



CINCINNATI AQUATIC CLUB

15th Annual CAC SUMMER CLASSIC

JUNE 4-6, 2010

MIAMI UNIVERSITY AQUATIC CENTER

Located in the Miami University Recreational Sports Center, Oxford, Ohio
Held under the Sanction of USA Swimming, Inc. and Ohio Swimming, Inc.
LONG COURSE METERS

FACILITY: The Miami University Aquatic Center is a world class facility. It was the site for the 1995, 1996, 1999, and 2004 Central Zone Championships, the 1997 and 2000 Summer Northeast Junior Championships, the 2001, 2003, 2004 Spring, and Summer 2007 Speedo Sectionals, and the 2008 NCAA Division III National Championships. The Center features a 50 meter x 25 yard pool with eight championship nine foot wide lanes. There is an adjacent diving well with four 25 meter lanes available for continuous warm-up and warm-down. Electronic timing and video facilities are by Colorado Timing Systems, Colorado Olympex scoreboard and video board. There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the start/finish end of the pool.

FORMAT: All events are timed finals for all age groups. Age classifications are: 8-Under, 9-10, 11-12, 13-14 and Open. Longer events will combine 8-Under and 9-10 into a 10-Under category. There are no minimum times. There will be **no Clerk of Course**; 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 current USA Swimming membership or they may not be permitted to participate. Age of athlete on June 4, 2010 will determine the age group for this meet. Age group athletes may swim Open events, but meet management is not responsible for lack of recovery time prior to the next age group event. The 2010 Official USA Swimming, Inc., and Ohio Swimming, Inc. ("OSI") Handbook will govern all competition and warm-up procedures. **Athletes are limited to 5 events per day, plus relays.** Teams may enter with short course yard or long course meter times. Short course yard times will be converted to long course meters times for seeding. **Updating of times is not permitted.** All Friday events and all 200 meter events in other sessions will require **positive check in.** 200 meter events on Friday will be limited to the **top 48 athletes.** All 400 meter freestyle events in all sessions will be limited to the **top 32 athletes,** and swum fastest to slowest. All 400 meter IM events will be limited to the **top 24 athletes,** and swum fastest to slowest. Cincinnati Aquatic Club reserves the right to add a heat of their own swimmers to 200 meter and longer events based on the time line. **Events will start from both ends of the pool as follows:** All Relays will start from the Balcony end of the pool. All 50 meter events will start from the Scoreboard end of the pool. All events of 100 meter and longer: Odd Number Heats will start from the Balcony end of the pool, Even Number Heats will start from the Scoreboard end of the pool. Meet management reserves the right to modify published warm-up procedures to reduce over-crowding.

IMX Extreme Challenge Events – Cincinnati Aquatic Club is proud to offer All Events for the IMX Extreme Challenge, using Hy-tek Single Year Age Group Power Points. Complete information for the IMX Extreme Challenge can be found in your Meet Program and at usaswimming.org.

FINA 50 Meter Events – CAC has added the 50 Meter Breaststroke, 50 Meter Backstroke, and 50 Meter Butterfly for the 13-14, and Open Age Groups to the meet. We are measuring demand for these FINA recognized events by offering these events at this meet.

OFFICIALS: This Meet has been approved as a National Officials Qualifying Meet QM10-055, and is open to all Officials wishing to certify or recertify N2 (formally National) is offered for Stroke & Turn, Chief Judge, Starter, and Deck Referee. N3 (formally National Championship) is offered for Stroke & Turn. Evaluations for Advancement to all N2 Positions offered require you be evaluated over 3 Sessions. Evaluations for advancement to N3 Stroke & Turn require you be evaluated over 4 sessions. Evaluations for re-certification at N2/N3 Levels offered require you be evaluated over 2 Sessions. **In order for all evaluations to be valid, you must work a minimum of 4 sessions at this meet.** Advance application is required, and can be found on the Ohio Swimming's website at swimohio.com in the Officials section, and the meet host website at swimcincinnati.org.

