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2008

CHAMPIONSHIPS  
JULY 16-17

**6/U – 7/8 – 9/10 – 11/12 – 13/14 – 15/18**

ALL RESULTS WILL BE POSTED ON OUR  
WEBSITE

*[milfordswimming.org](http://milfordswimming.org)*

# SOUTHERN OHIO SWIM LEAGUE

## 2008 SWIMMING CHAMPIONSHIPS

THE PRELIMINARIES WILL BE JULY 16 AND THE FINALS JULY 17, 2008  
HELD AT MILFORD HIGH SCHOOL NATATORIUM.

**TIME: WEDNESDAY, JULY 16, 2008 - PRELIMINARIES**

8 & UNDERS, 9-10	WARM-UP	7:15 AM
	MEET	9:00 AM
11-12, 13-14, 15-18	WARM-UP	1:00 PM
	MEET	2:45 PM

**THURSDAY, JULY 17, 2008 - CHAMPIONSHIP FINALS**

WARM-UP: 1:00 PM - MEET STARTS: 2:45 PM

**WARM-UP: WEDNESDAY AM - SUBJECT TO CHANGE! DEPENDING ON ENTRIES INTO THE MEET. FINAL POSTING WILL BE ON THE WEB JULY 14<sup>TH</sup>.**

6:45 - 7:15	(LN 1-6) MAST
7:15 - 7:45	(LN 1-2-3) CONEY ISLAND, (LN 4-5-6) CLINTON HILLS.
7:45 - 8:15	(LN 1-2-3) MARIEMONT, (LN 4) FAIRFAX, (LN 5-6) CINCINNATI SPORTS CLUB.
8:15 - 8:45	(LN 1) DELSHIRE, (LN 2-3) DEARBORN COUNTY, (LN 4) PHILIPPS, (LN 5) WESTERN RACQUET, (LN 6) WOODHAVEN.
8:45 - 8:55	ALL TEAMS – SPRINTS. ONE WAY ONLY FROM BLOCKS.

**WARM-UP: WEDNESDAY PM - SUBJECT TO CHANGE! DEPENDING ON ENTRIES INTO THE MEET. FINAL POSTING WILL BE ON THE WEB JULY 14<sup>TH</sup>.**

1:00 - 1:30	(LN 1-2-3) CONEY ISLAND, (LN 4-5-6) MAST.
1:30 - 2:00	(LN 1-2-3) MARIEMONT, (LN 4) FAIRFAX, (LN 5-6) CINCINNATI SPORTS CLUB.
2:00 – 2:30	(LN 1-2) CLINTON HILLS, (LN 3) DELSHIRE, (LN 4) DEARBORN COUNTY, (LN 5) PHILIPPS, (LN 6) WOODHAVEN.
2:30 - 2:40	ALL TEAMS – SPRINTS. ONE WAY ONLY FROM BLOCKS.

**WARM-UP: THURSDAY**

1:00 - 1:30	(LN 1-2-3) CONEY ISLAND, (LN 4-5-6) MILFORD.
1:30 – 2:00	(LN 1-2-3) MARIEMONT, (LN 4) FAIRFAX, (LN 5-6) CINCINNATI SPORTS CLUB.
2:00 - 2:30	(LN 1) CLINTON HILLS, (LN 2) DELSHIRE, (LN 3) DEARBORN COUNTY, (LN 4) PHILIPPS, (LN 5) WESTERN RACQUET, (LN 6) WOODHAVEN.
2:30 - 2:40	ALL TEAMS – SPRINTS. ONE WAY ONLY FROM BLOCKS.

**PLACE:** BOTH THE PRELIMS AND FINALS WILL BE AT MILFORD HIGH SCHOOL NATATORIUM. THIS IS A SIX (6) LANE, 25 YARD FACILITY. WE WILL USE COLORADO AUTOMATIC TIMING SYSTEM TO RUN THE MEET. TOUCH PADS WILL BE USED AT BOTH ENDS OF THE POOL.

**ENTRIES:** EACH CLUB MAY ENTER **UNLIMITED SWIMMERS** IN EACH INDIVIDUAL EVENT AND **ONE (1) RELAY**. IN ORDER TO BE ELIGIBLE TO COMPETE IN THE S.O.S.L. CHAMPIONSHIP MEET, A COMPETITOR MUST HAVE COMPETED IN **TWO (2) SCHEDULED S.O.S.L. MEETS**.

