

***Cincinnati Aquatic Club***  
***CAC JANUARY INVITATIONAL***  
***Presented by: United Dairy Farmers***  
***Sunday, January 6, 2008***

***CINCINNATI COUNTRY DAY SCHOOL***

(6905 Given Road, Indian Hill, Ohio 45243)

Held under the Sanction of USA Swimming, Inc. and Ohio Swimming, Inc.  
SANCTION # 3003-OH

***12 & UNDER - SWIM YOUR AGE and 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 LED six lane scoreboard, and there is ample spectator seating overlooking the pool.

**FORMAT:** All events are **timed finals** for each age group. Each swimmer swims their age. Age classifications are: 6-Under, 7, 8, 9, 10, 11, and 12. **Deck entries** will be permitted in open lanes only. Swimmers are limited to **5 events**. The meet will be limited to 350 swimmers. Please submit short course yard times with entries. **8 and under** swimmers only shall report to the **Clerk of Course**. Other swimmers are to report directly to the blocks for each event. All swimmers must be registered athletes of USA Swimming, Inc. Coaches and swimmers must be prepared to prove USA Swimming membership. Age of swimmer on January 6, 2008, will determine the age group for this meet. The current Official USA Swimming and Ohio LSC Rules will govern the competition. See also the attached Warm up Procedure and Safety Guidelines form.

**SCHEDULE:**

|                                      |         |           |              |           |
|--------------------------------------|---------|-----------|--------------|-----------|
| Session 1: (9, 10, 11, 12 Year Olds) | WARM-UP | 7:00 A.M. | TIMED FINALS | 8:15 A.M. |
| Session 2: (6&Under, 7, 8 Year Olds) | WARM-UP | TBA.      | TIMED FINALS | TBA       |

In order to prevent crowding during warm-up, teams may be assigned to a 30 minute warm-up period starting at either 7:00 am or 7:30 am. Warm-ups will conclude with a 10 minute sprint (6 lanes) for all teams from 8:00 am until 8:10 am. The same format will be followed in Session 2.

**EVENTS:** See attached Schedule of Events. (CAC reserves the right to combine heats and/or events for time management purposes.)

**ENTRY DEADLINE:** 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 Friday, December 21, 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.

Checklist for Entries:

1. Team Manager Entry file sent via e-mail by December 21, 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:** Events: \$4.00 per event; \$2.00 per athlete Ohio Swimming, Inc. surcharge. **All entry fees must accompany entries.** The entry fee for deck entries is \$5.00 per swim, plus Ohio Swimming surcharges. Ohio Swimming NO LONGER accepts new USA athlete registration for swimmers at meets!

**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 12th place for each age group.

**SCORING:** The Meet will be scored using Hy-Tek Single Year Age Group Power Points.

**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 or jump drive.

**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 requests that all marked parking rules be followed. If all parking slots are full, additional parking is located in the CCDS South Parking lot at the main entrance to the school. Further, no one is allowed on the gymnastics equipment which is near the spectator gallery. Swimmers will camp out in either the second floor gym or the first floor gym depending on facility availability.

**COACHES:** All coaches must sign in for each session and present a current USA Swimming, Inc. 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 timing and officiating our meets. Any volunteers should contact the Meet Director.

