

THIRTY-FIFTH ANNUAL UPPER ARLINGTON SWIM CLUB GOLDEN BEAR INVITATIONAL

Held Under the Sanction of USA Swimming, Inc.
Sanction #

- DATES** November 5-7, 2010
- LOCATION** Upper Arlington High School Natatorium
1650 Ridgeview Road, Upper Arlington, Ohio 43221
- MEET FORMAT** Timed finals events for 10 and under, 11-12, 13-14, and 15-18 age groups.
No entry time standards.
- MEET DIRECTOR** Sean Lammers
3342 Sciotangy Drive
Columbus, OH 43221
(614) 459-2886
Lammersc@earthlink.net
- WEBSITE** All meet information, including notices of program changes, warm-up time and lane assignments, host club contacts, and complete meet results and computer backups will be posted on the UASC website, www.uasc.org.
- WARM-UP & START TIMES**
- Friday Afternoon Session
Warm-ups 5:00 PM
Meet Start 6:10 PM
- Saturday and Sunday Morning Sessions (15 and over)
Warm-ups 7:00 AM
Meet Start 7:40 AM
- Saturday and Sunday Morning Sessions (13 & 14)
Warm-ups 9:30 AM
Meet Start 10:10 AM
- Saturday and Sunday Afternoon Sessions (11 & 12)
Warm-ups 12:45 PM
Meet Start 1:20 PM
- Saturday and Sunday Afternoon Sessions (10 & under)
Warm-ups 3:30 PM
Meet Start 4:00 PM
- Once entries have been received warm-up and start times may be adjusted.** Changes will be posted on the UASC website, www.uasc.org
- MEET RULES** USA and Ohio Swimming rules and regulations will govern the meet.
- ENTRY LIMITATIONS** Contestants must be currently registered athlete members of USA Swimming. Each contestant may enter no more than four (4) individual

events per day. Swimmer's age on Friday, November 5, 2010 will determine eligibility for age division.

The Meet Director reserves the right to exclude or otherwise limit entries in order to observe Ohio Swimming's four hour session limit. Coaches and entry chairs are asked to enter swimmers younger than 9 years of age only if they are capable of achieving USA Swimming B standards.

ENTRY PROCEDURES

Entries, checks, and supporting documentation must be received by the Entry Chair between 5:00 PM, Tuesday, October 19, and 10:00 PM, Wednesday, October 27, 2010. Please do not submit entries prior to or after this window. Please submit only best short-course yard times for seeding. All times must be able to be verified against USA Swimming's SWIMS database. Entries produced using Hy-Tek Team Manager software and submitted by electronic mail are preferred. Fax or telephone entries will not be accepted. Entries must be accompanied by 1) a check covering all entry fees and surcharges, 2) a printed listing of individual and relay entries for verification, 3) a completed Entry Summary Sheet (attached), 4) a completed and signed USA Swimming Membership Verification Form (attached), and 5) a diskette containing a Hy-Tek entry file or official hardcopy entry forms (attached) unless entry file is submitted by electronic mail and its receipt is acknowledged by the Entry Chair by electronic mail. Please mail entries, checks, and supporting documentation to:

Erin Reetz
UASC Entry Chair
917 Windbourne St.
Gahanna, OH 43230
(614) 832-1976
ereetz@columbus.rr.com

Relay participants may be declared at the meet, but must be limited to swimmers entered in the meet.

ENTRY FEES

| | |
|---------------------------------|-----------------------|
| Individual Events: | \$4.00 per individual |
| Relay Events: | \$7.00 per relay team |
| Ohio LSC Travel Fund Surcharge: | \$2.00 per swimmer |

DECK ENTRIES

Deck entries will be permitted at the discretion of the Meet Director, if time permits, on a first come, first served basis. Check-in for deck entries will close 40 minutes prior to the start of competition in the session in which the event will be swum. The deck entry fee will be \$5.00 per individual event and \$7.00 per relay event and must be paid in cash before the swimmer will be permitted to swim --- no checks please. Swimmers must present proof of USA Swimming membership to deck-enter an event, unless already entered in the meet.

EVENTS WITH A LIMITED NUMBER OF HEATS

UASC reserves the right to limit any event of 200 yards or longer to 8 total heats (**6 heats of the fastest seed times and up to 2 heats of UASC swimmers regardless of their entry times**).

POSITIVE CHECK-IN REQUIREMENTS and DECK-SEEDED EVENTS

Positive check-in is required for Friday Afternoon and all 11-12, 13-14, and 15-18 sessions. Swimmers must check-in for deck-seeded events no later than **30** minutes prior to the start of the session in which the event will be swum. Any session with 11 and over swimmers will be required to complete positive check-in in order to participate. **The positive check-in sessions will be deck-seeded.** Events of 400 yards in length or longer

will be seeded fastest to slowest based on the times entered. Swimmers must supply their own lap-counter. The Meet Director reserves the right to limit the 400 IM event to the fastest (6) heats and the 500 Free to the fastest (8) heats.

