be conducted in accordance with the "RULES THAT GOVERN YMCA COMPETITIVE SPORTS."

Entries:

Only Hy-Tek Team Manager (or equivalent) entries will be accepted via the web link. The entry file submission must represent the entire set of entries for a team, as web entry process does NOT process additions – the entire entry file is replaced.

Team Manager Lite is a free entry software tool, which can be obtained if you do not have Team Manager. Contact Hy-Tek at www.hy-tekltd.com for a copy of Team Manager Lite. Deck entries or changes to entries after the entry deadline will not be accepted.

Exception:

A swimmer, who has not been properly entered or incorrectly entered by fault of the host's meet entry chairperson, may be properly placed in the appropriate events.

Exception:

A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 48 hours before the beginning of the meet,

provided he/she pay the appropriate entry fee plus a \$50.00 processing charge (per event) to the meet host. The swimmer will be entered in an open lane, if available. The event will not be reseeded.

Relay Entries:

Relay teams must be designated TEAM A, TEAM B, etc.

Entry Limits: A swimmer may enter a total of three (3) individual events (age group & senior) and one (1) age group relay event each day. Senior Relays are unlimited. There is no limit on the number of entries a team may have in each event provided the time standard has been met.

Relay Only Athletes:

- All swimmers must be entered on the Team Manager file, including relay only swimmers. You can either enter them in the relays they will swim as one of the 4 or as an alternate. You can also enter them in event 349 or 350, which are set up to accept relay only swimmers.
- PLEASE NOTE: relay only swimmers must be entered on a relay or entered into Events 349 or 350. NOTE: Right clicking and designating swimmers as relay only does **not** carry over with the online entry system.
- Relay only swimmers added at the meet will be CHARGED A \$10 FEE.

Entry Fees:

Individual Event- \$4.00 per individual entry
Relay Event- \$16.00 per relay entry
Swimmer Surcharge- \$2.00 per swimmer

- Make all checks payable to <u>Great Lakes Zones 2011</u>. Coaches must deliver the check, check request or purchase order during check-in. <u>Do not</u> mail checks to the host. Personal checks will be accepted if a YMCA check is not available.
- Checks will be cashed by March 31, 2011. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.
- Once your entry has been accepted you are responsible for payment of entry fees even if you do not attend the meet.
- Entry Fees not received by May 1 will be considered overdue. The overdue penalty is a payment of your normal entry fee payable to the Great Lakes Zone Swim committee, and a payment of your full entry fees plus a \$25 penalty payable to the host. Failure to meet this obligation by May 15 has a penalty of a suspension from the Great Lakes Zone Meet the following year.

Admissions: Spectator admission fee is \$3 per person, per session. Athletes, coaches and **pre-registered** volunteers will not have to pay admission.

Parking:

There are two primary parking locations: 1) the surface lot parking at Ohio Stadium and 2) the Neil Avenue garage. Parking at Ohio Stadium requires paying in coins or with a credit card for the time parked (or a flat \$3 on Saturday and Sunday). Parking in the Neil Avenue garage involves a \$5 pre-paid fee. Parking is also available in the Tuttle garage (near the stadium), but you will be charged an hourly rate. A campus map is posted on the website.

Please park in designated parking lots and in between the parking lines to avoid a ticket or being towed.

Heat Sheets:

\$5.00 per Morning (13 & Over/Senior) Session (Friday night included with Saturday am) \$5.00 per Afternoon (12 & Under) Session

Final Results: Posted results will be provided in the Natatorium area. All results will be considered final thirty (30) minutes after posting. Real-time results will be available at www.glzyswim.org.

Meet Apparel: Official meet apparel will be pre-sold to teams. A separate order form will be available on the website XXXX, 2011 for pre-ordering specific items. Preorders are due XXXX, 2011, accompanied by a check made payable to **Great Lakes Zones 2011.** There will be a limited number of apparel items available at the meet. Pre-ordering is strongly encouraged.

Food: A complete concession stand will be available throughout the meet.

