

CINCINNATI AQUATIC CLUB
12th Annual CAC SUMMER CLASSIC
JUNE 8-10, 2007

MIAMI UNIVERSITY AQUATIC CENTER

Located in the Miami University Recreational Sports Center, Oxford, Ohio
Held under the Sanction of USA Swimming, Inc. and Ohio Swimming, Inc.
SANCTION #2941-OH LONG COURSE METERS

FACILITY: The Miami University Aquatic Center is a world class facility. It was the site for the 1995, 1996, 1999, and 2004 Central Zone Championships, the 1997 and 2000 Summer Northeast Junior Championships, the 2001, 2003, 2004 Spring Speedo Sectional, and the 2002 NCAA Division III National Championships. The Center features a 50 meter x 25 yard pool with eight championship nine foot wide lanes. There is an adjacent diving well with four 25 meter lanes available for continuous warm-up and warm-down. Electronic timing and video facilities are by Colorado Timing Systems, Colorado Olympex scoreboard and video board. There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the start/finish end of the pool.

FORMAT: All events are timed finals for all age groups. Age classifications are: 8-Under, 9-10, 11-12, 13-14 and Open. Longer events will combine 8-Under and 9-10 into a 10-Under category. There are no minimum times. There will be **no Clerk of Course**; athletes are to report directly to the blocks for each event. All athletes must be registered athletes of USA Swimming, Inc. Coaches and athletes must be prepared to prove current USA Swimming membership or they may not be permitted to participate. Age of athlete on June 8, 2007 will determine the age group for this meet. Age group athletes may swim Open events, but meet management is not responsible for lack of recovery time prior to the next age group event. The 2007 Official USA Swimming, Inc., and Ohio Swimming, Inc. ("OSI") rules will govern all competition and warm-up procedures. Athletes are limited to 5 events per day, plus relays. Teams may **enter with short course yard** or long course meter times. Short course yard times will be converted to long course meters times for seeding. **Updating of times is not permitted.** All Friday events and all 200 meter events in other sessions will require **positive check in**. 200 meter events on Friday will be limited to the **top 48 athletes**. All 400 meter freestyle events in all sessions may be limited to the **top 32 athletes**, and swum fastest to slowest. All 400 meter IM events will be limited to the **top 24 athletes**, and will be swim fastest to slowest. Cincinnati Aquatic Club reserves the right to add a heat of their own swimmers to 200 meter and longer events based on the time line. We will start all events (except relays and 50s) from **both ends of the pool**. Meet management reserves the right to modify published warm-up procedures to reduce over-crowding.

SCHEDULE:

FRIDAY:	ALL	WARM UP	2:00-3:00 P.M.
		TIMED FINALS	3:15 P.M.
SATURDAY & SUNDAY:	13-14 & OPEN	WARM UP	7:00-8:00 A.M.
		TIMED FINALS	8:15 A.M.
	8-UNDER, 9-10, & 11-12	WARM UP	To Be Announced
		TIMED FINALS	To Be Announced

Miami University rules require one hour between sessions and fifteen minutes between warm-up and competition to permit pool and deck clean up. Athletes scheduled to compete in an afternoon session will not be permitted on the pool deck until at least one hour after completion of the morning session.

ENTRY DEADLINE: It is recommended that the Team Manager Event File be downloaded from CAC's website at www.swimcincinnati.org. Entries must be received by the Entry Chairperson no later than 12:00 P.M. (noon) May 7, 2006, or received by the US Mail no later than May 7, 2006 at 12:00 PM (noon). We encourage HYTEK entries. HYTEK entries may be sent either: (a) via Email to meetentry@swimcincinnati.org in the same format or (b) on a 3.5 inch disk using meet event numbers and accompanied by a print out; and with a print out to the entry chairperson at the address listed below. All hand written entries must use the Individual and Relay Entry Sheets enclosed. **All entries must include: the Meet Entry Form, Team Summary Sheet, and a check for all entry fees.** No entry fees will be returned unless required by USA Swimming, Inc., or OSI rules. The meet may be closed prior to the entry deadline, as meet entries will be limited in order to comply with applicable rules related to the length of individual meet sessions. Meet management reserves the right, in its sole discretion, to accept or reject any meet entry. Factors meet management may consider in determining whether or not to accept a meet entry include, but are not limited to, the following: timeliness of entry; number of events entered by each individual athlete included in the entry; number of athletes scheduled to swim in the afternoon vs. number of athletes scheduled to swim in the morning sessions; etc.

