

2017 Ohio PCY/BASH Spring Senior Open

To be held with USA Approval and in accordance with USA Technical Rules

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HOSTED BY	Powel Crosley, Jr. YMCA (PCY) and Blue Ash YMCA (BASH)
PURPOSE	To provide opportunities to a wide range of swimmers who may or may not be registered USA Swimming members, including: Masters, NCAA, USA, YMCA Swimmers and Tri-Athletes.
DATE	May 19-21, 2017
LOCATION	Powel Crosley YMCA 9601 Winton Rd. Cincinnati, OH 45231 Maps available on the Powel Crosley YMCA Tigershark website: www.pcytigersharks.org
TIMES	<p>Friday PM Timed Finals Warm Up 4:30 pm – 5:45 pm. Meet Starts – 6:00 pm</p> <p>Saturday & Sunday AM Prelims Warm Up 7:30 am – 8:45 am. Meet Starts – 9:00 am</p> <p>Saturday Finals Warm-up 4:00 pm – 5:20 pm – Finals start - 5:30 pm</p> <p>Sunday Finals Warm-up 3:30 pm – 4:20 pm – Finals start - 4:30 pm</p>
MEET MANAGEMENT	<p>Meet Directors: Mike Leonard (PCY): mleonard@cincinnatiymca.org (513) 521-7112 Bill Whatley (BASH): bwhatley@cincinnatiymca.org (513) 791-5000</p>
MEET MANAGEMENT	<p>Meet Referee and Local Officials Coordinator: Jon Saxton jps@rendigs.com 513-518-5153</p>
ENTRY DEADLINE	<p>Administrative Referee: Claudia Multer</p> <p>Entry Chair: Claudia Multer 1075 Oakmont Ave. Hamilton, OH 45013 (513) 863-6298 claudia.multer@gmail.com</p> <p>Entry Deadline: Friday, May 15, 2017 at noon. No changes accepted after this time.</p>
POOL/FACILITY INFORMATION	<ul style="list-style-type: none"> The Powel Crosley YMCA Aquatic Center features a 50 meter outdoor pool with 10 championship 7.5 foot wide lanes. Pool depth ranges from 3.5 feet to 11.6 feet. There is an indoor pool with six 25 yard lanes available for continuous warm up and warm down. Electronic timing is by Colorado Systems, Colorado Olympex scoreboard. There are bleacher seats on deck for athletes and spectators. The competition pool is not certified in accordance with 104.2.2C. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures manual for further information regarding the use of visual recording devices. Changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race. Parking is available at the YMCA. Check the website for additional parking information.

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ENTERING THE MEET	
ELIGIBILITY	<ul style="list-style-type: none"> The Ohio PCY/BASH Spring Senior Open is open to all 13 & over athletes. Age on the first day of competition will determine eligibility for the meet. By the act of entering this meet, each team, coach and /or swimmer agrees to abide by USA Swimming Rules and Regulations and the Ohio Swimming Policy Book (posted on the OSI website).
ENTRY RULES GENERAL	<ul style="list-style-type: none"> Entry times will be seeded as follows: Long Course Meters, Short Course Yards. Only individual times achieved since January 1, 2016 and are in the USA Swimming database will be accepted. Deck Entries will be accepted in Open Lanes only. No new heats will be created. Deck Entries will close 30 minutes prior to the start of the session.
ENTRY RULES: INDIVIDUAL EVENTS	<ul style="list-style-type: none"> Swimmers may swim a maximum of three (3) Individual Events per day, plus Relays. Swimmers may swim a maximum of six (6) Individual Events for the meet plus Relays. Swimmers entered in the distance freestyle events (1500 and 800) on Sunday may indicate their preference to swim the event in the preliminary session. The top ten swimmers who state no preference shall be seeded to compete at finals. The events will be contested in the order listed below in the official order of events. Swimmers or their coaches must inform the administrative official prior to the scratch deadline, their preference to swim during preliminaries. The 200 events may be limited to the top 50 entrants for each gender. The 400 Free & 400 IM may be limited to the top 30 entrants for each gender. The 800/1500 Free may be limited to the top 20 entrants for each gender. After the entry deadline, swimmers cut from an event with limited entries may switch to a different event by Tuesday May 16th at 8:00pm. Refunds will not be issued.
ENTRY RULES: RELAY EVENTS	<ul style="list-style-type: none"> Relays are all Timed Final events contested in the morning sessions. A swimmer competing unattached may not be a member of a relay team. Teams are not limited on the number of relays they can enter, but only two (2) relays can score. Relay members may be declared at the meet prior to swimming the event, but must be limited to only swimmers entered in the meet. If an intermediate split time is desired in order to obtain a qualifying time, a lead off split form must be filled out and given to the referee ½ hour prior to the start of the relay. In addition, it is recommended that the team making the request provide three (3) additional watches for back up to the electronic timing system.
ENTRY PROCEDURES	<p>EVENT ENTRY: Team Entries must be submitted via the online entry link, by May 15, 2017 at 6:00pm: http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=PCYSenior</p> <ul style="list-style-type: none"> DO NOT send Team entries directly to the entry chair. Individual Entrants (i.e.: Masters) may use the attached entry form to submit entries by mail or by emailing the entry chair. The Electronic Event File can be downloaded from either www.pcytigersharks.org, www.swimohio.com, or www.swyswim.org. The following must be sent (postmarked) to the Entry Chair via US Mail or other courier service within 24 hours following the entry deadline: <ol style="list-style-type: none"> Entry Summary Sheet (Appendix A) Check for the Total Entry Fees payable to <u>Powel Crosley, Jr. YMCA</u>. Fax/Phone Entries – The meet does not accept faxed or phoned entries. Please let the host club know if you are entering any Outreach athletes.