- **Warm-Up Sessions:** Warm-ups will involve 28 lanes, including the diving well. All swimmers on deck must be accompanied by a certified coach. All warm-ups require feet first entry into the pool, except when starts are allowed. Sprint lanes are ONE WAY ONLY. Swimmers must exit at the bulkhead end of the pool. **Swimmers may not enter the water from the bulkhead.** The diving well will be available for designated warm-up times only, and is OFF LIMITS at all other times.
- **Warm-Up/Cool Down:** Lanes at the scoreboard end of the pool will be available for quiet warm-ups/cool- downs during competition. This is not a recreational swim area for your competitors.
- **Sanction:** This meet has a sanction from the National YMCA Competitive Swimming & Diving Committee. Sanction # CAQ-2011-OH276-697. Ohio Swimming Sanction Number AP-OH-1015.
- **USA Observed Meet:** The meet will be an "approved" meet by Ohio Swimming, Inc. Times will be submitted to the SWIMS database following the meet for USA Swimming registered athletes.
- **Meet Workers:** All teams will be assigned worker positions according to last year's entries. Each team must supply their assigned worker positions in order to participate in the meet. As a general standard, teams will provide one worker for every five swimmers entered in a session. Check the website http://www.glzyswim.org for worker assignments. Assignments will be posted by January 1, 2011. Names of volunteers must be submitted in advance of the meet to maintain strict control of deck access.
- **Verification of Times:** For the 2011 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. If any times are in question you will be informed by Wednesday at 6:00 PM and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results. Please email a team manager proof of time file to Amy Miller at **ohioswimnuts@aol.com** by Tuesday, March 15, 2011, NOON.

Teams who need to prove times will find their names listed on the Zones web site on Wednesday March 16, 2010, by 8 PM.

National Anthem / Devotions: Each participating league has an assigned session to provide the National Anthem and Devotions. Please contact your Zone Representative or Jenny Puett (jpuett@ymcacolumbus.org) if you wish to assist. If you have questions, please contact Jon Reidler at zones2011@isp.com.

Volunteers: Volunteers need to **pre-register** and secure a deck pass to be on deck. Individuals on deck without a deck pass will be escorted from the building.

- **Banners:** All banners will be hung in the pool area by OSU staff. Banners must be turned in to the announcer's table. It will be the responsibility of each team to collect its banner upon completion of the meet.
- National Time Trials: Time trials will be offered between sessions on Saturday and Sunday as time permits. Swimmers must be 12 the first day of nationals to compete. We will offer the national meet order of events (excluding the 1650). Time trials will be swum in the following order: 50 yard, 100 yard, 200 yard, relays. In the event that more than one heat is needed we will swim free, back, fly and breast in that order. Girls and boys events will be combined and swum as a 'mixed' event. The fee will be \$8.00 per individual event and \$20.00 per relay. Swimmers must be entered in the meet to participate in time trials.
- Emergency Care: In the event of an accident at the meet, the parents of the athlete are "first responsible," then the team coach is responsible for managing the care of the athlete. The Ohio State University staff will respond in any emergency. The participating YMCA Association will be responsible for any cost incurred if it is necessary to call 911 or receive care in a hospital emergency room. It is suggested that coaches carry medical release forms for any swimmer traveling without their parents. If your team has no certified coach to be on deck with the swimmer(s) please have a waiver indicating a certified coach that will be responsible for your swimmer(s).
- **Eligibility:** Only certified Associations are eligible to compete in events involving other Associations. An Association is a YMCA unit, which is certified by the National Board, hold an Association branch or unit number, and is eligible for separate listing in the YMCA Directory. A Branch, Department or Center of a Metropolitan Association shall be considered an Association for the purpose of competition.
 - 1. All swimmers must be a member of a local YMCA and must have a full privilege/facility annual membership for a minimum of ninety days prior to the first day of the Zone Championships. A swimmer may not represent more than one YMCA in competitive sports. A swimmer may represent only his/her local YMCA in any open competition during the current season (September 1, 2010 April 30, 2011). Note: a swimmer may compete in open competition unattached, but may not represent any team other than his/her local YMCA. Swimmers who attend USA Swimming meets must represent their YMCA at that meet, or swim unattached.
 - All swimmers or relay teams who have met or surpassed the 2011 qualifying time(s) may enter the championship events if they have met the above eligibility requirements. <u>NO TIMES will not be accepted.</u> Composite times may be used for relay events.

