



2024 Central Zone Multicultural Meet

Indiana Swimming

June 14-16, 2024

SANCTION:	This meet is sanctioned by USA Swimming and Indiana Swimming - Sanction Number: IN24234
HOST:	Indiana Swimming and the Central Zone Tony Young 11550 N. Meridian St Suite 260 Carmel, IN 46032
FACILITY:	Center Grove High School Natatorium 2717 S. Morgantown Rd. Greenwood, IN 46143 Center Grove High School Natatorium has (2) 10-lane 25 yard pools with a separate 4 lane 25 yard warm-down area. Lane dimensions are 7'6" wide each with non-turbulent lane markers with pool depth ranges from 4'8" to 13'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Daktronics touchpads and timing system will be used with a full digital video scoreboard.
MEET REFEREE:	Kemal Oz burcoz@yahoo.com
MEET DIRECTOR:	Tony Young (tony@inswimming.org)
MEET ENTRY CHAIR:	Michele Deluna 1550 N. Meridian St Suite 260 Carmel, IN 46032
OFFICIALS:	Indiana Swimming will need the help of your USA Swimming Officials . If you have officials willing to help at our meet, please reach out to TBD or RSVP at this link .
MEET FORMAT:	Uniquely formatted to celebrate diversity in coordination with the 2024 USA Swimming Olympic Team Trials. This meet will be a 2.5 day format will be conducted in SCY. Sessions for all ages will be offered on both Friday Afternoon and Sunday Morning and two sessions on

	<p>Saturday with a guest speaker in between. Each session will timed finals utilizing 10 SCY lanes for competition.</p> <p>Indiana Swimming reserves the right to use two competition pools during the meet to maintain an adequate timeline. Indiana Swimming will determine what events are to be swum in each pool if two pools are deemed necessary after all entries have been received. The meet will not be slowed down for swimmers competing in different age groups that happen to swim at the same time as another swim. If swimmers are scheduled to swim at the same time, the deck referee and the meet referee will determine if the timeline permits a slowdown of the meet.</p> <p>Indiana Swimming reserves the right to limit the number of entries and any event to achieve a 4-hour maximum timeline. The Meet Entry Chair will notify all accepted teams of any limited events and will refund the fees for those events limited or reduced from the original entry.</p>
ELIGIBILITY:	<p>Swimmer(s) must be registered with USA Swimming prior to the competition. Age as of June 14th, 2024 shall determine the swimmer’s age for the entire meet (205.2.2).</p> <p>Athletes with a Disability:</p> <p>In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests. Please see the additional entry form for submission of swimmers with disabilities in this packet.</p> <ol style="list-style-type: none">1. Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC’s meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.2. Swimmers with disabilities may compete in finals, earn awards, and score points for their team in the same manner as the able-bodied swimmers. No special awards are necessary.3. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer’s needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.4. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 14 year old swimmer with a disability could swim the 100 freestyle with the 9-10 age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.

ENTRY LIMITS:	<u>This meet will be an LSC Entered Meet:</u> There is no limit to the number of athletes an LSC may bring or enter by age or gender. *Note the relays (only) are not defined by traditional age groups to allow more athlete participation. Please also not the addition of mixed relays throughout the meet. *A meet entry file will be provided to each LSC. Times are to be submitted in SCY Only.
ENTRY FEES:	<p>All entry fees must be paid by Friday, June 14th, 2024. Please make check payable to: Indiana Swimming. Individual entries are \$4.00 and Relays are \$6.00 each. There is also a \$2.50 per swimmer, per meet, Indiana Swimming surcharge which must accompany entry. No refunds will be made on entry fees.</p> <p>Late entries will be billed at double the standard rate, \$8.00 for an individual event and \$12.00 for a relay.</p> <p>Entries are to be submitted via email to the entry chair. A completed and signed Team Summary and payment must be received by the entry deadline. Please only one check per team.</p>
ENTRY DEADLINE:	<p>All entries must arrive via e-mail. Changes, updates, and corrections (including entry times) will be accepted via email until the modification deadline. Indiana Swimming reserves the right to limit the number of entries in all events to keep the timeline manageable.</p> <p><i>Entries Open: Monday, May 27th, 2024, 8:00 AM</i></p> <p><i>Entries Close/Adjustment Deadline: Friday, June 7th, 2024, 5:00 PM</i></p>
CLERK OF COURSE	There will be no clerk of Course at this event.
AWARDS/SCORING:	<p>Event Awards:</p> <ul style="list-style-type: none"> • Medals will be awards for 1st through 3rd and ribbons for places 4-8th in individual events. • Age group categories for awards will be 9-10, 11-12, 13-14, 15 & Over. Points will be awarded for the top 16 places in each event per standard scoring (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) for individual events. • Relays will be doubled. Only the top 2 scoring relays from each LSC will score. <p>IMR Awards:</p> <p>In Lieu of a High Point Award, athletes will have the opportunity to compete in the IM Ready, IMR, Events(listed below). Athletes must swim all events legally to be eligible for an IMR score/award. The top 3 athletes per age group per gender will be recognized for their IMR achievements.</p> <p style="text-align: center;"><u>10 & Unders:</u> 100 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM <u>11-12's:</u> 200 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM <u>13 & Overs:</u> 200 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM</p>