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ENTERING THE MEET	
ENTRY FEES	<ul style="list-style-type: none"> Individual Events - \$8.00 per entry (\$15 per Deck Entry) Relay Events - \$28.00 per entry Surcharge - \$2.00 per swimmer (Travel Fund/Site Selection Fund) All entry fees are to be paid to the meet host prior to the start of the meet.
TIMING AND RACE COURSE	<ul style="list-style-type: none"> USA-S timing rules, Racing Course Dimensions and Starting Platform rules will be followed.
SWIMMERS WITH A DISABILITY	Swimmers with a disability are welcome to enter this meet. At the time of entry, the coach or person entering the swimmer must alert the Meet Director, the Ohio Adapted Chair, and the Meet Referee regarding the nature of the swimmer's disability, the swimmer's IPC classification (if classified) and special accommodations or seeding arrangements being requested.
COMPETITION FORMAT AND PROCEDURES	
RULES	USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules except as modified specifically herein.
MEMBERSHIP REQUIREMENT	All meet directors, coaches and officials serving in an official capacity at a sanctioned event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming.
COMPETITION GUIDELINES & MEET FORMAT	<ul style="list-style-type: none"> All Friday night events will be Timed Finals. Saturday and Sunday AM sessions will consist of preliminary sessions for all swimmers with a final session in those evenings consisting of: Bonus, Consolation and Championship heats for all events except those which are marked as timed final events. Relays are timed finals and will swum in the preliminary sessions. Ten (10) lanes will be used for finals/consolation/bonus heats and timed final events swum in the evening. Ten (10) lanes will be used for all heats in all sessions. The meet referee reserves the right to combine events in accordance with USA Swimming Rules & Regulations. A timeline will be posted in several prominent places, however, timelines are approximate.
WARM-UP AND SAFETY GUIDELINES & PROCEDURES	<ul style="list-style-type: none"> Ohio LSC swimming safety guidelines and warm-up procedures will be in effect at this meet. Warm-up procedures may, at the discretion of the host team, be modified based on number of swimmers in the meet and other safety and logistical concerns. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck. <u>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</u>

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ENTERING THE MEET	
SAFETY GUIDELINES	<p>Host Team Safety Responsibilities:</p> <ul style="list-style-type: none">Marshaling Requirements:<ul style="list-style-type: none">a. A minimum of four (4) marshals, per pool, who report to and receive instructions from the Meet Referee and/or the Meet Director, shall be on deck during the entire warm-up session.An announcer must be available during the warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.Host team must supply a certified lifeguard on duty at all times. <p>Coach/Team Safety Responsibilities:</p> <ul style="list-style-type: none">Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.Coaches shall actively supervise their swimmers throughout the warm-up session at meetsCoaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work. <p>Miscellaneous Safety:</p> <ul style="list-style-type: none">Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks, and they must enter the pool feet first. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.Swimmers are required to exit the pool upon completion of their warm-up period to allow other swimmers adequate warm-up time.Warm-up procedures shall be enforced for any breaks and/or any areas used for warm-up and warm-down during the competition.

