



2010 INDIANA SWIMMING AGE GROUP LONG COURSE CHAMPIONSHIPS



Sponsored by **speedo**
July 23-25, 2010
Sanction #IN10344

Important Facts Regarding the Meet

- Qualification Period is July 24, 2009 thru July 19, 2010.
- **Online Entry Deadline Friday, July 16 by 11:59 PM (EDT).**
- **Deadline for Addressing ALL entry exceptions / modifications is Monday, July 19 by 11:59 PM (EDT).**
- **Clubs/unattached swimmers that neglect to enter an event(s) by Friday, July 16 – 11:59 pm will be assessed a \$200 Late Entry Fee + \$10 per individual event.**
- **When submitting any subsequent entry files, ALWAYS submit a complete entry file to host not just a file of modifications.**
- **ANY/ALL** entries / modifications received after the Monday, July 19 -11:59 pm (EDT) will be considered late.
- Any entry that does not have a proof of time standard in the SWIMS database will be posted on the Indiana Swimming website by Tuesday, July 20 - 4 PM (EDT).
- In all individual events, the swimmer is assumed to be swimming unless he/she has been scratched by his/her coach.
- **Entrants in the 800/1500 freestyle and all relays must check in and confirm their intention to compete before the scratch deadline in order to be seeded.**
- ALL TIMES ARE EASTERN DAYLIGHT SAVINGS TIME.

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ENTRY DEADLINE CHECKLIST

Clubs are encouraged to use these check lists to ensure all responsibilities have been met and to avoid any problems at the meet.

DATE	TIME (EDT)	Description	If applicable - COMPLETED?
Friday, July 16	11:59 pm	Online entries must be submitted	
Saturday, July 17	11:59 pm	Online entries to receive Entry Report & Exceptions report via e-mail from host	
Monday, July 19	11:59 pm	Deadline for addressing any exceptions, modifications, deletions.	

AT THE MEET DEADLINE CHECKLIST

DATE	TIME (EDT)	Description	If applicable - COMPLETED?
Friday, July 23	6:45 am	Host will have all relay cards for the entire meet available	
	7:00 am	Friday Prelims scratch deadline including relays	
	7:45 am	Coaches meeting	
	7:45 am	11-12 / 13-14 Friday relay cards due to Clerk of Course	
	7:59am	All outstanding fees due or ENTIRE team will be scratched	
	1:00 pm	10 & U Scratch deadline including relays	
	Start of 10 & U session	10 & U relay card turn-in deadline	
	5:00 pm	Saturday events scratch deadline including relays	
Saturday, July 24	7:45 am	Coaches meeting	
	7:45 am	11-12 / 13-14 Saturday relay cards due to Clerk of Course (early submittal of 200 Free Relay is encouraged)	
	1:00 pm	10 & U Scratch deadline including relays	
	Start of 10 & U session	10 & U relay card turn-in deadline	
	5:00 pm	Sunday events scratch deadline including relays	
Sunday, July 25	7:45 am	Coaches meeting	
	7:45 am	11-12 / 13-14 Sunday relay cards due to Clerk of Course	
	END OF PRELIM SESSION	Spirit Award ballot deadline (1 vote / club)	
	1:00 pm	10 & U Scratch deadline including relays	
	Start of 10 & U session	10 & U relay card turn-in deadline	
	End of meet	Clubs should check host awards area for any unclaimed awards (<u>specifically 9-16 ribbons</u>).	



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MEET HOST INFORMATION

HOST

Carmel Swim Club
300 E. Main St.
Carmel, IN 46032

www.carmelswimclub.org

MEET DIRECTOR

Dave Belford
317-513-9478

Dave_belford_0222@wvlcorp.com

Paul Williams
317-569-8735

pwpics@aol.com

MEET REFEREE

John Hiester will be the Meet Referee jhiester1234@gmail.com

- Host club is responsible for solicitation of Deck Officials
- All Assigned Officials will be selected by the Official's Committee
- Age Group Championships has been approved as a Qualifying Meet for all N2 positions. Any official desiring to be evaluated for recertification or initial evaluation of N2 positions must submit a request prior to the meet to Lucy Duncan at lucyuss@aol.com.

