

April 2017

Dear Central Zone LSCs,

On behalf of USA Swimming's Central Zone, Ohio Swimming and the Ohio State Swim Club you are cordially invited to attend the 2017 Central Zone Multi-Cultural Meet June 10 & 11 at The Ohio State University. The Central Zone Multi- Cultural Meet is a long course, timed finals meet with no time standards that is open to all swimmers in Central Zone LSCs. This meet is a celebration of athletes of diverse backgrounds, including but not limited to race, age, income, ethnicity, religion, gender and sexual orientation. It provides opportunities for swimmers of diverse backgrounds to represent their LSC, celebrate diversity, allow the success of competitive goals, establish friendships, learn from each other, and share the love of our sport – swimming.

We hope to have active participation from each of our LSCs and are working to make this a fun and meaningful event for all who participate. In 2013 our Central Zone friends from Patriot Aquatics Club in Lincolnshire, Illinois hosted this as an inaugural event and in 2015 Brownsburg, Indiana hosted the second Multi-Cultural meet; both did an amazing job. We hope to build on their successes and again provide a memorable experience for meet participants.

USA Swimming and the Central Zone will be providing the meet with a guest Olympian. Our special guest will be joining us for a midday activity between sessions on Saturday and provide a motivational talk for our swimmers at the Saturday evening athlete dinner. We expect to have opportunities for engagement between swimmers and other guest champions. Please add this to your LSC calendars and begin working with your clubs and swimmers to build your LSC Multi-Cultural Zone Team. Additional information may be found on the Central Zone and Ohio State Swim Club web pages.

We wish you all the best! Please let me know if you have any questions.

Christine Thompson Meet Director – Central Zone Multi-Cultural Meet McCorkle Aquatic Pavilion – The Ohio State University (614) 247-7370 <u>mccorkle@osu.edu</u>

2017 Central Zone Multi- Cultural Meet Quick Facts

Practice Evening, Check-in and Team Pictures:	Friday, June 9
Competition Days:	Saturday & Sunday, June 10 & 11
Location:	McCorkle Aquatic Pavilion – The Ohio State University Columbus, Ohio 1847 Neil Ave. Columbus, OH 43210
Age Groups:	10 & Under, 11-12, 13-14, 15-18
Session Times:	AM Session 12 & Under PM Session 13-18
Athlete Dinner:	Following Saturday PM Session Featuring Motivational Speaker – guest Olympian
Other Meet Activities:	Autograph and Photo Session with our guest Olympian Engagement opportunities with Champions
Goody Bags for Swimmers:	Each swimmer will be provided with an event goody bag which will contain some neat treats and trinkets to remember this event.
Entry Fees:	 \$2 swimmer surcharge \$5 per individual event (maximum 4 per day not including relays) \$8 per relay event \$12 dinner ticket (optional) 2 coaches from each LSC a receive complimentary banquet ticket Fees (except relays) will be waived for Outreach swimmers
Awards:	 1st -8th place medals for individual events 9th - 16th place ribbons for individual events 1st - 3rd place medals for relays A short awards ceremony will be held following each event to present the top three finishers with their medals.

2017 CENTRAL ZONE MULTI-CULTURAL MEET

Saturday, June 10 & Sunday, June 11

Hosted by the Ohio State Swim Club & Ohio Swimming, Inc. Held under the Sanction of Ohio Swimming, Inc. #OH-17LC-22

