

THE GCSTO "TOYS FOR TOTS" HOLIDAY INVITATIONAL"

GREATER COLUMBUS SWIM TEAM OF OHIO

December 17-19, 2010

Held under the sanction of USA Swimming, Inc. Sanction Number 3322-OH. All participants, coaches, officials, and teams must be members of USA Swimming, Inc.

POOL: The Columbus Academy (see enclosed map). ***PARKING IS AVAILABLE ON THE EAST SIDE OF THE FACILITY, only.***
4300 Cherry Bottom Road in Gahanna, Ohio 43230
6 Lanes, 25 yard, Kiefer lane lines, Colorado timing.

COMPETITION COURSE: The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4). Water depth at the starting block end of the pool is 10.0 feet to at least 5.0M off of the wall. Water depth at the shallow end of the pool is at least 3.5 feet at its shallowest to at least 5.0M off of the wall.

EQUIPMENT CONCESSIONS: Kast-A-Way Swimwear (614) 855-7946

ENTRY DEADLINE: Entries must be received by 8:00 P.M. Wednesday, December 8th, 2010.

ENTRY CHAIRMAN: Brian Tann/ GCSTO PO Box 30483, Gahanna, OH 43230/ (614) 312-8323
irelander1848@gmail.com

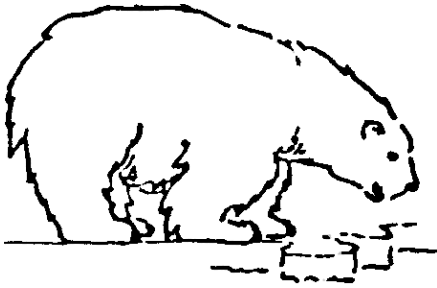
CO-MEET DIRECTORS: Ron Bolden/ 2921 Scottwood Road, Bexley, OH 43209 / (614) 833-6254
ronebol@aol.com
Steve Nye/ PO Box 30483, Gahanna, OH 43230/ (614) 478-5445
stevenye@sbcglobal.net

ENTRIES: We will, once again, use our "Create Your Own Distance Format" design. This allows us to offer all events possible in a fashion that allows participants to choose their own event distance while still keeping the meet to a manageable size. This meet will include almost all possible events. Swimmers and coaches must understand that, because of the structure of the meet, the 15-minute rule will not be in effect. **Please remember that, though athletes of differing ages may be swimming together, all age groups will be awarded separately.**

Submit BEST YARD times. All events will be TIMED FINALS. Indicate the total number of swimmers and individual events on the enclosed sheet and return it with the entry forms. If you wish confirmation of entries received, please enclose a stamped, self-addressed postcard or envelope. Meet results will be mailed to teams with 5 swimmers or more.

Swimmer's age as of December 17, 2010 will determine their age division. Each swimmer may enter a total of five (5) individual events per day plus relays. Relays must be made up of swimmers entered in the meet. A swimmer may compete in either his or her age group relay or in an open relay, but not in both.

Deck entries may be permitted if the meet director determines that time permits. Cost is \$5.00 per individual event and \$7.00 per relay. It is our goal to complete each session in 4 hours or less (excluding the 1650 yd free event on Sunday). Swimmers not already entered in the meet MUST bring proof of current USA Swimming membership in order to be allowed to deck enter.



ENTRY FEE: \$4.00 per individual event
\$7.00 per relay
\$1.00 per swimmer to Ohio LSC Travel fund
\$1.00 per swimmer to the Ohio Championship Meet Facility Fund.
Make checks payable to G.C.S.T.O.

RULES: USA Swimming Rules will govern the meet. All swimmers must be registered athletes of USA Swimming. All coaches will be required to sign-in prior to each session and present their USA Swimming Coach Membership Card to a Meet Director. Coaches are required to wear their Membership Card in a visible place on their person in order to be on deck. No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet officials. Wheelchair and handicap access is available. Contact the meet management concerning this issue. **THERE IS NO DECK CHANGING TO BE DONE AT ANY OHIO SWIMMING, INC. SPONSORED MEET.** Everyone MUST use the locker rooms to changes. Failure to do so may result in immediate dismissal from the grounds.

MEET PROCEDURE: All 8 & under and 10 & under events will be pre-seeded on Saturday and Sunday save the 10 & under 200 IM's on Saturday which we will deck seed. We will deck seed (positive check-in) ALL 11 & over events. We are doing this as there are always many who miss the meet due to last minute change in plans so this helps eliminate all of the open lanes & speeds up the meet which always helps).

ALL EVENTS ARE BEING SWUM AS FEMALE/MALE COMBINED EVENTS TO GIVE THIS MEET A DIFFERENT COMPETITIVE FLAIR!

We will use fly over starts for ALL 11 & over events (sans the backstroke events). *Please go over this with your athletes... even the 10 & unders in the event that the meet referee decides to do this for all events!*

The 1650yd free will be seeded fastest to slowest, males and females combined. Swimmers entered in the 1650 free on Sunday will be required to provide their own timers and lap counters.

BULLPEN: The bullpen for 10 & under swimmers will be located in the wrestling room located through the 2nd floor door on the steps leading to the balcony at the starting block end of the pool. This area will also be open for parents and swimmers to relax during the meet. Please **STAY OFF OF, AND KEEP FOOD & DRINK OFF OF, THE WRESTLING MATS** while in this room.

