



2009 INDIANA SWIMMING AGE GROUP LONG COURSE CHAMPIONSHIPS



Sponsored by **speedo**
July 24-26, 2009
Sanction #IN09270

Important Facts Regarding the Meet

- Qualification Period is August 1, 2008 thru July 20, 2009.
- **Online Entry Deadline Friday, July 17 by 11:59 PM (EDT).**
- **Deadline for Addressing ALL entry exceptions / modifications is Monday, July 20 by 11:59 PM (EDT).**
- **Clubs/unattached swimmers that neglect to enter an event(s) by Friday, July 17 – 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.** [Files are “overwritten” by Meet Manager.]
- **ANY/ALL** entries / modifications received after the Monday, July 20 -11:59 pm (EDT) will be considered late.
- All fees including any fees due to late entry for shall be tendered on or before the first event of Day 1 of the meet or ALL team entries will be scratched.
- 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 21 - 4 PM (EDT).
- In all individual events, the swimmer is assumed to be swimming unless he/she has been scratched by his/her coach.
- **All Preliminary Session Events (11-12 & 13-14) will be swum using 7 lanes. There will be one empty lane and two lanes for continuous warm up/cool down during the preliminary sessions. If the timeline dictates, the 800/1500 may be swum in 8 lanes with 1 lane for warm up/cool down.**
- **All Finals and 10 & Under Sessions will be swum using 8 lanes. There will be one empty lane and one lane for warm up/cool down.**
- For entry into these warm up cool down lanes during competition, entry shall be feet first. Swimmers must be cognizant of competing swimmers so as not to interfere/distract. Meet marshals shall oversee these lanes. No entries into warm-up lanes will be allowed from the start end of the pool.
- **The new Indiana Swimming Suit Legislation that restricts the use of certain suits for 12 & Under competitors applies to all 12 & Under athletes competing in the State Meet.**
- 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 17	11:59 pm	Online entries must be submitted	
Saturday, July 18	11:59 pm	Online entries to receive Entry Report & Exceptions report via e-mail from host	
Monday, July 20	11:59 pm	Deadline for addressing any exceptions, modifications, deletions.	

AT THE MEET DEADLINE CHECKLIST

DATE	TIME (EDT)	Description	If applicable - COMPLETED?
Friday, July 24	7:00 am	Friday Prelims scratch deadline including relays	
	7:00 am	Host will have all relay cards for the entire meet available	
	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 25	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 26	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.	



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MEET HOST INFORMATION

HOST

Fishers Area Swimming Tigers
www.fasttigers.com

MEET DIRECTOR

Maria Lemen
lementmakl@sbcglobal.net

Shawn Curran
scurran@curran-architecture.com

MEET REFEREE

Brenda Fisher will be the Meet Referee
▪ Host club is responsible for solicitation of Deck Officials
▪ All Assigned Officials selected by the Official's Committee

FACILITY

Competition Pool: One 50-meter pool with ten 7.5-foot wide lanes each with non-turbulent lane markers. Daktronics 2000 Time System will be used. For preliminary sessions, lanes 1-7 will be utilized for competition, lane 8 empty and lanes 9-10 reserved for warm-down. For finals, lanes 1-8 will be used for competition, lane 9 empty, and lane 10 for warm-down.

ENTRY CHAIRPERSON

Ken Stopkotte
P.O. Box #453
Fishers, IN 46038
(317) 664-1608
(317) 570-SWIM (7946)
Email: kstopkotte@aol.com

CHARGES

Psych Sheet -\$8
Heat Sheets -
➤ Preliminary Session -\$2
➤ Finals heat sheet \$1

Admission -
➤ \$5 per session
➤ \$8 per day
➤ \$17 all session wristband will be available on Friday
➤ Ages 12 and under Free

Parking - Free parking will be available in the lots adjacent to the Fishers High Aquatic Center.

SEATING / ATHLETE AREAS

Seating/Athlete Areas

Balcony spectator seating is available. Seating is expected to be crowded. Spectators are encouraged to visit other areas of the facility and only enter the pool area to watch their swimmers compete. Saving of seats will not be allowed. Security will remove any devices such as newspapers, towels and blankets, etc that are being used to save seats. Due to fire code regulations, folding chairs or

camping along the back wall and walkways of the spectator area will not be allowed.