SCHEDULE:

FRIDAY:	ALL	WARM UP TIMED FINALS	2:00-3:00 P.M. 3:15 P.M.
SATURDAY & SUNDAY:	13-14 & OPEN	WARM UP TIMED FINALS	7:00-8:00 A.M. 8:15 A.M.
	8-UNDER, 9-10, & 11-12	WARM UP TIMED FINALS	To Be Announced To Be Announced

Miami University rules require one hour between sessions and fifteen minutes between warm-up and competition to permit pool and deck clean up. Athletes scheduled to compete in an afternoon session will not be permitted on the pool deck until at least one hour after completion of the morning session.

ENTRY DEADLINE: It is recommended that the Team Manager Event File be downloaded from CAC's website at www.swimcincinnati.org. Entries must be received by the Entry Chairperson no later than 12:00 P.M (noon) May 7, 2010, or received by the US Mail no later than May 7, 2010 at 12:00 PM (noon). We encourage HYTEK entries. HYTEK entries should be sent either: (a) via Email to meetentry@swimcincinnati.org. **All entries must include: the Meet Entry Form, Team Summary Sheet, and a check for all entry fees.** No entry fees will be returned unless required by USA Swimming, Inc., or OSI rules. The meet may be closed prior to the entry deadline, as meet entries will be limited in order to comply with applicable rules related to the length of individual meet sessions. Meet management reserves the right, in its sole discretion, to accept or reject any meet entry. Factors meet management may consider in determining whether or not to accept a meet entry include, but are not limited to, the following: timeliness of entry; number of events entered by each individual athlete included in the entry; prior participation in this meet; prior participation in other CAC hosted meets; etc.

All teams will be notified by e-mail whether or not their entry has been accepted. Deck entries will be accepted [\$5.00 individual event/\$10.00 Relay Event] on the day of the event for open lanes only. No additional heats will be added to any event to accommodate additional deck entries. All deck entries must be accompanied by a valid 2010 USA Swimming Registration Card.

ENTRY FEES: Individual Events: \$4.00; Relays: \$7.00; plus an OSI Surcharge \$2.00 per athlete. **All entry fees must accompany entries, and received by entry deadline.**

MEET DIRECTOR: Mike Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243; Phone: (513) 272-1221 (h); Email Address: meetdirector@swimcincinnati.org (not for Hy-Tek e-mail entries)

ENTRY CHAIRPERSON: Mike Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243; Phone: (513) 272-1221 (h); Email Address: meetentry@swimcincinnati.org (for Hy-Tek e-mail entries)

AWARDS: Individual events: Ribbons – 1st through 8th place – 12& under events only.

Relays: Ribbons – 1st through 3rd – 12 & under events only.

There will be team trophies for overall first and second place high point visiting teams, and awards for first, second and third place high point male and female athletes in each age group. The individual high point awards will be scored using Hy-Tek Age Group Points.

SCORING: Team Awards will be based on the top sixteen places for individual events and the top sixteen places for relays for team awards.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

RESULTS: Final results will be posted to the meet host website www.swimcincinnati.org Meet results may also be obtained at the meet by providing a flash drive.

LOCATION: Miami University Aquatic Center is located in the Miami University Recreational Sports Center, Oxford, Ohio.

From Cincinnati: Take Rt. 27 north from I-275 (on the west side of I-75). Take left on Chestnut Street; right on Oak Street. Facility is on left. Parking is in front. Approximate driving time: 45 minutes

From Dayton: Take I-75 south to Rt. 73 west. Take left on Patterson Street; right on Spring Street; left on Oak Street. Facility is on right. Approximate driving time: 1 hour, 15 minutes.

From Indianapolis: Take I-70 east to Rt. 27 south. Take right on Lowell Street; left on Spring Street; right on Oak Street. Facility is on right. Approximate driving time: 2 hours.

FACILITY ADMISSION CHARGE: There will be an admission charge of \$3.00 per day per adult to help cover the cost of renting the facility. Timers and officials and other meet volunteers will not be charged admission.

COACHES: All coaches must sign in for each session and must present a current USA Membership card. There will be a coaches meeting on June 4, 2010 after warm ups at 3:05 P.M. Other coaches meetings will be held only if necessary. Cincinnati Aquatic Club will provide a Hospitality Room for all coaches and officials during the meet.

ADAPTIVE SWIMMING: 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 is available under Adapted Swimming on the Ohio Swimming website.