FACILITY

IUPUI Natatorium 901 W. New York Street
Indianapolis, IN 46204

The water depth at both starting ends is 9 feet.
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

ENTRY CHAIRPERSON

Elaine Cooney
317-848-3452

entries@carmelswimclub.org

CHARGES

Psych Sheet -\$ 10
Heat Sheets -

- Preliminary Session -\$4
- Timed Finals Heat Sheet - \$1
- Finals heat sheet - \$1

Admission - *Ages 12 and under Free*

- All Session Pass (Fri-Sun Only) - \$15
- Day Pass \$7
- Prelims - \$5
- Finals - \$3
- T-Shirts - \$15

Parking

Prices are determined by the IUPUI Parking Services. Neither the meet host nor the Natatorium staff have any influence on these fees.

SEATING / ATHLETE AREAS

Deck Seating Capacity

The deck has ample seating for each sessions' swimmers. 10 & U swimmers will not be allowed on deck before 12:00

Spectator Seating Capacity

Both the East and West Concourses will be available for spectator seating. Spectator seating capacity is over 4000 with a great view of the pool from either concourse. There are Handicap accessible areas on the West Concourse.

Athlete Entrance

Athletes enter and exit the pool level via the wide stairs near the elevators. There is a security desk at the bottom of the stairs where athlete credential will be checked in order to permit deck access.

ACCIDENTS

All accidents resulting in injury are to be reported to the meet directors who must complete/submit a Report of Occurrence form.

RUBDOWNS

Rub downs (which use oil or lotion) shall not be permitted on deck. Host club will clearly designate an area where rubdowns are permitted. Rubdowns using oils or other lotions are permitted only in that designated area. Any coach found using rubdown oils or lotions in an on-deck area shall have their deck pass and credentials removed for the remainder of the meet. Any swimmer found using rubdown oils or lotions on deck shall be barred from their next individual event.

SWIMSUIT LEGISLATION

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

CREDENTIALS / DECK ACCESS

To receive meet packets and to get on deck, ALL coaches and officials will be required to display valid USA Swimming membership cards at all times. The meet referee or designate will inspect all coach and official credential display and/or deny deck access if the credential is unacceptable. No other persons except those specifically authorized by the host club as meet workers or support personnel will be permitted on the deck. The meet director or designated meet marshal will ask any unauthorized persons to leave the deck.

FACILITY NOTE

Swimmers, coaches, officials, and spectators are asked to please treat this facility like it was their own. We will strictly enforce these rules:

1. SMOKING IS NOT PERMITTED THE BUILDINGS!
2. Keep all trash picked up.
3. Do not go, or let children go, in any unauthorized areas. This means any place other than the concourse/lobby, and seating areas, any stairs to deck, and the deck. Elevators and stairwells are off limits. If a swimmer is caught in a restricted area, the swimmer will be asked to leave the facility and will be pulled from the remainder of the meet.
4. No radios, balls, or any other device that will be an inconvenience will be allowed.
5. No posting signage/banners on ANY painted surface
6. Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of the invitational.
7. NO PARENTS ON DECK.
8. Food concessions will be made available. Neither the host nor the Natatorium staff have any influence on the pricing.
9. Host club is not responsible for items left at Natatorium. Lost and Found at the Natatorium. 317-278-3518.

Anyone caught abusing the building/facility will be asked to leave the meet IMMEDIATELY!!!



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ENTERING THE MEET

ELIGIBILITY

- Swimmers with cuts made by the entry deadline will be allowed to enter this meet. Official cuts are included in this entry.
- This meet is limited to swimmers ages 14 and Under. All swimmers must compete in their own age group. Age as of the first day of the meet will determine age for the meet (see USA-S Rules 205.2).
- All swimmers, coaches, and officials must have an ID # registered with Indiana Swimming (see USA-S Rules 202.3).

QUALIFYING PERIOD

Times must be achieved in the current season, the season immediately preceding this season, or during last year's state meet (July 24, 2009 – entry deadline).

ENTRY LIMITS

- Swimmers may enter an unlimited number of events.
- Must scratch down to 6 events for the entire meet plus relays.
- No more than three (3) individual events per day (this includes time trials) are allowed.

ENTRY FEES

- \$ 5.00 per swimmer surcharge (also includes relay only alts)
- \$1.50 per swimmer IUPUI NAT surcharge
- \$ 5.00 per individual event entry
- \$ 6.00 per relay entry

The total amount of all fees due including any fines incurred due to late entry for **all** swimmers and events entered **shall be tendered on or before the first event of Day 1 of the meet.** If not tendered at the clerk table, the entire team will be scratched from the meet. The Summary of Entries form (page 12) can either be faxed or included with payment. If a team representative is NOT going to be at the meet at the beginning of DAY 1 you MUST send your check in a timely manner to be received by Thursday, July 22 – 5:00 pm. If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery.