- 3. Birth dates are required for meet entries to process through the on-line entry system.
- 4. **Age Groups** are 10 & under; 11 & 12; 13 & 14; and 15 & over. Swimmers 18 21 may swim in this meet if they have not represented a scholastic institution beyond grade 12. The age of a swimmer is his/her age on December 1, 2010.
- 5. **Individual events** require the swimmer to compete in their respective age groups. Swim-ups are **not** allowed for individual events.
- 6. **Senior Events**: Senior events are open only to swimmers between ages 12 and 21 as of April 5, 2011 (the start of Short Course Nationals).
- 7. **Relay Events**: An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up one age group to fill that relay. This will count as one age group relay for the day.
- 8. We adhere to the eligibility standards as set forth in the YMCA black book.
- 9. A swimmer must have competed in three (3) YMCA inter-association meets during the current season (Since September 1, 2010).

Scoring: Points will be awarded for the first sixteen (16) finishers for each event (age group and senior events) according to the following table.

| Place: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Individual Events: | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relays: | 40 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

Awards:

Medals will be awarded to the first through eighth places; ribbons will be awarded to the ninth through twentieth places. Ribbons will be awarded for all senior events. There will be age group team awards (10 & under; 11 &12; 13 & 14; 15 & Over) for first place boys and first place girls. There also will be an overall team trophy. Awards will not be mailed. Please pick them up at the conclusion of the meet.

Deck Passes: Coaches who desire to be on the deck must satisfy the Coaches Safety Certification requirements. Only qualified coaches will be given a wristband and a zone coach certification card to gain access to the pool deck. See requirements below. A list of registered coaches who have satisfied this requirement will be posted on the web site, and will receive a wristband. Volunteers need to **pre-register** and secure a session specific wristband to be on deck. Individuals on deck without a deck pass will be escorted from the building.

- A certified coach must accompany every swimmer while on the deck.
- Swimmers will not be permitted to register until a certified coach has checked in and the team entry fees have been paid. If your coach is not able to attend the meet, you will receive a coaches authorization form for completion by the responsible coach. Bring that form with the team entry check to coaches check-in.

Rules of Conduct:

Considering the level of competition and the YMCA Philosophy, it is expected that swimmers, parents and coaches comply with and help enforce the following rules:

- 1. There is no shaving permitted on pool premises: this includes locker rooms and restrooms of the Natatorium; **PENALTY IS EJECTION FROM THE MEET**
- 2. There is to be no use of oils for swimmer rubdowns. This is a safety hazard on deck as well as being a problem with proper pool maintenance.
- 3. Glass containers of any kind are not permitted in the pool area or locker rooms.
- 4. Coolers, noise makers and balloons are not permitted.

- 5. Disorderly conduct will not be tolerated.
- 6. Vandalism of any nature will be just cause for team disqualification.
- 7. Teams are expected to police the areas they occupy between events.
- 8. All swimmers are required to wear some type of footwear when they leave the pool deck.
- 9. A designated person shall be responsible for the supervision and conduct of their team members.
- 10. Swimmers are not permitted on deck until a certified coach is on deck.
- 11. Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck.
- 12. Deck changing is not permitted, and is cause for ejection from the meet.

Depending on the severity of the infraction, and violation or disregard for these rules may result in disqualification of the swimmer or entire team from meet participation.

Team and Coach Registration: The only registration for the zone meet will be through the national website. Confirmation of registered teams and coaches will be posted on the meet website starting in late January. All TEAMS and COACHES must register on the national website. Any team/coach that is participating in a YMCA sanctioned meet must be registered. This includes league, conference, sectional, state and zone meets.

