

ANDERSON BARRACUDAS - M. E. LYONS YMCA
2013 OH ABLY LARRY LYONS FALL INVITATIONAL

[sanction XXXXX]

Sponsored by Beacon Orthopedic & Sports Medicine

November 8-10, 2013

M.E. Lyons Branch YMCA
8108 Clough Pike
Cincinnati, Ohio 45244
513-474-1400

This meet is held in honor of Larry Lyons, past Head Coach of the Anderson Barracudas/M.E. Lyons YMCA swim team, who passed away on July 12, 1995. We hereby dedicate this meet in recognition of his gifts and dedication to the sport of swimming and youth in the Cincinnati area.

FACILITY:

The M.E. Lyons Branch YMCA facility is a domed 6 lane 50 meter pool, configured for this meet as a 25 yard competition pool and 6 lane 25 yard warm up/warm down pool. Electronic timing is by Colorado System VI. There is a LED 6-lane scoreboard, spectator seating in bleachers on the pool deck. Locker rooms are available and swimmers must furnish their own locks. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

FORMAT:

- Short Course Yards
- All events are timed finals for each age group.
- Age classifications are: 6&Under, 8&Under, 9-10, 10-12, 11-12, 13-14, 15&Over, and Senior.
- Each swimmer may compete in three individual events each day.
- There are no minimum time standards.
- Deck entries will be permitted in open lanes only.
- Age for the meet is determined by the age the swimmer will be on December 1, 2013.
- All participants must be a member of the YMCA they represent. Coaches must be prepared to prove current YMCA credentials to be on deck in coaching capacity.
- All swimmers entered in 6&Under, 8&Under, and 9-10 events shall report to the Clerk of Course. All other athletes are to report directly to the blocks for each event.

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. ABLY reserves the right to combine heats and/or events for time management purposes, and may limit all events of 200 yards or longer.

ENTRY & DEADLINE:

Hy-tek Team Manager entries only. Hy-tek entries should be sent via Email to Entry Chairperson Tim Hart at abmeetentry@gmail.com by the ENTRY DEADLINE of Friday, November 1, 2013 at 5:00 P.M. The Hy-tek event file for Team Manager can be found at ABLY'S website at www.ablyswim.org. A print out of the Team Manager entries must be sent to the Entry Chairperson. 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 "M.E. Lyons YMCA", must accompany your entry. If payment is made by inter-Y transfer, you must at least provide a copy of the transfer form with the entries.

Checklist for Entries:

1. Team Manager Entry file sent via e-mail by Friday, November 1, 2013 at 5:00 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.

Entries will be accepted on a first received basis with the meet limited to 300 swimmers, not counting ABLY. If your entries are limited, your coach will be notified.

ENTRY FEES:

\$4.50 per Individual Event and \$18.00 per Relay Event.

Deck entries: \$5.00 per Individual Event and \$20.00 per Relay Event. Deck entries will be limited to open lanes. There will be no "stand by" entries. Deck entries close at end of first warm up period.

MEET DIRECTOR:

Jon Saxton, 99 Michigan Drive, Terrace Park, OH 45174; phone 513-518-5153; email jsaxton@rendigs.com (not for Hy-Tek entries, see below).

ENTRY CHAIRPERSON:

Tim Hart, 8108 Clough Pike, Cincinnati, OH 45244 e-mail – abmeetentry@gmail.com (for Hy-Tek entries).

AWARDS:

- Swimmers 10 & Under, 11-12, 13-14:
 - Medals will be awarded to the 1st, 2nd, & 3rd place finishers per age group.
 - Ribbons will be awarded to the 4th through 12th place finishers.
- Swimmers 15 & older will not receive awards.

SCORING:

The Meet will be scored using traditional scoring.

RULES:

USA Swimming Rules will be used. This meet will be USA APPROVED and all times will be loaded in the USA SWIMS database.

RESULTS:

Final results, Hy-tek Team Manager Results File, and Hy-Tek Meet Manager Backup File will be emailed to coaches.

COACHES:

All coaches must sign in for each session and present current YMCA credentials to be present on deck in a coaching capacity. At the discretion of the Meet Director, there may be a brief coaches' meeting prior to start of the meet.