ENTRY DEADLINE / ASSOCIATED DATES

- Friday, July 16 by 11:59 pm (EDT)**
All Entries due via the Online Entry Form located at www.inswimming.org.
- Saturday, July 17 by 11:59 pm (EDT)**
Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail.
- Monday, July 19 by 11:59 pm (EDT)**
All exceptions / modifications / deletions due back to host.

Entries must be submitted through the Online Entry Form on or before Friday, July 16 -11:59 pm. Entering clubs should ensure that they have a current version of Team Manager AND that they have properly imported the meet setup file (download from www.inswimming.org). If manually set up, be sure that entry times are NOT converted and qualifying dates are inserted/entered.

Host will notify entering clubs within 24 hours of receipt of their entry with both an entry list as well as an exception list if applicable. Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail by Saturday, July 17 - 11:59 pm. Entering clubs have until Monday, July 19 @ 11:59 PM to address their exceptions. Any entries/ modifications after Monday July 19 @ 11:59 PM will be subject to the late entry fees. **ALWAYS submit a complete entry file to host , not just a file of the modifications.**

Exceptions/Modifications made after Friday Deadline and before Monday Deadline may include Additions, Deletions and Corrections to the existing (submitted) team entry. An entry must be submitted by the Friday deadline, entries after this date will be considered late. The only exception is a team/unattached swimmer who achieved a qualifying time between the Friday Deadline and the Monday Deadline.

Clubs/unattached swimmers that neglected to enter by Friday, July 17 -11:59 pm can enter up to one hour before the start of the meet. These late clubs/unattached swimmers will be assessed a \$200 Late Entry Fee + \$10 per individual event.

ANY entries / modifications received after the Monday, July 19- 11:59 pm will be considered at the \$200 late entry fee system above. This includes any entry time changes, to include a missed event or to switch events for a swimmer already in the meet.

IMPORTANT REMINDER REGARDING ENTRY FILE

Entering clubs/swimmers need to remember to check all data BEFORE submitting. Entering club / unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of club entries.

OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first event entered until the maximum has been attained and scratched from all remaining events. **The coach and swimmer must recognize and accept the responsibilities and the extra obligations if they choose to enter extra events.**

VERIFICATION / PROOF OF TIME

Indiana Swimming will verify all entries via SWIMS. Any entry that does not have a proof of time in the SWIMS Database will be posted on the Indiana Swimming website by Tuesday, July 20 @ 4 PM. Proof of Times can be scanned/e-mailed or faxed to the Indiana Swimming office no later than Thursday, July 22 @ 4 PM. **Outstanding Time verifications (Proofs) will have to be provided to the host prior to applicable scratch deadlines for the event(s) or the swimmer will be scratched.**

Relays cannot be pre-proven with the Hy-Tek program at this time. Therefore, any team's relay that misses the cut or is disqualified will have to provide proof of time **for all relays** in that event. Proofs must be sent to the Indiana Swimming office no later than the Friday August 13 - 4:00 pm. Any unproven relays after this time will be assessed a \$100 non-refundable fee due to Indiana Swimming. A swimmer's name and time may only be used once per event to prove a relay time.

Acceptable verifications are official results from:

- * USA Swimming sanctioned or approved meets;
- * College, High School, Junior High, YWCA or YMCA meets sanctioned by their respective governing organizations;
- * Websites (provided that the web host address is printed on the copy);
- * Verification slips, time cards, timing system tapes or photocopies of such which are referee signed and dated

Official results from USA Swimming meets must be printed with either host club's name or IU Natatorium on each page. Results from Non-USA Swimming Meets can be scanned/emailed, faxed (317.237.5783) or the website URL address where results can be found can be emailed to lynn@inswimming.org no later than Wed, July 22 @ 4 PM.



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ORDER OF EVENTS

<i>Warm-Ups: 6:45-7:45 am</i>			FRIDAY EVENTS			<i>Warm-Ups: Not before 4:00</i>		
<i>Meet Starts: 8:00 am</i>						<i>Meet Starts: Not before 5:00</i>		
GIRLS	PRELIMINARIES		BOYS	GIRLS	FINALS		BOYS	
11	11-12	100 Freestyle	12	**9	13-14	800 Freestyle	**10	
13	13-14	100 Freestyle	14	11	11-12	100 Freestyle	12	
*15	13-14	400 IM	*16	13	13-14	100 Freestyle	14	
17	11-12	50 Butterfly	18	*15	13-14	400 IM	*16	
19	13-14	200 Butterfly	20	17	11-12	50 Butterfly	18	
21	11-12	100 Breaststroke	22	19	13-14	200 Butterfly	20	
23	13-14	100 Breaststroke	24	21	11-12	100 Breaststroke	22	
*25	11-12	400 Freestyle	*26	23	13-14	100 Breaststroke	24	
*27	13-14	400 Medley Relay	*28	*25	11-12	400 Freestyle	*26	
**9	13-14	800 Freestyle	**10	*27	13-14	400 Medley Relay	*28	