The Ohio State Swim Club and the Department of Recreational Sports welcome swimmers of the Central Zone to Welcome celebrate our own diversity, and to allow the success of competitive goals, establish friendships, learn from each other, and share the love of our sport - swimming. The goals of this meet are as follows: To create an opportunity of competitive success for all the athletes. To serve as a wonderful opportunity for age-group through senior swimmers to compete in a prechampionship summer long course meet. To introduce the athletes to a guest Olympian and other champions to share their culture, goals, competitive successes and stories. To create a camaraderie and communication among coaching staffs and officials from all attending LSCs. To allow an opportunity for the LSC Diversity Coordinators to meet, exchange ideas and evaluate the Multi-• Cultural events for the Central Zone. The most current meet information, including notices of program changes, warm-up times, warm-up lane assignments, and complete meet results and computer backups will be posted on the Ohio State Swim Club's Website at www.swimclub.osu.edu. Venue The McCorkle Aquatic Pavilion is The Ohio State University's competitive aquatic facility and consists of two large bodies of water for competition and warm-up cool-down: the Mike Peppe Natatorium Competition Pool and the Ron O'Brien Diving Well. The Mike Peppe Natatorium Competition Pool is a 10 lane, 50 meter indoor pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Due to moveable bulkheads, the course will be re-certified prior to and following each session. Water depth is greater than 7ft. from the starting blocks at both ends of the pool. The 8 lane, 25 meter Ron O'Brien Diving Well will serve as the warm-up/cool-down pool during competition. Meet **Meet Director Entry Chair** Meet Referee Management Christine Z. Thompson mccorkle@osu.edu **Terrence Anchrum** (614) 247-7370 office (513) 919-3935 cell

Eligibility All swimmers must be registered athlete members of USA Swimming. No swimmer will be permitted to compete unless the <u>swimmer is a member</u> as provided in Article 302. USA Swimming registration will NOT be accepted at the meet.

A swimmer's age on Saturday June 10 shall determine eligibility for each age group division.

mccorkle@osu.edu

Swimmers from all LSCs within the Central Zone are welcome to attend this meet. It is required that all swimmers enter the meet through their respective LSCs. Entries from individual swimmers will not be accepted.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being <u>proficient in</u> <u>performing a racing start</u> or must start each race from within the water. When unaccompanied by a membercoach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmers with disabilities are welcome to enter this meet. At the time of the entry, the coach or person entering the swimmer must alert the Meet Director as to the seeding accommodations requested. It is appreciated, but not required, for rosters to be submitted using a Hy-tek or SD3 file. The Ohio Adapted Chair and the Meet Referee regarding the nature of the swimmer's disability, the swimmer's classification (if classified) and special accommodations or seeding arrangements being requested.

terrence@anchrum.com

It is our hope to engage the parents of swimmers who attend this meet through participation in the Saturday evening banquet. Through this opportunity we hope parents will make connections with swimming parents in other LSCs, trade ideas for parent involvement within their home clubs and the promotion of improving diversity within our sport. Parents who are also officials are encouraged to help as meet officials as well. Look for additional information about officiating on page 4/5 of this document.

Qualifying
TimesThere is no minimum time standard for this meet; however NT entries are not permitted. If a swimmer does not have
a long course time, please use the swimmer's fastest SCY or SCM time in that event. Please note that SCM and
SCY times are considered non-conforming and seeded in the following order LCM, SCM, SCY.

 Course &
 All sessions of the meet will be swum as timed finals with positive check-in. Check-in sheets will be available on

 Format
 Friday evening. Swimmers not checked-in by Friday evening will be scratched from the meet. If you will be arriving late and will attend the meet, simply email mccorkle@osu.edu to let us know that you cannot check-in on Friday, but will attend the meet. There is no penalty for no-shows who are positively checked in.

The meet will be swum in long course meters. 10 lanes will be used for competition in all sessions.

If necessary, the event will be swum with "flyover" and/or "chase starts", to ensure that the running time of the meet stays within the time limits required by Ohio Swimming.

Rule Book USA Swimming and Ohio Swimming 2017 rules and regulations will govern the meet.

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.

In compliance with USA Swimming Rules and Regulations the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. Under no circumstances are cameras or any other recording device allowed in the area immediately behind the starting blocks at either end of the racing course while they are in use for racing starts during the competition and warm-up. 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.

