



**Ohio Swimming, Inc.**  
**2026 Short Course**  
**Regional Championship**  
**and Time Trial**

**Meet Information**

**Held under the Sanction of USA Swimming, Inc.**  
**Sanction #: OH-26SC-04/04TT**

**February 19-22, 2026**  
**Fremont, OH**

**Hosted by: Sand Otter Swimming**

# 2026 Ohio Short Course Regional Championships

## Event Information

February 19-22, 2026

### Important Facts About the Meet

- Entry Deadline: Tuesday, February 10, 2026, at 12:00 PM EST, for all sites no exceptions.
- Time Standards - All individual entries must be slower than the 2026 Junior Championship Time Standards.
- Time standards for Swimmers with a Disability – must be slower than the 2026 Swimmer with a Disability LSC Parallel Time Standards.
- Entry times shall be in short course yards (Y) or long course meters (L). No converted times will be accepted.
- NT times will NOT be accepted.
- Entry Limits: Swimmers may enter a maximum of 6 (six) Individual Events plus Relays (excluding time trials).
- OME will be used for all entries, including relays and swimmers with a disability.
- There is no Admission Charge for Ohio Championship Meets.
- The Host Team, with consent of the Age Group Committee, has the discretion to modify session warm-up and start times; determine the use of two pools vs one pool; and determine the use of starting at one vs two ends. All decisions will be communicated to coaches as soon as practical.
- The 10 & under events will be contested as timed finals.
- The 11-14 individual events will be contested as Prelim/Final except for events  $\geq 400Y$  and 11-12 200Y Breast, Back and Fly.
- All heats in 11 & over finals will be swum slowest to fastest.
- All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. Events  $>500Y$  will additionally be swum alternating girl's and boy's heats.
- 10 Lanes will be used for 11-14 Prelims and 8 lanes for Finals. 10 lanes will be used for 10U Timed Finals Sessions.
- Time Trials will only be conducted on the last day of the meet, after Finals.
- All teams attending this Regional Championship site should be prepared to assist the host team in staffing some timer positions throughout the weekend. The meet host will contact the teams to arrange the volunteer sign-up.
- **All Regional meet participants must be verified USA Swimming members in good standing by 12:00 PM EST two (2) business days prior to the first day of competition. No exceptions. USA-S membership will not be verified at this meet.**
- **Coaches and Officials attending the Regional Championship Meet are expected to be members in good standing while in attendance at the meet. OSI policy regarding membership non-compliance will be in effect at this meet.**
- **Day 1 preliminary session will be contested on Thursday, February 19. Day 1 final session will be contested on Friday, February 20. The Day 1 10 & Under session will be contested on Friday, February 20 with the 11-14 Finals session.**

### Table of Contents

Meet Administration .....	3
Meeting Schedule, Disclaimers, Officials.....	3
Order of Events.....	4
Facility Information.....	6
Organization Regulations/Waivers.....	6
Entering the Meet.....	8
Championship Procedures.....	9
Entry Summary Sheet (Appendix A).....	14
Meet Accommodation / Modification Form for Swimmers with a Disability (Appendix B) .....	15

## Meet Administration

<b>Facility Address</b> Hawk Bucci Natatorium – Fremont Ross High School 1100 North St. Fremont OH, 43420	<b>Meet Referee</b> Scott Lang Scott.lang@mcri-us.com
<b>Entry Chair</b> Ohio Swimming Office <a href="mailto:regionalchamps@swimohio.com">regionalchamps@swimohio.com</a>	<b>Meet Director</b> Josh Fate coachfate@gmail.com
<b>Age Group Committee Chair</b> Bernard Vrancken <a href="mailto:agegroupchair@swimohio.com">agegroupchair@swimohio.com</a>	<b>Meet Committee</b> <ul style="list-style-type: none"><li>• Meet Referee</li><li>• Coach</li><li>• Athlete</li></ul>

## Meeting Schedule

<b>Thursday, February 18</b>	General/Coaches Meeting – 15 minutes before meet/session start time <i>All subsequent coaches' briefings will be announced</i>  Officials' Meeting - 1 hour before the meet start time <i>All subsequent officials' briefing will be held 1 hour prior to the start of each session</i>
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## Disclaimers

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.