<i>Warm-Ups: Not Before 1:00</i>		FRIDAY 10 & U		<i>Meet Starts: Not before 1:45</i>	
GIRLS		TIMED FINALS		BOYS	
	1		50 Breaststroke		2
	3		100 Freestyle		4
	5		50 Butterfly		6
	7		200 IM		8

<i>Warm-Ups: 6:45-7:45 am</i>			SATURDAY EVENTS			<i>Warm-Ups: Not before 4:00</i>		
<i>Meet Starts: 8:00 am</i>						<i>Meet Starts: Not before 5:00</i>		
GIRLS	PRELIMINARIES		BOYS	GIRLS	FINALS		BOYS	
*37	13-14	200 Free Relay	*38	*37	13-14	200 Free Relay	*38	
*39	13-14	400 Freestyle	*40	*39	13-14	400 Freestyle	*40	
41	11-12	100 Backstroke	42	41	11-12	100 Backstroke	42	
43	13-14	100 Backstroke	44	43	13-14	100 Backstroke	44	
45	11-12	100 Butterfly	46	45	11-12	100 Butterfly	46	
47	13-14	100 Butterfly	48	47	13-14	100 Butterfly	48	
49	11-12	50 Freestyle	50	49	11-12	50 Freestyle	50	
51	13-14	50 Freestyle	52	51	13-14	50 Freestyle	52	
53	11-12	200 IM	54	53	11-12	200 IM	54	
55	13-14	200 IM	56	55	13-14	200 IM	56	
*57	11-12	200 Medley Relay	*58	*57	11-12	200 Medley Relay	*58	
*59	13-14	200 Medley Relay	*60	*59	13-14	200 Medley Relay	*60	

<i>Warm-Ups: Not Before 1:00</i>		SATURDAY 10 & U		<i>Meet Starts: Not before 1:45</i>	
GIRLS		TIMED FINALS		BOYS	
	29		100 Backstroke		30
	31		50 Freestyle		32
	33		100 Breaststroke		34
	35		200 Medley Relay		36

<i>Warm-Ups: 6:45-7:45 am</i>			SUNDAY EVENTS			<i>Warm-Ups: Not before 3:30</i>		
<i>Meet Starts: 8:00 am</i>						<i>Meet Starts: Not before 4:30</i>		
GIRLS	PRELIMINARIES		BOYS	GIRLS	FINALS		BOYS	
71	11-12	50 Backstroke	72	**69	13-14	1500 Freestyle	**70	
73	13-14	200 Backstroke	74	71	11-12	50 Backstroke	72	
75	11-12	50 Breaststroke	76	73	13-14	200 Backstroke	74	
77	13-14	200 Breaststroke	78	75	11-12	50 Breaststroke	76	
79	11-12	200 Freestyle	80	77	13-14	200 Breaststroke	78	
81	13-14	200 Freestyle	82	79	11-12	200 Freestyle	80	
*83	11-12	200 Free Relay	*84	81	13-14	200 Freestyle	82	
*85	13-14	400 Free Relay	*86	*83	11-12	200 Free Relay	*84	
**69	13-14	1500 Freestyle	**70	*85	13-14	400 Free Relay	*86	

<i>Warm-Ups: Not Before 1:00</i>		SUNDAY 10 & U		<i>Meet Starts: Not before 1:45</i>	
GIRLS		TIMED FINALS		BOYS	
	61		200 Freestyle		62
	63		50 Backstroke		64
	65		100 Butterfly		66
	67		200 Free Relay		68

* Timed Finals with the Top 8 submitted entry times swimming in evening finals.

** The 800 and 1500 Freestyle are to be conducted on a Timed Final basis with only the fastest seeded heat to swim in finals. All heats shall be swum alternately Girls/Boys as follows: (i) fastest women's heat first; (ii) fastest men's heat second; etc.



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2010 TIME STANDARDS

Times must have been achieved from July 24, 2009, to applicable entry deadline.