**RELAYS:** **RELAYS WILL BE TIMED FINALS ON THURSDAY (6/17)**. PLEASE SUBMIT A SEED TIME WITH YOUR RELAY ENTRIES OR IT WILL BE LISTED AS A "NT".

**ENTRY LIMITATIONS:** AN INDIVIDUAL MAY ENTER **FIVE (5) EVENTS**, WITH **NO MORE THAN THREE (3) OF THOSE FIVE EVENTS BEING INDIVIDUAL EVENTS**.

**SCORING:** INDIVIDUAL EVENTS: 12 PLACES SCORE.  
FINALS – 1<sup>ST</sup> PLACE TO 6<sup>TH</sup> PLACE.  
CONSOLATIONS – 7<sup>TH</sup> PLACE TO 12<sup>TH</sup> PLACE.  
16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1  
RELAY EVENTS:  
32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

**AWARDS:** MEDALS SHALL BE AWARDED FOR PLACES 1-6.  
RIBBONS SHALL BE AWARDED FOR PLACES 7-12.  
A TROPHY SHALL BE AWARDED FOR THE LEAGUE CHAMPION'S AND RUNNER-UP TEAM'S. THE TROPHIES FOR THE "B" DIVISION WILL BE AWARDED TO THE FIRST AND SECOND PLACE TEAM BY ORDER OF FINISH OVERALL. (THE "B" DIVISION PARTICIPANTS ARE BASED ON LAST YEAR'S CHAMPIONSHIP FINISH.)

TEAM HIGH POINT AGE GROUP PLAQUES WILL BE AWARDED TO EACH AGE GROUP DIVISION FOR BOTH BOYS & GIRLS.

**AGE:** AGE AS OF **JUNE 1, 2008** WILL DETERMINE WHAT AGE GROUP THE SWIMMER WILL SWIM IN.

**ENTRY**

**DEADLINE:**

**ALL ENTRIES MUST BE TURNED IN AT THE COACHES' MEETING ON WEDNESDAY, JULY 9TH, AT 6:30 PM AT MILFORD HIGH SCHOOL.**

**ENTRY FEES:**

\$2.00 FOR INDIVIDUAL EVENTS

\$5.00 FOR RELAYS

MAKE CHECKS PAYABLE TO: **S.O.S.L.**

**CHECKS MUST ACCOMPANY ENTRIES.**

**ENTRY SHEETS:**

PLEASE USE THE ENCLOSED ENTRY SHEET FOR YOUR ENTRIES. PLEASE MAKE SURE YOU MARK DOWN AGE, SEX, FIRST AND LAST NAME.

**PLEASE PRINT CLEARLY!**

HY-TEK ENTRIES WILL BE ACCEPTED AND THE PREFERRED CHOICE.

ENTRY TIMES MUST BE 25 YARD TIMES.

**SCRATCH**

**PROCEDURE:**

THE LISTING OF THOSE WHO QUALIFY FOR THE FINALS WILL BE MADE AS SOON AS POSSIBLE FOLLOWING THE COMPLETION OF THE EVENT. THE TIME OF POSTING WILL BE MARKED ON THE EVENT. A SWIMMER HAS THIRTY (30) MINUTES FROM THAT TIME TO SCRATCH AN EVENT IF HE/SHE DOES NOT WISH TO COMPETE IN FOR THE FINALS. **THE COACH (NOT THE SWIMMER OR PARENT)** MUST INFORM THE COMPUTER ROOM OF ANY SCRATCH. **IF A SWIMMER DOES NOT SCRATCH AN EVENT AND DOES NOT SWIM IN THE EVENT, HE/SHE WILL FORFEIT SWIMMING ANY OTHER EVENTS, WHETHER IT IS AN INDIVIDUAL OR ON A RELAY FOR THE REMAINDER OF THE MEET.**

**SPECIAL NOTE:**

UNIQUE AGE GROUP COMPETITION

A COMPETITOR MUST COMPETE IN A SINGLE AGE GROUP IN THIS MEET. THERE IS ONE EXCEPTION:

(1.) AN 8 & UNDER SWIMMER MAY COMPETE IN A 10 & UNDER INDIVIDUAL MEDLEY.

**RELAYS:**

SWIMMERS MAY SWIM UP ONE AGE ONLY FOR RELAYS.

**ADMISSIONS:**

\$1.00 PER SESSION FOR ALL SPECTATORS.