Bleacher seating will be provided for athletes on the pool deck. Swimmers may camp in the Auxiliary Gymnasium located adjacent to the southwest corner of the pool.

Athlete Entrance

Athletes will enter the school at FH6 entrance and proceed into the natatorium through the double doors on the right. This entrance is located on the North corner and East side of the high school.

ACCIDENTS

All accidents resulting in injury are to be reported to the meet directors who must complete and 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.

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

The Fishers High School Aquatic Center is one of the most beautiful high school facilities in the USA. It is important that all people attending this meet, whether swimmers, coaches, or spectators, treat this facility with the utmost care. The following rules will be strictly enforced:

1. Keep all trash picked up
2. SMOKING IS NOT PERMITTED in the building or on school grounds.
3. Do not go, or let children go, in any unauthorized areas. Please remain in the lobby or spectator area.
4. Due to USA Swimming insurance requirements, only swimmers, coaches, officials and volunteers are allowed on deck. There can be no exceptions.

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 (August 1, 2008 – 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*)
- \$ 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 you are 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 24 – 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 17 by 11:59 pm (EDT)**
All Entries due via the Online Entry Form located at www.inswimming.org.
- Saturday, July 18 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 20 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 17 -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.

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 18 -11:59 pm. Entering clubs have until

Monday, July 20 @ 11:59 PM to address their exceptions. Any entries/ modifications after Monday July 20 @ 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.**

Clubs/unattached swimmers that neglected to enter an event(s) by Friday, July 24 -11:59 pm can enter up until 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 20-11:59 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 want 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 21 @ 4 PM. Proof of Times can be faxed to the Indiana Swimming office no later than Thursday, July 23 @ 4 PM. **Club will have to provide proof of time to the host prior to applicable scratch deadlines for the event(s) or the swimmer will be scratched. {Lynn, is Thursday correct?}**

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 15 - 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. Fax to the Indiana Swimming office no later than Thursday, July 23 @ 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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2009 TIME STANDARDS

Times must have been achieved from August 1, 2008 to applicable entry deadline.

GIRLS			2008 - 09 AGS	BOYS		
SCY	LCM	SCM	10 & under	SCY	LCM	SCM
0:31.39	0:36.19	0:34.69	50 Free	0:32.19	0:37.19	0:35.29
1:09.49	1:21.39	1:15.69	100 Free	1:10.89	1:23.19	1:18.39
2:32.59	2:55.99	2:47.09	200 Free	2:36.19	2:52.79	2:52.59
0:36.89	0:42.89	0:40.69	50 Back	0:37.89	0:44.89	0:41.79
1:19.69	1:32.89	1:28.19	100 Back	1:21.69	1:35.79	1:29.49
0:41.99	0:48.69	0:46.29	50 Breast	0:43.39	0:51.39	0:47.99
1:31.79	1:46.99	1:41.19	100 Breast	1:33.59	1:49.49	1:43.39
0:35.49	0:41.89	0:38.89	50 Fly	0:36.89	0:44.09	0:40.89
1:22.99	1:38.79	1:31.79	100 Fly	1:28.39	1:42.89	1:37.69
2:51.89	3:19.69	3:09.99	200 IM	2:55.09	3:20.99	3:12.49
2:16.29	2:41.59	2:29.19	200 Free Relay	2:25.79	2:46.69	2:39.69
2:35.79	3:06.99	2:50.59	200 Medley Relay	2:47.99	3:22.09	3:03.69
SCY	LCM	SCM	11-12	SCY	LCM	SCM
0:27.79	0:31.79	0:30.49	50 Free	0:28.39	0:32.89	0:31.19
1:00.59	1:09.79	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	2:37.89	2:29.19
5:57.39	5:21.59	5:12.79	400M / 500Y Free	6:01.89	5:33.99	5:16.69
0:32.59	0:37.69	0:35.79	50 Back	0:33.29	0:39.29	0:36.49
1:09.99	1:21.29	1:16.79	100 Back	1:11.99	1:24.39	1:18.89
0:36.29	0:42.29	0:39.79	50 Breast	0:37.49	0:44.69	0:41.19
1:18.29	1:32.19	1:25.89	100 Breast	1:22.59	1:35.09	1:30.59
0:31.19	0:35.09	0:34.19	50 Fly	0:31.79	0:37.19	0:34.89
1:10.49	1:21.79	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	2:03.99	2:24.39	2:15.79
2:12.79	2:35.29	2:25.49	200 Medley Relay	2:21.49	2:47.89	2:34.79
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	0:55.09	1:03.59	1:00.39
2:05.19	2:22.89	2:17.09	200 Free	2:01.69	2:19.29	2:13.29
5:33.49	5:04.09	4:56.49	400M / 500Y Free	5:23.69	4:56.69	4:43.29
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	19:21.69	20:11.49	19:14.79
1:05.99	1:16.89	1:12.69	100 Back	1:03.39	1:15.69	1:09.99
2:22.49	2:45.99	2:35.89	200 Back	2:17.39	2:44.19	2:31.89
1:14.39	1:28.19	1:21.79	100 Breast	1:11.79	1:25.29	1:18.89
2:42.09	3:09.19	2:57.09	200 Breast	2:38.69	3:05.39	2:54.89
1:04.89	1:15.09	1:10.99	100 Fly	1:02.69	1:12.89	1:09.79
2:29.29	2:54.69	2:44.99	200 Fly	2:24.09	2:44.79	2:39.09
2:23.09	2:44.29	2:36.69	200 IM	2:18.09	2:38.19	2:31.09
5:02.79	5:50.09	5:31.29	400 IM	4:57.19	5:49.89	5:26.99
1:50.19	2:06.89	2:00.99	200 Free Relay	1:46.99	2:08.49	1:58.49
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	4:22.99	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	Lane 8	Empty – No Activity
SESSION STARTS	Lanes 9 & 10	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	Lane 9	Empty – No Activity
SESSION STARTS	Lane 10	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	Lane 9	Empty – No Activity
SESSION STARTS	Lane 10	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	Lane 9	Empty – No Activity
SESSION STARTS	Lane 10	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.
- All 12 and under swimmers participating in a meet sanctioned by the Indiana LSC must comply with the new swimwear rules passed into legislation by the 2008 Indiana Swimming House of Delegates. This legislation modifies USA Swimming rule 102.9.1 as follows:
 - Swim suits worn by 12 and under males participating in all Indiana Swimming sanctioned "age group" competitions will not extend above the navel or below the knees.
 - Swim suits worn by 12 and under females participating in all Indiana Swimming sanctioned "age group" competitions will not cover the neck, extend past the shoulders; extend beyond the shoulder, nor below the pelvis.
 - Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate.
 - The referee shall have the authority to bar offenders from the competition until they comply with the rule.

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!



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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 in 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.

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, the swimmer is assumed to be swimming unless he/she has been scratched.

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:

- A. 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.**
- B. 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.**
- C. 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.
- D. 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.
- E. If the consolation final has already been contested, the final shall be swum without re-seeding for the empty lane(s).
- F. 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:

- A. The Referee must be notified prior to the start of the event of illness or injury and accepts the proof thereof.
- B. 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.
- C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- D. 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

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.

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



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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.

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

TIME TRIALS

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- Time Trials will be held all three days at the conclusion of the finals session.
- **Time Trials entries will be taken ??**
- Fees are **\$5 per Individual Event** and **\$10 per Relay**. Entry fees are due at the time of registration.
- Time trial events must be included in the days individual event limit of three (3).
- Athletes not already in the meet will have a \$1.50 per swimmer surcharge (also includes relay only alternates).
- -Swimmers not entered in the meet must provide their USA ID number.



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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: Fishers Area Swimming Tigers** Thank you.

Send to: Ken Stopkotte
P.O. Box #453
Fishers, IN 46038

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:

<i>Indiana Swimming</i>	Boys:	_____	X	\$ 5.00	=	_____
<i>Surcharge</i>						
	Girls:	_____	X	\$ 5.00	=	_____
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: _____
Daytime Phone: () _____

Club Official FAX: _____
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 |