GIRLS			2008 - 09 AGS	BOYS		
SCY	LCM	SCM	10 & under	SCY	LCM	SCM
0:31.39	0:36.09	0:34.69	50 Free	0:31.99	0:36.59	0:35.09
1:09.39	1:21.09	1:15.59	100 Free	1:10.69	1:21.99	1:18.19
2:32.59	2:55.99	2:47.09	200 Free	2:35.99	2:52.79	2:52.39
0:36.89	0:42.89	0:40.69	50 Back	0:37.89	0:44.19	0:41.79
1:19.19	1:32.89	1:27.59	100 Back	1:21.69	1:34.39	1:29.49
0:41.79	0:48.69	0:46.09	50 Breast	0:43.39	0:51.09	0:47.99
1:31.59	1:46.99	1:40.99	100 Breast	1:33.59	1:49.49	1:43.39
0:35.39	0:41.49	0:38.79	50 Fly	0:36.89	0:43.39	0:40.89
1:22.99	1:38.79	1:31.79	100 Fly	1:27.89	1:42.89	1:37.19
2:50.79	3:18.69	3:08.79	200 IM	2:54.39	3:20.99	3:11.69
2:16.29	2:41.29	2:29.19	200 Free Relay	2:23.39	2:46.69	2:37.09
2:35.59	3:06.99	2:50.39	200 Medley Relay	2:46.49	3:22.09	3:01.99
SCY	LCM	SCM	11-12	SCY	LCM	SCM
0:27.79	0:31.69	0:30.49	50 Free	0:28.39	0:32.69	0:31.19
1:00.59	1:09.49	1:06.29	100 Free	1:01.79	1:11.29	1:07.69
2:13.79	2:32.09	2:26.39	200 Free	2:15.69	2:36.09	2:29.19
5:57.39	5:20.89	5:12.79	400M / 500Y Free	6:01.89	5:29.99	5:16.69
0:32.59	0:37.69	0:35.79	50 Back	0:33.29	0:38.89	0:36.49
1:09.89	1:21.29	1:16.69	100 Back	1:11.99	1:24.09	1:18.89
0:36.29	0:42.09	0:39.79	50 Breast	0:37.49	0:44.39	0:41.19
1:18.29	1:31.99	1:25.89	100 Breast	1:22.59	1:35.09	1:30.59
0:30.99	0:35.09	0:33.99	50 Fly	0:31.79	0:36.79	0:34.89
1:10.49	1:21.69	1:17.29	100 Fly	1:12.39	1:25.39	1:20.09
2:30.09	2:54.19	2:44.29	200 IM	2:33.99	2:59.99	2:48.49
1:56.99	2:15.29	2:08.69	200 Free Relay	2:03.19	2:24.39	2:14.89
2:12.79	2:34.79	2:25.49	200 Medley Relay	2:21.39	2:47.89	2:34.69
SCY	LCM	SCM	13-14	SCY	LCM	SCM
0:26.39	0:30.19	0:28.99	50 Free	0:25.09	0:28.89	0:27.59
0:57.69	1:05.49	1:03.29	100 Free	0:54.69	1:03.59	0:59.99
2:05.19	2:22.89	2:17.09	200 Free	2:00.49	2:18.09	2:11.99
5:33.49	5:04.09	4:56.49	400M / 500Y Free	5:23.59	4:55.39	4:43.19
11:54.69	10:44.39	10:26.09	800M / 1000Y Free	11:37.29	10:25.59	10:10.19
19:50.49	20:29.29	19:45.79	1500M / 1650Y Free	19:20.29	20:11.49	19:13.39
1:05.99	1:16.59	1:12.69	100 Back	1:02.89	1:14.59	1:09.39
2:22.49	2:45.89	2:35.89	200 Back	2:16.19	2:42.29	2:30.49
1:14.39	1:28.19	1:21.79	100 Breast	1:11.49	1:23.79	1:18.59
2:42.09	3:09.19	2:57.09	200 Breast	2:37.49	3:02.99	2:53.59
1:04.89	1:15.09	1:10.99	100 Fly	1:02.69	1:11.89	1:09.79
2:28.99	2:53.69	2:44.69	200 Fly	2:24.09	2:44.79	2:39.09
2:23.09	2:44.29	2:36.69	200 IM	2:16.49	2:38.19	2:29.39
5:01.89	5:50.09	5:30.29	400 IM	4:52.19	5:44.19	5:21.49
1:50.19	2:06.89	2:00.99	200 Free Relay	1:46.29	2:08.49	1:57.69
2:05.29	2:26.79	2:18.19	200 Medley Relay	2:02.09	2:29.89	2:13.69
3:59.59	4:28.99	4:23.09	400 Free Relay	3:48.99	4:22.69	4:13.49
4:23.39	5:08.19	4:50.59	400 Medley Relay	4:18.99	5:14.99	4:43.59



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CHAMPIONSHIP PROCEDURES

TIME SCHEDULE

- ALL TIMES ARE EDT (LOCAL TIME)
- NO LANE ASSIGNMENTS WILL BE MADE FOR WARM-UPS.

