

CINCINNATI AQUATIC CLUB
CAC Pentathlon - Sanction #2977-OH
Saturday, October 27, 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 LED six lane scoreboard, and there is ample spectator seating overlooking the pool.

FORMAT: All events are timed finals for each age group. Age classifications are 8&Under, 9-10, 11-12 and 13&Over. Deck entries will be permitted in open lanes only. **Athletes should be encouraged to swim all five events for their age group.** Please submit short course yard times with entries. 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 27, 2007 will determine the age group for this meet. The current Official USA Swimming Rules will govern the competition. See also the attached Warm-up Procedure and Safety Guidelines form.

SCHEDULE: Session 1: 11-12 and 13&Over - WARM-UP 7:00 A.M. TIMED FINALS 8:15 A.M.
Session 2: 8&Under and 9-10 - 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. Warm-ups will conclude with a 10-minute sprint (lanes 2-5) and push/pace (Lanes 1 & 6) period for all teams.

ENTRIES: Athletes are encouraged to swim all five events for their age group. We encourage Hy-tek Team Manager entries. Hy-tek entries should be sent via email to meetentry@swimcincinnati.org by the ENTRY DEADLINE of Wednesday, October 17, 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. 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 October 17, 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 Ohio Swimming Surcharge: \$2.00/swimmer (Travel Fund/Championship Meet Facilities). **All entry fees must accompany entries.** The entry fee for deck entries is \$20.00, plus the Ohio Swimming Surcharge.

MEET DIRECTOR: Mike Rice, 7425 Algonquin Drive, Cincinnati, OH 45243. Phone (513) 272-1221 - evening, (513) 984-5255 - day; e-mail - 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 (**for Hy-Tek entries**).

AWARDS AND SCORING: Ribbons – 1st through 6th place for each event for each age group. High point awards (top three) will be presented for each gender (male and female) for each age group based on the combined Hy-Tek Age Group Power Points for all five events [backstroke, breaststroke, butterfly, freestyle, and IM]for the age group.

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 immediately after the meet. Meet results may be obtained on computer disk, but each team must supply their own disk.

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. 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. Further, no one is allowed on the gymnastics equipment which is near the spectator gallery.

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. 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; 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

Event No.	Boys/Girls	Age Group	Distance	Stroke
101	G	13&Over	100 Yard	Freestyle
102	B	13&Over	100 Yard	Freestyle
103	G	11-12	50 Yard	Freestyle
104	B	11-12	50 Yard	Freestyle
109	G	13&Over	100 Yard	Backstroke
110	B	13&Over	100 Yard	Backstroke
111	G	11-12	50 Yard	Backstroke
112	B	11-12	50 Yard	Backstroke
117	G	13&Over	100 Yard	Butterfly
118	B	13&Over	100 Yard	Butterfly
119	G	11-12	50 Yard	Butterfly
120	B	11-12	50 Yard	Butterfly
125	G	13&Over	100 Yard	Breaststroke
126	B	13&Over	100 Yard	Breaststroke
127	G	11-12	50 Yard	Breaststroke
128	B	11-12	50 Yard	Breaststroke
133	G	13&Over	200 Yard	Individual Medley
134	B	13&Over	200 Yard	Individual Medley
135	G	11-12	100 Yard	Individual Medley
136	B	11-12	100 Yard	Individual Medley

Session 2

Warm-up: TBD

Session Starts at TBD

Event No.	Boys/Girls	Age Group	Distance	Stroke
105	G	9-10	50 Yard	Freestyle
106	B	9-10	50 Yard	Freestyle
107	G	8&Under	25 Yard	Freestyle
108	B	8&Under	25 Yard	Freestyle
113	G	9-10	50 Yard	Backstroke
114	B	9-10	50 Yard	Backstroke
115	G	8&Under	25 Yard	Backstroke
116	B	8&Under	25 Yard	Backstroke
121	G	9-10	50 Yard	Butterfly
122	B	9-10	50 Yard	Butterfly
123	G	8&Under	25 Yard	Butterfly
124	B	8&Under	25 Yard	Butterfly
129	G	9-10	50 Yard	Breaststroke
130	B	9-10	50 Yard	Breaststroke
131	G	8&Under	25 Yard	Breaststroke
132	B	8&Under	25 Yard	Breaststroke
137	G	9-10	100 Yard	Individual Medley
138	B	9-10	100 Yard	Individual Medley
139	G	8&Under	100 Yard	Individual Medley
140	B	8&Under	100 Yard	Individual Medley

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

Cincinnati Aquatic Club
Team Entry Summary Sheet
CAC Pentathlon – Sanction #2977-OH
OCTOBER 27, 2006

TEAM: _____ CODE _____

TEAM CONTACT: _____

TEAM CONTACT E-MAIL: _____

DAYTIME PHONE: _____ EVENING PHONE: _____

E-MAIL ADDRESS (FOR FINAL RESULTS): _____

_____ INDIVIDUAL EVENTS AT: \$18.00 = \$ _____

_____ SWIMMERS AT: \$ 2.00 = \$ _____

(Travel Fund & Championship Facilities Site Selection Surcharges)

TOTAL AMOUNT REMITTED: \$ _____

MAKE CHECK PAYABLE TO: Cincinnati Aquatic Club

=====

USA SWIMMING MEMBERSHIP CERTIFICATION FORM

Cincinnati Aquatic Club – CAC PENTATHLON
Sanction #2977-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: _____

Cincinnati Aquatic Club
CAC PENTATHLON - Sanction #2977- OH
WARM UP PROCEDURE AND SAFETY GUIDELINES

II. Warm-Up Procedure

A. General Warm-up – First Hour

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 – Ten Minutes

1. All 6 Lanes Are Sprint Lanes – One Way Only From Blocks

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 Pentathlon
 DATE: October 27, 2006
 SANCTION #2977-OH
 CLUB:
 COACH:
 PHONE:

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

October 2007

ENTER MEET IN YARDS TIMES
NUMBER OF INDIVIDUAL EVENTS: ____