



**Miami Valley Aquatic Club**  
**MAKOS SPRINT CHALLENGE**  
**MAY 19, 2007 – MAY 20, 2007**  
**MIAMI UNIVERSITY AQUATIC CENTER**

Held under the Sanction of United States Swimming, Inc. Sanction # 29380H

Meet Director: Terri Shannon 513-529-8154

Email [shannot1@muohio.edu](mailto:shannot1@muohio.edu)

**POOL LOCATION:**

Corwin M. Nixon Aquatic Center, Miami University, Oxford, Ohio.  
700 S. Oak St.  
Oxford, OH 45056  
513-529-1844

**POOL TYPE:**

- The Corwin M. Nixon pool is a 50-meter x 25-yard pool with adjacent diving well.
- The competition pool will consist of one 50-meter course. Continuous warm-up and warm-down areas will be available in the diving well.
- Note: Swimmers will not be permitted in the adjacent leisure pool.

**RULES:**

- The meet will be governed by current United States Swimming Rules. All participants must be currently registered USS Athletes. There will be no USA Swimming registration at the meet. Age as of the first day of competition will determine eligibility for the meet. Ohio LSC swimming safety guidelines and warm-up procedures will be in effect at this meet. See the section: Warm-ups for description of warm-up procedures in this meet.

**EVENTS:**

- The meet will be swum in accordance with the accompanying Schedule of Events.
- All events are timed finals for all age groups.
- Age classifications are: 8-Under, 9-10, 11-12, 13-14 and Open. There are no minimum times.
- There will be **no Clerk of Course**; athletes are to report directly to the blocks for each event.
- 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.
- 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.
- The event format will be 50s and 100s of each of the four competitive strokes. The 200 freestyle and 200 IM will also be included. Relay events will include 200 free and medley relays for each age group.
- We reserve the right to 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.

**ENTRY RESTRICTIONS:**

1. Swimmers may enter no more than five (5) individual events per day. If an entry is submitted with an individual entered in more events than this rule allows, the entry will be made by order of events starting with event #1 until the rule is satisfied. There will be no refunds.
2. The host club reserves the right to enter its swimmers in any events.

**Adaptive Swimming** - 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 classification (if classified) and special accommodations or seeding arrangements being requested.

**SEEDING OF EVENTS:**

**ALL EVENTS WILL BE SEEDED SLOW TO FAST (This was in error in the first printing)**

**ENTRY FEES:**

INDIVIDUAL EVENT = \$4.00 entry    RELAYS = \$7.00 per entry  
TRAVEL FUND SURCHARGE/OHIO CHAMP MEET SURCHARGE = \$2.00 per swimmer

**DECK ENTRIES/FEES:**

Deck entries will be accepted, at the discretion of Miami Valley Aquatic Club Head Coach, Meet Director or Entry Chairperson, provided the meet is not filled. Empty lanes will be filled. Heats will not be added. Entry fee for deck entries is \$5.00 per individual event and \$7.00 for relays.

**ENTRY INFORMATION:**

1. Entry forms and fees should be mailed to:  
Claudia Multer                      (513) 863-6298  
1075 Oakmont Ave.  
Hamilton, OH 45013  
**Email:** [claudiam@one.net](mailto:claudiam@one.net)

2. Teams should submit entries electronically, using Hy-Tek software.
3. *Make checks payable to: Miami Valley Aquatic Club*

**ENTRY DEADLINE:**

- Entries will not be accepted until **8:00 PM on May 1, 2007**. **General mail entries received prior to data entries being accepted will be placed behind those received at the correct time.**
- Teams submitting entries by email must submit a hard copy and check before the deadline. **Hard copies must be received by Monday, May 14, 2007.** Failure to send fees by the due date will forfeit entry into the meet.
- Swimmers full FIRST NAME, LAST NAME, MIDDLE INITIAL and AGE must be on the entry. The current USS number must also be listed with each swimmer.
- **No hand-delivered, email, phone or faxed** entries will be accepted after the entry deadline.
- A psych sheet will be posted on the Miami Valley Aquatic Club website after the close date of entries:  
[www.swim-makos.com](http://www.swim-makos.com)

**FINAL RESULTS:**

Final results will be posted on the Miami Valley Aquatic Club website.