THE DEADLINE FOR REGISTRATION OF TEAMS IS <u>DECEMBER 1, 2010.</u>

To register **The TEAM**, the head coach should go to:

http://www.ymcacompetitiveswim.org

Go to: For Coaches Select: Register Team Enter Password: 9622

Select your YMCA by your association number

Complete the form

\$30 Check payable to: YMCA of Metropolitan Detroit

Mail to: Linda Brooks, YMCA of Metropolitan Detroit, 1401 Broadway, Detroit, MI 48226

Office: 313 223-2484; lbrooks@ymcametrodetroit.org

THE DEADLINE FOR COACHES OF TEAMS IS DECEMBER 1, 2010.

There is a \$30 charge for registration of ALL coaches from one team.

There is a \$25 late fee for each coach registration between December 1, 2010 and January 15, 2011. There is a \$50 late fee for coach registration after January 15, 2011. Coaches submitting certifications prior to the deadline and taking Principles of YMCA Swimming and Diving after the deadline will have the late fee waived.

To register **COACHES**, go to: http://www.ymcacompetitiveswim.org

Go to: **Register Coach** Enter Password: **9622**

Select your YMCA by your association number

List expiration dates for each certification

Send Copies of your certifications to:

Mail to: Linda Brooks, YMCA of Metropolitan Detroit, 1401 Broadway, Detroit, MI 48226

Office: 313 223-2484; lbrooks@ymcametrodetroit.org

Required Certifications (current through March 20, 2011)

1. Principles of Competitive Swimming and Diving

- 2. **Lifeguarding** (American Red Cross, Ellis, or YMCA); or Red Cross Safety Training for Swim Coaches; or YASA, YISA
- 3. CPR and First Aid

The YMCA recognizes certifications for CPR/AED, First Aid and Oxygen Administration from the following organizations: American Red Cross, American Heart Association, American Safety and Health Institute, National Safety Council.

Release: In consideration of acceptance of entry in the meet, I/We hereby, for ourselves, our heirs, administrators and assigns, waive and release any and all claims against The Ohio State University, the YMCA of Central Ohio, and the named host teams for injuries, losses, and expenses incurred by me/us at said swim meet, or on the road to and from the meet. I/We are bona fide amateur athletes and eligible to compete in all events entered.

Required Certificate of Insurance:

YMCAs attending the 2011 Great Lakes Zones meet need to provide a Certificate of Insurance to cover the YMCA of Central Ohio. There is a link for Certificate of Insurance required information and the mailing address for the certificate on the meet web site.

Competition Course Certification:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Due to moveable bulkheads, the course will be recertified prior to and following each session. Water depth is greater than 7ft. from the starting blocks at both ends of the pool.

Rules of Time Standard Verification:

For the 2011 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. If any times are in question you will be informed by 6:00 PM on the Wednesday before the meet, and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results. The following are acceptable as proof of time:

- 1. Original, good carbon, or Xeroxed copy signed by the referee, head scorer and both coaches; Signatures are only necessary on hand written results. Computer generated results do not need to be signed. Either the referee or the scorer must be a YMCA certified official.
- 2. Official results from invitational meets or championship meet and YMCA, USA Swimming or High School competitions.
- The referee or head scorer and both coaches must sign high school dual meet result sheets, except electronic results. The referee or head scorer must hold some type of certification and that must be indicated on the result sheet.
- 4. Newspaper results are NOT acceptable.
- 5. Any entry will be scratched if the seed time cannot be verified prior to the start of the individual's session.
- 6. Coaches who are unable to prove a sufficient number of times will be banned from next year's zone meet, and a letter will be sent to the Executive Director explaining the action.
- 7. A Team Manager Top Times Report is not acceptable at the proof of time table.
- 8. A printout from USA-swimming SWIMS is acceptable

Dates Summary:

January 15:

December 1: On-line Team Registration Completed

Coaches Certifications Submitted Without \$25 Late Fee Coaches Certifications Late Fee increases from \$25 to \$50