TENTATIVE*

Warm-up & Start Times (times listed are based on the 2015 timelines and may change based on entries)

Friday Team Check-In, Warm-up Day & Team Photos 4 – 8 p.m. Team Check-In 4:30 – 8:30 p.m. Open Pool 5 - 7 p.m. LSC Team Photos

Saturday 12 & Under Session 6:45 a.m.* – Deck Opens 7:00 a.m.* – Warm-ups Begin 7:15 a.m.* – Check-in Closes 8 a.m.* – Session Begins

Guest Speaker

*11:30 a.m. – Speaker TBD

13 & Over Session

Noon* - Warm-ups Begin 12:15 p.m.* – Check-in Closes 1 p.m.* – Session Begins

**Estimated time - Timelines to be confirmed after all entries have been accepted. Athlete Dinner with Guest Speaker to follow Saturday afternoon session – parents are encouraged to attend Sunday 12 & Under Session 6:45 a.m.* – Deck Opens 7:00 a.m.* – Warm-ups Begin 7:15 a.m.* – Check-in Closes 8 a.m.* – Session Begins

Guest Speaker *11:30 a.m. – Speaker TBD

13 & Over Session Noon* - Warm-ups Begin 12:30 p.m.* – Central Zone LSC Diversity Coordinators' Meeting

1 p.m.* – Session Begins

Warm-up safety procedures will align with those outlined in the Ohio Swimming Policy & Procedures Manual. After entries have been accepted, and timelines confirmed, an assigned warm-up schedule will be determined and posted on the club website.

Warm-up and start times are <u>tentative</u> and may be changed by the meet director depending on the number of swimmers entered in the meet. Please visit the Ohio State Swim Club website on or after Wednesday, May 31 for final warm-up and start times. – PLEASE LOOK AT THE WEBSITE FOR OFFICIAL START TIMES!

Order of	Saturday Morning Session 1: 12 & Under		nder	Sunday Morning Session 3: 12 & Under		
Events	Women	Event	Men	Women	Event	Men
	101	11-12 50 Fly	102	201	11-12 100 Fly	202
	103	10 & Under 50 Fly	104	203	10 & Under 100 Fly	204
	105	11-12 100 Free	106	205	11-12 50 Free	206
	107	10 & Under 100 Free	108	207	10 & Under 50 Free	208
	109	11-12 50 Back	110	209	11-12 100 Back	210
	111	10 & Under 50 Back	112	211	10 & under 100 Back	212
	113	11-12 100 Breast	114	213	11-12 50 Breast	214
	115	10 & Under 100 Breast	116	215	10 & Under 50 Breast	216
	117	12 & Under 200 Free Relay	118	217	12 & Under 200 Medley Relay	218
	119	10 & Under 200 Free Relay	120	219	10 & Under 200 Medley Relay	220

