



Forest Hills  
Sharks

Miami Hills  
Dolphins

Indian Hills  
Wahoos

Terrace Park  
Tiger Sharks

Normandy  
Barracudas

Turpin Hills  
Torpedoes

**Tuesday and Wednesday, July 9-10**

**Location:** Forest Hills Swim Club, 1860 8 Mile Rd, Cincinnati, OH 45255

**Swimmer Eligibility:** All swimmers must swim in (2) dual meets during the 2019 summer season to be eligible for Champs.

**League Rules:** All League Rules for Swim Championships apply. Rules may be accessed at [7HillsLeague.org](http://7HillsLeague.org).

**Admission:** Admission prices set by the Seven Hills League are as follows:

- Under 6: No charge
- 6-15 years old and 60 & up: \$2 per day
- 16-59: \$5 per day

\*Paid officials, coaches, & swimmers admitted at no charge. Spectators and volunteer officials must pay the admission fee.

**Heat Sheets:** \$3/session

**Team Areas:** Each team will be given a team area on the hill behind the pool. Pop-up canopies can be dropped off or set up in your team area on Monday, July 8th, 7-9 pm. It can get pretty windy so all tents must be firmly staked in the ground and should be set at their lowest height overnight. Sportbrellas can be dropped off on Monday but may not be left open overnight.

**Spectator Seating:** Spectator seating (chairs & bleachers) will be on both sides of the pool. Outside chairs will be permitted. Chairs will not be permitted on the pool deck.

**Hospitality:** Hospitality will be available for Prelims and will be located on the basketball court next to the Clerk of Course. Each club will be provided with (4) hospitality passes which will be distributed to each club prior to the meet. Officials will also be provided with hospitality passes. Coaches and officials can visit our Shark Bites Grill and Concessions for dinner during Finals.

**Concessions:** FH concessions will offer a variety of refreshments, snacks along with our grill masters serving up burgers and hot dogs! Cash only.

**Volunteers:** Each team must provide 2 timers, with watches, and 1 clerk of course volunteer per session, as well as an awards worker for Finals in accordance with league rules. Please be sure to bring your folders to file your team awards. At the clerk, we would like to ask all visiting teams to have (1) person present in the event a swimmer from their team is missing. If you would like, you may round them up and bring them to clerk or just be on standby. FH will be running/organizing the swimmers on benches.

**Clerk of Course:** Clerk of Course will be provided at all 3 sessions. Swimmers in the morning Prelims (Session 1) may, but are not required to, report to Clerk of Course. However, if a swimmer misses his or her heat, the swimmer will not be permitted to swim in another heat of the event. All swimmers in the afternoon Prelims (Session 2) are required to report to Clerk of Course. All relays and swimmers must report to Clerk of Course at Finals.

**Senior Recognition:** On Wednesday, July 10<sup>th</sup>, Seniors graduating will be recognized for their participation in the Seven Hills Swim League. Please be sure to fill out the attached Senior Bios form and email Ruth Grimes, [mbgrimes01@aol.com](mailto:mbgrimes01@aol.com) by July 5<sup>th</sup>.

**T-Shirts:** T-shirts are being sold pre-order only. The deadline to pre-order shirts is June 21<sup>st</sup>. Pre-Ordered T-shirts will be delivered to team reps for distribution on 7/8. We will take orders during Champs and deliver the shirts to your club roughly 10 days later. All shirts are \$12. Order form is attached. Payments and orders to be collected by individual club swim reps with (1) check made payable to FHSC from each club along with the completed spreadsheet for their club orders. Please contact Karen Burke if you have any questions regarding Champs tees, [kflynn1012@aol.com](mailto:kflynn1012@aol.com).

