



OHIO SHORT COURSE CHAMPIONSHIP MEET - AA CHAMPIONSHIPS MARCH 14-16, 2008

LOCATION: Keating Natatorium, Cincinnati, Ohio

You must achieve an Ohio Short Course Qualifier (AA) time in each event you plan to swim at the AA meet.

You must have achieved an Ohio short course AA time at a USA Swimming "approved" or "sanctioned" meet. Times made at some High School Championship meets plus the Southwest Classic are also valid for entry into this meet if USA Swimming rules were followed in the swim. If you swim an event at the Ohio AA meet and do not achieve the AA time standard, we must be able to prove that you have previously achieved the time or you will be subject to a **\$25 fine** from Ohio Swimming. **Only times made since January 1, 2007 are valid for proof.** While CAC makes every effort to insure that you swim events at the proper meet, each swimmer is responsible for checking the entry time submitted and for paying any penalty fines incurred.

THIS IS A PRELIM/FINALS MEET ON ALL THREE DAYS. Only relays and the 1650 free are timed finals. **There will be Championship and Consolation finals for all prelim/final events, so the top 16 swimmers in the prelims will return at night for finals.**

Swimmers may swim **3 individual** events per day, including time trials.

COST: Individual event \$5.00
Ohio Swimming surcharge \$2.00

Please be sure that you have adequate funds in your meet entry escrow account.

The coaches will make the decision regarding which events you swim.

If you achieve an Ohio short course AA time at the Dayton Raiders Invitational meet on February 29-March 2 we will be able enter you in that event at the AA meet. PLEASE check with your coach before you leave that meet to be sure they are aware you want to swim that event!

If you have State AA cuts and age up between the regional meet and the AA meet you may be eligible to swim at the cut time in the older age group. If you are in this situation, please see your coach.

All Seahawks who qualify for this meet should attend. You may be qualified to swim on team relays in addition to individual events. The coaches will inform you if you are being considered for a team relay.

<u>SCHEDULE:</u>	FLEX	WARM-UP	MEET STARTS
PRELIMS	7:10 am	7:30 am	9:10 am
FINALS	TBA	TBA	TBA

All times subject to change

Attached is a copy of the event list so swimmers know which days their events will be held.

Go Seahawks!