## Officials

All USA Swimming certified officials willing to volunteer should contact the Meet Referee of the respective Regional site location.  
Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions.

**2026 SC Regional Championships – Order of Events**  
**Short Course Yards**  
**11 & Over Session**

<b>Women's Events</b>	<b>Day 1</b>	<b>Men's Events</b>
101	11-12 200 Individual Medley	102
103	13-14 200 Individual Medley	104
105 (with finals)	10 & Under 200 Individual Medley	106 (with finals)
107	11-12 50 Backstroke	108
109	13-14 50 Backstroke	110
111	11-12 100 Breaststroke	112
113	13-14 100 Breaststroke	114
115 (with finals)	10 & Under 200 Freestyle	116 (with finals)
117	11-12 100 Freestyle	118
119	13-14 200 Freestyle	120
121*	11-12 200 Butterfly	122*
123	13-14 100 Butterfly	124
125**	11-12 500 Freestyle^+	126**
<b>Women's Events</b>	<b>Day 2</b>	<b>Men's Events</b>
201	11-12 200 Freestyle Relay (with finals)	202
203	13-14 200 Freestyle Relay (with finals)	204
205	11-12 50 Butterfly	206
207	13-14 50 Butterfly	208
209*	11-12 200 Breaststroke	210*
211	13-14 200 Breaststroke	212
213	11-12 50 Freestyle	214
215	13-14 50 Freestyle	216
217	11-12 100 Backstroke	218
219	13-14 100 Backstroke	220
221*	11-12 400 Individual Medley^	222*
223**	13-14 500 Freestyle ^+	224**
<b>Women's Events</b>	<b>Day 3</b>	<b>Men's Events</b>
301*	13-14 1650 Freestyle^+	302*
303	13-14 200 Medley Relay (with finals)	304
305	11-12 200 Medley Relay (with finals)	306
307	13-14 400 Individual Medley^	308
309	11-12 100 Butterfly	310
311	13-14 200 Butterfly	312
313*	11-12 200 Backstroke	314*
315	13-14 200 Backstroke	316
317	11-12 50 Breaststroke	318
319	13-14 50 Breaststroke	320
321	11-12 200 Freestyle	322
323	13-14 100 Freestyle	324
325	11-12 100 Individual Medley	326

\* Timed Final – Fastest 1 heat at Finals

\*\* Timed Final – Fastest 2 heats at Finals

^ Prelim heats are fastest to slowest

+ Alternating girls and boys heats

Warm-up / start times will be determined once entries are received and emailed to teams attending the meet.

**2026 SC Regional Championships – Order of Events**  
**Short Course Yards**  
**10 & Under Session**

<b>Women's Events</b>	<b>Day 1 – With 11-14 Finals</b>	<b>Men's Events</b>
105	10 & Under 200 Individual Medley	106
115	10 & Under 200 Freestyle	116
<b>Women's Events</b>	<b>Day 2</b>	<b>Men's Events</b>
251	10 & Under 200 Freestyle Relay	252
253	10 & Under 100 Freestyle	254
255	10 & Under 50 Breaststroke	256
257	10 & Under 100 Butterfly	258
259	10 & Under 50 Backstroke	260
<b>Women's Events</b>	<b>Day 3</b>	<b>Men's Events</b>
351	10 & Under 200 Medley Relay	352
353	10 & Under 100 Individual Medley	354
355	10 & Under 100 Breaststroke	356
357	10 & Under 100 Backstroke	358
359	10 & Under 50 Butterfly	360
361	10 & Under 50 Freestyle	362

Warm-up / start times will be determined once entries are received and emailed to teams attending the meet.

