



**Sycamore Flying Fish**  
**13<sup>th</sup> Annual Val Lyons Invitational**  
**October 22-24, 2010**

**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 # 3301-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. 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 22, 2010, 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.

**TIME STANDARDS:**

- **1650 Freestyle, 500 Freestyle, and 400 Individual Medley:** Minimum USA Swimming NAG "B"
- **All other events:** No minimum time standard

**EVENT LIMITATIONS:**

- The following events will be limited as follows: 1650 Freestyle: Top 18, 400 Individual Medley: Top 24, 500 Freestyle: Top 24.

**POSITIVE CHECK-IN:**

- All Friday evening events will require positive check-in.
  - Open 1650 Freestyle: Check-in will close at 3:15 PM
  - Open 400 IM: Check-in will close 15 minutes after the start of warm-ups for the session in which the event is to be swum
- All events 400 and longer on Saturday and Sunday will require positive check-in.
  - Check-in will close 15 minutes after the start of warm-ups for the session in which the event is to be swum.

**SCRATCH RULE:** The OSI Scratch Rule for deck seeded events will be in effect. **Section IX of the OSI Handbook**

- **10.0 A:** Any swimmer who has checked in for an individual event that is seeded on the deck must swim in the event unless he notifies the Clerk of Course of his wish to scratch before the seeding for that event has begun. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event
- **10.0 C:** Events seeded on the deck shall be closed for seeding no earlier than fifteen (15) minutes after the start of warm-ups

**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 SFF 13th Annual Val Lyons Invitational – Sanction # 3301-OH

[meetentry@sycamoreflyingfish.com](mailto:meetentry@sycamoreflyingfish.com) by the ENTRY DEADLINE of Friday, October 8<sup>th</sup>, 2010 at 6:00 P.M. The Hy-tek event file for Team Manager can be found at SFF's website at [www.sycamoreflyingfish.com](http://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 Friday, October 8th, 2010 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; \$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. If the athlete is not already entered in the meet there will be an additional \$2.00 per athlete Ohio Swimming, Inc. surcharge and the \$2.00 per athlete facility surcharge. **Ohio Swimming NO LONGER accepts new USA athlete registration for swimmers at meets!**

**MEET DIRECTOR: Ryan Hammer**, Sycamore Flying Fish, c/o Sycamore High School, 7400 Cornell Rd, Cincinnati, OH, 45242  
e-mail – [meetdirector@sycamoreflyingfish.com](mailto:meetdirector@sycamoreflyingfish.com) (not for Hy-Tek entries, see below).

**ENTRY CHAIRPERSON: Justin Ragsdale**, Sycamore Flying Fish, c/o Sycamore High School, 7400 Cornell Rd, Cincinnati, OH 45242  
e-mail – [meetentry@sycamoreflyingfish.com](mailto:meetentry@sycamoreflyingfish.com) (for Hy-Tek entries).

**AWARDS:** Medals – 1<sup>st</sup> through 3<sup>rd</sup> place for each age group for each event, including relays.  
Ribbons – 4<sup>th</sup> through 12<sup>th</sup> 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](http://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 minutes 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  
13th Annual Val Lyons Invitational  
October 22-24, 2010**

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 = \_\_\_\_\_

TOTAL AMOUNT REMITTED: \_\_\_\_\_

ATTACH CHECK TO THIS SUMMARY SHEET.

MAKE CHECK PAYABLE TO: Sycamore Flying Fish

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**USA SWIMMING MEMBERSHIP CERTIFICATION FORM**

**Sycamore Flying Fish 13th Annual Val Lyons Invitational  
Sycamore High School  
October 22–24 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: \_\_\_\_\_

**13th Annual Val Lyons INVITATIONAL**  
**October 22-24, 2010**  
**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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*SHORT COURSE YARDS SANCTION # 3301-OH*

**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: 13<sup>th</sup> Annual Val Lyons Invitational  
 DATE: October 22-24, 2010  
 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: \_\_\_\_\_