

	<p align="center">2023 OH AP SWOYSL Long Course Championships July 6-9, 2023 Held under the approval of USA Swimming Sanctioned by YMCA of the USA USA Approval #: OH-23LC-33AP</p>	<p align="center">Hosted by YMCA of Greater Cincinnati</p>
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Location:	Miami University 750 S. Oak Street Oxford, Ohio 45056 513-529-1844
Facility: Miami University Oxford, Ohio	The Corwin Nixon Aquatic Center is configured as an 8 lane, 50-meter course. Water depth at start is 8 feet (minimum 5 feet required) and at turn end is 8 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4) The warm-up pool is 25-meter with 8 lanes.
Meet Director:	Jon Saxton
Meet Referee:	Hiroshi Tanaka hiroshi.kan.tanaka@gmail.com
Officials Contact for the Meet:	Jon Saxton jsaxton@rendigs.com 513-518-5153 Note: Officials will wear white over khaki.
Entry Chair:	Claudia Multer Claudia.multer@gmail.com
Approval:	In granting this approval it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Meet Type:	This meet is a closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is approved by the Ohio LSC of USA Swimming
Meet Type:	This is a closed YMCA League Meet. Swimmers 11 and over will have the opportunity to participate in a prelim/final format. Those 10 and under will participate in timed finals
# Of Sessions:	10

Organization Regulations/Waivers	
USA Swimming Rules	<ul style="list-style-type: none"> • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. • Deck changes are prohibited. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Flash photography is not permitted at the start of any race. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Technical Suit Ban	<ul style="list-style-type: none"> • Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. <ul style="list-style-type: none"> ○ A Technical Suit is one that has the following components: ○ Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or ○ Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Ohio State Laws that are applicable to Ohio Swimming approved events	<ul style="list-style-type: none"> • Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion. • There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4. • AED is available.
Waiver/Release	<ul style="list-style-type: none"> • By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. • All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and

	<p>pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.</p>
Entering the Meet	
Eligibility: Swimmer	<p><u>YMCA Membership:</u> An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.</p> <p><u>Amateur Status:</u> An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer. For this meet, college swimmers may compete as non-scoring competitors. A relay with a college swimmer would be non-scoring. College swimmers may qualify for finals but will not score points.</p> <p>To be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2022.</p> <p><u>Athlete Age –</u> The athlete age is the age on July 6, 2023. (The first day of the meet)</p> <p><u>Safesport Athlete -</u> SafeSport requirements for 18 and over swimmers. All athletes that are 18 years of age or older are to complete the three part Athlee Protection training through SafeSport link.</p>
Eligibility: Coach	<p><u>Required Certifications:</u> Coaches must hold current certifications in the following courses to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), Principles of YMCA Competitive Swimming and Diving, Child Protection Training including Mandated Reporter.</p> <p>A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.</p> <p>Also, for those coming from out of state, you may not be aware of two Ohio laws that apply here in Ohio. Compliance with applicable state law is your obligation and we <u>will not assume the responsibility</u> for confirming your compliance. The attached links will provide you with important information. Please review and comply with these Ohio laws.</p> <p>· Lindsay's Law: Sudden Cardiac Arrest in Youth Athletes - http://www.odh.ohio.gov/landing/Lindsays-Law.aspx Ohio youth sports concussion law - http://www.healthy.ohio.gov/concussion</p>

	<p><u>Coach Registration:</u> Each coach must have completed the annual YMCA on-line coach registration process. Any coach that is not registered and approved will not be permitted on deck.</p> <p><u>Teams without a Coach at the Meet:</u> All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.</p>
Eligibility: Team	<p><u>Team Registration:</u> Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.</p> <p><u>Insurance:</u> Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet. The Certificate must list Miami University and Greater Cincinnati YMCA as “Additional Insureds” under your insurance policies. Please email Jon Saxton.</p> <p><u>Meet Declaration Form</u> – Each team must send a YMCA Sanctioned Meet Declaration Form to the Meet Director prior to the meet. The meet declaration form is in Appendix 3.</p>
Disability Swimmers:	<ul style="list-style-type: none"> • Ohio Swimming welcomes swimmers with a disability. • Entry Procedures: <ol style="list-style-type: none"> 1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. List in the email with the electronic entry (or on the paper entry) the swimmer’s name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. • Preferred seeding is in the swimmer’s age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits	<p>INDIVIDUAL: A swimmer may swim a maximum of 3 individual events per day. The limit for the meet is 6 events.</p> <p>To be entered in an event, a swimmer must have a qualifying long course time or may use a yard time. Times submitted must be from meetings dated May 1, 2022 to the entry date. A swimmer may swim a maximum of one (1) age group medley relay and one (1) age group freestyle relay.</p> <p>A swimmer must swim in his/her age group for individual events. A swimmer may swim up one or more age groups for relays.</p> <p><i>"No Time" (NT) entries will not be accepted.</i></p>