## Facility Information

<b>Facility Address</b>	Hawk Bucci Natatorium – Fremont Ross High School 1100 North St. Fremont OH, 43420
<b>Pool Information</b>	<ul style="list-style-type: none"> <li>10 lane competition pool (minimum depth 6 feet). The pool has a water depth measured at a minimum of 6 feet from both ends of the walls. The host will ensure the required course dimensions.</li> <li>4 additional warm-up/cool-down lanes (4-5 feet deep)</li> </ul> Complete Colorado Timing System with Full Color Video Board
<b>Handicap Access</b>	Accommodations for persons with disabilities may be arranged with advance notice.
<b>Information/Lost &amp; Found</b>	See Meet Director for lost items.
<b>Medical Assistance and Supervision</b>	Lifeguards are trained to handle water rescues and first aid on deck. AED devices are also available on site. Please report all first aid issues to the Aquatic Staff.
<b>Facility Information</b>	Spectator Seating w/ upper & lower decks capable of seating between 400-750 depending on meet needs
<b>Parking</b>	In front and behind the school.
<b>Hospitality</b>	Coaches and Officials hospitality will be upstairs
<b>Vendor</b>	A swim vendor may be available at this meet; however Regional Meet apparel can be purchased online. Link to the Regional meet apparel can be found on the Ohio Swimming website Regional Event Page.

## Organization Regulations

<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li>At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>Any swimmer entered in the meet <u>must</u> 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. 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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>Flash photography is not permitted at the start of any race.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> </ul>
<b>Technical Suit Ban</b>	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.

<b>Organization Regulations</b>	
<b>Ohio State Laws that are applicable to Ohio Swimming sanctioned events</b>	<ul style="list-style-type: none"> <li>Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at <a href="http://www.swimohio.com">www.swimohio.com</a> under Safe Sport&gt;Concussion.</li> <li>There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4</li> </ul>
<b>Safe Sport 360</b>	<ul style="list-style-type: none"> <li>The USA Center for Safe Sport program is a comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</li> <li>The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. (<a href="http://www.usaswimming.org/maapp">www.usaswimming.org/maapp</a>)</li> <li>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a>.</li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.</li> <li>All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.</li> </ul>
<b>Deck Access</b>	<ul style="list-style-type: none"> <li>The Meet Director and Meet Referee reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety of the efficient operation of the meet. USA Swimming Rules of Conduct and Ohio Swimming Code of Conduct will be strictly enforced.</li> <li>Non-Athlete membership does NOT grant access to the pool deck at any time.</li> <li>Only Volunteers, Coaches and Officials signed up to work/attend the current session will be permitted on deck. Coaches and Officials must meet and have current certifications for all the requirements of membership including successfully passing the required background check and APT course to be on the deck at this event.</li> <li>Swimmers will NOT be allowed to access the pool deck at any time, without a coach member present.</li> </ul>
<b>Code of Conduct</b>	<ul style="list-style-type: none"> <li>Each club is responsible for the conduct of its swimmers and parents. Any person who, in the opinion of the Meet Director, Meet Referee, or Meet Marshal, is harmful to others or to other's property will be required to leave the competition.</li> <li>Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or any member of meet operations is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.</li> <li>Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others.</li> </ul>

## Organization Regulations

	<ul style="list-style-type: none"> <li>The Ohio Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. Ohio Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of Ohio Swimming. The complete Ohio Swimming Code of Conduct can be reviewed on the Ohio Swimming website under Governance&gt; OSI Policy &amp; Procedures Manual, Appendix 18.</li> </ul>
<b>Spectator Info</b>	<ul style="list-style-type: none"> <li>Each team will be expected to help the meet host with timers. The meet host will contact each team to arrange for timers.</li> <li>The meet host has the right to remove spectators from the facility or disqualify a swimmer from competition if facility protocols are not followed by swimmers and/or their families.</li> </ul>
<b>Parental Access and Safe Sport Considerations for Athletes</b>	Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child.

