



Sycamore Flying Fish
12th Annual Val Lyons Invitational
October 23-25, 2009

Sycamore High School Natatorium
7400 Cornell Road Cincinnati, Ohio 45242

Held under the Sanction of USA Swimming, Inc. and Ohio Swimming, Inc.
SHORT COURSE YARDS SANCTION # 3194-OH

FACILITY: The Sycamore High School facility is a 6 lane, 25 yard pool. Electronic timing facilities are by Colorado System V, and a Colorado Time 6-lane scoreboard. There is a separate commons area for swimmers, guest with spectator seating in the pool.

FORMAT: All events are timed finals for each age group. Age classifications are: 8-Under, 9-10, 11-12,13 & over and open. All open events have a minimum age of 12yr. **Athletes are limited to 4 events per day.** There are no minimum time standards. Deck entries will be permitted in open lanes only. **Events may be limited and/or combined to keep each session scheduled to take less than 4 hours in order to maintain compliance with the 4 hour rule of USA Swimming. Sycamore also reserves the right to swim all sycamore swimmers.** 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 23, 2009, 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: See attached schedule and order of events for this meet. In order to prevent crowding during warm-ups, teams may be assigned to a designated warm-up period.

EVENTS: See attached schedule of events. (SFF 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@sycamoreflyingfish.com by the ENTRY DEADLINE of Saturday, October 10th, 2009 at 6:00 P.M. The Hy-tek event file for Team Manager can be found at SFF's website at www.sycamoreflyingfish.com. 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 Sycamore Flying Fish, must accompany your entry.

Checklist for Entries:

1. Team Manager Entry file sent via e-mail by Saturday, October 03, 2009 at 6:00 P.M.
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: \$4.00 per Individual Event; \$7.00 per Relay Event; \$2.00 per athlete Ohio Swimming, Inc. surcharge, \$2.00 per athlete Facility charge. **All entry fees must accompany entries.** The entry fee for deck entries is \$5.00 per Individual Event; \$10.00 per Relay Event; \$2.00 per athlete Ohio Swimming, Inc. surcharge and the \$1.00 per athlete surcharge. **Ohio Swimming NO LONGER accepts new USA athlete registration for swimmers at meets!**



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SHORT COURSE YARDS SANCTION # _____ -OH

MEET DIRECTOR: Craig Heldman 9317 E. Kemper Road, OH, 45140
e-mail – meetdirector@sycamoreflyingfish.com (not for Hy-Tek entries, see below).

ENTRY CHAIRPERSON: Stephan Schlosser 8825 Logger Place, Mason, OH 45040-9778
e-mail – meetentry@sycamoreflyingfish.com (for Hy-Tek entries).

AWARDS: Medals – 1st through 3rd place for each age group for each event, including relays.
Ribbons – 4th through 12th place for each age group for each event, including relays.

SCORING: The Meet will be scored using Hy-Tek Age Group Points.

RESULTS: Final results, Hy-tek Team Manager Results File, and Hy-Tek Meet Manager Backup File will be posted on SFF's website at www.sycamoreflyingfish.com immediately after the meet. Meet results may be obtained on computer disk, but each team must supply their own disk or jump drive.

COACHES: All coaches must sign in for each session and present and display a current USA Swimming, Inc. membership card through out the meet. At the discretion of the Meet Director, there may be a brief coaches' meeting prior to start of the meet.

TIMERS AND OFFICIALS: SFF greatly appreciates the help we get from other swim clubs in timing and officiating our meets. Any volunteers should contact the Meet Director.

LOCATION: Sycamore High School, 7400 Cornell Rd. Cincinnati, Ohio 45242.

From west side of the city either North or South: Take I-275 East to Exit 50 (Montgomery Rd) turn left on Montgomery Road; take left onto Cornell Road; take right into parking lot of Sycamore High School.

From east side of the city either North or South: Take I-275 West to Exit 50 right onto Montgomery Rd; take left onto Cornell Rd take right into Sycamore High School parking lot.

FACILITY RULES: Sycamore requires that all marked parking rules be followed. **Please enter the School at the south entrance on the east side of the school, down the ramp.** Between events, athletes are to stay in the designated Commons area, the Gym is not open. The entrance to the spectator seating is located off the hall way east of the commons. As seating is somewhat limited, parents are requested to only use this area while their athletes are in the water.

SWIMMERS WITH DISABILITIES: SFF 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. available under 'Adapted Swimming' on the Ohio Swimming website.

SCHEDULE OF EVENTS:

SFF reserves the right to combine heats and/or events, and to limit the number of heats for time management purposes.
 SFF also reserves the right to swim all sycamore swimmers

| | | |
|-------------------------------|-------------------|------------|
| Friday Evening | | |
| Session 1 | | |
| Open Warm Up 3:00 P.M. | | |
| Timed Finals 3:45 P.M. | | |
| <u>GIRLS</u> | EVENT | <u>BOY</u> |
| 101 | Open 1650 Free | 102 |
| Session 2 | | |
| Open Warm up After 1650 | | |
| Timed finals 30 minuets after | | |
| warm up Starts | | |
| 103 | Open 400 IM | 104 |
| 105 | 12 & Under 200 IM | 106 |

Saturday Morning
 Session 3
 Warm Up 7:00 A.M.
 Timed Finals 8:15 A.M.