	<p>Entries may be entered in long course meters or yards. Please indicate "S" for short course meter and "Y" for yard times. All entry times without a designation will be assumed to be long course meters times. DO NOT CONVERT TIMES.</p> <p>To enter Senior events, a swimmer must be at least 12 years of age and not older than twenty one (21) years of age on the first day of the YMCA Long Course Nationals.</p> <p>Relay only swimmers can be entered in Team Manager. Enter them on a relay.</p> <p>RELAYS: Team entries for relay events are unlimited. Only A, B and C relays per team per event can score. All other relays will not be scored under any circumstances, including disqualification of the team's A, B or C relays. Please mark any relays beyond C as exhibition.</p> <p><i>Enter relay only swimmers as alternates on relays. All relay swimmers must be on your roster.</i></p> <p>200 Mixed Medley Relay to compete Saturday evening. One entry per team allowed. The event is scored.</p> <p>USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.</p>
Entry Times	<p>QUALIFICATION PERIOD: The qualification period is May 1, 2022, through the entry deadline (June 30, 2023).</p> <p>Some events have qualifying times. Swimmers/Relays must have equaled or bettered the minimum time standard to be eligible for events with qualifying times. See: Appendix 2.</p> <p>TIMES: No Times (NT) are not allowed. Submit entry times in long course meters when possible. Actual time (no conversion). SCY times are acceptable. Entered times must be the swimmer's BEST time achieved during the qualifying period.</p>
Entry Procedures: Entry Fees	<ul style="list-style-type: none"> • Deadline for receipt of entries is Friday, June 30, 2023, 8 PM. There are no deck entries at championships. • Entries and fees will be through SwimCloud. • Entries must be submitted in LCM (preferably) using an electronic meet entry software (Hy-Tek/Team Unify). • Entry Fees: \$5 Individual events - \$20 Relay - \$15 surcharge • Checks (online payment preferred) are payable to: • Southwest Ohio YMCA Swim League • Mail to: Pam Fulton • 1738 St Route 202 • Troy, Ohio 45373 • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.

Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> • The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. The Meet Director will distribute this information in advance of the meet. • The Meet Director and Meet Referee (or their special designees) will jointly monitor warm-ups. • Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck. • Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet.
Competition Guidelines:	<ul style="list-style-type: none"> • The meet course will be Long Course Meters. • No Clerk of Course will be available. • Seeding will be determined after entries have been received. • The meet will be timed finals for 10 and under.
Starts	Depending on the number of entries and the meet schedule, 'Fly-over' starts may be used at this meet at the discretion of the meet referee. If so, all swimmers (except for Backstroke starts) should remain in the water close to the wall near the lane line at the completion of their race until the next heat has begun.
Declared false start:	An athlete may withdraw from a heat by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.
Scratch Procedures for preliminary events or timed finals:	An athlete is considered entered an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.
Scratch Procedures for all events with finals:	<p>The following SCRATCH RULE will be strictly enforced for all events with finals:</p> <p>Those swimmers announced as advancing to finals MUST scratch if they do not plan to return for finals. Scratches MUST utilize a Scratch Form obtained from the scratch table and signed by the swimmer's coach. To be accepted, these Scratch Forms MUST be turned in at the scratch table within 30 minutes of the announcement of that events results. After 30 minutes, the results are official.</p> <p>For failure to compete in a Consolation and/or Championship Finals Event in which a swimmer is seeded, the swimmer will:</p> <ul style="list-style-type: none"> A. Miss his/her next individual event (prior swims not affected) -or- B. If the event missed is his/her last event, a \$25.00 fine will be imposed on the team. C. Exceptions: no penalties shall apply for failure to compete in finals if the referee is notified in the event of injury or illness and accepts proof thereof,