**AWARDS:**

- Individual Events Ribbons: 1<sup>st</sup> - 8<sup>th</sup> place
- Relays: 1st – 3rd,
- High point awards for all age groups and open events will be awarded. These awards will be made to the swimmer in each age-group with the most points regardless in what age group their points were earned

**SCORING:**

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events are doubled.

**SCHEDULE:**

SATURDAY & SUNDAY:	13-14 & OPEN	WARM UP	7:00-8:00 A.M.
		TIMED FINALS	8:15 A.M.
	8-UNDER, 9-10,	WARM UP	To Be Announced

Revised March 28, 2007

& 11-12

TIMED FINALS

To Be Announced

Miami University rules require 30 minutes between sessions 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.

Revised March 28, 2007

**COACHES REGISTRATION:**

Each competing Club's coach must be present and have current USS Coaches' Registration available to show the Meet Referee. Teams, regardless of size, are required to register coach/sponsor's name with the meet referee before swimmers will be allowed to begin warm-up. At that time, current coaches' registration must be shown. Unattached swimmers not practicing with a competing club must have the name of a responsible adult sponsor registered with the Meet Director and Referee before he/she will be allowed to compete.

**WARM-UPS:**

Swimmers must enter the water feet first from the edge of the pool with one hand in contact with the deck. Teams will be assigned warm-up lanes prior to the meet.

**MEET MARSHALS:**

Marshals have authority through the Meet Director over warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

**DIRECTIONS:**

Maps available on the Miami Valley Aquatic Club website.

**PARKING:**

Parking will be available in university parking lots near to the Recreational Sports Center except in the main parking area in front of the building. You will need to pay to park at any metered space, and you must park legally. (The new parking garage is open. There is a fee for parking there.)

**SWIMMER CONDUCT:**

All swimmers are expected to conduct themselves in an appropriate manner. It is the responsibility of all parents to ensure all minor participants/spectators are well behaved and under supervision at all times. Any swimmer acting in an inappropriate manner will be reported to their coach. If the swimmer is reported a second time, they will be banned from participating for the remainder of the meet.

**CONCESSIONS/FACILITIES:**

Natorium concessions are available to everyone. Hospitality for coaches and workers will be available in the Wet Classroom, adjacent to the pool entrance.

**ABSOLUTELY NO SMOKING ALLOWED IN THE BUILDING.**

**TIMERS:**

We will require that each team with 10 or more swimmers to provide 1 timer per session for every 10 swimmers.

A list of assignments will be provided prior to the meet based upon team size. Timers will need to sign in at the timer check-in table in the concourse and report to the Head Timer 45 minutes prior to the beginning of each preliminary session in the wet classroom downstairs.

**MEET OFFICIALS:**

The Miami Valley Aquatic Club will need the help of your USA Swimming Officials. Please ask officials to contact Bill Houk ([houktw@muohio.edu](mailto:houktw@muohio.edu)) to indicate their availability. Please do so by May 4, 2007.

**USE OF RECREATIONAL SPORT CENTER:**

Use of any portion of the Recreational Sports Center by parents, athletes, and siblings while not involved in the meet is available for a \$6.00 a day charge at the Membership window. You will receive a wristband. There is an additional charge for the climbing wall or to attend classes. The Fitness Center is for adult (over 18 years of age) use only. Call (513) 529-8181 for additional information.