	<p>Team Awards:</p> <p>The top 3 teams in male, female and combined scores at the end of the weekend will receive team trophies. There will be no awards ceremony during the meet. *Coaches should pick up awards at the end of the meet. No awards will be mailed.</p>
<p>WARM-UP:</p>	<p>Lanes for warm-ups will be assigned. A complete schedule of lanes and times for all warm-up periods will be posted at the facility during the meet. The following warm- procedures must be adhered to by all participants:</p> <p>Safety Guidelines:</p> <ol style="list-style-type: none"> 1. Coaches Responsibilities <ol style="list-style-type: none"> a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices. b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices. 2. Host Team Responsibilities <ol style="list-style-type: none"> a. Marshaling <ol style="list-style-type: none"> i. A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session. ii. Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures. b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up. c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up. e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked. 3. Miscellaneous: <ol style="list-style-type: none"> a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks. b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start, Unless directed by meet officials. c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session. d. Warm-up procedures shall be enforced for any breaks scheduled during the competition. e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

<p>SCHEDULE:</p>	<p>The schedule will be somewhat flexible and subject to change based on entries. We will have session capacity limits, so we reserve the right to change session times, and even potential age groups during sessions.</p> <p>FRIDAY</p> <ul style="list-style-type: none"> ● All Ages ● Warm-Ups Start NOT BEFORE 4:00 PM ● Meet Starts NOT BEFORE 5:00 PM <p>SATURDAY</p> <ul style="list-style-type: none"> ● AM Session <ul style="list-style-type: none"> ○ 13 & Overs ○ Warm-Ups Start Not Before 6:30 AM ○ Start Not Before 8:00 AM ● Lunch and Speaker <ul style="list-style-type: none"> ○ Box Lunches provides to all athletes ○ 11:00 - 12:30 PM ○ Speaker: TBD ● PM Session <ul style="list-style-type: none"> ○ 12 & Under ○ Warm-Ups Start NOT BEFORE 12:30 PM ○ Meet Starts NOT BEFORE 1:30 PM ● Trials <ul style="list-style-type: none"> ○ All athletes will be provides with a ticket to watch Olympic Trial finals on Saturday night after the meet. <p>SUNDAY</p> <ul style="list-style-type: none"> ● All Ages ● Warm-Ups Start Not Before 9:00 AM ● Meet Starts Not Before 10:00 AM <p>Please note: All Times Are Eastern Daylight Savings Time. It will be the discretion of FRST to determine which age groups will be swum in what pool. The meet will NOT be slowed for swimmers who are swimming in multiple age groups.</p>
<p>CONCESSIONS:</p>	<p>Hospitality area will be available in the pool classroom off the pool deck for Coaches and Officials only</p>
<p>ADMISSION:</p>	<p>Admissions charge \$5.00 Per Session for all spectators or \$15 for an All Session Pass. Spectators who are 12 & under are free. Heat Sheets will attempt to be made available 10 minutes prior to start of meet in the main spectator lobby..</p>
<p>SALES:</p>	<p>Aquatic outfitting vending will be provided by a local vendor, selling items from suits to goggles. Indiana Swimming also will be looking to provide other vendors.</p>
<p>MEET WEBSITE:</p>	<p>Central Zone Multicultural Meet Website CLICK HERE</p> <p>Here you will find the most up to date meet information including the meet letter, timeline of events, deadlines, welcome letter and psych sheets. Psych Sheets will be posted to the meet website by Wednesday at noon prior to the start of the meet.</p>

