

NORTHWEST INDIANA SWIM CONFERENCE  
CHAMPIONSHIP MEET  
July 10, 11, and 12, 2009

- SANCTION:** This meet is sanctioned by USA Swimming, Inc. and Indiana Swimming, Inc. Indiana Sanction # IN09302.
- SPONSOR:** Northwest Indiana Swim Conference
- HOST:** Portage Porpoises Swim Club
- LOCATION:** Crown Point High School 1500 S. Main St. Crown Point, IN 46307
- FACILITIES:** Eight (8) lane, 25 yard pool with starting blocks, non-turbulent lane markers and automatic timing system with 2 back-up timers per lane. Bleacher seating in pool area. Adjacent locker rooms, concessions are available. Diving well is available for warm down.
- RULES:** Current USA Swimming and Indiana Swimming Rules will govern this meet. Please pay special attention to the starting procedures: 102.14.4 & 5 (page 33 of 2003 USA Swimming Rules & Reg.) All swimmers must compete in their own age group, including relays. USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision. All 12 and under swimmers participating in a meet sanctioned by the Indiana LSC must comply with the new swim wear rules passed into legislation by the 2008 Indiana Swimming House of Delegates. This legislation modifies USA Swimming rule 102.9.1 as follows:  
A. 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.  
B. 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.  
C. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate.  
D. The referee shall have the authority to bar offenders from the competition until they comply with the rule.
- ELIGIBILITY:** Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of July 10th, 2009 shall determine the swimmer's age for the entire meet. This meet is open only to member of clubs of the Northwest Indiana Swim Conference.
- A cutoff of 10% over the Divisional time standard is in effect for events 200 meters or longer. Proof of achievement is required for missed cuts. If proof cannot be shown, there will be a \$5.00 fine, if paid before the end of the meet; or a \$6.00 fine after the meet. If the fee is not paid within 30 days, the offending club will be assessed an additional fine of \$50.00. The club and swimmer will be suspended if the fine is not paid within 60 days.
- TIMES ENTERED SLOWER THAN THE CUTS WILL NOT BE ACCEPTED!  
PLEASE DO NOT ALLOW YOUR TEAM MANAGER TO CONVERT TIMES!  
NO UNATTACHED SWIMMERS WILL BE ENTERED!**
- ENTRY LIMIT:** Swimmers are limited to one (1) event on Friday and three (3) individual events and one (1) relay on both Saturday and Sunday. Host team reserves the right to combine or rearrange events to stay within 4 hour rule, but will break out scores into their separate age groups. Teams will be notified of changes.
- ENTRY FORMS:** All teams entering the meet should submit their entry on a Hy-Tek disk with a printout of their entries including name, age, and USA #. Printouts will be the final answer in any disputes. Boys and girls relay forms may need to be filled out. E-mail entries will be accepted, to make the deadline, with a hard copy to follow in the mail. Teams with 3 swimmers or less may use email alone.

NOTE: Make certain that all entries are clearly legible on all forms as required.

This is a POSITIVE CHECK-IN meet. Coaches will be responsible for scratches. Sign in sheets will be turned in 15 minutes into your teams warmup to enter scratches, seed meet and print out paperwork. **PLEASE BE ON TIME!**

ENTRY DEADLINE: ENTRIES MUST BE IN THE HANDS OF THE ENTRY CHAIRMAN BY 6:00 PM on Friday, June 26, 2009. Entries will be accepted starting June 12, 2009.

Entry Chairman:

Kyle Smith  
CoachKyle33@hotmail.com

Meet Director:

Kyle Smith  
CoachKyle33@hotmail.com

		Meet	
WARM-UPS & START TIMES:	Friday Timed finals	Warm-up 5:00pm	Start 6:30pm
	Saturday & Sunday 10 & U Timed finals	Warm-up 7:00am	Start 8:30am
	11 & O Timed finals	Warm-up At noon or immediately after morning session, which ever is later.	Start Meet starts 1½ hours later.

NOTICE: This season we will have warm-ups split in to three ½ hour sessions. Warmups will be assigned according to preference, distance, and team size but not necessarily in that order. If you have a preference for warm-ups, please indicate it with your entry. The host club has the final decision in assigning warm-ups and lanes. You will receive notification with your heat sheets.

COACHES MEETING: The coaches meeting will begin at the end of the warm-up sessions with the meet to begin immediately following. At least one representative from each team must be present at the meeting. There will be a meeting Sunday between sessions to discuss meet.

SCORING: Individual Events: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1  
Relays: 32 - 26 - 24 - 22 - 20 - 18 - 14 - 10 - 8 - 6 - 4 - 2  
Only two (2) relays per team score

AWARDS: Individual events: Neck Medals: 1<sup>st</sup> thru 6<sup>th</sup> places. Ribbons: 7<sup>th</sup> thru 12<sup>th</sup> places  
Relay Events: Neck Medals: 1<sup>st</sup> thru 6<sup>th</sup> places Ribbons: 7<sup>th</sup> thru 12<sup>th</sup> places

High Point team Trophy in each Age Group:  
Boys: 8 & U, 9 & 10, 11 & 12, 13 & 14, 15 & Over  
Girls: 8 & U, 9 & 10, 11 & 12, 13 & 14, 15 & Over

Overall High Point team Trophy, Second and Third Place Team Trophies

SPECIAL NOTES: Coaches MUST constantly display their USA Swimming Coach credential to gain deck access. The meet referee reserves the right to ask for coach credential display and /or deny deck access if coach does not comply.