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SCATCH RULES	<p>There is no penalty for failing to compete in a preliminary, timed final, or relay heat. Exception: An individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer’s six event limit.</p> <p>A swimmer qualifying for a Championship, Consolation or Bonus Final who fails to compete shall be barred from their next scheduled preliminary event, and must positive check-in with the meet administrative official for all subsequent events.</p>												
POSITIVE CHECK-IN	<p>Positive check-in is due for the following events:</p> <ul style="list-style-type: none">• Women’s 1500/Men’s 800- 7:00 pm on Friday• Men’s 1500/Women’s 800- 10:00 am on Sunday												
EXCEPTION FOR FAILURE TO COMPETE IN FINALS	<p>No penalty shall apply for failure to withdraw or compete in an individual finals event if:</p> <ul style="list-style-type: none">• The Referee is notified in the event of illness or injury and accepts the proof thereof.• A swimmer qualifying for a bonus, consolation or championship final race based upon the results of the preliminaries notifies the Administrative Referee within thirty (30) minutes after the announcement of qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.• It is determined by the Meet Referee that failure to compete is caused by circumstances beyond the control of the swimmer.												
RELAYS AND RELAY CHECK-IN PROCEDURES	<p>1. All relays are conducted on a timed final basis. Entry forms for all relays will be included in the Team packets and must be turned in prior to the relay form deadline. The coach shall list or confirm the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the host team designated person for entry by the deadline. However, relay swim order may be changed up to the time of the swim.</p> <p>2. All relays will be Timed Finals. Saturday and Sunday relays will be swum during the prelims sessions.</p> <p>3. Relay Forms – Deadlines:</p> <table><tr><td><u>Day:</u></td><td><u>Event Name:</u></td><td><u>Relay Form Deadline:</u></td></tr><tr><td>Friday</td><td>400 Medley Relay</td><td>6:30 pm on FRIDAY</td></tr><tr><td>Saturday</td><td>200/800 Free Relay</td><td>6:30pm on FRIDAY</td></tr><tr><td>Sunday</td><td>All Relays</td><td>6:00pm on SATURDAY</td></tr></table>	<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline:</u>	Friday	400 Medley Relay	6:30 pm on FRIDAY	Saturday	200/800 Free Relay	6:30pm on FRIDAY	Sunday	All Relays	6:00pm on SATURDAY
<u>Day:</u>	<u>Event Name:</u>	<u>Relay Form Deadline:</u>											
Friday	400 Medley Relay	6:30 pm on FRIDAY											
Saturday	200/800 Free Relay	6:30pm on FRIDAY											
Sunday	All Relays	6:00pm on SATURDAY											
FINALS SESSION EVENT ORDER	<p>The order of events at finals shall be the same as preliminary sessions except the top seeded heat each of the 800M Freestyle and the 1500M Freestyle on Sunday will be contested as the second event at Finals.</p>												
AWARDS & SCORING	<p>There will be no awards.</p>												
WARM-UP SCHEDULE / RESULTS	<p>The following information will be published on the meet host website at: www.pcytigersharks.org</p> <ul style="list-style-type: none">1. Psych Sheets2. Warm-up Schedule3. Results4. Final Results in publication order, Team Manager Results file, and Meet Manager Backup file5. Meet Mobile will be available pending internet availability												

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MEET OFFICIALS	<p>The Meet Hosts will need the help of your USA Swimming Officials. Please contact Jon Saxton to provide names of your officials who wish to volunteer, by May 11, 2017 at jsaxton@rendigs.com.</p> <p>All USA Swimming certified officials willing to volunteer should fill out the form found on the Meet page on www.swimohio.com or www.pcytigersharks.org</p> <p>Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions.</p>
TIMERS	<p>Parents who would like to serve as a timer may report to the check in table in the concourse 40 minutes prior to the start of the session.</p>
VENUE INFORMATION	<p><u>Locker Rooms and Changing Facilities:</u> The Women and Men's locker rooms are located in the YMCA. Locker space is available and athletes must bring their own lock. Belongings may be stored on deck in team areas. Powel Crosley, Jr. YMCA is not responsible for any lost or stolen items.</p> <p><u>First Aid/Training Needs:</u> Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Staff.</p> <p><u>Prohibited Items:</u> The following items are not permitted in the facility: Glass, coolers, and helium balloons.</p> <p><u>Banners:</u> One professionally made banner per team may be displayed.</p> <p><u>Flash Photography:</u> Flash photography is not permitted at the start of any race.</p> <p><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.</p> <p><u>Team Tents:</u> Teams may bring tents to be set-up in designated areas.</p> <p><u>Wireless Internet Access:</u> We will attempt to make wireless internet access available throughout the meet.</p>