WARM-UP PROCEDURES

Teams will be assigned lanes for warm-up and the supervising coaches in each lane will run their warm-up as they see fit. Boys and girls may warm-up together. Warm-up times and lane assignments will be posted on the UASC website, www.uasc.org, at least three days prior to the meet. The Meet Director reserves the right to revise warm-up procedures to ensure the safety of the swimmers.

Ohio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect at this meet. Swimmers must enter the water feet-first in a cautious manner with one hand in contact with the pool edge except in lanes that have been cleared and specifically declared one-way sprint lanes by unanimous agreement of the supervising coaches

BULLPEN

Swimmers competing in 10 and under individual events must report to promptly to the bullpen when called over the public announcement system prior to their events. No bullpen will operate for 10 and under relays or for swimmers aged 11 and over.

COACHES' REGISTRATION

All coaches must be registered members of USA Swimming. Prior to each session, coaches will be required to sign-in and present a valid USA Swimming Coaching Membership Card to the Meet Coordinator at the table in the front lobby. Coaches will be required to display their USA Swimming card on their person in order to be on deck.

AWARDS

Awards will be limited to the 9-10 and 11-12 age groups. Boy's and Girl's Individual High-Point awards will be given in each age group. Ribbons will be awarded for places 1-12 in individual events and places 1-6 in relay events. Heat winner ribbons will be awarded in the 10 & under age group. State qualifier ribbons will be awarded to swimmers making state meet qualifier cut for the first time. Top twelve finishers in each individual event will score. Awards will be collected and distributed to one designated club representative at the conclusion of each day's evening session. Awards remaining at the end of the meet will not be forwarded by mail.

FINAL RESULTS

One printed copy of the final results will be mailed to any club with five or more swimmers that provides an address on the Entry Summary Sheet. Complete meet results and Hy-Tek back-up files will be posted on the Upper Arlington Swim Club website, www.uasc.org, within 4 hours after the conclusion of the meet and will be eMailed to any club providing an eMail address in writing. Floppy disks with meet results also will be made available at the end of the final session upon request.

FACILITIES

The venue has a 6-lane, 25-yard pool with an automated Colorado touch pad timing system, integrated horn starting system, and running time display. A concession stand will be open throughout the meet.

VENUE RULES

No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet director or his designee. Equipment bags, wet towels, and wet swimmers are not permitted on the bleachers. Please keep all thoroughfares in the building, especially hallways and door areas, open and free of equipment and chairs. No alcohol or tobacco shall be consumed in the venue. Please park only in designated spaces and

help keep traffic lanes near the pool open at all times.

ORDER OF EVENTS

FRIDAY PM

Warm-ups: 5:00PM Meet: 6:10PM

| Girls | Age | | | Event |
|-------|------|-----|------|---------------------|
| 1 | Open | 400 | Yard | Ind. Medley (Girls) |
| 2 | Open | 400 | Yard | Ind. Medley (Boys) |
| 3* | 13&O | 500 | Yard | Free (Girls) |
| 4 | Open | 500 | Yard | Free (Boys) |

* Girls 11-12 500 Yd. Free offered at John Bruce Memorial Open.

SATURDAY AM

Warm-ups: 7:00AM Meet: 7:40AM

| Girls | Age | | | Event | Boys |
|-------|------|-----|------|-----------|------|
| 5 | 15&O | 200 | Yard | Fly | 6 |
| 7 | 15&O | 100 | Yard | Back | 8 |
| 9 | 15&O | 200 | Yard | Breast | 10 |
| 11 | 15&O | 200 | Yard | Ind. Med. | 12 |
| 13 | 15&O | 400 | Yard | Free Rel. | 14 |

SUNDAY AM

Warm-ups: 7:00AM Meet: 7:40AM

| Girls | Age | | | Event | Boys |
|-------|------|-----|------|------------|------|
| 41 | 15&O | 100 | Yard | Fly | 42 |
| 43 | 15&O | 200 | Yard | Back | 44 |
| 45 | 15&O | 50 | Yard | Free | 46 |
| 47 | 15&O | 100 | Yard | Breast | 48 |
| 49 | 15&O | 100 | Yard | Free | 50 |
| 51 | 15&O | 400 | Yard | Med. Relay | 52 |

SATURDAY AM

Warm-ups: 9:30AM Meet: 10:10AM

| Girls | Age | | | Event | Boys |
|-------|-------|-----|------|-----------|------|
| 15 | 13&14 | 200 | Yard | Fly | 16 |
| 17 | 13&14 | 100 | Yard | Back | 18 |
| 19 | 13&14 | 200 | Yard | Breast | 20 |
| 21 | 13&14 | 200 | Yard | Ind. Med. | 22 |
| 23 | 13&14 | 400 | Yard | Free Rel. | 24 |

SUNDAY AM

Warm-ups: 9:30AM Meet: 10:10AM

| Girls | Age | | | Event | Boys |
|-------|-------|-----|------|------------|------|
| 53 | 13&14 | 100 | Yard | Fly | 54 |
| 55 | 13&14 | 200 | Yard | Back | 56 |
| 57 | 13&14 | 50 | Yard | Free | 58 |
| 59 | 13&14 | 100 | Yard | Breast | 60 |
| 61 | 13&14 | 100 | Yard | Free | 62 |
| 63 | 13&14 | 400 | Yard | Med. Relay | 64 |