LODGING & ACCOMONDATIONS:	Hotel Information CLICK HERE
PARKING:	COMING SOON: Update on CGAC's construction and entrance.
FACILITY NOTE:	<p>We are guests of Center Grove High School. Please help us with the following:</p> <ul style="list-style-type: none"> ● Keep all trashed picked up ● No sound devices or objects such as balls, radios, etc. that are an inconvenience to swimmers, coaches, officials, volunteers, or spectators will be allowed ● NO GLASS WILL BE ALLOWED ON THE POOL DECK ● Only registered coaches, athletes, and officials along with meet volunteers will be allowed on the pool deck. As per USA Swimming insurance policies, no parents are allowed on deck. ● Smoking is PROHIBITED on school property. ● Anyone caught abusing the facilities will be asked to leave the meet/facility immediately and the team will be billed for any damages caused by their swimmers.
RULES:	<p>Current USA Swimming and Indiana Swimming rules, including MAAPT 2.0 , will govern this meet.</p> <p>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, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p> <p>Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if a coach or official does not comply or a card is no longer valid/current.</p> <p>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.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms</p> <p>Deck changes are prohibited.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.</p>

Order of Events

Friday June 14th, 2024

Session #1: All Age Timed Finals Warm-Ups @ 4:00 PM* Meet Starts @ 5:00 PM*

1	15 & Over 200 Freestyle Relay	2
3	14 & Under 200 Freestyle Relay	4
5	12 & Under 200 Freestyle Relay	6
7	10 & Under 200 Freestyle Relay	8
9	15 & Over 200 IM	10
11	13-14 200 IM	12
13	11-12 100 IM	14
15	10 & Under 100 IM	16
17	15 & Over 50 Freestyle	18
19	13-14 50 Freestyle	20
21	11-12 50 Freestyle	22
23	10 & Under 50 Freestyle	24
25	15 & Over 200 Butterfly	26
27	13-14 200 Butterfly	28
29	11-12 50 Butterfly	30
31	10 & Under 50 Butterfly	32

Saturday June 15th, 2024

Session #2: 13 & Over Prelims Warm-Ups @ 6:30 AM* Meet Starts @ 8:00 AM*

Session #3: 12 & Unders Warm-Ups @ 1:30 PM* Meet Starts @ 2:30 PM*

33	13 & Over Mixed 200 Medley Relay	36	51	12 & Under Mixed 200 Free Relay	54
35	15 & Over 200 Breaststroke	38	53	11-12 100 Butterfly	56
37	13-14 200 Breaststroke	40	55	10 & Under 100 Butterfly	58
39	15 & Over 100 Freestyle	42	57	11-12 100 Breaststroke	60
41	13-14 100 Freestyle	44	59	10 & Under 100 Breaststroke	62
43	15 & Over 200 Backstroke	46	61	11-12 50 Backstroke	64
45	13-14 200 Backstroke	48	63	10 & Under 50 Backstroke	66
47	15 & Over 100 Butterfly	50	65	11-12 100 Freestyle	68
49	13-14 100 Butterfly	34	67	10 & Under 100 Freestyle	52
	13 & Over Mixed 200 Free Relay			12 & Under Mixed 200 Medley Relay	

Sunday June 16th, 2024

Session #1: All Age Timed Finals

Warm-Ups @ 9:00 AM*

Meet Starts @ 10:00 AM*

69	15 & Over 200 Medley Relay	70
71	14 & Under 200 Medley Relay	72
73	12 & Under 200 Medley Relay	74
75	10 & Under 200 Medley Relay	76
77	15 & Over 200 Freestyle	78
79	13-14 200 Freestyle	80
81	11-12 200 Freestyle	82
83	10 & Under 200 Freestyle	84
85	15 & Over 100 Breaststroke	86
87	13-14 100 Breaststroke	88
89	11-12 50 Breaststroke	90
91	10 & Under 50 Breaststroke	92
93	15 & Over 100 Backstroke	94
95	13-14 100 Backstroke	96
97	11-12 100 Backstroke	98
99	10 & Under 100 Backstroke	100

*Times listed as not before. Times may be adjusted based on entries.

SUMMARY PAGE

Please complete the requested information below and mail with your entry forms and check. Make check payable to **Indiana Swimming, INC. If mailing, please mail a check to:**

Tony Young
11550 N. Meridian St
Suite 260
Carmel, IN 46032

Club Name: _____ Club Code: _____

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone #: _____

Email: _____

Number of Swimmers:	_____ Boys +	_____ Girls =	_____ Total Athletes
Athlete Surcharge:		_____ Swimmers @ \$2.50=	\$ _____
Number of Individual Entries:		_____ Events @ \$4.00=	\$ _____
Number of Relay Entries:		_____ Events @ \$6.00=	\$ _____
		Total Amount Enclosed	\$ _____

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 assigns, hereby releases and forever discharges Indiana Swimming, the Central Zone, USA Swimming, and Center Grove High School and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim 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 Indiana Swimming, the Central Zone, USA Swimming, and the Center Grove High School and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 2024

Signature of LSC Official or Coach: _____

Printed Name of Signature: _____