NOTE: Marshals will be monitoring and enforcing warm-up procedures. Please review:

www.inswimming.org/isforms/meetwu.pdf

Preliminary Warm-up Schedule (11-12, 13-14)

Fri, Sat, Sun		
6:45 – 7:30 am	All Lanes	General Warm-up; NO DIVING!
7:30 – 7:45 am	Lanes 2,3 & 8,9	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 10 Lanes 4 - 7	Pace Lanes General Warm-up; NO DIVING!
7:45 am	Clear Pool	Coaches meeting
8:00 am SESSION STARTS	Lane 8 Lanes 9 & 10	Empty – No Activity General Warm-ups: NO DIVING – Enter / exit at the middle of the pool.

Finals Warm-up Schedule (11-12, 13-14)

Fri & Sat		
4:00* – 4:30 pm	All Lanes	General Warm-up; NO DIVING!
4:30 – 4:45 pm	Lanes 2,3 & 8,9	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 10 Lanes 4 - 7	Pace Lanes General Warm-up; NO DIVING!
4:45 pm	Clear Pool	
5:00 pm SESSION STARTS	Lane 9 Lane 10	Empty – No Activity General Warm-ups: NO DIVING – Enter / exit at the middle of the pool.

Sun		
3:30* – 4:00 pm	All Lanes	General Warm-up; NO DIVING!
4:00 – 4:15 pm	Lanes 2,3 & 8,9	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 10 Lanes 4 - 7	Pace Lanes General Warm-up; NO DIVING!
4:15 pm	Clear Pool	
4:30 pm SESSION STARTS	Lane 9 Lane 10	Empty – No Activity General Warm-ups: NO DIVING – Enter / exit at the middle of the pool.

*Warm-ups will start not earlier than 3:30

Timed Finals Warm-up Schedule (10 & Under)

Fri, Sat, Sun		
1:00 – 1:20 pm	All Lanes	General Warm-up; NO DIVING!
1:20 – 1:30 pm	Lanes 2,3 & 8,9	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 10 Lanes 4 - 7	Pace Lanes General Warm-up; NO DIVING!
1:30 pm	Clear Pool	
1:45 pm SESSION STARTS	Lane 9 Lane 10	Empty – No Activity General Warm-ups: NO DIVING – Enter / exit at the middle of the pool.

Meet Finals will start NOT BEFORE: 1:45 pm

RULES

- Current USA Swimming & Indiana Swimming rules will govern.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The water depth at both starting ends is 9 feet.

MEET FORMAT

This meet will be run in Modified Championship Meet Format with preliminaries, consolation finals, and finals for the 11-12 and 13-14 age groups. The 13-14 400 IM, 11-12 and 13-14 400 Free, 13-14 800 and 1500 Free, and all relays will be timed final events, with the Top 8 submitted entry times swimming in evening finals.. The 800 and 1500 freestyles will be swum on a timed final basis in the prelims alternating girls and boys, with heats fastest to slowest. The fastest heat of girls and fastest heat of boys will swim in the finals. All 10 & Under events will be timed finals.

At the discretion of the meet director and meet referee, fly-over starts may be used in the preliminary session, if the timeline dictates.

Distance event swimmers must provide their own lap counter. Lap counters that do not have deck access via their coach card or athlete status will not be allowed on deck until 15 minutes prior to the distance event start time(s) and must exit the deck immediately following the swim. These counters must sign in and out at the deck entrance security table.

Courtesy rest (12-15 minutes) shall be given for swimmers in consecutive events. **It is the responsibility of the coach or swimmer to notify the meet referee of a swimmer's situation PRIOR TO the swimmer's first event regarding the courtesy.**

COACH SCRATCH BOX RESPONSIBILITY

Individual Scratch Forms and Multiple Scratch Forms will be available at the Scratch Table and MUST be used. **All** scratches for individual and relay events, regardless of reason, must be made at the Scratch Table by:

- Friday Events: 7:00 am Friday morning
- Saturday Events: 5:00 pm Friday night
- Sunday Events: 5:00 pm Saturday night

Coaches must sign their names on the Scratch Forms!

