

**CINCINNATI AQUATIC CLUB**  
**CAC Distance Meet – Sanction #2998-OH**  
**Saturday, December 15, 2007**

**CINCINNATI COUNTRY DAY SCHOOL**

6905 Given Road, Indian Hill, Ohio 45243

Held under the Sanction of USA Swimming, Inc. and Ohio Swimming, Inc.

**SHORT COURSE YARDS**

**FACILITY:** The CCDS facility is a 6 lane, 25 yard pool. Electronic timing facilities are by Colorado System 5000. There is a new Colorado Time six lane scoreboard and spectator seating overlooking the pool.

**FORMAT:** All events are timed finals for each age group. Age classifications are Open (11 & Over only). **The events will be an Open 1650 (Men and Women) and an Open 500 (Men and Women) Freestyle.** There are no entry times for this meet. Deck entries will be permitted in open lanes only. All athletes must be registered athletes of USA Swimming, Inc. Coaches and athletes must be prepared to prove USA Swimming, Inc., membership. Age of athlete on December 15, 2007, will determine the age group for this meet. The current Official USA Swimming Rules will govern all competition.

**ENTRIES:** The Entry Chairperson must receive Entries on the attached forms no later than Wednesday, December 5, 2007 by 5:00 PM. We encourage Hy-tek Team Manager entries. A print out of the entry form must be sent to the meet entry chairperson. All entries must include the Meet Entry Form, and the Team Summary Sheet. Teams should submit short course yard times with their entries. **A check for all fees, made payable to Cincinnati Aquatic Club, must accompany your entry.** Entry fees will not be returned unless your entry is closed out of the meet.

**ENTRY FEES:** There is a single entry fee per event of \$4.00 per swimmer, plus the \$2.00 Ohio Swimming Surcharge per swimmer (Travel Fund Surcharge/Championship Meet Facilities). **All entry fees must accompany entries.**

**MEET DIRECTOR:** Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243. Phone (513) 272-1221, e-mail [meetdirector@swimcincinnati.org](mailto:meetdirector@swimcincinnati.org) (not for Hy-Tek entries)

**ENTRY CHAIRPERSON:** Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243. Phone (513) 272-1221, e-mail [meetentry@swimcincinnati.org](mailto:meetentry@swimcincinnati.org) (for Hy-Tek entries)

**RESULTS:** Final results will be sent to each team participating. Meet results may be obtained on computer disk, but each team must supply their own disk. Please indicate which format you desire when ordering.

**COACHES:** All coaches must sign in for each session and present a current USA Swimming, Inc. membership card.

**OFFICIALS:** CAC greatly appreciates the help we get from other swim clubs in officiating our meets. Our Meet Director will contact each club participating for "volunteers."

**TIMERS AND COUNTERS:** **Each participating athlete will be required to supply 2 timers and a counter (if desired) for their race.**

**LOCATION:** Cincinnati Country Day School, 6905 Given Road, Indian Hill, Ohio 45243.

From Cincinnati: Take I-71 North; take Exit 11 from I-71 (Kenwood Road exit); take right on Kenwood Road; take left on Shawnee Run Road; take left on Given Road; take left into second driveway at CCDS.

From north and west of Cincinnati: Take I-275 East to Exit 52 (Loveland-Madeira Road) south to Kugler Mill Road; take left on Kugler Mill Road; take right onto Given Road; take right into parking lot of CCDS.

From south and east of Cincinnati: Take I-275 to the Rt. 50 exit from I-275; go through Milford; after crossing the Little Miami River bridge, take right onto Ohio Rt. 126; take left onto Shawnee Run Road under the one lane train bridge; take right on Given Road; take left into CCDS parking lot.

**FACILITY RULES:** CCDS requires that all marked parking rules be followed. Additional parking is located in the parking lot at the main entrance to the school. Between events, athletes are to stay in the designated gym area. The entrance to the spectator seating is located off the second floor gym. As seating is somewhat limited, parents are requested to only use this area while their athletes are in the water.

**SWIMMERS WITH DISABILITIES:** CAC welcomes swimmers with disabilities to participate in the meet. 1) Provide advance notice of any necessary accommodations; 3) 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.

## Schedule of Events

### Session 1

Warm-up: 7:00 AM

Session Starts at 8:15 AM

<b>Event No.</b>	<b>Boys/Girls</b>	<b>Age Group</b>	<b>Distance</b>	<b>Stroke</b>
101	G	Open	1650 Yard	Freestyle
102	B	Open	1650 Yard	Freestyle
103	G	Open	500 Yard	Freestyle
104	B	Open	500 Yard	Freestyle

CAC reserves the right to combine heats and/or events, and to limit the number of heats for time management purposes.

**Cincinnati Aquatic Club**  
**Team Entry Summary Sheet**  
**CAC Distance Meet – Sanction #2998-OH**  
**December 15, 2007**

TEAM: \_\_\_\_\_ CODE \_\_\_\_\_

TEAM CONTACT: \_\_\_\_\_

TEAM CONTACT E-MAIL: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_

E-Mail Address FOR FINAL RESULTS: \_\_\_\_\_

\_\_\_\_\_

Swimmers	Number of Individual Swimmers		
Girls 1650 Open (11&Over)			
Boys 1650 Open (11&Over)			
Girls 500 Open (11&Over)			
Boys 500 Open (11&Over)			
TOTAL:			

\_\_\_\_\_ TOTAL SWIMMERS AT: \$2.00 = \_\_\_\_\_ (Travel Fund & Championship Facilities Site Selection Surcharges)

\_\_\_\_\_ Individual Events \$4.00 = \_\_\_\_\_

TOTAL AMOUNT REMITTED: \_\_\_\_\_

ATTACH CHECK TO THIS SUMMARY SHEET.

MAKE CHECK PAYABLE TO: Cincinnati Aquatic Club

**USA SWIMMING MEMBERSHIP CERTIFICATION FORM**

**Cincinnati Aquatic Club - *CAC Distance Meet***  
**Cincinnati Country Day School**  
**December 15, 2007**  
**Sanction: #2998-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: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_