	Saturday Afternoon Session 2: 13 & Over		Su	Sunday Afternoon Session 2: 13 & Over		
	121	15 & Over 100 Breast	122	221		222
					15 & Over 200 Fly	
	123	13-14 100 Breast	124	223	13-14 200 Fly	224
	125	15 & Over 200 Free	126	225	15 & Over 100 Free	226
	127	13-14 200 Free	128	227	13-14 100 Free	228
	129	15 & Over 100 Fly	130	229	15 & Over 200 Breast	230
	131	13-14 100 Fly	132	231	13-14 200 Breast	232
	133	15 & Over 200 Back	134	233	15 & Over 100 Back	234
	135	13-14 200 Back	136	235	13-14 100 Back	236
	137	15 & Over 50 Free	138	237	15 & Over 200 IM	238
	139	13-14 50 Free	140	239	13-14 200 IM	240
	141	15 & Over 200 Free Relay	142	200	15 & Over 200 Medley Relay	242
	143	14 & Under 200 Free Relay	144	243	14 & Under 200 Medley Relay	244
Deck Entries Entry Limitations	Deck entries will be NOT be accepted at the meet. A swimmer may enter up to two (2) relays per day and four (4) individual events per day. If an entry is submitted with an individual entered in more than four events per day, then that swimmer will be placed in his or her events in					
	chronologic	al order until he or she has reached	the four ev	/ent limit. Th	nere will be no refunds.	
Entries	Entries produced using Hy-Tek Team Manager software or TeamUnify are required. Teams must electronically submit entries as well as the Entry Summary Sheet (attached) to the Entry Chair by the entry deadline.					ectronically
	 Entry Summary Sheet (may be found as the last page of this document and as an editable PDF version of the on our website at <u>www.swimclub.osu.edu</u>) Check for the Total Entry Fees payable to The Ohio State University or payment via credit card (see Payment of Entry Fees section below) Entries will be accepted beginning at noon on Wednesday, May 17, 2017 EST and close at noon on Friday May 19, 2017 EST. Entries received outside of this entry window will <u>not</u> be accepted. Teams will be notified within 48 hours that their entries have been accepted and will be provided with confirmation of their entries. 				d (see on Friday,	
Payment of Entry Fees	Entry Fees					
	Forms of Payment Acceptable forms of payment include Credit Card or Paper Payment (Check and Money Order).					
	Payments by Credit Card (preferred method of payment) Requests to pay by credit card should be made on the Entry Summary Sheet that was electronically submitted with your entries. After you have been notified that your entries have been accepted and you know the exact amount to pay, visit the following link to make payment: <u>http://www.recsports.osu.edu/forms/unify-payment/</u> Be sure to click "event" and type in your team's name and the event where indicated. Please email <u>mccorkle@osu.edu</u> to notify our staff that you have made a payment and supply an updated Entry Summary Sheet if necessary.				t amount to ease email	
	Paner Pave	nents (Check or Money Order)		Dane	er Payments (Check or Money Ord	er)
	Checks or n "The Ohio S	noney orders should be made paya State University" and should be se nio State Swim Club		Chec	chio State University" and should Ohio State Swim Club	payable to

Ohio State Swim Club B106 RPAC, Annie & John Glenn Ave. Columbus, Ohio 43210

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Special Events

A special guest Olympian will be in attendance for the meet. Other guest champions are expected to include interaction between champions and swimmers.

On Saturday June 10 there will be an athlete dinner following the conclusion of the afternoon session which will be held in the Recreation and Physical Activity Center which is connected to the Aquatic Pavilion. Our guest Olympian will provide a motivational talk for the athletes and the dinner should be a fun way to connect with other swimmers and coaches from different LSCs.

There will be a \$12.00 charge for dinner. Parents and coaches are welcomed and encouraged to attend with their athlete. Two coaches per LSC will be admitted to the dinner free of charge as will any swimmer identified as "outreach" by their respective LSC. Reservations for the athlete dinner are due by May 31. Athlete dinner registration forms will be available on our website at the beginning of May.

There will be a Coaches' and Officials' Social following the athlete dinner.

On Sunday, June 11, there will be a meeting of the Central Zone LSC Diversity Coordinators at the start of the afternoon session.

- Pictures Team pictures will be available during the Friday evening warm-up session. LSCs wishing to have a team picture taken during this session will be scheduled for a photo time. Photo arrangements will be made at the time entries are accepted. Please contact the meet director, Christine Thompson at mccorkle@osu.edu for additional information.
- Outreach Swimmers Meet entry fees & banquet fees will be waived for swimmers designated as "Outreach" by Ohio Swimming or their home LSC as long as outreach swimmers' names are declared by their LSC on the Entry Summary Sheet (page 8) at the time of entry. If declaration of outreach swimmers is not made with entries, fees may be waived only at the discretion of the meet director provided the Ohio State Swim Club has not submitted required post meet paperwork and fees to Ohio Swimming. Once post meet reports and fees have been submitted, no additional fee waivers will be provided.
- Deck Access Ohio Swimming rules and regulations require that all coaches and officials have their USA Swimming Coach Registration Card or proof of membership on their person while on deck. Coaches and officials should be able to present their credentials at the request of meet personnel, and coaches and officials are asked to sign in at the table located in the front lobby of the facility before every session. Coaches and officials will not be permitted on deck without their USA Swimming Coach Registration Card, unless, at their expense, they can provide documentary proof of valid coaching or officiating credentials.
- **Deck-Seeded** All sessions of the meet will be swum as timed finals. Coaches who become aware that a registered swimmer will not attend the meet or will be scratching an event should notify check-in staff by Friday night at 8 p.m. **Positive**
- Check-in All events will be swum fastest to slowest.
- Relays Swimmers competing in relays must be entered in at least one individual event. Relay cards will be distributed to coaches in their welcome packets at Friday Check-In. Relay cards are due 30 minutes prior to the start of each session. LSCs may enter and unlimited number of relays; however, only the top two finishing relays from each LSC will score.
- Warm-up
ProceduresOhio LSC Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. Swimmers must enter
the water at the start end of the pool, 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 the Meet Director. The
Meet Director reserves the right to revise warm-up procedures to ensure the safety of the swimmers.