March 1: Completion of the Certificate of Insurance form

March 14: Entry deadline

March 15: Proof of Times Submission Deadline

March 20: Coaches Certifications must be valid through March 20

Schedule of Events

| Friday, N | March 18 |] | | | | |
|--------------------------|----------------------|---------------------------------------|-------------|--|--|--|
| 11-12, 13-14, 15 & Over, | | | | | | |
| Coaches' Check-In | 2:00 PM | | | | | |
| Opens | | All coordings are the | | | | |
| Swimmers' Check-In | 3:15 PM | All sessions are til | med finals. | | | |
| Opens | | | | | | |
| Pool deck opens | 3:30 PM | | | | | |
| Warm-up | 4:00 PM | | | | | |
| Opening Ceremonies | 4:50 PM | | | | | |
| Competition Begins | 5:00 PM | | | | | |
| Competition Complete | 8:15 PM | | | | | |
| | | | | | | |
| | | March 19 | | | | |
| Morning Session ~ 13-14 | • | Afternoon Session ~ 10 & Und | der, 11-12 | | | |
| Building Opens | 6:45 AM | | 4.00 514 | | | |
| Pool deck opens | 7:00 AM | Warm-up (approx): | 1:30 PM | | | |
| Warm-up | 7:30 AM | Opening Ceremonies | 2:30 PM | | | |
| Opening Ceremonies | 8:30 AM | Competition | 2:40 PM | | | |
| Competition | 8:40 AM | Competition Complete | 5:30 PM | | | |
| Time Trials | 15 minutes after | | | | | |
| | morning session ends | | | | | |
| | | March 20 | | | | |
| Morning Session ~ 13-14 | - | Afternoon Session ~ 10 & Under, 11-12 | | | | |
| Building Opens | 6:45 AM | 10/2002 100 (200200) | 4.00 PM | | | |
| Pool deck opens | 7:00 AM | Warm-up (approx): | 1:30 PM | | | |
| Warm-up | 7:30 AM | Opening Ceremonies | 2:30 PM | | | |
| Opening Ceremonies | 8:30 AM | Competition | 2:40 PM | | | |
| Competition | 8:40 AM | Competition Complete | 5:00 PM | | | |
| Time Trials: | 15 minutes after | | | | | |
| | morning session ends | | | | | |

Order of Events

All events are timed finals.

| Eria | day, March | 18 201 | 1 Evening | 1 | | | | | |
|------------|-------------|------------|------------------------------------|-----------|--------|-----|-------------------|--|--|
| 101-102 | Senior | 400 | Individual | | | | | | |
| 101 102 | Octiloi | 400 | Medley | | | | | | |
| 103-104 | Senior | 800 | Freestyle Relay | | | | | | |
| 105-106 | Senior | 200 | Backstroke | | | | | | |
| 107-108 | Senior | 200 | Breaststroke | | | | | | |
| 109-110 | 11-12 | 500 | Freestyle | | | | | | |
| 111-112 | 13 – 14 | 500 | Freestyle | | | | | | |
| 113-114 | 15 & 0ver | 500 | Freestyle | | | | | | |
| 110 111 | | | 1 10001,10 | | | | | | |
| Satu | rday, March | 11 Morning | Saturday, March 19, 2011 Afternoon | | | | | | |
| 201-202 | Senior | 400 | Medley Relay | 225-226 | 11-12 | 200 | Freestyle Relay | | |
| 5 Minute I | Break | | , , | 227-228 | 10 & U | 200 | Freestyle Relay | | |
| 203-204 | 13 –14 | 200 | Individual | 229-230 | 11-12 | 200 | Freestyle | | |
| | | | Medley | | | | , | | |
| 205-206 | 15 & Over | 200 | Individual | 231-232 | 10 & U | 200 | Freestyle | | |
| | | | Medley | | | | · | | |
| 207-208 | Senior | 50 | Breaststroke | 233-234 | 11-12 | 100 | Breaststroke | | |
| 209-210 | 13 – 14 | 100 | Butterfly | 235-236 | 10 & U | 50 | Backstroke | | |
| 211-212 | 15 & Over | 100 | Butterfly | 237-238 | 11-12 | 50 | Backstroke | | |
| 213-214 | 13 – 14 | 100 | Freestyle | 239-240 | 10 & U | 100 | Individual Medley | | |
| 215-216 | 15 & Over | 100 | Freestyle | 241-242 | 11-12 | 100 | Individual Medley | | |
| 217-218 | Senior | 50 | Backstroke | 243-244 | 10 & U | 50 | Freestyle | | |
| 219-220 | 13 – 14 | 200 | Freestyle Relay | 245-246 | 11-12 | 50 | Freestyle | | |
| 221-222 | Senior | 400 | Freestyle Relay | 10 minute | break | | , | | |
| 223-224 | Senior | 1000 | Freestyle | 247-248 | 11-12 | 100 | Butterfly | | |
| | | | , | | | | , | | |
| Sun | day, March | 11 Morning | Sunday, March 20, 2011 Afternoon | | | | | | |
| 301-302 | Senior | 200 | Freestyle Relay | 329-330 | 11-12 | 200 | Medley Relay | | |
| 5 Minute I | Break | | | 331-332 | 10 & U | 200 | Medley Relay | | |
| 303-304 | 13 – 14 | 200 | Freestyle | 333-334 | 11-12 | 200 | Individual Medley | | |
| 305-306 | 15 & Over | 200 | Freestyle | 335-336 | 10 & U | 100 | Freestyle | | |
| 307-308 | Senior | 50 | Butterfly | 337-338 | 11-12 | 100 | Freestyle | | |
| 309-310 | 13 – 14 | 100 | Breaststroke | 339-340 | 10 & U | 50 | Butterfly | | |
| 311-312 | 15 & Over | 100 | Breaststroke | 341-342 | 11-12 | 50 | Butterfly | | |
| 313-314 | 13 –14 | 100 | Backstroke | 343-344 | 10 & U | 50 | Breaststroke | | |
| 315-316 | 15 & Over | 100 | Backstroke | 345-346 | 11-12 | 50 | Breaststroke | | |
| 317-318 | Senior | 200 | Butterfly | 10 Minute | Break | | | | |
| 319-320 | 13 – 14 | 50 | Freestyle | 347-348 | 11-12 | 100 | Backstroke | | |
| 321-322 | 15 & Over | 50 | Freestyle | | | | | | |
| 323-324 | 13 – 14 | 200 | Medley Relay | | | | | | |
| 325-326 | Senior | 200 | Medley Relay | | | | | | |
| 327-328 | Senior | 1650 | Freestyle | | | | | | |
| | | | | | | | | | |