All teams will be notified by e-mail whether or not their entry has been accepted. Deck entries will be accepted [\$5.00 individual event/\$10.00 Relay Event] on the day of the event for open lanes only. No additional heats will be added to any event to accommodate additional deck entries. All deck entries must be accompanied by a valid USA Swimming, Inc. card.

ENTRY FEES: Individual Events: \$4.00; Relays: \$7.00; OSI Travel Fund Surcharge per athlete: \$1.00. OSI Championship Meet Facilities Surcharge: \$1.00 per athlete. **All entry fees must accompany entries, and received by entry deadline.**

MEET DIRECTOR: Mike Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243; Phone: (513) 272-1221 (h); Email Address: meetdirector@swimcincinnati.org (not for Hy-Tek e-mail entries)

ENTRY CHAIRPERSON: Mike Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243; Phone: (513) 272-1221 (h); Email Address: meetentry@swimcincinnati.org (for Hy-Tek e-mail entries)

AWARDS: Individual events: Ribbons – 1st through 8th place – 12& under events only.
Relays: Ribbons – 1st through 3rd – 12 & under events only.

There will be team trophies for overall first and second place high point visiting teams, and awards for first, second, and third place high point male and female athletes in each age group. The individual high point awards will be scored using Hy-Tek Age Group Points.

SCORING: Team Awards will be based on the top sixteen places for individual events and the top eight places for relays for team awards.

Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2

RESULTS: Final results will be sent to each team participating in the meet. Please complete the information requested on the enclosed Team Summary Sheet. Meet results may also be obtained on computer disk, but each team must supply the disk with the request.

LOCATION: Miami University Aquatic Center is located in the Miami University Recreational Sports Center, Oxford, Ohio.

From Cincinnati: Take Rt. 27 north from I-275 (on the west side of I-75). Take left on Chestnut Street; right on Oak Street. Facility is on left. Parking is in front. Approximate driving time: 45 minutes

From Dayton: Take I-75 south to Rt. 73 west. Take left on Patterson Street; right on Spring Street; left on Oak Street. Facility is on right. Approximate driving time: 1 hour, 15 minutes.

From Indianapolis: Take I-70 east to Rt. 27 south. Take right on Lowell Street; left on Spring Street; right on Oak Street. Facility is on right. Approximate driving time: 2 hours.

FACILITY ADMISSION CHARGE: There will be an admission charge of \$3.00 per day per adult to help cover the cost of renting the facility. Timers and officials and other meet volunteers will not be charged admission.

COACHES: All coaches must sign in for each session and must present a current USA Membership card. There will be a coaches meeting on June 8, 2006 after warm ups at 3:05 P.M. Other coaches meetings will be held only if necessary. Cincinnati Aquatic Club will provide a Hospitality Room for all coaches and officials during the meet.

ADAPTIVE SWIMMING: CAC welcomes swimmers with disabilities to participate in the meet. The Meet Director requests 1) the athlete's coach provide advance notice of any necessary accommodations; and 2) list in the email with the Hy-Tek entry (or on paper) the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. Swimmers with a disability will be seeded with the same age group in either the same distance race or a longer distance race (i.e., 50 free during the 100 free). More info. available under Adapted Swimming on the Ohio Swimming website.

TIMERS AND OFFICIALS: We greatly appreciate the help we get from other swim clubs in timing and officiating our meets. **Each visiting team will be required to volunteer timers.** Each team will be notified by mail and/or email of its specific assignments by the Meet Director prior to the meet. Teams accepted into the meet must complete the Volunteer Timers and Officials form (to be sent later).

RELAYS AND RELAY CHECK-IN PROCEDURES: Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation by the scratch deadline. However, relay order may be changed by the coach up to the time of the swim.

Relay Sheets – Deadlines

Saturday	All Relays	2 Hours after start of Friday's Session
Sunday	All Relays	2 Hours after start of Saturday's PM Session

MISCELLANEOUS: The Miami University Recreational Sports Center, in which the Aquatic Center is located, includes a complete gymnasium, weight room, aerobic exercise equipment, leisure pool (with lifeguard) and spa, rock climbing wall, and running track. These facilities are available Friday, Saturday and Sunday to athletes and their families at a discounted rate. Arrangements are to be made directly with Miami University.

Food concessions provided by Miami University will be available throughout the weekend, and will be open for morning warm-ups. In addition, swim vendors with swim products will be available during the weekend.