COACH SCRATCH BOX RESPONSIBILITY (Cont'd)

In all timed final events and all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the above deadline will be **barred from all further individual events of that day**. (NOTE: This does not bar an individual who has qualified earlier in the session for a final or consolation final from swimming in that final.) Additionally, that swimmer shall not be seeded and will be scratched from any individual events on succeeding days unless that swimmer declares an intent to swim with the Administrative Referee prior to the close of the scratch box for that day's events, or within 30 minutes of the missed event, whichever is later.

The money for scratched events is **NOT** refundable.



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OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first until the maximum has been attained and scratched from all remaining events.

The coach and swimmer must recognize and accept the responsibilities and the extra obligations if they want to enter extra events.

A copy of the seeded heat sheet after scratches shall be posted before warm-ups for Saturday and Sunday prelims.

SEEDING OF INDIVIDUAL EVENTS

In all individual events, other than the 800 & 1500, the swimmer is assumed to be swimming unless he/she has been scratched.

Entrants in the 800/1500freestyle must check in at the Clerk of Course and confirm their intention to compete before the scratch deadline in order to be seeded.

Individuals failing to check-in may present themselves to the Meet Referee or their designate requesting to swim, and may be placed only if there are existing open lanes in the slowest heat per gender.

No entry times will be converted for seeding. Seeding order: Long Course Meters - Short Course Meters – Short Course Yards. **Entering club's Team Entry Software should NOT be set up to convert the non-conforming entry time(s).**

SCRATCHING FROM FINALS

Scratching from Consolation Finals and Finals:

- Any swimmer qualifying for the original consolation final or final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet except as noted in "Exceptions" below. **A declared false start (USA-S rule 102.14.5D) or deliberate delay of meet (USA-S rule 102.14.7A) is NOT permitted and will be regarded as a failure to compete.**
- In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). **Any potential alternate for finals must report to the Deck Referee or Starter prior to the applicable event. There will be no announcements made to fill the heat.**
- First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
- Where consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in appropriate lane(s), filling all lanes in the final.
- If the consolation final has already been contested, the final shall be swum without re-seeding for the empty lane(s).
- Announcements: New postings reflecting updated scratches will be made during scratch period.

Exceptions for failure to compete: No penalty shall apply for failure to withdraw or compete in an individual event if:

- The Referee must be notified prior to the start of the event of illness or injury and accepts the proof thereof.

- A swimmer qualifying for a bonus final, consolation final or final race following the preliminaries notifies the designated person (announcer or clerk) within thirty (30) minutes after announcement of the qualifiers for that final race that he may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.
- It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- SUNDAY ONLY:** No-shows or not scratching according to the rules by the appropriate deadlines (B above), for bonus finals, consolation finals or finals will result in a \$50 per swimmer fine. This includes any individual distance Timed Finals events swum during Sunday finals. The fine shall be assessed to the swimmer. Host club will forward violations to the ISI office. ISI office will notify violators and collect fines. ISI office will send \$25 per fine collected back to host club.

RELAYS

Entry Forms

Please include, with your entry, the names of all the relay swimmers plus any/all alternates' names, USA SWIMMING numbers, and ages. No swimmer will be allowed to swim unless his/her name is on the entry. If swimmer is only on a relay (no individual events), they **MUST** be on the entry.

Relay Time Standards

The standard shall be as listed on the cut sheet. Proof of time shall be the aggregate (add-up) of any four individual swimmers eligible to compete for your team or an actual attained time by a relay team from your club designated – "A", "B", "C", etc.

Relay Cards

All relay cards will be distributed or made available for pick-up by the host club no later than 1 hour before the start of competition the first day of the meet. Please turn in relay cards at least 15 minutes before the start of the session in which the relay is to be swum (10 & Unders to be turned in by the start of the session they are to be swum). Returned relay cards are to include the full names of the swimmers intending to swim and shall be listed in the order that they will be swimming.

Relay Scratch Deadline

Relay scratches need to be made by applicable scratch deadlines as indicated under Coach Scratch Box Responsibilities.

Relay Seeding

Entrants in all relays must check in at the Clerk Of Course and confirm their intention to compete before the scratch deadline in order to be seeded.

Relays failing to check-in may present themselves to the Meet Referee or their designate requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

ALL relays will be swum as timed finals. The 11-12 & 13-14 relays will be swum as timed finals with the Top 8 submitted entry times swimming in finals (#9 seed and slower will swim in prelims). Please note this on the Order of Events.