**2007 MAKO Sprint Challenge**  
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Saturday AM Session				Saturday PM Session	
Warm-up 7:00 AM				Warm-up TBA	
1	13-14 200 Free Relay	2	21	11-12 200 Free	22
3	Open 200 Free Relay	4	23	8 & under 200 Free Relay	24
5	13-14 200 Free	6	25	9-10 200 Free Relay	26
7	Open 200 Free	8	27	11-12 200 Free Relay	28
9	13-14 100 Breast	10	29	8 & under 50 Free	30
11	Open 100 Breast	12	31	9-10 50 Free	32
13	13-14 50 Free	14	33	11-12 50 Free	34
15	Open 50 Free	16	35	8 & under 50 Breast	36
17	13-14 200 IM	18	37	9-10 50 Breast	38
19	Open 200 IM	20	39	11-12 50 Breast	40
			41	9-10 200 Free	42
			43	11-12 100 Fly	44
			45	11-12 100 Back	46
Sunday AM Session				Sunday PM Session	
Warm-ups 7:00 AM				Warm-ups TBA	
47	13-14 200 Medley Relay	48	63	11-12 200 IM	64
49	Open 200 Medley Relay	50	65	8 & under 200 Medley Relay	66
51	13-14 100 Free	52	67	9-10 200 Medley Relay	68
53	Open 100 Free	54	69	11-12 200 Medley Relay	70
55	13-14 100 Back	56	71	8 & under 100 Free	72
57	Open 100 Back	58	73	9-10 100 Free	74
59	13-14 100 Fly	60	75	11-12 100 Free	76
61	Open 100 Fly	62	77	8 & under 50 Back	78
			79	9-10 50 Back	80
			81	11-12 50 Back	82
			83	9-10 200 IM	84
			85	11-12 100 Breast	86
			87	8 & under 50 Fly	88
			89	9-10 50 Fly	90
			91	11-12 50 Fly	92

**All events are timed finals**

**We reserve the right to start races from both ends of the pool if time necessitates.**

## The Miami Valley Aquatic Club Thanks Their Local Sponsors

### Lodging

Amerihost Inn and Suites  
5190 College Corner Pike (513) 523-2722

Hampton Inn  
5056 College Corner Pike (513) 524-0114

Marcum Conference Center & Inn  
100 N. Patterson, (513) 529-2104

### Groceries

Kroger  
300 S. Locust Street (513) 523-2201

### Food

Taco Bell  
36 Lynn St., Oxford OH 45056 (513) 523-0070

## Oxford Area Hotel Guide

### Oxford Area Lodging

Amerihost Inn and Suites	5190 College Corner Pike	(513) 523-2722
Barker's Bed & Breakfast	5815 Brown Road	(513) 523-1107
Best Western Sycamore Inn	6 E. Sycamore	(513) 523-0000
Hampton Inn	5056 College Corner Pike	(513) 524-0114
Hueston Woods Resort	RR 1, College Corner	(513) 664-3500
Marcum Conference Center & Inn	100 N. Patterson	(513) 529-2104
Elms Hotel/Holiday Inn	75S Main St.	(513) 524-2002

### Hamilton Area Lodging

Holiday Inn Express (Fairfield)	6755 Fairfield Business Ctr.	(513) 860-2900
Manchester Inn (Middletown)	1027 Manchester Ave.	(513) 422-5481

## Oxford Area Restaurants

### Full Service Restaurants

Bob Evans  
5076 College Corner Pike, Oxford OH 45056 (513) 523-8866  
A family restaurant

DiPaolos Restaurant  
77 S. Main St., Oxford OH 45056 (513) 523-1541  
Local's gourmet favorite for 26 years

Brick Street  
36 E. High St., Oxford OH 45056 (513) 523-1335  
Rated "Playboy's Top 100 Bars"

Governors Room at the Alexander House  
22 N. College Ave., Oxford OH 45056 (513) 523-1200  
Oxford's premier upscale dining

Kona Bistro & Coffee Bar  
31 W. High St., Oxford OH 45056 (513) 523-0686  
Big city dining with small town prices

La Bodega Delicatessen  
11 W. High St., Oxford OH 45056 (513) 523-1338  
Contemporary deli-box lunches

High Street Grill  
116 E. High St., Oxford OH 45056 (513) 523-3134  
Exactly what you want!

Skippers Pub  
121 E. High St., Oxford OH 45056 (513) 523-0066

Revised March 28, 2007

Great food, service & prices

45 East Bar & Grill  
45 E. High St., Oxford OH 45056 (513) 523-3737  
Great food, sports TV, and late-night entertainment!