Marshals will be present at all times to manage the warm-up and warm-down lanes. Warm-up procedures will be strictly enforced (see Ohio Safety).

Awards The top 16 finishers in each individual event will receive awards: medals for 1st-8th place and ribbons for 9th-16th place. 1st-3rd place medals will be awarded to the top three relays in each relay event.

A short awards ceremony will be held immediately following each event. The top three finishers will be presented with their medals and the remaining awards winners may claim their awards in the same location. Any unclaimed awards will be distributed to LSC representatives at the conclusion of the competition. Awards remaining at the end of the meet will not be forwarded by mail.

- Scoring Individual Events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1 Relay Events: 40-36-32-30-28-26-24-20-16-14-12-10-8-6-4-2 Only the top two finishing relays from each LSC will score.
- Results Complete meet results and Hy-Tek back-up files will be posted on the Ohio State Swim Club website within 24 hours of the conclusion of the meet.
- Officials Meets held at The Ohio State University depend on assistance from USA-S officials. Please provide the names and contact information of any interested officials from your team to 2017 Officials' Chair Terrance Anchrum by May 19. We will contact those individuals directly. Thanks in advance for your help!

Volunteers A large number of volunteers are needed in order for us to maximize the number of swimmers who have the opportunity to participate in this meet. If you are interested in volunteering, please email <u>AQevents@osu.edu</u> to express your interest. Community service hours credit documentation will be provided upon request.

Facility Address & Directions	McCorkle Aquatic PavilionPlease visit http://www.osu.edu/visitors/ The Ohio State Universityfor directions to campus.1847 Neil AvenueColumbus, OH 43210	/directions.php				
TENTATIVE Parking Information	or at an event rate on the way into the garage. Please be prepared with exact change in case pre-paid entry is required to keep traffic moving. This	v into the garage. Please be prepared with Neil Avenue Garage entry is required to keep traffic moving. This 1801 Neil Ave. e based on other campus events. Coaches Columbus, Ohio 43210				
	Your Patience Please There will likely be a line formed to exit, so please exercise patience when exiting the garage. If you did not pay the way into the garage, please be prepared to pay by credit card when you exit. Paying by credit card wi allow transactions to occur more efficiently than cash transactions.					
	Those who wish to avoid the possibility of experiencing a wait to exit the garage, or who would like to pay a should park legally in an A, B, or C parking space in the Ohio Stadium lot (unrestricted spaces only) and pay n-Display machine by credit card before parking. Parking cards should be displayed as directed. Hourly Parking Details and Maps http://tp.osu.edu/visitorsmain/parking/garageinfo.shtml Bus Parking – If your team is bringing a bus to campus please contact the meet director to arrange for park					
	club receive any revenue from parking der. Parking arrangements are subject					
	Please check our website on or after June 1 in case there are any changes to parking availability.					
Spectator Admission &	ssion &					
Heat Sheets						
Venue Guidelines	Deck Access Deck access is restricted to competing athletes, registered coaches, officials and meet workers. Parents spectators will be allowed on the deck only to perform a service or function at the request of meet management.					
	Banners One professionally made banner per team may be displayed in the Aquatic Director. Banners should be turned in at the access/credential table. All ban Handmade signs may be held, but not hung.					
	Bulkheads Caution should be taken when entering the water from the bulkheads. Whe should be placed and remain on the bulkhead.	en feet first entries are done one hand				
	Concession/Food The concession stand at the McCorkle Aquatic Pavilion will be available thro the number of swimming entries. Tasty and healthy options are available thro will not be permitted to be brought into the facility during hours of concession s	ough our concessionaire. Outside food				
	Concussion in Youth Sports: Ohio's Return-to-Play Law This facility and event complies with Ohio's Return-to-Play Law found at <u>www.healthy.ohio.gov/concussion</u> and submits concussion reports and return to play forms to Ohio Swimming. Any swimmer who is suspected of sustaining a concussion should seek medical attention immediately and will not be permitted to return to competition until the swimmer has been cleared by a medical professional with a <u>Return to Play Form</u> . Click <u>here</u> for a direct link to the Ohio Department of Health Concussion Information Sheet for Youth Sports Organizations.					
	Free concussion in sports training programs are offered through the Nation Association and Centers of Disease Control. Information on these trainings n click on Safe Sport – Concussion.					