	or it is determined by the referee that the failure to compete is caused by circumstances beyond the control of the athlete.
Declaration of intent to Scratch	Within 30 minutes of the announcement of an event's results, a swimmer may declare that he/she may not compete in the finals of an event pending results of subsequent preliminary events. The swimmer must declare his/her final intentions within 30 minutes of the completion of their last individual event. If the swimmer does not return to confirm the scratch, the swimmer will be seeded into the finals event and penalties set forth for failure to compete will apply.
Seeding for finals	Finals events will be seeded based on the OFFICIAL preliminary results. AFTER the results are official, any scratches made known to the Administrative Referee will result in the entire event being reseeded if and only if there is sufficient time to do so prior to the event being swum. If there is not sufficient time and if the scratch or no-show is in the consolation heat the alternate swimmer will simply swim in the lane originally assigned to the scratched or no-show swimmer. If there is not sufficient time and if the scratch or no-show is in the championship heat no alternate will swim and the lane will remain empty. Once the consolation heat has swum, there will be no alternate in the championship heat and the lane will remain empty. Once the consolation heat has swum, there will be no alternate in the championship heat.
No show:	Because the meet is preseeded, an athlete who is seeded in an event (Prelims) and fails to compete (i.e., a "no show") will have no penalty.
Protest Procedures	Protests may be initiated by a person of stranding, that is, a coach or YMCA supervisor whose team is competing at the meet. The meet committee arbitrates the protest, eligibility issues, safety rules, and other issues. The meet committee will consist of members of the league's executive committee in attendance at the session. Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the referee and the referee's decisions will be final. (USA-S rule 102.23)
Competition Guidelines Finals	<ul style="list-style-type: none"> • Most 11 & Over events will be swum using a Prelim/Finals format. Exceptions: The 1500 free, 800 free, 400 IM and 200 free and all relays are timed finals. 200 Stroke Events have special Final Heat designations. See list below to see the number of heats swimming in finals. • 1500 Free, 400 IM, 200 Free: All heats are Timed Finals swim on Thursday. • 800 Free: All heats are Timed Finals swim on Monday midday. • <u>200 Breaststroke, 200 Backstroke, & 200 Fly:</u> For prelims, it will be swum as 12 and older together. For Finals, the event will be split into heats: 1 Heat of 12-14 2 heats of 15 and older <p><u>For all other Age Group events for 11 & Older</u> 1 heat of 11-12</p>

	2 heats of 13-14 3 heats of 15 & over			
Awards:	<ul style="list-style-type: none"> • There will be awards at this meet for 12 and under swimmers. • Individual events – medal 1-3 , ribbon 4-16, Relay events – ribbons 1-16 • Heat ribbons for 10 and under • There will be no awards for 13 and over. • There will be overall team awards (first, second, and third) (all events scored) • There will be Team age group awards (senior events are not scored in team age group awards.) 			
Scoring	Events will be scored to 16 places for individual and relay events.			
Hospitality	Hospitality will be provided to coaches and officials.			
Worker Assignments	<p>The Meet Director will assign meet workers spots to YMCA's based on the size of the team in the prior year's Long Course Championship. It is the responsibility of each YMCA to fill the assigned spots. Fines will be issued in the event spots are not filled. Details such as report times and meetings will be publicized. Meet worker assignments will be announced approximately 30 days prior to the meet.</p> <p>Reminder – swimmers must provide their own timer for the 800 Free and 1500 Free events.</p> <p>Officials are not assigned, but officials from the League are requested to volunteer for as many sessions as possible.</p> <p>This is a large League meet and is only possible through the combined efforts of all.</p>			
Devotions		Friday	Saturday	Sunday
	AM	PCY	SPY	MCY
	PM	XXX	CY	CY
	Finals	KEY	AMFY	RCDB

APPENDIX 1: ORDER OF EVENTS

Please refer to Competition Guidelines Finals for information about the number of heats for finals. Also, please note that the 200 stroke events will be swum 12 & older in the prelims and 12-14 and 15 & older in finals.

Thursday, July 6, 2023 late afternoon						
Girl	Event	Boy				
101	1500 Freestyle	102				
103	11-12 200 Freestyle	104				
105	13-14 200 Free	106				
107	15 & O 200 Freestyle	108				
109	12-14 400 IM *	110				
111	15 & O 400 IM	112				
Friday, July 7, 2023						
	AM Session				Finals Session	
Girl	Event	Boy		Girl	Event	Boy
201	Senior 800 Free Relay	202		203	11-12 200 IM	204
203	11-12 200 IM	204		205	13-14 200 IM	206
205	13-14 200 IM	206		207	15 & O 200 IM	208
207	15 & O 200 IM	208		209	11-12 100 Backstroke	210
209	11-12 100 Backstroke	210		211	13-14 100 Backstroke	212
211	13-14 100 Backstroke	212		213	15 & O 100 Backstroke	214
213	15 & O 100 Backstroke	214		215	12 & O 200 Butterfly	216
215	12 & O 200 Butterfly	216		217	11-12 50 Butterfly	218
217	11-12 50 Butterfly	218		219	13-14 50 Butterfly	220
219	13-14 50 Butterfly	220		221	15 & O 50 Butterfly	222
221	15 & O 50 Butterfly	222		223	11-12 400 Freestyle	224
223	11-12 400 Freestyle	224		225	13-14 400 Freestyle	226
225	13-14 400 Freestyle	226		227	15 & O 400 Freestyle	228
227	15 & O 400 Freestyle	228				

APPENDIX 2 - 2023 QUALIFYING TIMES

Girl SCY	Girl LCM	8 & under	Boy LCM	Boy SCY
1:41.56	1:54.99	50 Free	1:54.99	1:41.56
		100 Free		
		50 Back		
		50 Breast		
		50 Fly		

