

**CINCINNATI AQUATIC CLUB**  
**CAC Fall Sprint Challenge - Sanction #2970-OH**  
**Saturday, October 6, 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 Cincinnati Country Day School ("CCDS") facility is a 6 lane, 25 yard pool. Electronic timing facilities are by Colorado System V. 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: 8-Under, 9-10, 11-12, 13-14, and 15&Over. **Athletes should be entered in all 5 events for their age group [backstroke, breaststroke, butterfly, freestyle, and IM].** There are no time standards for this meet. Please submit short course yard times with entries. Deck entries will be permitted in open lanes only. All swimmers entered in 8-Under events shall report to the Clerk of Course. All other 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 USA Swimming, Inc., membership. Age of athlete on October 6, 2007, will determine the age group for this meet. The current Official USA Swimming Rules will govern all competition.

**ENTRIES: PLEASE enter your swimmers in all 5 events for their age group.** We encourage Hy-tek Team Manager entries. Hy-tek entries should be sent via email to [meetentry@swimcincinnati.org](mailto:meetentry@swimcincinnati.org) by the ENTRY DEADLINE of Wednesday, September 26, 2007 at 5:00 P.M. The Hy-tek event file for Team Manager can be found at CAC's website at [www.swimcincinnati.org](http://www.swimcincinnati.org). A print out of the Team Manager entries must be sent to the Entry Chairperson. All hand written entries must use the enclosed Entry Sheet. All entries must include the Team Entry Summary Sheet and Team Certification Form. 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.

Checklist for Entries:

1. Team Manager Entry file sent via e-mail by September 26, 2007 at 5:00 PM.
2. The following sent via US Mail to Entry Chair:
  - a. Printout of Team Manager Entries;
  - b. Team Summary Form/Membership Certification Form; and
  - c. Check for Total Entry Fees.

**ENTRY FEES:** There is a single entry fee of \$18.00 per swimmer for all 5 events [backstroke, breaststroke, butterfly, freestyle, and IM]; plus the \$2.00 Ohio Swimming Surcharge per swimmer (Travel Fund Surcharge/Championship Meet Facilities). **All entry fees must accompany entries.** The entry fee for deck entries is \$20.00 per swimmer, plus \$2.00 Ohio Swimming Surcharge per swimmer.

**MEET DIRECTOR:** Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243. Phone (513) 272-1221 - evening, (513) 984-5255 – day; 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 - evening, (513) 984-5255 – day; e-mail – [meetentry@swimcincinnati.org](mailto:meetentry@swimcincinnati.org) (**for Hy-tek entries**).

**AWARDS:** Ribbons - 1st through 6th place for 8 & under, 9-10, and 11-12 age groups only.

**RESULTS:** Final results, Hy-tek Team Manager Results File, and Hy-tek Meet Manager Backup File will be posted on CAC's website at [www.swimcincinnati.org](http://www.swimcincinnati.org) immediately after the meet. Meet results may be obtained on computer disk, but each team must supply their own disk.

**COACHES:** All coaches must sign in for each session and present a current USA Swimming Membership Card. At the discretion of the Meet Director, there may be a brief coaches' meeting prior to start of the meet.

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

**SWIMMERS WITH DISABILITIES:** 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.

**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.

# *CAC Fall Sprint Challenge*

## **SCHEDULE OF EVENTS**

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

CAC may modify the start times based on the number of entries.

CAC also reserves the right to break the meet into two sessions if oversubscribed.

### **Session 1 - Afternoon**

**Warm-up: 12:00 PM**

**Competition: 1:15 PM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
101	15 & Over – 50 BACK	102
103	13-14 50 BACK	104
105	11-12 – 25 BACK	106
107	9-10 - 25 BACK	108
109	8 & UNDER - 25 BACK	110
111	15 & Over – 50 BREAST	112
113	13-14 – 50 BREAST	114
115	11-12 – 25 BREAST	116
117	9-10 - 25 BREAST	118
119	8 & UNDER – 25 BREAST	120
121	15 & Over –50 FLY	122
123	13-14 –50 FLY	124
125	11-12 – 25 FLY	126
127	9-10 - 25 FLY	128
129	8-& UNDER - 25 FLY	130
131	15 & Over –50 FREE	132
133	13-14 – 50 FREE	134
135	11-12 – 25 FREE	136
137	9-10 - 25 FREE	138
139	8 & UNDER - 25 FREE	140
141	15 & Over – 100 IM	142
143	13-14 – 100 IM	144
145	11-12 – 100 IM	146
147	9-10 - 100 IM	148
149	8-& UNDER - 100 IM	150

**All Events Are Yards**

**Team Entry Summary Sheet**

***CAC Fall Sprint Challenge***  
**October 6, 2007**

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

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

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

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

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

\_\_\_\_\_ Individual Swimmers: \$18.00 = \$ \_\_\_\_\_

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

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

ATTACH CHECK TO THIS SUMMARY SHEET.

MAKE CHECK PAYABLE TO: Cincinnati Aquatic Club

**USA SWIMMING MEMBERSHIP CERTIFICATION FORM**

***CAC Fall Sprint Challenge***

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: \_\_\_\_\_

***CAC Fall Sprint Challenge***  
**October 6, 2007**  
**WARM-UP PROCEDURE AND SAFETY GUIDELINES**

**I. Warm-Up Procedure**

**A. General Warm-up - Saturday: 12:00 PM - 1:00 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. Push/Pace/Starts - Saturday: 1:00 PM - 1:10 PM**

1. Lanes 2-5 Are Sprint Lanes – One Way Only From Blocks
2. Lanes 1 & 6 are push/pace

**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: CAC Fall Sprint Challenge  
 DATE: October 6, 2007  
 SANCTION #2970-OH  
 CLUB:  
 COACH:  
 PHONE:

Circle Boys Girls 8&Under 9-10 11-12 13-14 15&Over	Event	Saturday									
		Number									
		Qualifying Time									
AGE:											
1.	AGE:										
2.	AGE:										
3.	AGE:										
4.	AGE:										
5.	AGE:										
6.	AGE:										
7.	AGE:										
8.	AGE:										
9.	AGE:										
10.	AGE:										

**ENTER MEET IN YARDS TIMES**  
**NUMBER OF INDIVIDUAL EVENTS: \_\_\_\_**