## Entering the Meet

<b>Eligibility</b>	<ul style="list-style-type: none"> <li>All Regional meet participants must be verified as USA Swimming athletes of Ohio Swimming Inc. by 12:00 PM EST two (2) business days prior to the first day of competition. No exceptions. USA-S memberships will not be verified at this meet or after this deadline.</li> <li>Any Ohio LSC swimmer, 14 years and under, with a slower time than the 2026 Ohio Junior Championship time standard, may enter the Regional Championship meet.</li> <li>Any Ohio LSC Swimmer with a Disability, 14 years and under, with a time slower than the 2026 Swimmer with a Disability LSC Parallel Time Standard, may enter the Regional Championship meet.</li> <li>Swimmers who have achieved a LCM Junior Champs qualifying time standard in an event but have not achieved the standard in the conforming course (SCY), may enter that event at this Regional Championship. However, those athletes should scratch that event at finals to allow others, who have not qualified in either course, another opportunity to achieve a cut for the upcoming Junior Championship Meet.</li> <li>All swimmers must enter under a team affiliation or unattached. Those swimmers on a team, who switched clubs in the last 60 days before the Junior Championships, must swim as unattached, unless cleared by the OSI Permanent Office to affiliate with their team.</li> <li>Age on the first day of the meet will determine the age group in which a swimmer is entered.</li> <li>Entry times must be times from meets that are entered in the USA S</li> </ul>
<b>Entry Rules - General</b>	<ul style="list-style-type: none"> <li>By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations.</li> <li>Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM), Short Course Meters (SCM).</li> <li><u>There shall be No Deck Entries at the Championship Meet.</u></li> <li>A swimmer who is either not entered or incorrectly entered by fault of the entry chair will be properly placed in the appropriate events.</li> </ul>
<b>Entry Rules: Individual Events</b>	<ul style="list-style-type: none"> <li>Swimmers may enter a maximum of six (6) Individual Events, plus Relays (excluding time trials).</li> <li>11 &amp; Over Swimmers may swim a maximum of three (3) individual events per day, plus Relays (including time trials).</li> <li>10 &amp; Under Swimmers may swim a maximum of six (6) individual events per day, plus Relays (including time trials).</li> <li><b><i><u>"NT" entries will not be accepted. Please estimate an entry time.</u></i></b></li> <li>All Entries must be slower than the published 2026 Junior Championship Time Standards.</li> <li>If a swimmer wants an official intermediate split from a longer distance event, they must notify the meet referee before the event and complete an Ohio Time Certification form.</li> <li>Swimmers entering events who have achieved qualifying standards in the non-confirming course, see ELIGIBILITY section above for entering the Regional meet with those events.</li> </ul>