Girl SCY	Girl LCM	9-10	Boy LCM	Boy SCY
1:28.31	1:39.99	50 Free	1:42.99	1:30.96
3:10.77	3:35.99	100 Free	3:59.99	3:31.96
		200 Free		
		50 Back		
1:43.32	1:56.99	100 Back	1:56.99	1:43.32
		50 Breast		
1:48.62	2:02.99	100 Breast	2:02.99	1:48.62
		50 Fly		
1:45.09	1:58.99	100 Fly	1:58.99	1:45.09
3:31.96	3:59.99	200 IM	3:59.99	3:31.96

Girl SCY	Girl LCM	11-12	Boy LCM	Boy SCY
1:10.65	1:19.99	50 Free	1:20.99	1:11.53
2:33.67	2:53.99	100 Free	2:54.99	2:34.55
6:59.03	6:13.99	200 Free	6:10.99	6:55.67
		400/500 Free		
		50 Back		
1:26.54	1:37.99	100 Back	1:35.99	1:24.78
		50 Breast		
1:33.61	1:45.99	100 Breast	1:45.99	1:33.61
		50 Fly		
1:23.89	1:34.99	100 Fly	1:34.99	1:23.89
2:54.87	3:17.99	200 IM	3:21.99	2:58.40

2023 SWOYSL LC Qualifying Times

Girl SCY	Girl LCM	13-14	Boy LCM	Boy SCY
		50 Freestyle		
1:06.39	1:16.99	100 Freestyle	1:13.99	1:04.39
2:25.89	2:47.99	200 Freestyle	2:42.99	2:21.99
6:27.19	5:49.09	400/500 Freestyle	5:29.99	6:05.79
		50 Backstroke		
1:15.89	1:26.99	100 Backstroke	1:24.99	1:14.09
2:36.39	2:59.29	200 Backstroke	2:54.09	2:31.79
		50 Breaststroke		
1:27.39	1:39.99	100 Breaststroke	1:36.99	1:24.69
3:01.79	3:27.99	200 Breaststroke	3:17.19	2:52.19
		50 Butterfly		
1:15.89	1:26.99	100 Butterfly	1:22.99	1:12.29
2:41.69	3:06.29	200 Butterfly	3:05.19	2:41.59
2:49.39	3:13.99	200 IM	3:02.99	2:39.69
5:41.49	6:31.09	400 IM	6:13.19	5:25.69

Girl SCY	Girl LCM	15 & over	Boy LCM	Boy SCY
		50 Freestyle		
:58.29	1:07.99	100 Freestyle	1:06.99	:57.19
2:04.29	2:22.99	200 Freestyle	2:14.99	1:56.79
5:59.09	5:23.99	400/500 Freestyle	4:56.99	5:28.79
		50 Backstroke		
1:08.49	1:18.99	100 Backstroke	1:14.99	1:05.29
2:33.49	2:55.99	200 Backstroke	2:48.09	2:26.49
		50 Breaststroke		
1:24.69	1:36.99	100 Breaststroke	1:26.99	1:15.89
2:54.49	3:19.79	200 Breaststroke	3:09.99	2:45.89
		50 Butterfly		
1:09.69	1:19.99	100 Butterfly	1:14.99	1:05.09
2:41.69	3:05.29	200 Butterfly	2:50.99	2:29.09
2:30.79	2:52.99	200 IM	2:45.99	2:24.69
5:23.49	6:10.69	400 IM	5:49.99	5:05.19

Girl SCY	Girl LCM	Senior	Boy LCM	Boy SCY
13:15.59	11:49.99	800/1000 Freestyle	11:09.99	12:30.69
20:30.99	20:51.79	1500/1650 Freestyle	19:25.99	19:06.59
7:00.00	7:00.00	400 Medley Relay	7:00.00	7:00.00
12:00.00	14:00.00	800 Freestyle Relay	14:00.00	12:00.00

Note: A qualifying time in the 1500 free or 1650 free can be used as a qualifying time for the 800 free.

A qualifying time in the 800 free or 1000 free can be used as qualifying for the 1500 free.

YMCA Sanctioned Meet Declaration Form

(**Note:** Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2023 2023 SWOYSL Long Course Championships__

Meet Date(s): July 6-10, 2023.

Meet Host: YMCA of Greater Cincinnati

Meet Location: Miami University, Oxford, Ohio

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2023 SWOYSL Long Course Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2023 SWOYSL Long Course Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA of Greater Cincinnati, their agents, representatives or assigns, and the Miami University, of Oxford, Ohio. Furthermore, we understand that the YMCA of the USA and YMCA of Greater Cincinnati are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee