

O.C.C. SWIMMING CHAMPIONSHIPS
CAPITAL DIVISION
January 24, 2025

Thomas Worthington High School
400 W Granville Rd., Worthington, OH 43085

Meet Director(s)

Keeler Calahan—(614) 557-7145, kcallahan@wscloud.org

Participating Teams: Big Walnut, Delaware Hayes, Dublin Scioto, Westerville North, Westerville South, Westland, Worthington Kilbourne

Time Schedule:

Warm-up	4:30-5:55 pm
Coaches Meeting	5:30 pm
Competition	6:00 pm – Completion (approx. 9:00 pm)

There will be a 15 minute break after the 50 Freestyle event
-The pool will be open for swimming during this break

Meet Information:

- A. All participants must be eligible under the rules of the OHSA.
- B. All coaches/representatives should read and understand the regulations for swimming meets which are published by the OHSA on the Web Site.
- C. This meet shall be for swimming competition only. **All diving competitions will be held at UAHS on Saturday morning with information coming from Ryan Wilson the UAHS Dive Coach.**
- D. Entry cut-off times will not be required.
- E. Each school shall be permitted four (4) entries in each individual event and one (1) entry in each relay event.
- F. An individual may be entered in no more than two (2) individual events. At the coaches meeting, no additions or substitutions shall be made. **The diving event counts as one of the individual events.**
- G. An individual shall be permitted to participate in a maximum of four (4) events, no more than two (2) of which shall be individual events. **A reminder that the diving event counts as one of the individual events.**
- H. In relay events, eight (8) individuals may be listed as entrants, any four (4) may participate. Certification in the relay shall not count as an entry unless the individual actually competes in the event.
- I. The girls and boys events will be contested in the same session.
- J. The meet shall be a timed final championship meet.
- K. Championship scoring for twelve (12) places will be followed.
- L. Individual medals will be awarded to the 1st three places.
- M. The official coach/school representative must be with their team/swimmer(s) at all times. This shall include the entire warm-up period and all competition. If it is determined that the coach/school representative is not in attendance at any time, the team and all swimmers will be disqualified from further competition.

- N. Coaches/school representatives are to pick up coaches packets at the main entrance of the natatorium. Only the designated coach will be permitted to receive the coaches packet. Each team will be assigned a specific area of the deck/hallway.
- O. No air horns or noise making devices will be permitted in the natatorium. Official School Banners will be permitted; however, other banners and signs of any type will not be permitted. The use of video taping equipment must adhere to OHSA policy.
- P. Only certified high school coaches or reps, swimmers, meet officials and meet timers will be permitted on the pool deck during the meet warm-up and/or competition.
- Q. Scoring will be as follows:
 - Relays: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2
 - Individuals: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1
- R. All swimmers, including relay swimmers, must stay behind the timers before and after they swim.
- S. Neither the Thomas Worthington/ Worthington Kilbourne High School, nor meet management, nor Swim Inc. will be responsible for lost or stolen personal items or valuables.
- T. Each school is asked to handle its own discipline and litter problems. Any contestant or team found guilty of vandalism, theft, or conduct unbecoming to an athlete will be barred from further competition.

Warm-ups: From 4:40-5:10pm & 5:10-5:40pm each school will have designated lanes for their specific warm-up. There will be an "Open Warm-up" 5:40 pm – 5:55 pm. The meet will begin at 6:00pm.

Warm-up Lane Assignments:

4:40-5:10-Lane 1- Westerville North

2- Westerville North

3- Westerville South

4- Westerville South

5- Worthington Kilbourne

6- Worthington Kilbourne

5:10-5:40-1-Big Walnut

2-Big Walnut

3-Westland

4-Dublin Scioto

5-Delaware Hayes

6-Delaware Hayes

5:40-5:55- 1- Pace

2- Starts

3- Starts

4- General

5- General

6- Pace

Entries:

- A. All entries must be submitted electronically using Hy-Tek Team Manager files by **8:00pm Monday, January, 20th, 2025** Entries must be e-mailed to the email addresses listed below: Fuller.Jen@gmail.com & KCallahan@wscloud.org

DO NOT FAX ENTRIES. FAXED ENTRIES WILL NOT BE ACCEPTED.

A Hy-Tek Events file is attached for use in your Team Manager Program. If you do not get the meet file via e-mail, e-mail a message regarding the meet file to the address above.

- B. Each and every competitor must be listed in the events the competitor will be swimming. Additions/deletions shall not be made **after 8:00pm Monday, January, 20th, 2025**
- C. Entry times must be listed in the events the competitor will be swimming. If a competitor does not have an entry time, they shall be entered with a "no time " (NT).

Good luck the rest of the season. I will see you on January 25th!

Sincerely,
Keeler Callahan