SATURDAY PM

Warm-ups: 12:45PM Meet: 1:20PM

| Girls | Age | | | Event | Boys |
|-------|-------|-----|------|-----------|------|
| 25 | 11-12 | 200 | Yard | Free Rel. | 26 |
| 27 | 11-12 | 50 | Yard | Free | 28 |
| 29 | 11-12 | 200 | Yard | Ind. Med. | 30 |
| 31 | 11-12 | 50 | Yard | Back | 32 |

SUNDAY PM

Warm-ups: 12:45PM Meet: 1:20PM

| Girls | Age | | | Event | Boys |
|-------|-------|-----|------|----------|------|
| 65 | 11-12 | 200 | Yard | Med Rel. | 66 |
| 67 | 11-12 | 50 | Yard | Breast | 68 |
| 69 | 11-12 | 50 | Yard | Fly | 70 |
| 71 | 11-12 | 200 | Yard | Free | 72 |

SATURDAY PM

Warm-ups: 3:30PM Meet: 4:00PM

| Girls | Age | | | Event | Boys |
|-------|------|-----|------|-----------|------|
| 33 | 10&U | 200 | Yard | Free Rel. | 34 |
| 35 | 10&U | 50 | Yard | Free | 36 |
| 37 | 10&U | 100 | Yard | Ind. Med | 38 |
| 39 | 10&U | 50 | Yard | Back | 40 |

SUNDAY PM

Warm-ups: 3:30PM Meet: 4:00PM

| Girls | Age | | | Event | Boys |
|-------|------|-----|------|----------|------|
| 73 | 10&U | 200 | Yard | Med Rel. | 74 |
| 75 | 10&U | 50 | Yard | Breast | 76 |
| 77 | 10&U | 50 | Yard | Fly | 78 |
| 79 | 10&U | 100 | Yard | Free | 80 |

Golden Bear Invitational Entry Packet

November 5-7, 2010

Sanction #

ENTRY SUMMARY SHEET

PLEASE RETURN THIS FORM WITH YOUR ENTRIES

Date _____

Club Name: _____

Club Code: _____

Team Contact: _____

Daytime Phone: _____

Evening Phone: _____

Email Address: _____

Address for
Final Results: _____

Number of entered swimmers: Boys _____ + Girls _____ = Total _____

_____ Swimmers @ \$2.00 per swimmer = \$ _____ (Ohio LSC surcharges)

_____ Individual Events @ \$4.00 each = \$ _____

_____ Relay Events @ \$7.00 each = \$ _____

Total Amount Remitted = \$ _____

Please attach check, payable to "Upper Arlington Swim Club", and mail entries to

Erin Reetz
UASC Entry Chair
917 Windbourne St.
Gahanna, OH 43230
(614) 832-1976
ereetz@columbus.rr.com

Golden Bear Invitational Entry Packet

November 5-7, 2010

Sanction #

USA Swimming Membership Verification Form

Meet: 34TH ANNUAL UPPER ARLINGTON SWIM CLUB GOLDEN BEAR INVITATIONAL
Location: Upper Arlington High School Natatorium, Upper Arlington, OH
Dates: November 5-7, 2010
Sanction: USA Swimming, Inc. Sanction #

PLEASE RETURN THIS FORM WITH YOUR ENTRIES

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: _____

Email: _____

MEET: _____
 DATE: _____
 CLUB: _____
 COACH: _____
 PHONE: _____

EVENT#
 Qualifying time:
 200 Free Relay
 A: _____
 B: _____
 C: _____

EVENT#
 Qualifying time:
 400 Free Relay
 A: _____
 B: _____
 C: _____

EVENT#
 Qualifying Time:
 800 Free Relay
 A: _____
 B: _____
 C: _____

EVENT#
 Qualifying time:
 200 Med. Relay
 A: _____
 B: _____
 C: _____

EVENT#
 Qualifying time:
 400 Med, Relay
 A: _____
 B: _____
 C: _____

| | | Friday | | | | | Saturday | | | | | Sunday | | | | | | | |
|---------|-------|--------|-----------------|--|--|--|----------|--|--|--|--|--------|--|--|--|--|--|--|--|
| Circle: | Boys | Girls | Event | | | | | | | | | | | | | | | | |
| 8-U | 11-12 | 17-18 | | | | | | | | | | | | | | | | | |
| 10-U | 13-14 | 15-18 | Number | | | | | | | | | | | | | | | | |
| 9-10 | 15-16 | OPEN | Qualifying Time | | | | | | | | | | | | | | | | |
| 1. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 2. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 3. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 4. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 5. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 6. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 7. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 8. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 9. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |
| 10. | Age: | | | | | | | | | | | | | | | | | | |
| USS# | | | | | | | | | | | | | | | | | | | |

ENTER MEET IN: YARD TIMES METER TIMES

NUMBER OF INDIVIDUAL EVENTS: _____ NUMBER OF RELAY EVENTS: _____