TIMERS AND OFFICIALS:

ABLY greatly appreciates the help we get from other swim clubs in timing and officiating our meets. Any volunteers should contact the Meet Director.

FACILITY RULES:

M.E. Lyons requires that all marked parking rules be followed. During the competition, please use the entrance to the dome from the building and NOT the start end dome door.

Changing into or out of swimsuits other than in locker rooms is not appropriated and is prohibited.

RACING STARTS:

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

CONCESSIONS:

A variety of snacks, sandwiches, and soft drinks will be available throughout the meet.

SWIMMERS WITH DISABILITIES:

ABLY 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 information is available under 'Adapted Swimming' on the Ohio Swimming website.

COMPETITION COURSE:

The competition course has not been certified in accordance with Rule 104.2.3C(4). The pool has a depth of approximately 12 feet at the start end of the pool and approximately 4 feet at the turn end/bulkhead end of the pool. For 100 relay events, swimmers will start in the water at the bulkhead. For 25 yard events, swimmers will start at the block end and finish at the bulkhead.

RECORDING DEVICES:

The use of audio/visual/recording devices is not to be used in changing room areas, locker rooms and restrooms.

DIRECTIONS:

M.E. Lyons YMCA,
8108 Clough Pike, Cincinnati, OH 45244.

From Columbus

I-71 South
Take Exit 17A for I-275 East toward OH-32
Take Exit 63A for OH-32 West toward Newtown
Turn left onto Bells Lane. Bells Lane becomes Mount Carmel - Tobasco Road
Turn right onto Clough Pike
ME Lyons YMCA will be on your right in 1.6 miles

From Dayton

I-75 South
Take Exit 16 for I-275 East, I-275 West toward I-71, Columbus, I-74 Indianapolis
Keep left for I-275 East
Take Exit 63A for OH-32 West toward Newtown
Turn left onto Bells Lane. Bells Lane becomes Mount Carmel - Tobasco Road
Turn right onto Clough Pike
ME Lyons YMCA will be on your right in 1.6 miles

From the West

I-74 East
Continue onto I-275 North
Take Exit 63A for OH-32 West toward Newtown
Turn left onto Bells Lane. Bells Lane will turn into Mount Carmel - Tobasco Road
Turn right onto Clough Pike
ME Lyons YMCA will be on your right in 1.6 miles

From the South

I-71 North
Take Exit 185 for I-274 East, I-275 West toward Airport
Keep right for I-275 East
Take Exit 69 for Five Mile Road
Turn left onto Five Mile Road
At the end of Five Mile Road, turn right onto Clough Pike
ME Lyons YMCA will be on your left in 1.4 miles

From the East

OH-32 West
Turn left onto Bells Lane. Bells Lane becomes Mount Carmel - Tobasco Road.
Turn right onto Clough Pike
ME Lyons YMCA will be on your right in 1.6 miles.

ORDER OF EVENTS:

ABLY reserves the right to combine heats and/or events, and to limit the number of heats for time management purposes, and may limit all events of 200 yards or longer.

FRIDAY PM

Warm up 4:30 PM Meet starts 5:30 PM

<u>Age Group</u>	<u>Event Name</u>	<u>Girls #</u>	<u>Boys #</u>
Senior	400 Individual Medley	101	102
10-12	500 Freestyle	103	104
13-14	500 Freestyle	105	106
Senior	1000 Freestyle (limited to 3 fastest heats)	107	108

SATURDAY AM

Warm up 8:00 AM Meet starts 9:00 AM

<u>Age Group</u>	<u>Event Name</u>	<u>Girls #</u>	<u>Boys #</u>
9-10	100 Individual Medley	201	202
8&Under	100 Individual Medley	203	204
9-10	50 Breaststroke	205	206
8&Under	25 Breaststroke	207	208
6&Under	25 Breaststroke	209	210
9-10	50 Freestyle	211	212
8&Under	50 Freestyle	213	214
6&Under	50 Freestyle	215	216
9-10	200 Freestyle	217	218
8&Under	100 Medley Relay	219	220
9-10	200 Medley Relay	221	222