**Heat Sheet Ads:** This is a great way to advertise your business, your parent's favorite swimmer and/or team. Attached is an order form for anyone wishing to place an ad in the Heat Sheet. The ad will be placed in all three heat sheets (Prelims AM, Prelims PM and Finals). Please send in the attached form and check made payable to FHSC by June 28<sup>th</sup>. FHSC, PO Box 54440, Cincinnati, OH 45254 ATTN: Krissy Nicholson. Please feel free to email Krissy for any questions regarding heat sheet ads. [nicholsonkrissy@yahoo.com](mailto:nicholsonkrissy@yahoo.com).

**Swimville will be present during Prelims for all your swimming needs! Also during Prelims, we will have Joyln Suits and P & B Awards bringing towel pants, pins and other swim items! Be sure to stop by our vendors located near our wooden shelter.**

## **Meet Time Line**

### ***\*Tuesday, July 9 - Preliminary Session 1 (Age Groups 11-12, 13-14, 15-18)***

Warm ups Group 1: 7:40 -8am (Forest Hills lanes 1-3, Turpin Hills lanes 4-6)

Warm ups Group 2: 8am-8:20 (Terrace Park lanes 1-3, Indian Hill lanes 4-6)

Warm ups Group 3: 8:20 -8:40 (Miami Hills lanes 1-3, Normandy lanes 4-6)

**Session begins: 9am**

### ***\*Tuesday, July 9 - Preliminary Session 2 (Age Groups 9-10, 8 & Under)***

Warm ups Group 1: Not before 11:40 (Forest Hills lanes 1-3, Turpin Hills lanes 4-6)

Warm ups Group 2: TBD (Terrace Park lanes 1-3, Indian Hill lanes 4-6)

Warm ups Group 3: TBD (Miami Hills lanes 1-3, Normandy lanes 4-6)

**Session begins: Approximately 1pm**

### ***\*Wednesday, July 10- Finals (All Relays & Top 12 Qualifiers in Each Individual Event)***

Warm ups Group 1: 4:30 -4:50pm (Forest Hills lanes 1-3, Turpin Hills lanes 4-6)

Warm ups Group 2: 4:50-5:10pm (Terrace Park lanes 1-3, Indian Hill lanes 4-6)

Warm ups Group 3: 5:10-5:30pm (Miami Hills lanes 1-3, Normandy lanes 4-6)

**Session begins: 5:45pm**

**Parking at our Club:** As most of you are aware our club has very limited space for parking. We are reserving this area for Parking Passes Only and Handicap spaces while leaving ample room for swimmer drop off. Please do not park your vehicle anywhere in the parking lot unless the staff directs you to. Your cooperation will be appreciated in this matter. Besides the parking lot at the club we have several areas you can safely park that are within walking distance.

We have secured parking at the First Baptist Church, 1674 8 Mile Rd, Cincinnati, OH 45255, for Prelims and Finals. There will be a few spots blocked for church members during Finals and we ask that you please not remove cones.

There are also neighborhood streets surrounding the club that provide easy walking distance to our club. All neighborhood streets have sidewalks plus we have a path on the backside of the club if you park on Summit Ridge Drive.