Miami University rules provide that: (a) no coolers are permitted in the facility; (b) plastic water and sport drink containers are the only allowable food or drink items permitted on the pool deck; and (c) parents and spectators are not allowed on deck. Ample free parking should be available near the Aquatic Center. Parking marshals will be on duty during warm-ups to answer any questions.

Also refer to the link <http://www.enjoyoxford.org/Hotels.php> for the list of nearby lodging facilities within a short driving distance of the Aquatic Center. CAC makes no judgment as to the quality of any of the lodging facilities on the list. You are encouraged to make room reservations well in advance of June 8th.

SEE YOU THIS SUMMER AT MIAMI UNIVERSITY!

12th Annual CAC SUMMER CLASSIC
ORDER OF EVENTS Sanction #2941-OH

FRIDAY, 6/8/2007		WARM UP: 2:00 P.M.	
PM SESSION (1)		COMPETITION: 3:15 P.M.	
GIRLS	EVENT	BOYS	
101	OPEN 200 IM*	102	
103	13-14 200 IM*	104	
105	11-12 200 IM*	106	
107	10-UNDER 200 IM*	108	
109	OPEN 400 FREE**	110	
111	13-14 400 FREE**	112	
113	11-12 200 FREE*	114	
115	10-UNDER 200 FREE*	116	

SATURDAY, 6/9/2007			SATURDAY, 6/9/2007		
AM SESSION (2)			PM SESSION (3)		
WARM UP: 7:00 A.M.			WARM UP: TBA		
COMPETITION: 8:15 A.M.			COMPETITION: TBA		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
201	13-14 200 FREE RELAY	202	225	11-12 200 MEDLEY RELAY	226
203	OPEN 200 FREE RELAY	204	227	9-10 200 MEDLEY RELAY	228
205	13-14 100 BACK	206	229	8-UNDER 200 MEDLEY RELAY	230
207	OPEN 100 BACK	208	231	11-12 100 FLY	232
209	13-14 200 BREAST*	210	233	10-UNDER 100 FLY	234
211	OPEN 200 BREAST*	212	235	11-12 50 FREE	236
213	13-14 100 FREE	214	237	9-10 50 FREE	238
215	OPEN 100 FREE	216	239	8-UNDER 50 FREE	240
217	13-14 200 FLY*	218	241	11-12 100 BACK	242
219	OPEN 200 FLY*	220	243	10-UNDER 100 BACK	244
221	13-14 400 IM***	222	245	11-12 50 BREAST	246
223	OPEN 400 IM***	224	247	9-10 50 BREAST	248
			249	8-UNDER 50 BREAST	250
			251	11-12 400 FREE**	252

SUNDAY, 6/10/2007			SUNDAY, 6/10/2007		
AM SESSION (4)			PM SESSION (5)		
WARM UP: 7:00 A.M.			WARM UP: TBA		
COMPETITION: 8:15 A.M.			COMPETITION: TBA		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
301	13-14 200 MEDLEY RELAY	302	325	11-12 200 FREE RELAY	326
303	OPEN 200 MEDLEY RELAY	304	327	9-10 200 FREE RELAY	328
305	13-14 100 FLY	306	329	8-UNDER 200 FREE RELAY	330
307	OPEN 100 FLY	308	331	11-12 50 FLY	332
309	13-14 200 FREE*	310	333	9-10 50 FLY	334
311	OPEN 200 FREE*	312	335	8-UNDER 50 FLY	336
313	13-14 100 BREAST	314	337	11-12 100 BREAST	338
315	Open 100 BREAST	316	339	10-UNDER 100 BREAST	340
317	13-14 200 BACK*	318	341	11-12 50 BACK	342
319	OPEN 200 BACK*	320	343	9-10 50 BACK	344
321	13-14 50 FREE	322	345	8-UNDER 50 BACK	346
323	OPEN 50 FREE	324	347	11-12 100 FREE	348
			349	9-10 100 FREE	350
			351	8-UNDER 100 FREE	352

All events are timed finals.

* These events will require positive check-in, and may be limited to the top 48 athletes.

** These events will require positive check-in, and may be limited to the top 32 athletes.

*** These events will require positive check-in, and may be limited to the top 24 athletes.

**USA SWIMMING MEMBERSHIP
MEET ENTRY FORM**

Meet Name: 12th Annual CAC Summer Classic
Location: Miami University Aquatic Center
Date: June 8-10, 2007
Sanction: Sanction #2941-OH

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.