## Entering the Meet

<b>Entry Rules: Relay Events</b>	<ul style="list-style-type: none"> <li>No relay minimum qualifying time standards shall be enforced at the Regional Championship meet.</li> <li>Relays may be entered with a “no time” (NT).</li> <li>Relay Entry Times faster than the Junior Championship cut are acceptable.</li> <li>Only two (2) relays per team may be entered per event.</li> <li>Any swimmer may swim any stroke.</li> <li>All relay team members must also be entered in at least one individual event in the meet.</li> <li>A swimmer competing unattached may not be a member of a relay team.</li> </ul>
<b>Entry Procedures for all Athletes</b>	<ul style="list-style-type: none"> <li><b>Entry Deadline is Tuesday, February 10, 2026, at 12:00 PM EST</b></li> <li>USA Swimming’s Online Meet Entry (OME) system will be used for all entries, including relays and Swimmers with a Disability (<a href="http://hub.usaswimming.org/landing">hub.usaswimming.org/landing</a>) under the meet name of “2026 OH SC Regional Championship SOS”. An electronic event file will be available on the Regional Championship Meet page for team planning purposes only.</li> <li>If you check out of OME prior to the entry deadline, you are still able to do the following up to the entry deadline: (1) times may still be updated for those athletes you originally checked out, but the athletes cannot be removed from your roster; and (2) you can still add new athletes/events to your roster and check out again. Once the deadline passes no more edits can be done to your entries.</li> <li>Teams are responsible for reviewing their entries and must notify the entry chair prior to the entry deadline if there are any errors. Any errors found after the entry deadline are subject to the late entry procedures below.</li> <li>The following <b>must</b> be emailed to the host team at <a href="mailto:coachfate@gmail.com">coachfate@gmail.com</a> <ul style="list-style-type: none"> <li>Entry Summary Sheet (Appendix A)</li> <li>Meet Accommodation/Modification Form for Swimmers with a Disability (Appendix B)</li> </ul> </li> <li>Check for the Total Entry Fees is payable to: <b>Sand Otter Swimming</b></li> <li>If sending the payment by mail, please send it to the address listed on the entry summary form.</li> <li>All fees must be paid by the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or copy of proof of payment (i.e., copy of check request) can be emailed to the entry chair.</li> <li>Please indicate any Outreach athletes on the entry summary form included in this meet information.</li> <li>Performance Groupings for Swimmers with a Disability are described in the OSI Policies and Procedures document posted on the Ohio Swimming website under Governance&gt;OSI Policies &amp; Procedures.</li> <li>Swimmers with a disability will compete in prelims with able-bodied athletes; however, they will have a separate championship heat at finals that will be contested after the able-bodied Championship heat. The Swimmers with a Disability Championship heat will be awarded separately to 8<sup>th</sup> place.</li> </ul>
<b>Late Entries / Entry Errors / Changes to Existing Entries</b>	<p>Any team or athlete who missed the entry deadline, made an error in their entries, or wishes to change any entries after the deadline, will be permitted to enter late or make changes subject to the following requirements:</p> <ul style="list-style-type: none"> <li>Late entries must be emailed to the entry chair at <a href="mailto:regionalchamps@swimohio.com">regionalchamps@swimohio.com</a> before 12:00 PM EST on Tuesday, February 17, 2026.</li> <li>The team must pay an administrative fee of \$50.00 per individual/relay entry with a maximum cap of \$200 plus double the posted entry fees.</li> </ul>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>Individual Events - \$8.00 per entry</li> <li>Relay Events - \$12.00 per entry</li> <li>OSI Regional Championship Meet Surcharge - \$20.00 per swimmer</li> <li>Time Trials – \$16.00 per individual entry; \$24.00 per relay entry</li> <li>Entry Fees for Age Group Championship Meets are established annually by the OSI Board of Directors.</li> <li>Late Entry Processing Fee - \$50 per swimmer. The maximum admin fee is \$200.</li> <li>No refunds will be issued for scratched events.</li> </ul>
<b>Psych Sheets</b>	<ul style="list-style-type: none"> <li>A psych sheet will be posted on the Ohio Swimming event page as soon as possible after the entry deadline. Teams are responsible for reviewing the psych sheet for errors.</li> <li>Any changes can only be made via the late entry procedure above.</li> </ul>

## Entering the Meet

<b>Deck Access for Coaches</b>	<ul style="list-style-type: none"> <li>All coaches that are attending should register for a Deck Pass via OME. This listing will be used for meet host planning purposes.</li> <li>Teams may request an unlimited number of deck passes.</li> <li>All coaches must be prepared to show proof of current membership in good standing when checking in.</li> </ul>
<b>Membership Requirement</b>	All meet directors, coaches and officials serving in an official capacity at this Championship event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card and photo identification (i.e., driver's license, passport, etc.) when signing in at the meet. Failure to cooperate with the request will result in immediate ejection from remainder of the event. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming in good standing. OSI policy regarding membership non-compliance will be in effect at this meet.