Saturday Afternoon
 Session 4
 Warm Up TBD
 Timed Finals TBD

| <u>GIRL</u> | EVENT | <u>BOY</u> | <u>GIRLS</u> | EVENT | <u>BOY</u> |
|-------------|----------------------|------------|--------------|---------------------|------------|
| 201 | Open 200 Fly | 202 | 223 | 9-10 100 Free | 224 |
| 203 | 11-12 100 Fly | 204 | 225 | 8 & Under 50 Free | 226 |
| 205 | Open 200 Back | 206 | 227 | 9-10 50 Back | 228 |
| 207 | 11-12 100 Back | 208 | 229 | 8 & Under 25 Back | 230 |
| 209 | 13 & Over 100 Breast | 210 | 231 | 9-10 100 breast | 232 |
| 211 | 11-12 50 Breast | 212 | 233 | 8 & Under 50 Breast | 234 |
| 213 | 13 & Over 100 Free | 214 | 235 | 9-10 50 Fly | 236 |
| 215 | 11-12 50 Free | 216 | 237 | 8 & Under 25 Fly | 238 |
| 217 | 13 & Over 200 IM | 218 | 239 | 9-10 200 IM | 240 |
| 219 | 11-12 100 IM | 220 | 241 | 8 & Under 100 IM | 242 |
| 221 | Open 500 Free | 222 | 243 | 10 & Under 200 Free | 244 |

Sunday Morning
Session 5

Warm Up 7:00 A.M.
Timed Finals 8:15 A.M.

| <u>GIRL</u> | <u>EVENT</u> | <u>BOY</u> |
|-------------|--------------------|------------|
| 301 | 13 & Over 50 Free | 302 |
| 303 | 11-12 100 Free | 304 |
| 305 | 13 & Over 100 Back | 306 |
| 307 | 11-12 50 Back | 308 |
| 309 | Open 200 Breast | 310 |
| 311 | 11-12 100 Breast | 312 |
| 313 | 13 & Over 100 Fly | 314 |
| 315 | 11-12 50 Fly | 316 |
| 317 | 13 & Over 200 Free | 318 |

Sunday Afternoon
Session 6

Warm Up TBD
Timed Finals TBD

| <u>GIRLS</u> | <u>EVENT</u> | <u>BOY</u> |
|--------------|---------------------|------------|
| 319 | 9-10 50 Free | 320 |
| 321 | 8 & Under 25 Free | 322 |
| 323 | 9-10 100 Back | 324 |
| 325 | 8 & under 50 Back | 326 |
| 327 | 9-10 50 Breast | 328 |
| 329 | 8 & Under 25 Breast | 330 |
| 331 | 9-10 100 Fly | 332 |
| 333 | 8 & Under 50 Fly | 334 |
| 335 | 9-10 100 IM | 336 |

**Sycamore Flying Fish
Team Entry Summary Sheet
12th Annual Val Lyons Invitational
October 23-25, 2009**

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)

_____ Facility Charge per Swimmer \$2.00 = _____

_____ INDIVIDUAL EVENTS AT: \$4.00 = _____

_____ RELAY EVENTS AT: \$7.00 = _____

TOTAL AMOUNT REMITTED: _____

ATTACH CHECK TO THIS SUMMARY SHEET.

MAKE CHECK PAYABLE TO: Sycamore Flying Fish

USA SWIMMING MEMBERSHIP CERTIFICATION FORM

**Sycamore Flying Fish 12th Annual Val Lyons Invitational
Sycamore High School
October 23–25 2009**

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: _____

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WARM-UP PROCEDURE AND SAFETY GUIDELINES

I. Warm-Up Procedure

- A. General Warm-up – Fri TBD, Sat AM & Sun AM: 7:00-8:00 AM; Sat & Sun PM Sessions - 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. Push/Pace/Starts –Fri TBD, Sat AM & Sun AM: 8:00-8:10 AM; Sat & Sun PM Sessions - TBA
 - 1. Push/Pace Lanes: 1 & 6
 - 2. Racing Start Lanes: 2 - 5
 - 3. Push/Pace Lanes - Push off one or two lengths from the starting end with the same entry as in general warm-up.
 - 4. Racing Start Lanes - Sprint lanes for racing starts from blocks or backstroke starts in specified lanes at designated times. One way only – from starting 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.

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Officials List

As in any USA swim meet we are in need of your club's help by giving us names of certified officials who may want to officiate at this meet Please list the name(s) of official, phone number, and preference on session(s). We will be contacting them personally.

Club Name _____

| Name | Phone | Session | Certified Level (Ref, starter, stroke) |
|-------|-------|---------|---|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

MEET: 12th Annual Val Lyons Invitational

DATE: October 23-25, 2009

CLUB: _____

CONTACT: _____

PHONE: _____ E-Mail _____

| Circle | Boys | Girls | Event # | FRIDAY | | SATURDAY | | | | SUNDAY | | | |
|-----------------|------|-------|---------|--------|--|----------|--|--|--|--------|--|--|--|
| | | | | | | | | | | | | | |
| 8&Under | | | | | | | | | | | | | |
| 10&Under | | | | | | | | | | | | | |
| 9-10 | | | | | | | | | | | | | |
| 11-12 | | | | | | | | | | | | | |
| Open | | | | | | | | | | | | | |
| Qualifying Time | | | | | | | | | | | | | |
| AGE: | | | | | | | | | | | | | |
| 1. | AGE: | | | | | | | | | | | | |
| 2. | AGE: | | | | | | | | | | | | |
| 3. | AGE: | | | | | | | | | | | | |
| 4. | AGE: | | | | | | | | | | | | |
| 5. | AGE: | | | | | | | | | | | | |
| 6. | AGE: | | | | | | | | | | | | |
| 7. | AGE: | | | | | | | | | | | | |
| 8. | AGE: | | | | | | | | | | | | |
| 9. | AGE: | | | | | | | | | | | | |
| 10. | AGE: | | | | | | | | | | | | |

Revised 12/06

ENTER MEET IN: Yard Times

NUMBER OF: INDIVIDUAL EVENTS: _____