SENIOR CITIZENS (65 & UP) / CHILDREN (5/U) - FREE

**WARM-UP  
PROCEDURES:**

YOUR TEAM CONTROLS YOUR LANE FOR WARM-UPS. YOU HAVE BEEN ASSIGNED A WARM-UP TIME PERIOD. IF YOU CHOOSE TO DIVE OFF THE BLOCKS DURING YOUR WARM-UP PERIOD, ALL SWIMMERS **MUST SWIM IN ONE DIRECTION ONLY. NO CIRCLE SWIMMING IN THE LANES WHERE THERE IS DIVING FROM THE BLOCKS.** ALL SWIMMER MUST GET OUT AND WALK AROUND TO THE STARTING BLOCKS. **YOU MUST ENTERED THE POOL FROM THE STARTING BLOCK END. SIT DOWN SLIDE IN ENTRY ONLY. NO DIVING IN TO ENTER THE POOL. COACHES PLEASE GO OVER THIS WITH YOUR SWIMMERS!**

**TIMING  
SYSTEM:**

TOUCH PADS ARE BEING USED. COACHES INSTRUCT YOUR SWIMMERS HOW TO HIT THE TOUCH PAD. PLEASE TELL RELAY SWIMMERS TO EXIT THE POOL IMMEDIATELY AFTER THEY SWIM TO INSURE CORRECT SPLITS AND FINAL TIMES.

## SOSL CHAMPIONSHIPS EVENT LIST

<u>EVENT</u>	<u>EVENT #</u>	<u>FEMALE / MALE</u>
8/U – 100 MEDLEY RELAY	1	F
8/U – 100 MEDLEY RELAY	2	M
9/10 – 100 MEDLEY RELAY	3	F
9/10 – 100 MEDLEY RELAY	4	M
11/12 – 200 MEDLEY RELAY	5	F
11/12 – 200 MEDLEY RELAY	6	M
13/14 – 200 MEDLEY RELAY	7	F
13/14 – 200 MEDLEY RELAY	8	M
15/18 – 200 MEDLEY RELAY	9	F
15/18 – 200 MEDLEY RELAY	10	M
6/U – 25 FREESTYLE	11	F
6/U – 25 FREESTYLE	12	M
7/8 – 25 FREESTYLE	13	F
7/8 – 25 FREESTYLE	14	M
9/10 – 25 FREESTYLE	15	F
9/10 – 25 FREESTYLE	16	M
11/12 – 50 FREESTYLE	17	F
11/12 – 50 FREESTYLE	18	M
13/14 – 50 FREESTYLE	19	F
13/14 – 50 FREESTYLE	20	M
15/18 – 50 FREESTYLE	21	F
15/18 – 50 FREESTYLE	22	M
6/U – 25 BACKSTROKE	23	F
6/U – 25 BACKSTROKE	24	M
7/8 – 25 BACKSTROKE	25	F
7/8 – 25 BACKSTROKE	26	M
9/10 – 25 BACKSTROKE	27	F
9/10 – 25 BACKSTROKE	28	M
11/12 – 50 BACKSTROKE	29	F
11/12 – 50 BACKSTROKE	30	M
13/14 – 100 BACKSTROKE	31	F
13/14 – 100 BACKSTROKE	32	M
15/18 – 100 BACKSTROKE	33	F
15/18 – 100 BACKSTROKE	34	M

<u>EVENT</u>	<u>EVENT #</u>	<u>FEMALE / MALE</u>
10/U – 100 I. M.	35	F
10/U – 100 I. M.	36	M
11/12 – 100 I. M.	37	F
11/12 – 100 I. M.	38	M
13/14 – 100 I. M.	39	F
13/14 – 100 I. M.	40	M
15/18 – 100 I. M.	41	F
15/18 – 100 I. M.	42	M
8/U – 50 FREESTYLE	43	F
8/U – 50 FREESTYLE	44	M
9/10 – 50 FREESTYLE	45	F
9/10 – 50 FREESTYLE	46	M
11/12 – 100 FREESTYLE	47	F
11/12 – 100 FREESTYLE	48	M
13/14 – 100 FREESTYLE	49	F
13/14 – 100 FREESTYLE	50	M
15/18 – 100 FREESTYLE	51	F
15/18 – 100 FREESTYLE	52	M
8/U – 25 BREASTSTROKE	53	F
8/U – 25 BREASTSTROKE	54	M
9/10 – 25 BREASTSTROKE	55	F
9/10 – 25 BREASTSTROKE	56	M
11/12 – 50 BREASTSTROKE	57	F
11/12 – 50 BREASTSTROKE	58	M
13/14 – 100 BREASTSTROKE	59	F
13/14 – 100 BREASTSTROKE	60	M
15/18 – 100 BREASTSTROKE	61	F
15/18 – 100 BREASTSTROKE	62	M
8/U – 25 BUTTERFLY	63	F
8/U – 25 BUTTERFLY	64	M
9/10 – 25 BUTTERFLY	65	F
9/10 – 25 BUTTERFLY	66	M
11/12 – 50 BUTTERFLY	67	F
11/12 – 50 BUTTERFLY	68	M
13/14 – 50 BUTTERFLY	69	F
13/14 – 50 BUTTERFLY	70	M
15/18 – 50 BUTTERFLY	71	F
15/18 – 50 BUTTERFLY	72	M