Host team will run and man a Clerk of the Course for all 8 & Under events.

NO CHANGING OF EVENTS WILL BE PERMITTED.  
INDIVIDUAL LATE ENTRIES WILL BE ACCEPTED BETWEEN THE ADDITIONS/CORRECTIONS DEADLINE AND 5PM OF THE FIRST DAY OF THE MEET, IF ACCOMPANIED BY A \$50 LATE FEE PER SWIMMER.

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ORDER OF EVENTS

			<b>FRIDAY EVENING</b>		
GIRLS	CUT	AGE GRP	EVENT - TIMED FINALS	CUT	BOYS
1	3:43.17	10 & U	200 IM	3:47.35	2
3	3:14.91	11 - 12	200 IM	3:19.97	4
5	6:33.01	13 - 14	400 IM	6:25.75	6
7	6:30.71	15 & O	400 IM	5:54.29	8
9	3:18.09	10 & U	200 FREE	3:22.77	10
11	7:43.97	11 - 12	500 FREE	7:49.79	12
13	7:12.95	13 - 14	500 FREE	7:00.18	14
15	7:07.34	15 & O	500 FREE	6:32.90	16

			<b>SATURDAY MORNING</b>		
GIRLS	CUT	AGE GRP	EVENT - TIMED FINALS	CUT	BOYS
17		10 & U	50 FLY		18
19		8 & U	25 FREE		20
21		10 & U	100 BACK		22
23		8 & U	100 IM		24
25		10 & U	50 BREAST		26
27		8 & U	25 BACK		28
29		10 & U	100 FLY		30
31		8 & U	100 MED. RELAY		32
33		9 - 10	200 MED. RELAY		34

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			<b>SATURDAY AFTERNOON</b>		
GIRLS	CUT	AGE GRP	EVENT - TIMED FINALS	CUT	BOYS
35		11 - 12	100 FREE		36
37	2:42.57	13 - 14	200 FREE	2:37.94	38
39	2:38.49	15 & O	200 FREE	2:23.20	40
41		13 - 14	50 FLY		42
43		11 - 12	50 BACK		44
45		13 - 14	100 BREAST		46
47		15 & O	100 BACK		48
49		11 - 12	100 BREAST		50
51	3:05.01	13 - 14	200 BACK	2:58.40	52
53	3:25.90	15 & O	200 BREAST	3:08.75	54
55	2:53.67	11 - 12	200 FREE	2:56.20	56
57		13 - 14	50 FREE		58
59	2:59.94	15 & O	200 IM	2:42.89	60
61		11 - 12	50 FLY		62
63	3:13.81	13 - 14	200 FLY	3:07.09	64
65		15 & O	100 FLY		66
67		11 - 12	200 MED. RELAY		68
69		13 - 14	200 MED. RELAY		70
71		15 & O	400 MED. RELAY		72

			<b>SATURDAY EVENING</b>		
GIRLS	CUT	AGE GRP	EVENT - TIMED FINALS	CUT	BOYS
73	22:00.00	OPEN	1650 FREE	22:00.00	74

There will be a short warmup period immediately following event 72. There will be four (4) heats run of the 1650. 2 heats of girls and 2 heats of boys. If a heat is not full it will be filled by the next qualifying swimmer of either gender. The 1650 will not be counted toward the 3 individual event daily limit. It also will not be a scored event but swimmers will receive awards according to their finish. The 1000 yard split should also be given from the swim. Swimmers should be prepared to supply their own timers (2) and a lap counter.

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			<b>SUNDAY MORNING</b>		
GIRLS	CUT	AGE GRP	EVENTS - TIMED FINALS	CUT	BOYS
75		10 & U	100 FREE		76
77		8 & U	25 BREAST		78
79		10 & U	50 BACK		80
81		10 & U	100 BREAST		82
83		8 & U	25 FLY		84
85		10 & U	50 FREE		86
87		8 & U	100 FREE RELAY		88
89		9 - 10	200 FREE RELAY		90

			<b>SUNDAY AFTERNOON</b>		
GIRLS	CUT	AGE GRP	EVENTS - TIMED FINALS	CUT	BOYS
91		13 - 14	100 FREE		92
93		15 & O	100 FREE		94
95		11 - 12	50 FREE		96
97		13 - 14	100 BACK		98
99	3:00.60	15 & O	200 BACK	2:44.76	100
101		13 - 14	50 BREAST		102
103		11 - 12	100 BACK		104
105	3:30.42	13 - 14	200 BREAST	3:26.01	106
107		15 & O	100 BREAST		108
109		13 - 14	50 BACK		110
111		11 - 12	50 BREAST		112
113		13 - 14	100 FLY		114
115	3:07.65	15 & O	200 FLY	2:46.96	116
117		11 - 12	100 FLY		118
119	3:05.77	13 - 14	200 IM	2:59.28	120
121		15 & O	50 FREE		122
123		11 - 12	200 FREE RELAY		124
125		13 - 14	200 FREE RELAY		126
127		15 & O	400 FREE RELAY		128