TIMERS AND OFFICIALS: We greatly appreciate the help we get from other swim clubs in timing and officiating our meets. **Each visiting team will be required to volunteer timers.** Each team will be notified by mail and/or email of its specific assignments by the Meet Director prior to the meet. Teams accepted into the meet must complete the Volunteer Timers and Officials form (to be sent later).

RELAYS AND RELAY CHECK-IN PROCEDURES: Each coach will receive Relay Sheets listing the competing relay swimmers as part of Coaches Packet upon arrival at the Meet. Changes to Relays can be made to up to the deadlines shown below, by noting the changes on the Relay Sheet, and returning the form to the Clerk of Course. However, relay order may be changed by the coach up to the time of the swim.

Relay Sheets – Deadlines for Changes		
Saturday	All Relays	2 Hours after start of Friday’s Session
Sunday	All Relays	2 Hours after start of Saturday’s PM Session

MISCELLANEOUS: The Miami University Recreational Sports Center, in which the Aquatic Center is located, includes a complete gymnasium, weight room, aerobic exercise equipment, leisure pool (with lifeguard) and spa, rock climbing wall, and running track. These facilities are available Friday, Saturday and Sunday to athletes and their families at a discounted rate. Arrangements are to be made directly with Miami University.

Food concessions provided by Miami University will be available throughout the weekend, and will be open for morning warm-ups. In addition, swim vendors with swim products will be available during the weekend.

Miami University rules provide that: (a) no coolers are permitted in the facility; (b) plastic water and sport drink containers are the only allowable food or drink items permitted on the pool deck; and (c) parents and spectators are not allowed on deck. Ample free parking is available near the Aquatic Center, and a central parking garage is available nearby. Parking marshals will be on duty during warm-ups to answer any questions.

Also refer to the link <http://www.enjoyoxford.org/Hotels.php> for the list of nearby lodging facilities within a short driving distance of the Aquatic Center. CAC makes no judgment as to the quality of any of the lodging facilities on the list. You are encouraged to make room reservations well in advance of June 4th.

SEE YOU THIS SUMMER AT MIAMI UNIVERSITY!

15th Annual CAC SUMMER CLASSIC

ORDER OF EVENTS

FRIDAY, 6/4/2010		WARM UP: 2:00 P.M.
PM SESSION (1)		COMPETITION: 3:15 P.M.
GIRLS	EVENT	BOYS
101	OPEN 200 IM (IMX) *	102
103	13-14 200 IM (IMX) *	104
105	11-12 200 IM (IMX) *	106
107	10-UNDER 200 IM (IMX) *	108
109	OPEN 400 FREE (IMX) **	110
111	13-14 400 FREE (IMX) **	112
113	11-12 200 FREE *	114
115	10-UNDER 200 FREE (IMX) *	116

SATURDAY, 6/5/2010			WARM UP: 7:00 A.M.	SATURDAY, 6/5/2010			WARM UP: TBA	
AM SESSION (2)			COMPETITION: 8:15 A.M.	PM SESSION (3)			COMPETITION: TBA	
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
201	13-14 200 FREE RELAY	202	233	11-12 200 MEDLEY RELAY	234			
203	OPEN 200 FREE RELAY	204	235	9-10 200 MEDLEY RELAY	236			
205	13-14 100 BACK	206	237	8-UNDER 200 MEDLEY RELAY	238			
207	OPEN 100 BACK	208	239	11-12 100 FLY (IMX)	240			
209	13-14 200 FLY (IMX) *	210	241	10-UNDER 100 FLY (IMX)	242			
211	OPEN 200 FLY (IMX) *	212	243	11-12 50 FREE	244			
213	13-14 50 BREAST (FINA)	214	245	9-10 50 FREE	246			
215	OPEN 50 BREAST (FINA)	216	247	8-UNDER 50 FREE	248			
217	13-14 100 FREE	218	249	11-12 100 BACK (IMX)	250			
219	OPEN 100 FREE	220	251	10-UNDER 100 BACK (IMX)	252			
221	13-14 200 BREAST (IMX) *	222	253	11-12 50 BREAST	254			
223	OPEN 200 BREAST (IMX) *	224	255	9-10 50 BREAST	256			
225	13-14 50 FLY (FINA)	226	257	8-UNDER 50 BREAST	258			
227	OPEN 50 FLY (FINA)	228	259	11-12 400 FREE (IMX)	260			
229	13-14 400 IM (IMX) ***	230						
231	OPEN 400 IM (IMX) ***	232						