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SCORING

Individual events are scored to 16 places as follows:

20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relay events are scored as follows:

40 - 34 - 32 - 30 - 28 - 26 - 24 - 22 - 18 - 14 - 12 - 10 - 8 - 6 - 4 - 2

AWARDS

INDIVIDUAL EVENTS: Medals for 1st-8th
Overlay ribbons for 9th-16th

RELAY EVENTS: Medals for 1st-8th

Custom Awards will be awarded as follows:

- * Each Age Group Boys' & Girls' Team Champions
- * Individual high point boy and girl in each age group
- * Overall Team trophies -- 1st-10th place

Evening Sessions: Awards ceremonies shall be conducted in a manner that does not excessively delay the meet. An Awards Schedule will be printed in the Finals Heat Sheets.

9th-16th ribbons and any unclaimed medals can be picked up during evening finals only.

10 & Under Finals Sessions: The meet will be stopped for the presentation of individual awards. An Awards Schedule will be printed in the 10 & Under Heat Sheets.

9th-16th ribbons and any unclaimed medals can be picked up during the 10 & Under Finals session only in the designated awards area.

If there are any unclaimed swimmer awards at the end of the meet, the host will send them to the Indiana Swimming office. Clubs will have to make arrangements for shipping or pick-up with the office for these previously unclaimed awards.

Spirit Award

A **Spirit Award** will be given to the team that shows the true meaning of team unity, sportsmanship, fair play, and spirit.



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SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

***Online ENTRIES CAN EITHER FAX OR INCLUDE THIS FORM WITH PAYMENT.**

(If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery-received no later than Thursday, July 23)

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and make checks payable to: **Carmel Swim Club** Thank you.

Send to: Elaine Cooney
529 Ironwood Drive
Carmel, IN 46033

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:

<i>Indiana Swimming</i> Men:	_____	X	\$ 6.50	=	_____
<i>Surcharge (\$5) + Nat (\$1.50)</i> Women:	_____	X	\$ 6.50	=	_____
Number of Boy's individual entries:	_____	X	\$ 5.00	=	_____
Number of Girl's individual entries:	_____	X	\$ 5.00	=	_____
Number of Relay entries:	_____	X	\$ 6.00	=	_____

TOTAL AMOUNT ENCLOSED: _____

Club Official Submitting Entry:

Coaches:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Club Official FAX: _____

Daytime Phone: () _____ Club Official E-mail: _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assignees, hereby releases and forever discharges the host club and Indiana Swimming, and its Board of Directors, USA Swimming, the host club and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the host club and Indiana Swimming, USA Swimming, the host club and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____ **Date** _____

*Person who signs above is responsible for any fines imposed on the club.

*You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please list the name of your spokesperson: _____

Did you submit?

<input type="checkbox"/>	Online entries
<input type="checkbox"/>	Check for entries
<input type="checkbox"/>	I have read the scratch rules and understand all of them.
<input type="checkbox"/>	This completed form



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SPIRIT AWARD

The "Spirit Award" shall be presented to the team that shows the most spirit and sportsmanship at the Age Group championship meets, both summer and winter. Those teams embodying the true meaning of togetherness, fair play, and equality among athletes shall be the "Spirit Award" winners. *See bottom of page for criteria.*

Criteria

All teams will be allowed to cast one vote. A panel of volunteers will be chosen at the start of the meet to also cast a vote. The panel of volunteers shall consist of, but not be limited to, the Meet Directors, the Head Referee, and at least three volunteers to be chosen or appointed at random. **All votes must be cast by the end of preliminaries on the last day of the meet.**

The Award

The "Spirit Award" will be a banner.

Presentation of the Spirit Award

The "Spirit Award" shall be presented to the team fulfilling all criteria and election procedures. The award shall be presented at the beginning of the finals session on Sunday.

Ballot

This ballot will be included in your club coach's packet at the meet.

Name _____ Representing _____

My vote for the Spirit Award Goes To : _____

I rated this team as follows:

- | | | | |
|--------------------|-----------|------------------------|-----------|
| • All team cheers | 1 2 3 4 5 | • Sincerity | 1 2 3 4 5 |
| • Sportsmanship | 1 2 3 4 5 | • Team Unity | 1 2 3 4 5 |
| • Meet Involvement | 1 2 3 4 5 | • Mood/Attitude | 1 2 3 4 5 |
| • Camaraderie | 1 2 3 4 5 | • Trash-Free Team Area | 1 2 3 4 5 |
| • Enthusiasm | 1 2 3 4 5 | • Other _____ | 1 2 3 4 5 |