Buffalo Wild Wings  
10 E. Walnut St., Oxford OH 45056 (513) 524-2999  
Food, sports & fun

China One  
330 S. Locust St., Oxford OH 45056 (513) 523-2343  
Lunch buffet daily

Fiesta Charra  
19 W. High St., Oxford OH 45056 (513) 524-3114  
Mexican cuisine

Mac & Joe's  
21 E. High St., Oxford OH 45056 (513) 523-8018  
Oxford's oldest tavern est. 1946

Phan Shin Chinese & Thai  
104 W. High St., Oxford OH 45056 (513) 523-1020  
Dine in or carry out!

Stadium Sports Bar & Grille  
16 S. Poplar St., Oxford OH 45056 (513) 523-4661  
7 TVs, beer garden, food & fun

Steinkeller  
15 E. High St. (Basement), Oxford OH 45056 (513) 524-2437  
A German eatery & pub

Varsity Bar & Grill  
13 W. High St., Oxford OH 45056 (513) 523-0018  
2 sports bars, great food and games

Qdoba Mexican Grill  
9 W. High St., Oxford OH 45056 (513) 523-0869  
Mexican cuisine

Revised March 28, 2007

The Smokin' Ox  
12 East Park Place, Oxford OH 45056 (513) 524-4BBQ  
Barbecue & Beer

Church Street Station Bar & Grille  
107 East Church St., Oxford OH 45056 (513) 523-1117

Lottie Moon's  
12 South Beech St., Oxford OH 45056 (513) 523-1157

## Fast Food

Arbys of Oxford  
2 Lynn St., Oxford OH 45056 (513) 523-3040

Bagel & Deli Shop  
119 E. High St., Oxford OH 45056 (513) 523-2131

Great Steak & Potato Co.  
17A High St., Oxford OH 45056 (513) 523-4805

Jimmy Johns  
23 E. High St., Oxford OH 45056 (513) 524-2424

Kentucky Fried Chicken  
5046 College Corner Pike, Oxford OH 45056 (513) 523-4101

McDonalds  
601 S. Locust St., Oxford OH 45056 (513) 523-8933

Skyline Chili  
1 E. High St., Oxford OH 45056 (513) 523-3330

Taco Bell  
36 Lynn St., Oxford OH 45056 (513) 523-0070

Johnnys Campus Deli  
209 E. Sycamore St., Oxford OH 45056 (513) 523-1123

Subway  
17 E. High St., Oxford OH 45056 (513) 523-7827

## Pizza

Brunos Pizza  
14 W. Park Place & 31 E. High St., Oxford OH 45056 (513) 523-2266

Dominos Pizza  
5156 College Corner Pike, Oxford OH 45056 (513) 524-6262

La Rosas Pizzeria  
21 Lynn St., Oxford OH 45056 (877) 347-1111

Papa Johns Pizza - Oxford  
619 S. Locust St., Oxford OH 45056 (513) 523-9991

Pizza Hut  
135 Lynn St., Oxford OH 45056 (513) 523-2184

SDS Pizza & Subs  
7 E. Chestnut St., Oxford OH 45056 (513) 523-1234

## Coffee, Bakeries, and Sweets

Uptown Cafe  
109 W. High St., Oxford OH 45056 (513) 523-0770

Starbucks  
19 E. High St., Oxford OH 45056 (513) 523-7200

Cold Stone Creamery  
9 W. High St., Oxford OH 45056 (513) 523-4540  
Cakes, pies & ice cream; call or stop in for a good ice cream experience!



USS Membership Meet Entry Form  
Meet Name: 2007 MAKO Sprint Challenge  
Location: Corwin M. Nixon Aquatic Center  
Date: May 19, 20, 2007

**Sanction #2938-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 swim meet are currently member athletes of United States 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 United States Swimming Inc.

Team: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Title: \_\_\_\_\_ Date: \_\_\_\_\_