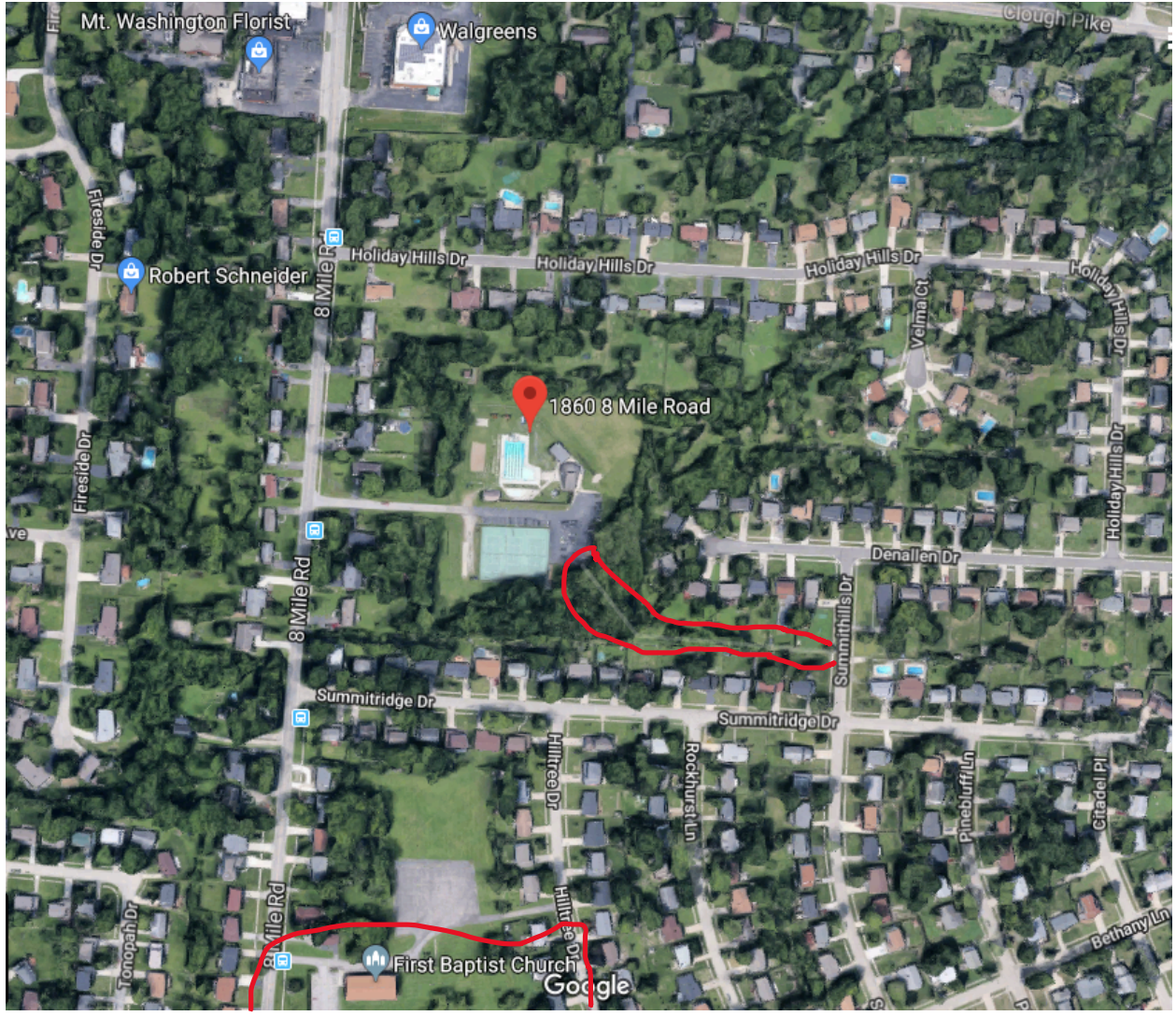
When parking on the neighborhood street, please pay attention to the No Parking Signs by parking on ONE side of the streets only. Also be considerate of our neighbors and do not block their driveways.

- Make sure that your members have their Handicap tag displayed in their vehicles or they may not be able to park in this area.
- No matter where you park (church, field or neighborhood streets) pay attention to the signs as they will lead you to a short cut to our club.
- As stated above there will be a Swimmer/Passenger Drop off at the club.
- One way to reduce the congestion is to car pool.

If there are any questions or concerns pertaining to the Seven Hills Swim Championships please do not hesitate to contact me.

Stephanie Grandy, [stephaniegrandy72@gmail.com](mailto:stephaniegrandy72@gmail.com), 773/844-3664





**Clough to the North of the club. First Baptist to the South.  
Neighborhood surrounding club for you reference; the path is circled.**



**First Baptist Church will be on your left as you leave FH Swim Club  
and turn left on 8 Mile.**