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SENIOR CIRCUIT MEET EVENTS

Friday, May 19, 2017 Warm ups 4:30 pm - 5:45 pm. Meet starts at 6:00 pm.		
Women #	Event	Men #
101	200 Free	102
103	400 IM	104
105	100 Fly	106
107	200 Back	108
109	50 Breast	110
111	400 Medley Relay	112
113	Women's 1500 Free*	
	Men's 800 Free*	114
*W1500 Free / M800 Free will be swum fastest to slowest alternating women/men		
Saturday, May 20, 2017 Prelims: Warm ups 7:30 am - 8:45 am. Meet starts at 9:00 am. Finals: Warm up 4:00 pm - 5:20 pm. Meet starts at 5:30 pm.		
Women #	Event	Men #
201	200 Free Relay	202
203	50 Free	204
205	200 IM	206
207	400 Free	208
209	100 Breast	210
211	100 Back	212
213	50 Fly	214
215	800 Free Relay	216
Sunday, May 21, 2017 Prelims: Warm ups 7:30 am - 8:45 am. Meet starts at 9:00 am. Finals: Warm ups 3:30 pm - 4:20 pm. Meet starts at 4:30 pm.		
Women #	Event	Men #
301	200 Medley Relay	302
303	200 Breast	304
305	100 Free	306
307	200 Fly	308
309	50 Back	310
311	400 Freestyle Relay	312
313	Women's 800 Free**	
	Men's 1500 Free**	314
**W800 Free / M1500 Free will be swum fastest to slowest alternating women/men **Top seeded heat of the 800 and 1500 will be swum with finals		

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Appendix A

Hosted by: Powel Crosley, Jr. YMCA and Blue Ash YMCA

Location: Powel Crosley YMCA, 9601 Winton Rd. Cincinnati, OH 45231

Date: May 19-21, 2017

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

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

TEAM: _____ DATE: _____
SIGNATURE: _____ PRINTED NAME: _____

ENTRY SUMMARY SHEET

TEAM NAME: _____ TEAM CODE: _____
TEAM CONTACT: _____
DAYTIME PHONE: _____ EVENING PHONE: _____
EMAIL ADDRESS: _____

_____ # SWIMMERS	x \$2.00 =	_____
_____ # INDIVIDUAL EVENTS	x \$8.00 =	_____
_____ # RELAY EVENTS	x \$28.00 =	_____

TOTAL AMOUNT REMITTED: _____

OUTREACH ATHLETES ENTERED (NAMES):

1. _____
2. _____
3. _____
4. _____
5. _____

INCLUDE CHECK WITH THIS SUMMARY SHEET

Make checks payable to: Powel Crosley, Jr. YMCA
1075 Oakmont Ave.
Hamilton, Ohio 45013

ENTRY POSTMARK DEADLINE: May 16, 2017

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Masters Individual Entry Form

Long Course Meters

May 19 - May 21, 2017

Sanctioned by Ohio LMSC for USMS, Inc.

PRINT LEGIBLY OR TYPE

NAME LAST _____ FIRST _____ MI _____

USMS Number _____ TEAM _____

BIRTHDATE _____ AGE ON 12/31/17 _____ GENDER _____

ATTACH A COPY OF CURRENT USMS CARD-if a member.

ADDRESS _____

CITY, STATE _____ ZIP _____

HOME PHONE (_____) _____

BUSINESS OR CELL PHONE (_____) _____

E-MAIL _____

Indicate the events in which you would like to be entered by writing an entry time to the hundredth of a second or "NT" for No Time.

EVENT #	EVENT	ENTRY TIME
101-102	200 Free	
103-104	400 IM	
105-106	100 Fly	
107-108	200 Back	
109-110	50 Breast	
111-112	400 Medley Relay	
113	Women's 1500 Free	
114	Men's 800 Free	
**W1500 Free / M800 Free will be swum fastest to slowest alternating women/men		
201-202	200 Free Relay	
203-204	50 Free	
205-206	200 IM	
207-208	400 Free	
209-210	100 Breast	
211-212	100 Back	
213-214	50 Fly	
215-216	800 Free Relay	

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301-302	200 Medley Relay	
303-304	200 Breast	
305-306	100 Free	
307-308	200 Fly	
309-310	50 Back	
311-312	400 Free Relay	
313	Women's 800 Free	
314	Men's 1500 Free	
**W800 Free / M1500 Free will be swum fastest to slowest alternating women/men		
**Top seeded heat of the 800 and 1500 will be swum with finals		

ENTRY FEE:

Entry submitted by 5/15/17: \$8 per individual event pre-meet entry

Deck Entry at the meet: \$15 per individual event