
2009 OAC SWIMMING AND DIVING CONFERENCE CHAMPIONSHIPS

Welcome to the Ohio Athletic Conference's 67th Men's and 19th Women's Swimming & Diving Championships. The 2009 OAC Swimming & Diving Championships will be hosted by Baldwin-Wallace College on February 19, 20, and 21 at the University of Akron, Ocasek Natatorium (ONAT).

Facility:

The ONAT opened its doors to the University's students, faculty and staff in the spring of 1988. This six million dollar, one million gallon facility houses the University's Olympic sized swimming pool with deck seating for over 400 athletes and spectator seating for over 1,000 people.

The pool, which is 50 meters long by 25 yards wide, is an 8-lane competition pool ranging in depth from 8-14 feet deep. During competition, athletes will swim from wall to bulkhead. Additionally there are 9 warm-up and cool-down lanes located in the shallow end of the pool for use during swim meets. For the diving portion of the meet, the facility has 2 one meter and 2 three meter Maxiflex boards.

Entry Information:

Hy-Tek Entry file will be e-mailed to you. All entries must be sent and prepared through Hy-Tek from the event file supplied to you by the OAC Information Director.

Please e-mail sgildea@bw.edu, spenko@bw.edu, kruple@bw.edu, and lrickel@oac.org an updated Hy-Tek roster file and fax (440) 826-2192 a hard copy to verify your roster. Please be sure to include the athletes name, eligibility year, hometown, and events. Please also send updated information on coaches and managers. This information is due to the host institution by Feb. 6, 2009 for inclusion in the program.

All entrants above the allowed 18 scoring must be designated at the time of the entry submission. Please designate in the entry file exhibition swimmers. Three divers who dive only count as one entry. Any diver who swims an event is counted as one entry. A competitor is permitted to participate in a maximum of seven events. Of which no more than three may be individual events. As per the OAC coaches good practice agreements an individual may only be entered into five total individual events, then 2 of those 5 must be scratched according to the scratch rules.

Women's events will precede the men's events. Relays will be swum as timed finals in the finals sessions each day. A consolation final shall immediately precede the championship final for each event except the 1650 yard Freestyle and the diving events. The seed time for the 1650 will be a bona fide 1,000 time from the current 2008-2009 season, or no-time (NT). The seed time for the 400 IM is 400 IM time from the current 2008-2009 season.

Diving prelims will take place between Swimming Prelims and finals on Friday, February 20th and Saturday, February 21th. All diving sheets for Friday are due to the scoring table by Thursday at the beginning Finals, 6:00 p.m. All sheets will be checked by both the Meet Director and the Head Referee; however, the accuracy remains the responsibility of the athlete. Preliminaries will consist of all 5 voluntaries (9.5 DD max for 3M and 9.0 DD max for 1M.) and 3 Optionals (no limit). The Finals will consist of the remaining 3 Optionals for all contests. There will be no cutting; all entrants will do all of their dives.

Each team with divers entered into the meet must provide a coach (or coaches designate) to judge all diving events. Judges Panel and diving announcer will be determined at the meet. Video taping of all athletes must be provided by the divers coach/team. The University of Akron has ample deck space, coaches may also choose to video tape from the spectator seating area. The University of Akron facility staff will make the final decision if any/all video equipment is permitted.

Final entry deadline for the Championship is Thursday, February 12, 2009. Your entries must be e-mailed to Lindsay Rickel, OAC Information Director, by 3:00 p.m., Thursday, February 12, 2009. The e-mail address is stats@oac.org. The psyche sheet will be posted on the OAC web site and emailed to the OAC coaches that same night. Coaches have until 5:00 p.m. the Friday prior to the OAC championship to email or call in any corrections. The final psyche sheets will be posted Friday night on the web site and the host school web site. Each team is asked to send a jpeg file of their team logo, **only if they have a new logo from last year**, through their SID to Nick Weber, nweber@uakron.edu by February 12, 2009.

Scoring shall be through eight places as follows:

Individual: 9-7-6-5-4-3-2-1

Relays: 18-14-12-10-8-6-4-2

Points for first through eighth place shall be awarded on the basis of the championship final heat. No points for 9th through 16th place shall be awarded if a bonus heat is swum. A swimmer in a bonus non-scoring heat can not advance higher than 9th place either by time or by disqualification in the championship final. All relays will be scored in the Finals session only. If relays are swum in the morning, it is strictly for time and lane placement in Finals. Any prelim relays will be swum in the order of the regular finals session.

Awards:

The top three individuals in each event and the top two relays will receive certificates for All-Conference recognition. Special Awards – The OAC office will provide plaques for men’s and women’s staff, swimmer and diver of the meet awards. Championship trophies will be awarded by the OAC office to the men’s and women’s meet champion.

All student athletes are asked to report to the awards stand in a team warm-up uniform. Presentation of awards by the OAC Coaching Staff during the meet will go in an alphabetical order of the OAC Swimming schools. All coaches are asked to be cognizant and report to the awards stand on time to present the awards to the finalists. Please see the awards timeline in your coaches packet.

Scratches: must be made within 30 minutes of the end of the prelim session for finals each day. All entries not scratched will become official entries. Coaches will email the meet director, Lindsey Rickel, stats@oac.org scratches for Thursday. Friday and Saturday scratches will be turned into the meet director in writing, on the scratch forms provided in your coaches packet and at the scorers table, by the deadline each day. Scratch deadlines are as follows:

<u>Session</u>	<u>Deadline</u>
Thursday	Scratch by Wednesday evening 6:00 p.m.
Friday	6:00 p.m. Thursday
Saturday	6:00 p.m. Friday

Parking:

Parking will be available in the Lot behind the pool.