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

## Schedule of Events

### Session 1 – Sunday Morning Session – Starts at 8:15 AM

| Girls<br>Event # | Short Course Yards<br><u>Stroke</u> | Boys<br>Event # |
|------------------|-------------------------------------|-----------------|
| 101              | 12 Year Old 50 Freestyle            | 102             |
| 103              | 11 Year Old 50 Freestyle            | 104             |
| 105              | 10 Year Old 50 Freestyle            | 106             |
| 107              | 9 Year Old 50 Freestyle             | 108             |
| 115              | 12 Year Old 50 Backstroke           | 116             |
| 117              | 11 Year Old 50 Backstroke           | 118             |
| 119              | 10 Year Old 50 Backstroke           | 120             |
| 121              | 9 Year Old 50 Backstroke            | 122             |
| 129              | 12 Year Old 50 Butterfly            | 130             |
| 131              | 11 Year Old 50 Butterfly            | 132             |
| 133              | 10 Year Old 50 Butterfly            | 134             |
| 135              | 9 Year Old 50 Butterfly             | 136             |
| 143              | 12 Year Old Breaststroke            | 144             |
| 145              | 11 Year Old 50 Breaststroke         | 146             |
| 147              | 10 Year Old 50 Breaststroke         | 148             |
| 149              | 9 Year Old 50 Breaststroke          | 150             |
| 157              | 12 Year Old Individual Medley       | 158             |
| 159              | 11 Year Old 100 Individual Medley   | 160             |
| 161              | 10 Year Old 100 Individual Medley   | 162             |
| 163              | 9 Year Old 100 Individual Medley    | 164             |

### Session 2 – Sunday Afternoon Session – Starts at TBA

| Girls<br>Event # | Short Course Yards<br><u>Stroke</u> | Boys<br>Event # |
|------------------|-------------------------------------|-----------------|
| 109              | 8 Year Old 25 Freestyle             | 110             |
| 111              | 7 Year Old 25 Freestyle             | 112             |
| 113              | 6 & Under 25 Freestyle              | 114             |
| 123              | 8 Year Old 25 Backstroke            | 124             |
| 125              | 7 Year Old 25 Backstroke            | 126             |
| 127              | 6 Under 25 Backstroke               | 128             |
| 137              | 8 Year Old 25 Butterfly             | 138             |
| 139              | 7 Year Old 25 Butterfly             | 140             |
| 141              | 6 & Under 25 Butterfly              | 142             |
| 151              | 8 Year Old 50 Breaststroke          | 152             |
| 153              | 7 Year Old 25 Breaststroke          | 154             |
| 155              | 6 & Under 25 Breaststroke           | 156             |
| 165              | 8 Year Old 100 Individual Medley    | 166             |
| 167              | 7 Year Old 100 Individual Medley    | 168             |
| 169              | 6 & Under 100 Individual Medley     | 170             |

**CAC reserve the right to combine heats and/or events for time management purposes.**

**CAC January Invitational  
Team Entry Summary Sheet  
January 6, 2008**

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

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

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

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

E-Mail ADDRESS: \_\_\_\_\_

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

\_\_\_\_\_ INDIVIDUAL EVENTS AT:      \$4.00 = \_\_\_\_\_

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

ATTACH CHECK TO THIS SUMMARY SHEET.

MAKE CHECK PAYABLE TO: Cincinnati Aquatic Club

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**USA SWIMMING MEMBERSHIP MEET ENTRY FORM**

**Meet Name:**            CAC January Invitational  
**Location:**            Cincinnati Country Day School  
**Date:**                 January 6, 2008

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. Please note Ohio Swimming NO LONGER allows athletes to be registered with USA Swimming at meets.

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

PRINTED NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

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

# **CAC JANUARY INVITATIONAL WARM UP PROCEDURE AND SAFETY GUIDELINES**

## **I. Warm-up Procedure**

A. General - Session 1: (7:00 - 8:00 am)                      Session 2: (TBA)

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. Sprints – Session 1 (8:00 am - 8:10 am)                      Session 2: (TBA)

1. Sprint Lanes – All 6 lanes for racing starts from blocks or backstroke starts from the start end of the pool 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: CAC January Invitational

DATE: January 6, 2008

CLUB:

COACH:

PHONE:

| Circle          | Boys | Girls | Saturday |  |  |  |  |
|-----------------|------|-------|----------|--|--|--|--|
|                 |      |       | Event    |  |  |  |  |
| 6&Under         | 11   |       |          |  |  |  |  |
| 7               | 12   |       |          |  |  |  |  |
| 8               |      |       |          |  |  |  |  |
| 9               |      |       |          |  |  |  |  |
| 10              |      |       |          |  |  |  |  |
| 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: \_\_\_\_\_