DISABILITY SWIMMERS: Swimmers with a disability are welcomed to enter Ohio Swimming Meets. Coaches, entry procedures are the same as for all other swimmers. Please provide advance notice of any necessary accommodations needed by the swimmer. List with your entry 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 event). Qualifying time standards at regular season meets are waived for swimmers with a disability. At Ohio Swimming Championship Meets swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships. At the Central Zone Meet four swimmers with a disability are welcome on the Ohio Zone Team without meeting the qualifying time standards. More information is available under "Adapted Swimming" on the Ohio Swimming web site (www.swimohio.org).

AWARDS: Awards will be handed out to swimmers at the meet after the results of their events have been announced. Awards not claimed by the final session of the meet will be given to the coach at the end of that session. We will award the following age group categories: 8 & Under, 9 - 10, 11- 12, 13 & Over, although athletes may be swimming together with other age swimmers and both genders in their events.

Individual Events: Custom Medals - 1st – 6th

Relay Events: Custom Ribbons - 1st – 3rd

Heat Winner Ribbons: 10 & Under Events

WARM-UP PROCEDURE: No diving... feet first entry with one hand on the pool deck upon entry for general warm-ups. Diving permitted only when doing one-way sprints during the last 15 minutes of warm-ups.

<u>Lane</u>	<u>0-15 min</u>	<u>15-30 min</u>
1	General	Pace
2	General	Sprint
3	General	General
4	General	General
5	General	Sprint
6	General	General

MEET SCHEDULE:

Friday: Girls 5:00 - 5:30 P.M. Boys 5:30 - 6:00 P.M. Meet Starts: 6:05 P.M.

Saturday A.M. Sessions: GCSTO 11 & over Girls 7:30-8:00 a.m./ All other Girls 8:00 - 8:30 A.M. Boys 8:30 - 9:00 A.M. Meet Starts: 9:05 A.M.

Sunday A.M. Sessions: GCSTO 10 & under Girls 7:30-8:00 a.m./ All other Girls 8:00 - 8:30 A.M. Boys 8:30 - 9:00 A.M. Meet Starts: 9:05 A.M.

- GCSTO reserves the rights to adjust warm-up assignments and procedures to more evenly divide the number of swimmers in the pool during each session of warm-ups. Any teams affected by this decision will be contacted one week prior to the meet to allow them time to communicate any changes to their swimmers.
- The meet start time has been made later to allow the morning swimmers a better opportunity to be prepared for their swims...and, in the case of adjusted warm-up assignments, we will be able to add another half hour (7:30 to 8:00 a.m.) of warm-ups while still starting the meet on time.

ORDER OF EVENTS:

	Event #		
Friday Events:	1	open female & male	500 yd free
	2	10 & under male & female	200 yd free
	3	open female & male	400 yd IM
Saturday Events (AM):	4	11 & over open female & male	200 yd IM
	5	8 & under female & male	100 yd IM
	6	10 & under female & male	100 yd fly
	7	11 & over open female & male	50 yd fly
	8	8 & under female & male	50 yd free
	9	10 & under female & male	50 yd free
	10	11 & over open female & male	200 yd breast
	11	8 & under female & male	25 yd fly
	12	10 & under female & male	50 yd breast
	13	11 & over female & male	100 yd back
	14	8 & under female & male	25 yd back
	15	10 & under female & male	100 yd back
	16	11 & over female & male	50 yd breast
	17	8 & under female & male	100 free relay
	18	10 & under female & male	200 free relay
	19	11 & over female & male	200 yd fly
	20	11 & over female & male	100 yd free
	21	10 & under female & male	200 yd IM
	22	11 & over female & male	200 yd free relay
Sunday Events (AM):	23	11 & over female & male	100 yd IM
	24	10 & under female & male	100 yd IM
	25	8 & under female & male	25 yd free
	26	11 & over female & male	50 yd free
	27	10 & under female & male	100 yd free
	28	8 & under female & male	25 yd breast
	29	11 & over female & male	100 yd fly
	30	10 & under female & male	50 yd back
	31	8 & under female & male	100 yd free
	32	11 & over female & male	200 yd back
	33	10 & under female & male	100 yd breast
	34	8 & under female & male	100 yd medley relay
	35	11 & over female & male	100 yd breast
	36	10 & under female & male	50 yd fly
	37	11 & over female & male	50 yd back
	38	10 & under female & male	200 yd medley relay
	39	11 & over female & male	200 yd free
	40	11 & over female & male	200 yd medley relay
* 15 min break before	41	open female & male	1650 yd free

MIXED GENDER RELAY STIPULATIONS: Both genders must be represented in a relay in order to compete. While it would be preferred that there be 2 females & 2 males that will not be required so that as many mixed relays as possible can swim.

THE GCSTO HOLIDAY INVITATIONAL - 2010

COLUMBUS ACADEMY NATATORIUM - GAHANNA, OHIO

December 17-19, 2010

SANCTION NUMBER 3322 - OH

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, 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., or a USA Swimming non-athlete "other" member without exception under the direction of a USA Swimming "coach" member.

TEAM: _____

REPRESENTATIVE'S PRINTED NAME: _____

SIGNATURE: _____

DATE: _____