## Championship Procedures

<b>Rules</b>	USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules except as modified specifically herein.
<b>Competition Guidelines &amp; Meet Format for 11 &amp; Over Sessions</b>	<ul style="list-style-type: none"> <li>Except for the Relays and events designated as Timed Finals Events in the Order of Events listed in this meet program, the meet will be conducted in a Preliminary-Finals format with a Championship (A) and a Consolation (B) heat at Finals. The B Final will swim before the A Final. Alternates should be ready to swim in the B Finals and identify themselves to the referee.</li> <li>The 13-14 1650Y Freestyle event will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim fastest to slowest; alternating between women and men.</li> <li>All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. All 500Y and over events will alternate between women and men.</li> <li>Athletes will swim Timed Final events <u>as seeded by entry time</u>. If an athlete desires to swim the event during prelims, they must use a non-conforming time. They will not be permitted to change their entry time, or down seed at the meet.</li> <li>Relays are timed finals.</li> <li>The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat at Finals. The preliminary sessions of these events will swim slowest to fastest.</li> <li>Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee.</li> <li><b><u>Any changes in format not listed in this meet announcement must be approved by the Age Group Committee.</u></b></li> <li>10 Lanes will be used for the Prelim sessions. 8 Lanes will be used for Finals</li> </ul>
<b>Competition Guidelines &amp; Meet Format for 10 &amp; Under Sessions</b>	<ul style="list-style-type: none"> <li>All events will be contested as Timed Finals.</li> <li>Fly-over starts may be used at the discretion of the Meet Referee, in consultation with the meet committee.</li> <li>10 Lanes will be used for all 10 &amp; under timed Finals Sessions</li> </ul>
<b>Combined Meet Format</b>	<ul style="list-style-type: none"> <li>If entries warrant that either the 11 &amp; over session and/or 10 &amp; under session are less than one (1) hour, the meet host, in consultation with the Meet Referee and Age group Committee Chair, may use the combined session format as listed in Appendix C.</li> <li>The meet host will communicate this change in format, to all attending teams, within 48 hours after the published entry deadline.</li> </ul>
<b>Seeding</b>	<ul style="list-style-type: none"> <li>The seeding order for this meet will be SCY, LCM.</li> </ul>
<b>Warm-Up and Safety Guidelines</b>	<ul style="list-style-type: none"> <li>The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.</li> <li>Warm-up procedures may, at the discretion of the host team, be modified based on the number of swimmers in the meet and other safety and logistical concerns.</li> </ul>

