



Ohio Swimming Age Group Regional Championships February 16-18, 2008

LOCATION: Mason Community Center Competition Pool
6050 Mason-Montgomery Rd
Mason, OH 45040

DIRECTIONS: The Mason High School and the Mason Community Center are attached buildings on Mason-Montgomery Road behind the Mason City Building. The Community Center is on the north end of Mason High School.

From Cincinnati/I-71, take the Western Row Road exit and turn **Left** onto Western Row. Western Row will turn left a few lights away, but stay straight to remain on Tylersville Road. Turn **Right** onto Mason-Montgomery Road light at the next major intersection. The H.S. and Community Center will be on the **Right** before you get to Main Street. **Please park in the High School lot or across the street in the Municipal Building lot. Please do not park in the Community Center lot. There will be signs to direct you to parking.**

**** New Scratch Procedure 400, 500 & 1650:** You must use a scratch card to scratch either of these events per the National Scratch Rule. The 500 freestyle prelims are scheduled on Saturday morning, and the scratch deadline is no later than 15 minutes after the start of Saturday prelims. The 400 IM scratch deadline is no later than 15 minutes after the start of Sunday prelims. The 1650 Freestyle is scheduled as the last event of Monday morning prelims, and the deadline to scratch is no later than 15 minutes after the start of Monday prelims. If this applies to you please talk to your coach before the deadlines!!

SCHEDULE:	FLEX	WARM-UP	MEET STARTS
Prelims	8:05am	8:25 am	9:00 am
Finals	4:10 pm	4:30 pm	5:30 pm

All events except relays and the 1650 are prelim/final, with the top 16 swimmers returning for championship and consolation finals in the evening. The fastest heat of the 1650 will swim on Sunday evening at the beginning of finals.

THE 30 MINUTE SCRATCH RULE WILL BE IN EFFECT FOR FINALS. If you are unable to compete in the evening, you **MUST** state your intention to scratch within **30 minutes of the announcement** of who has qualified for the finals. **PLEASE TALK TO A CAC COACH BEFORE YOU SCRATCH.** We expect all Seahawks to compete in finals if they qualify, as this is a championship meet. If you qualify for the finals, do not scratch, and fail to compete in the evening, you may be barred from further competition in the meet (Friday and Saturday) or fined \$25 per event (Sunday). **Do not leave the meet until you have check the posted final results to see if you have made the top 16! Be sure you scratch at the proper location.**

If you are in the top 24 and are not planning to swim at finals, Mason has requested that you scratch to allow alternates to move up. There is not a penalty if you do not scratch after the 16th position. This is a courtesy to other swimmers.

AWARDS:

Individual events:	Medals	1st – 8th
	Ribbons	9 th – 16th
Relays:	Medals	1st – 3 rd

If you make an Ohio AA cut at this meet, please see the coach before you leave the meet to verify that we are aware of the cut. We will enter you in the event at the AA champs unless you tell us otherwise before you leave the meet. Updates to our team AA entry will be posted ASAP.

DAILY SCHEDULE:

Saturday:	EVENTS	101 - 1284
Sunday:	EVENTS	201 - 232
Monday:	EVENTS	301 –324

Go Seahawks! No limits!