**2012 Ohio Senior Olympics State Games**

***Qualifying meet for the 2013 Summer National Senior Games Association (NSGA)***

**SHORT COURSE YARDS**

**CLEVELAND STATE UNIVERSITY ROBERT BUSBEY NATATORIUM**

**CLEVELAND, OHIO**

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| **DATE:** | Friday, July 27, 2012 |
| **START TIMES** | * **Athlete Check-In:** 7:30 AM
* **Warm-Up:** 8:00 AM
* **Meet Start Time:** 9:00 AM
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| **QUALIFYING MEET INFO:** | All first, second, third, and fourth place winners or athletes meeting the sport’s National Senior Games Association (NSGA) minimum performance standards in competition at this meet, will qualify for the 2013 Summer National Senior Games. **Additional entry information can be found on pages 33-34 of the2013 Summer National Senior Games Rule Book at the following link:** [**http://www.nsga.com/rules-results**](http://www.nsga.com/rules-results)**.** |
| **LOCATION:** | **CLEVELAND STATE UNIVERSITY**, Robert F. Busbey Natatorium, 2451 Euclid Ave., Cleveland, OH (downtown Cleveland – Euclid Avenue at East 24th Street).  |
| **POOL:** | 25 yards by 10 lanes, Colorado electronic timing and scoreboard; spacious locker rooms, deck, and spectator section; continuous warm-up available. |
| **ELIGIBILITY:** | **All** swimmers 50 and over are welcomed to enter this meet. **You do not have to be a** **registered United States Masters Swimmer to enter this meet***. Since the meet is* *recognized by United States Masters Swimming (USMS) and conducted in accordance* *with United States Masters Swimming rules, the times can be submitted to the United**States Masters Swimming database.* |
| **AGE GROUPS:** | Age of competitors on **July 27, 2012** will determine age group. Age groups are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+  |
| **EVENT ORDER:**  | * 100 Breaststroke
* 50 Backstroke
* 100 Butterfly
* 200 Backstroke
* 50 Freestyle
* 100 Individual Medley
* 100 Backstroke
* 50 Breaststroke
* 200 Freestyle
* 50 Butterfly
* 200 Individual Medley
* 100 Freestyle
* 200 Breaststroke
* 500 Free­­­­style
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| **RULES:** | 1. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:  **United States Masters Swimming, Inc.** **P. O. Box 185** **Londonderry, NH 03053-0185** **(800) 550-7946** **www.usms.org**2. The major points of the rules include: a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification. b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall. c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall. d) Breaststroke: The appropriate stroke is required. e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke. g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns. h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.  |
| **REGISTRATION****& ENTRIES:** | Swimmers may register, enter, and pay online at the following link: <http://www.nsga.com/state-senior-games/summer-games/ohio> |
| **SEEDING:** | The heats will be seeded slowest to fastest. No Times (NT) will be seeded in the slowest heats. |
| **CHECK IN:** | Check in is required for all events. |
| **AWARDS:** | Awards will be presented for 1st through 8th place for each event within each age division.  |
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| **MEET DIRECTOR** | Mike Gallagher440-879-5196coachmike1971@gmail.com |
| **RESULTS:** | Will be posted on <http://www.clevelandsports.org/> |