TEAM: _____

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____

CINCINNATI AQUATIC CLUB
12th Annual CAC SUMMER CLASSIC
JUNE 8 - 10, 2007 Sanction #2941-OH
TEAM SUMMARY SHEET

All entries must be fully completed, and delivered or received in the mail by and 12:00 P.M. (noon), May 7, 2007. Please make certain your entry includes all of the following:

1. Either: (a) Completed Individual and Relay Entry Sheets or (b) computer disk entries on HYTEK software with hard copy attached or (c) letter indicating date and time of Email transmission of entries on HYTEK with hard copy attached
2. Completed USA Swimming, Inc., Membership Meet Entry Form;
3. This Team Summary Sheet completed
4. Check for entry fees made payable to: Cincinnati Aquatic Club

Mail or deliver to: Michael Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243

TEAM NAME: _____
 TEAM CODE: _____
 TEAM CONTACT: _____
 E Mail: _____
 PHONE NUMBER: _____
 HEAD COACH: _____

Send Final Results (if different from above) to: _____ Results will be sent via e-mail in Adobe Acrobat Format
 Name: _____
 Address: _____
 City, State, Zip: _____
 E Mail: _____

Please indicate above whether a hard paper, computer disk or Email copy of the results is preferred and how many copies of each is requested. If a disk is requested, please provide a blank disk with your request.

AGE GROUP	# MALE SWIMMERS	# FEMALE SWIMMERS	# OF IND EVENTS	# OF RELAYS
8 & UNDER				
9-10				
11-12				
13-14				
OPEN				
TOTAL				

_____ Total # of swimmers @ \$2.00 each for Surcharges = \$ _____
 _____ Total # of Individual Events @ \$4.00 per Event = \$ _____
 _____ Total # of Relay Events @ \$7.00 per Event = \$ _____
TOTAL AMOUNT REMITTED = \$ _____

I verify that each swimmer listed on the enclosed entry is a registered athlete member of USA Swimming, Inc. (A USA Swimming, Inc., registered coach or member team representative must sign below.)

SIGNED: _____ DATE: _____

12th Annual CAC SUMMER CLASSIC

June 8-10, 2007

Sanction #2941-OH

WARM UP PROCEDURE AND SAFETY GUIDELINES

I. Warm Up Procedure

- A. First 40 Minutes (Friday 2:00 - 2:40 PM and Saturday/Sunday 7:00 AM - 7:40 AM & Tentatively 1:15 PM - 1:55 PM):
 - 1. No diving or racing starts allowed from the blocks or edge of the pool. Swimmers must enter pool feet first in a cautious manner with one hand in contact with the pool edge.
 - 2. No sprinting or pace work allowed during this general warm up session.
 - 3. All lanes are to be used for general warm-up.
- B. Last 20 Minutes (Friday 2:40 - 3:00 PM and Saturday/Sunday 7:40 AM - 8:00 AM & Tentatively 1:55 PM - 2:15 PM): When all coaches in a lane agree, that lane may be converted to a racing start lane. The lane shall be completely clear of athletes and a marshal shall have given approval before any athletes begin racing starts. Athletes may use sprint lanes for racing starts from blocks or back-stroke starts. Athletes will swim in the sprint lanes in one direction only.

II. Safety Guidelines

- A. Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets.
- B. Coaches shall actively supervise their swimmers throughout the warm-up session.
- C. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
- D. Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.
- E. 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 backstroker waiting to start.
- F. Swimmers are required to exit the pool upon completion of their warm-up period to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.

MEET: 12th Annual CAC Summer Classic Sanction #2941-OH
 DATE: June 8 - 10, 2007
 CLUB: _____
 COACH: _____
 PHONE: _____ E-Mail _____

Circle	Boys	Event Number	FRIDAY					SATURDAY					SUNDAY					
Girls																		
8-U																		
9-10																		
11-12																		
13-14																		
Open																		
Qualifying Time																		
AGE:																		
1.	AGE:																	
2.	AGE:																	
3.	AGE:																	
4.	AGE:																	
5.	AGE:																	
6.	AGE:																	
7.	AGE:																	
8.	AGE:																	
9.	AGE:																	
10.	AGE:																	

Revised 3/07

ENTER MEET IN: Long Course Meter Times (L)
 Short Course Yards (Y)
 Short Course Meters (S)

NUMBER OF: INDIVIDUAL EVENTS: _____
All Times MUST Have A Letter Code