Swimming Practice Schedule:

Facility doors open each day for Prelims at 8:30 a.m. and 4:30 p.m. for Finals. The pool will be available for warm-ups:

Thursday, Friday, Saturday	9:30 a.m. to 10:45 a.m. Prelims begin at 11:00 a.m.
Thursday and Friday	5:00 p.m. to 5:45 p.m. Finals begin at 6:00 p.m.
Saturday	4:30 p.m. to 5:30 p.m. Finals begin at 5:45 p.m.

Diving Practice Schedule:

Thursday	8:30 to 9:30 a.m. & 1:30 to 4:30 p.m.	At the end of Prelims
Friday and Saturday	8:30 to 9:30 a.m. & 1 hour	At the end of A.M. Prelims
Friday and Saturday	20 minutes prior to Diving Finals each night	

Athletic Training Services will be provided by the host institution with certified staff during the entire meet. The athletic trainer is not available for rub downs.

Coaches Meeting will be held at **9:30 a.m.** on Thursday, February 19 in the Hospitality Conference Room off the pool deck at the starting block end. **Please be prompt.**

Results:

Results will be posted by the OAC office www.oac.org and the host institution www.bw.edu/athletics.

Warm-up Facilities:

Full lanes will be available during the meet at the far end of the pool for continuous warm-up and warm-down use during the entire meet. Please be cognizant of the competition end of the pool. Keep the noise and distractions to a minimum.

Top 8 Final Competitors:

The University of Akron will provide a video board presentation of the meet. All final heat competitors will be projected on the screen as they are marshaled to the starting blocks. All final heat competitors will report 1 event prior to their event to the ready room area at the far end of the pool. Coaches are asked to make sure their athletes adhere to this request.

Team Signs:

The University of Akron allows teams to hang signs however they require that painters tape (blue) be used. No duct tape or masking tape can be used to tape signs up on the walls. Please honor their request and use painters tape only. All signs are expected to be within good taste and follow generally accepted sportsmanship language. All team banners must be given to the Aquatic management staff to be hung up prior to the start of the meet. Each team will have a designated team area on deck. Upon arrival please locate your team area as posted. We ask that each team clean up after themselves each session. No glass items are allowed on the deck. Coaches are responsible for conduct of their teams while they are in the facility.

Rub down/Athletic Training Facility Area:

A certified Athletic Trainer, from the host school, will be on staff and located in the room to the left just inside the leisure pool area which is located off the far end of the pool.

All rubdowns will be conducted in the same room utilized by the Athletic Training staff. Each team is responsible for their own personnel and equipment to provide rub down services to their athletes.

Hospitality for Coaches and Meet Personnel:

Hospitality is located at the starting block end of the competition pool for all coaches and meet personnel only.

- **Day 1 Thursday Baldwin-Wallace College** will provide hospitality = food, drink, & 1 worker
- **Day 2 Friday Baldwin-Wallace College** will provide hospitality = food, drink & 1 worker
- **Day 3 Saturday Baldwin-Wallace College** will provide hospitality = food, drink & 1 worker

Senior Recognition:

OAC Swimming & Diving senior athletes will be recognized at the beginning of Finals on day 3, Saturday. All institutions are asked to provide senior bio clips by fax or email to the host school's head coach by the entry deadline, Feb. 12, 2009.

Note: A Racquetball Court will be open for teams needing space during the last day of competition between prelims and finals. All coaches are asked to supervise their team. Meet t-shirts will be made available by the host school. All proceeds go towards off-setting the meet expenses.

Spectator Admission:

Please inform your fans of the following admission fee schedule as set forth by the OAC regulations.

\$5.00 per day or

\$12.00 for a three-day event pass

\$2.00 non-OAC students w/ID

OAC students free w/ID OAC lifetime passes will be honored, regular season passes will not.

Prelim Session Heat Sheets - \$2.00 each day

Final Session Programs - \$3.00 each day

Prelims Schedule:

Thursday	Friday	Saturday
200 Freestyle Relay Exhibition	200 Medley Relay Exhibition	200 Backstroke
10 Minute Break	15 Minute Break	100 Freestyle
500 Freestyle	400 Individual Medley	200 Breaststroke
200 Individual Medley	100 Butterfly	200 Butterfly
50 Freestyle	200 Freestyle	10 Minute Break
10 Minute Break	10 Minute Break	400 Free Relay Exhibition
400 Medley Relay Exhibition	100 Breaststroke	1650 Freestyle
	100 Backstroke	Diving W-3M/M-1M Dives 1-8
	10 Minute Break	
	800 Free Relay Exhibition	
	Diving W-1M/M-3M Dives 1-8	

Finals Schedule:

Thursday	Friday	Saturday
200 Freestyle Relay	200 Medley Relay	1650 Freestyle
10 Minute Break	15 Minute Break	200 Backstroke
500 Freestyle	400 Individual Medley	100 Freestyle
200 Individual Medley	100 Butterfly	200 Breaststroke
50 Freestyle	200 Freestyle	200 Butterfly
15 Minute Break	10 Minute Break	Diving W-3M/M-1M 9-11
400 Medley Relay	100 Breaststroke	400 Free Relay
	100 Backstroke	
	Diving W-1M/M-3M 9-11	
	800 Freestyle Relay	