## Championship Procedures

<b>Protest Procedures</b>	All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee.						
<b>Scratch Procedures &amp; Deadlines</b>  <b>11 &amp; Over Events:</b>	<p>This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations with the following exceptions:</p> <ul style="list-style-type: none"> <li>A swimmer who officially scratches from an individual event shall not have that event count towards their maximum number of events for the meet or for that day.</li> <li>The scratch deadline for Preliminary Events and Timed Final Events will be 60 minutes prior to the start of the session where the individual or relay is contesting the event.</li> <li>Any swimmer not appearing for an individual <i>preliminary</i> event, without officially scratching per meet guidelines, shall not be penalized; however, that event will be counted against their 6-event maximum for the meet and their 3 event per day maximum. <i>A declared false start will be counted against their event maximum for the meet and their per day event maximum.</i></li> <li>Any relay team that fails to appear for a pre-seeded relay event shall not be penalized.</li> <li>Any swimmer qualifying for a consolation or championship final in an individual event who fails to compete in said final shall be barred from his/her next individual event, except as noted in USA Rule 207.11.6E. This rule also applies to timed final events where the top heat(s) are contested in the consolation or championship heats.</li> <li>Failure to scratch consolation or championship finals according to the rules above shall result in a \$50.00 penalty fee per event against the swimmer/team if the event is their last event of the meet. The penalty fee shall be billed to the club and paid to the host of the meet.</li> <li>Entry fees for scratched events will not be refunded.</li> </ul>						
<b>Scratch Procedures 10 &amp; Under Events</b>	<ul style="list-style-type: none"> <li>Any swimmer or relay that fails to appear for a pre-seeded 10 &amp; under event shall not be penalized.</li> </ul>						
<b>Relays and Relay Check-In Procedures:</b>	<ul style="list-style-type: none"> <li>All relays are conducted on a timed final basis.</li> <li>Each coach shall pick up Relay Entry Forms from the Clerk of Course if not included in their Coach/Team Packet.</li> <li>On the Relay Entry Form, the Coach shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay.</li> <li>Relay Entry Forms shall be returned to the Clerk of Course for tabulation according to the deadlines listed below: <ul style="list-style-type: none"> <li>10 &amp; Under: Thirty (30) minutes prior to the start of that day's session.</li> <li>11 &amp; Overs: Same as the scratch deadlines listed above.</li> </ul> </li> <li>Any Relay Entry Form not turned in will result in the relays being scratched for that session. Turning in the form indicates the team wishes to contest the relay(s) for that session.</li> <li>Relay Order may be changed up to the time of the swim.</li> </ul>						
<b>Finals Session Event Order</b>	The order of the final events shall be the same as preliminary sessions except the 11-12 400Y IM and 13-14 500Y Freestyle will be contested as the first and second events at Finals, respectively. The 13-14 1650 will be the last event in prelims and the first event in finals.						
<b>Scoring:</b>  <b>8 Lane Pool (16 places)</b>	<table border="0"> <tr> <td><u>Individual Events:</u></td> <td><u>Relay Events:</u></td> </tr> <tr> <td>A (Final) 20-17-16-15-14-13-12-11</td> <td>A (Final) 40-34-32-30-28-26-24-22</td> </tr> <tr> <td>B (Consolation) 9-7-6-5-4-3-2-1</td> <td>B (Consolation) 18-14-12-10-8-6-4-2</td> </tr> </table>	<u>Individual Events:</u>	<u>Relay Events:</u>	A (Final) 20-17-16-15-14-13-12-11	A (Final) 40-34-32-30-28-26-24-22	B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2
<u>Individual Events:</u>	<u>Relay Events:</u>						
A (Final) 20-17-16-15-14-13-12-11	A (Final) 40-34-32-30-28-26-24-22						
B (Consolation) 9-7-6-5-4-3-2-1	B (Consolation) 18-14-12-10-8-6-4-2						
<b>Awards</b>	<ul style="list-style-type: none"> <li>Individual Events: Medals 1-8 place. Ribbons 9-16 place.</li> <li>Relay Events: Medals 1-3 place. Ribbons 4-8 place.</li> </ul>						
<b>Warm-up Schedule &amp; Results</b>	<p>The following information will be published on the Ohio Swimming and/or meet host website:</p> <ol style="list-style-type: none"> <li>Warm-up Schedule</li> <li>Results</li> <li>Final Results and Team Manager Results file.</li> </ol>						

## Championship Procedures

### Time Trials

- ***Regional meet participants will have first priority entry for time trials.***
- Time Trials will be conducted on the last day of the meet only, **following** Finals.
- Time trial session will be limited to one (1) hour.
- Signups for Time Trials will close at least one (1) hour prior to the end of the last day's Finals session according to the estimated timeline. The time will be communicated to coaches in the General Meeting.
- Meet Participants are limited to three (3) individual events for 11 & overs and six (6) individual events for 10 & unders per day, including Time Trials. A declared false start is counted toward the limits.
- Will be swum in meet order. Event order may be modified for ease of seeding and timeline control.
- Time Trials for non-meet participants:
  1. Procedure for membership verification for non-meet participants wanting to time trial at this event, will be communicated to all teams in advance of the meet.
  2. Are open to current athlete members from teams assigned to this Regional site, only if the timeline allows. Be prepared to show **PROOF** of current membership with USA Swimming, in good standing at the time of sign-up for time trials.
  3. Are limited to individuals attempting to achieve a published National Cut (USA Zone, Y Zone, Sectional, Futures, Junior National, Y Nationals, US Open or Senior National). Entry times for time trials should be within ½ second per 50 yards/meters of the published Time Standard.
- The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries and limit to meet participants only, if timelines warrant.