2011 Great Lakes Zone YMCA Swimming Championship Meet March 18-20, 2011 ~~ The Ohio State University McCorkle Aquatic Pavilion Coaches Notes

<u>Deck Access</u> – Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except to perform a service or function at the *request of meet officials*.

<u>Banners</u> – One professionally made banner per team may be displayed in the Aquatic Pavilion with the approval of the Facility Manager. Banners should be turned in at the access/credential table. All banners will be hung by the facility staff. Handmade signs may be held, but not hung.

<u>Bulkheads</u> – 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.

<u>Concession/Food</u> – The concession stand at the McCorkle Aquatic Pavilion will be available throughout the competition. Outside food will not be permitted to be brought into the facility.

Equipment – Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool when timing equipment is in place. Equipment may be used in the adjacent warm-up/cool-down pool.

<u>First Aid / Training Needs</u> – Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.

<u>Flash Photography</u> –Flash photography is not permitted at the start of any race.

<u>Locker Rooms and Changing Facilities</u> – Two on-deck changing rooms are located on the west side of the deck. Additional changing space is available north of the pool in the Recreation and Physical Activity Center (RPAC) on the pool deck level (scoreboard end of the pool). Locker space is not available. Belongings may be stored on deck on team benches. The Ohio State University is not responsible for any lost or stolen items.

<u>Lost and Found</u> – Lost and Found for the event is kept at the head swimming table/announcer's area. An additional Lost and Found is kept at the Welcome Center of RPAC which is located adjacent the main entrance to the Aquatic Pavilion.

<u>Prohibited Items</u> – 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

<u>Recreation and Physical Activity Center (RPAC)</u> – Access to the RPAC is restricted to paid Members of Recreational Sports and daily pass holders.

<u>Team Seating</u> – Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Teams should place belongings under the bleachers to keep the aisle along the way clear.

<u>Wireless Internet Access</u> – Wireless internet access will be available throughout the meet. A password will be provided at the check-in/credential desk.