SATURDAY PM

Warm up TBA Meet starts one hour after start of warm ups

<u>Age Group</u>	<u>Event Name</u>	<u>Girls #</u>	<u>Boys #</u>
Senior	200 Butterfly	223	224
11-12	50 Butterfly	225	226
15&Over	100 Breaststroke	227	228
13-14	100 Breaststroke	229	230
11-12	100 Breaststroke	231	232
15&Over	500 Freestyle	233	234
5 MINUTE BREAK			
15&Over	50 Freestyle	235	236
13-14	50 Freestyle	237	238
11-12	100 Freestyle	239	240
15&Over	200 Individual Medley	241	242
13-14	200 Individual Medley	243	244
11-12	200 Individual Medley	245	246
Senior	200 Backstroke	247	248
11-12	50 Backstroke	249	250

SUNDAY AM
Warm up 8:00 AM Meet starts 9:00 AM

<u>Age Group</u>	<u>Event Name</u>	<u>Girls #</u>	<u>Boys #</u>
9-10	50 Backstroke	301	302
8&Under	25 Backstroke	303	304
6&Under	25 Backstroke	305	306
8&Under	25 Freestyle	307	308
6&Under	25 Freestyle	309	310
9-10	50 Butterfly	311	312
8&Under	25 Butterfly	313	314
6&Under	25 Butterfly	315	316
9-10	100 Freestyle	317	318
8&Under	100 Freestyle	319	320
9-10	200 Free Relay	321	322
8&Under	100 Free Relay	323	324

SUNDAY PM
Warm up TBA Meet starts one hour after start of warm ups

<u>Age Group</u>	<u>Event Name</u>	<u>Girls #</u>	<u>Boys #</u>
15&Over	100 Freestyle	325	326
13-14	100 Freestyle	327	328
11-12	50 Freestyle	329	330
15&Over	100 Butterfly	331	332
13-14	100 Butterfly	333	334
11-12	100 Butterfly	335	336
Senior	200 Breaststroke	337	338
11-12	50 Breaststroke	339	340
15&Over	100 Backstroke	341	342
13-14	100 Backstroke	343	344
11-12	100 Backstroke	345	346
15&Over	200 Freestyle	347	348
13-14	200 Freestyle	349	350
11-12	200 Freestyle	353	354

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Team Entry Summary

YMCA _____ Y CODE _____
 TEAM CONTACT: _____
 TEAM CONTACT E-MAIL _____
 DAYTIME PHONE: _____ EVENING PHONE: _____
 E-Mail ADDRESS: _____

Age Group	# OF SWIMMERS	INDIV. EVENTS	RELAY EVENTS
6 & U Girls			
6 & U Boys			
7-8 Girls			
7-8 Boys			
8 & U Girls			
8 & U Boys			
9-10 Girls			
9-10 Boys			
11-12 Girls			
11-12 Boys			
13-14 Girls			
13-14 Boys			
15 & over Girls			
15 & over Boys			
Senior Girls			
Senior Boys			
Total			

_____ INDIVIDUAL EVENTS X \$4.50 = \$ _____

_____ RELAY EVENTS X \$18.00 = \$ _____

TOTAL AMOUNT REMITTED \$ _____

MAKE CHECK PAYABLE TO M.E. LYONS YMCA
 ATTACH CHECK TO THIS SUMMARY SHEET.

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YMCA Membership Certification

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 YMCA meet are currently members of the YMCA they represent. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach has current YMCA credentials.

TEAM: _____

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____

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WARM-UP PROCEDURE AND SAFETY GUIDELINES

I. Warm-Up Times and Procedure

- a. Warm-up time (the following time windows represent the entire warm-up time allotted for each session, after the entry deadline, teams may be assigned a specific portion of the window, however no warm-up session will start earlier than what is listed below)

Friday: 4:30 PM – 5:15 PM
Saturday AM: 8:00-8:50 AM
Saturday PM: TBA
Sunday AM: 8:00-8:50 AM
Sunday PM: TBA

Saturday and Sunday PM warm-up sessions may begin at approximately noon.

- b. Lane assignments
Teams will be assigned lanes based on swimmers attending each session
- c. Coaches control their assigned lanes including sprint and pace time.

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. No diving or racing starts allowed from the edge of the pool. Swimmers must enter pool feet first in a cautious manner with one hand in contact with the pool edge.
- e. Coaches should stand near starting end of the pool when starting swimmers on sprint or pace work.
- f. 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 backstroke waiting to start.
- g. 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.