<u>EVENT</u>	<u>EVENT #</u>	<u>FEMALE / MALE</u>
8/U 100 FREESTYLE RELAY	73	F
8/U 100 FREESTYLE RELAY	74	M
9/10 100 FREESTYLE RELAY	75	F
9/10 100 FREESTYLE RELAY	76	M
11/12 200 FREESTYLE RELAY	77	F
11/12 200 FREESTYLE RELAY	78	M
13/14 200 FREESTYLE RELAY	79	F
13/14 200 FREESTYLE RELAY	80	M
15/18 200 FREESTYLE RELAY	81	F
15/18 200 FREESTYLE RELAY	82	M

SOUTHERN OHIO SWIM LEAGUE

2008 CHAMPIONSHIPS

JULY 16-17

**WORKERS INFORMATION SHEET**

EACH TEAM IS TO PROVIDE THE FOLLOWING WORKERS FOR EACH SESSION ON BOTH DAYS OF THE CHAMPIONSHIPS.

**THE FINAL WORKER'S SCHEDULE WILL BE HANDED OUT AT THE COACHES MEETING ON WEDNESDAY, JULY 9<sup>TH</sup>.**

- 3 TIMERS
- 1 RUNNER
- 1 CLERK OF COURSE
- 1 MARSHALS (TO HELP POLICE POOL DECK AND TEAM AREAS)
- 1 AWARDS PERSON (TO HELP WITH RIBBONS & MEDALS)

**ALL WORKERS ARE TO BE AVAILABLE 30 MINUTES PRIOR TO THE STARTING TIME.**

THE STARTER, STROKE JUDGES AND TURN JUDGES ARE TO BE CERTIFIED OFFICIALS WITH YMCA, USA, OR HIGH SCHOOL CERTIFICATION. THE NAMES OF THESE PEOPLE ARE TO BE TURNED INTO GARY TAMERIS ON JULY 9TH, WITH THE WORKERS' LIST.

YOUR TEAM IS RESPONSIBLE FOR RELIEF WORKERS AND ALTERNATES FOR ALL OF ABOVE JOBS.

IF YOU HAVE AN EXPERIENCED ANNOUNCER, PLEASE ADD HIS/HER NAME TO YOUR LIST.

TURN IN NAMES ALONG WITH YOUR ENTRIES TO GARY TAMERIS ON WEDNESDAY, JULY 9TH, AT THE 6:30 PM COACHES' MEETING AT MILFORD HIGH SCHOOL.

**PLEASE RETURN WORKERS' NAMES ON THIS SHEET!  
2008 S.O.S.L. SWIMMING CHAMPIONSHIPS**

**WORKER LIST**

HEAD COACH: \_\_\_\_\_  
CLUB NAME: \_\_\_\_\_  
TEAM CONTACT: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_

**JULY 16 - AM  
8/U & 9-10**

**JULY 16 - PM  
11 TO 18**

**JULY 17 - PM  
ALL GROUPS**

**TIMERS**

**TIMERS**

**TIMERS**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**RUNNER**

**RUNNER**

**RUNNER**

1. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

**CLERK OF COURSE**

**CLERK OF COURSE**

**CLERK OF COURSE**

1. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

**MARSHALS**

**MARSHALS**

**MARSHALS**

1. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

**AWARDS**

1. \_\_\_\_\_

# SOUTHERN OHIO SWIM LEAGUE 2008 SWIMMING CHAMPIONSHIPS

## OFFICIALS SIGN-UP SHEET

**PLEASE LIST ALL OF YOUR TEAMS' CERTIFIED OFFICIALS THAT WILL WORK  
PLEASE CHECK OFF THE APPROPRIATE SPACES THAT THEY CAN WORK**

NAME	7/16 AM SESSION #1	7/16 PM SESSION #2	7/17 PM SESSION #3	STROKE TURN STARTER REFEREE
	8/U & 9-10	11 TO 18	ALL AGES	
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____