## 2026 Short Course Regional Championships - Summary of Fees / Release Form

Team Name	
Club Representative Name & Email <small>(for questions about entries)</small>	
Coach	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries (exclude Outreach)		\$8.00 per event	
Relay Entries		\$12.00 per relay	
OSI Swimmer Surcharge (exclude Outreach)		\$20.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:


(Outreach fees can be subtracted from your team totals above)

### Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The [Name of Facility, name of host team], Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature (Coach or Club Representative)

Club Title (Coach etc.)

Name of Club

Date

Send this form with check made payable to:

Sand Otter Swimming

PO Box 473

Fremont, OH 43420

sosmeetentries@gmail.com

## Ohio Swimming Meet Accommodation/Modification Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

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What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.

2026 SC Regional Championships – Order of Events Combined Session		
Women's Events	Day 1	Men's Events
101	11-12 200 Individual Medley	102
103	13-14 200 Individual Medley	104
105	10 & Under 200 Individual Medley	106
107	11-12 50 Backstroke	108
109	13-14 50 Backstroke	110
111	11-12 100 Breaststroke	112
113	13-14 100 Breaststroke	114
115	10 & Under 200 Freestyle	116
117	11-12 100 Freestyle	118
119	13-14 200 Freestyle	120
121*	11-12 200 Butterfly	122*
123	13-14 100 Butterfly	124
125**	11-12 500 Freestyle	126**
Women's Events	Day 2	Men's Events
201	11-12 200 Freestyle Relay (with finals)	202
203	13-14 200 Freestyle Relay (with finals)	204
251	10 & Under 200 Freestyle Relay	252
205	11-12 50 Butterfly	206
207	13-14 50 Butterfly	208
253	10 & Under 100 Freestyle	254
209*	11-12 200 Breaststroke	210*
211	13-14 200 Breaststroke	212
255	10 & Under 50 Breaststroke	256
213	11-12 50 Freestyle	214
215	13-14 50 Freestyle	216
257	10 & Under 100 Butterfly	258
217	11-12 100 Backstroke	218
219	13-14 100 Backstroke	220
259	10 & Under 50 Backstroke	260
221*	11-12 400 Individual Medley	222*
223**	13-14 500 Freestyle ^+	224**
Women's Events	Day 3	Men's Events
301**+	13-14 1650 Freestyle	302**+
303	13-14 200 Freestyle Relay (with finals)	304
305	11-12 200 Freestyle Relay (with finals)	306
351	10 & Under 200 Medley Relay	352
307	13-14 400 Individual Medley	308
309	11-12 100 Butterfly	310
353	10 & Under 100 Individual Medley	354
311	13-14 200 Butterfly	312
313*	11-12 200 Backstroke	314*
355	10 & Under 100 Breaststroke	356
315	13-14 200 Backstroke	316
317	11-12 50 Breaststroke	318
357	10 & Under 100 Backstroke	358
319	13-14 50 Breaststroke	320
321	11-12 200 Freestyle	322
359	10 & Under 50 Butterfly	360
323	13-14 100 Freestyle	324
325	11-12 100 Individual Medley	326
361	10 & Under 50 Freestyle	362

\* Timed Final – Fastest 1 heat at Finals

\*\* Timed Final – Fastest 2 heats at Finals

# Timed Final – All relay heats during Prelims

^ Prelim heats are fastest to slowest

+ Alternating girls and boys heats

11-12 400 IM - First event at Finals

13-14 1650 Free - Second event at Finals