SUNDAY, 6/6/2010			WARM UP: 7:00 A.M.	SUNDAY, 6/6/2010			WARM UP: TBA	
AM SESSION (4)			COMPETITION: 8:15 A.M.	PM SESSION (5)			COMPETITION: TBA	
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
301	13-14 200 MEDLEY RELAY	302	329	11-12 200 FREE RELAY	330			
303	OPEN 200 MEDLEY RELAY	304	331	9-10 200 FREE RELAY	332			
305	13-14 100 FLY	306	333	8-UNDER 200 FREE RELAY	334			
307	OPEN 100 FLY	308	335	11-12 50 FLY	336			
309	13-14 50 FREE	310	337	9-10 50 FLY	338			
311	OPEN 50 FREE	312	339	8-UNDER 50 FLY	340			
313	13-14 200 BACK (IMX) *	314	341	11-12 100 BREAST (IMX)	342			
315	OPEN 200 BACK (IMX) *	316	343	10-UNDER 100 BREAST (IMX)	344			
317	13-14 100 BREAST	318	345	11-12 50 BACK	346			
319	OPEN 100 BREAST	320	347	9-10 50 BACK	348			
321	13-14 50 BACK (FINA)	322	349	8-UNDER 50 BACK	350			
323	OPEN 50 BACK (FINA)	324	351	11-12 100 FREE	352			
325	13-14 200 FREE *	326	353	9-10 100 FREE	354			
327	OPEN 200 FREE *	328	355	8-UNDER 100 FREE	356			

All events are timed finals.

* These events will require positive check-in, and may be limited to the top 48 athletes.

** These events will require positive check-in, and may be limited to the top 32 athletes.

*** These events will require positive check-in, and may be limited to the top 24 athletes.

USA SWIMMING MEMBERSHIP

CERTIFICATION FORM

Meet Name: 15th Annual CAC Summer Classic
Location: Miami University Aquatic Center
Date: June 4-6, 2010

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 15th Annual CAC SUMMER CLASSIC JUNE 4 - 6, 2010 TEAM SUMMARY SHEET

All entries must be fully completed, and delivered or received in the mail by and 12:00 P.M. (noon), May 7, 2010. Please make certain your entry includes all of the following:

1. Completed Individual and Relay Entries (with relay names) in HYTEK Team Manager software.
2. Completed USA Swimming Membership Certification Form (top of this page);
3. This Team Summary Sheet completed
4. Check for entry fees made payable to: Cincinnati Aquatic Club

Mail or deliver to: Michael Rice, 7425 Algonquin Drive, Cincinnati, Ohio 45243

TEAM NAME: _____
TEAM CODE: _____
TEAM CONTACT: _____
E Mail: _____
PHONE NUMBER: _____
HEAD COACH: _____

_____ Total # of swimmers @ \$2.00 each for Surcharges = \$ _____
_____ Total # of Individual Events @ \$4.00 per Event = \$ _____
_____ Total # of Relay Events @ \$7.00 per Event = \$ _____
TOTAL AMOUNT REMITTED = \$ _____

SIGNED: _____ DATE: _____

15th Annual CAC SUMMER CLASSIC

June 4-6, 2010

WARM UP PROCEDURE AND SAFETY GUIDELINES

I. Warm Up Procedure

- A. First 40 Minutes (Friday 2:00 - 2:40 PM and Saturday/Sunday 7:00 AM - 7:40 AM & Tentatively 1:15 PM - 1:55 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. Last 20 Minutes (Friday 2:40 - 3:00 PM and Saturday/Sunday 7:40 AM - 8:00 AM & Tentatively 1:55 PM - 2:15 PM): When all coaches in a lane agree, that lane may be converted to a racing start lane. The lane shall be completely clear of athletes and a marshal shall have given approval before any athletes begin racing starts. Athletes may use sprint lanes for racing starts from blocks or back-stroke starts. Athletes will swim in the sprint lanes in one direction 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.