Deck Changing

Deck changes are prohibited.

Drones

Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.

Equipment

Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool when timing equipment is in place. Equipment may be used in the adjacent warm-up/cool-down pool.

First Aid / Training Needs

Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.

Flash Photography

Flash photography is not permitted at the start of any race.

Locker Rooms and Changing Facilities

Two on-deck changing rooms are located on the west side of the deck. Additional changing space is available north of the pool in the Recreation and Physical Activity Center (RPAC) on the pool deck level. Locker space is not available. Belongings may be stored on deck under team bleachers. The Ohio State University is not responsible for any lost or stolen items. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Lost and Found

Lost and Found for the event is kept at the head swimming table/announcer's area. An additional Lost and Found is kept at the Welcome Center of RPAC which is located adjacent the main entrance to the Aquatic Pavilion.

Public Health

If you are ill, please stay at home. Deck changing is not permitted. Please wash your hands with soap and warm water for at least 20 seconds after changing clothes, using the restrooms and before and after eating.

Prohibited Items

The following items are not permitted in the facility: glass, lawn or camping chairs, coolers and outside food, tobacco, alcohol, illegal substances, helium balloons, noise makers. Unmanned Aircraft Systems and drones are not permitted on Ohio State's campus without prior approval (per university policy) and are not permitted in the McCorkle Aquatic Pavilion.

Recreation and Physical Activity Center (RPAC)

Access to the RPAC is restricted to paid Members of Recreational Sports and daily pass holders.

Smoke and Tobacco Free Campus

The Ohio State University is a smoke free and tobacco free campus.

Spectator Seating

Only paid ticket holders may enter the spectator seating area (during ticketed events).

The spectator seating level and RPAC are not barefoot friendly areas. Please be sure to dry off and wear footwear before leaving the pool deck.

Team Seating

Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning.

Wireless Internet Access

Wireless internet access will be available throughout the meet. Select WIFI@osu for your wireless log-in and open your device's browser to accept the terms of use.

Local Partners Noodles & Company – Lane and High 2124 N. High St. Columbus, Ohio 43210 (614) 453-1095 www.noodles.com

Firehouse Subs – Grandview Area

995 W. 5th Ave. Columbus, Ohio 43212 (614) 298-1324 www.firehousesubs.com

Yats – Grandview Area

1386 Grandview Ave. Columbus, Ohio 43212 (614) 486-9287 www.yatsgrandview.com

Please help us keep our relationships strong with our local partners; if you frequent any of these locations kindly mention that you are in town for the swim meet at Ohio State.

Panera Bread – Campus Gateway

1619 N. High Street Columbus, Ohio 43201 (614) 297-6800 www.panerabread.com

Qdoba – Campus Area

5063 N. High Street Columbus, Ohio 43210 (614) 840-0411 www.qdoba.com

Columbus and the Campus Area have types and styles of food to suit nearly anyone's needs. If you are craving a particular food type or restaurant chain, simply do a quick web search for the zip code 43210 to find food locations closest to the pool. A listing of local eateries may also be found on our website.