



# 2024 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

Sponsored by SPEEDO

March 15-17, 2024

Sanctioned by USA Swimming and Indiana Swimming #IN24002



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## DEADLINE CHECKLIST

DATE	TIME-DEADLINES (EST)	DESCRIPTION
Friday, March 8	11:59 pm	<u>Entry deadline</u> – all entries must be submitted through the online entry form
Monday, March 11	11:59 pm	<u>New qualifier entry deadline/entry modification deadline</u> – new teams/unattached swimmers qualifying for the first time between Friday, March 8 and Monday, March 11, and any changes to entries submitted before the entry deadline must submit entries through the online entry form
Wednesday, March 13	7:30 pm	Virtual coach’s meeting – link will be sent out prior to meeting
First session team/unattached swimmer competes	One hour prior to the start of the session	-All fees, including any fines, due or the entire team will be scratched
Friday, March 15	One hour prior to the start of the Preliminary session	-Scratch deadline for all Friday preliminary events -Positive check-in and AM swim declaration deadline for 13-14 1650 Freestyle -AM swim declaration for 11-12 500 Freestyle
	One hour prior to the start of the 10 & Under session	-Scratch deadline for all Friday 10 & Under events
	30 minutes after the start of the Finals session	-Scratch deadline for all 11-12 and 13-14 Saturday events -AM swim declaration deadline for 13-14 500 Freestyle -AM swim declaration deadline 11-12 200 Medley relay
Saturday, March 16	One hour prior to the start of the 10 & Under session	-Scratch deadline for all Saturday 10 & Under events
	30 minutes after the start of the Finals session	-Scratch deadline for all 11-12 and 14-14 Sunday events -Positive check-in and AM swim declaration deadline for 13-14 1000 Freestyle -AM swim declaration deadline for 13-14 400 IM -AM swim declaration deadline for 11-12 200 Freestyle Relay -AM swim declaration deadline for 13-14 400 Freestyle Relay
Sunday, March 17	One hour prior to the start of the 10 & Under session	-Scratch deadline for all Sunday 10 & Under events
	End of meet	Pick up and individual and team awards before leaving

## GENERAL INFORMATION

### HOST

Carmel Swim Club  
[www.carmelswimclub.org](http://www.carmelswimclub.org)

### TIME ZONE

All times are Eastern Time

### MEET DIRECTORS

Beth Russo  
(317) 752-1179  
[aloha9800@yahoo.com](mailto:aloha9800@yahoo.com)

Matt Street  
(317) 601-4436  
[matthew\\_street@hotmail.com](mailto:matthew_street@hotmail.com)

Michelle Coleman  
[michelle.coleman.13@gmail.com](mailto:michelle.coleman.13@gmail.com)

### ENTRY CHAIR

Lori Kopp  
(317) 513-1192  
[entries@carmelswimclub.org](mailto:entries@carmelswimclub.org)

### MEET REFEREE

Cyndi Miller  
(317) 439-0064  
[clmiller100@gmail.com](mailto:clmiller100@gmail.com)

### ADMINISTRATIVE REFEREE

Troy Tricker  
(317) 340-9995  
[troy.tricker@exaltrix.com](mailto:troy.tricker@exaltrix.com)

### OFFICIALS

Officials interested in officiating at these championships must complete the online Officials application on the Officials' page of the Indiana Swimming website.

All Officials will be selected by the Indiana Swimming Officials Committee.

This meet has been approved as a 'Qualifying Meet' for all N2 and N3 position evaluations. Please include your evaluation request on the Official's application

### RULES

Current USA Swimming and Indiana Swimming rules will govern this meet, including MAAPP (Minor Athlete Abuse Prevention Policy).

Requirements and Conditions for Sanction: USA Swimming rules 202.4 and 202.5.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by

reason or injuries to anyone during the conduct of the event.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

As 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 may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make arrangements prior to the start of the meet.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 or below the knees, and for women, shall not cover the neck, extend past the shoulder, not extend below the knee. Swimmers 12 & Under must wear a suit approved for use by 12 & Unders by USA Swimming per rule 102.8.1F.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and open ceiling locker-rooms) any time athletes, coaches, officials and/or spectators are present.

Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to

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participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming and Indiana Swimming, the meet host and each of their officers, directors, agents, employees or other representatives from any liability or claims including for person injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

SafeSport 360: The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who

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turns 18 on or before March 17, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before March 17, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

**INDIANA SWIMMING BROADCAST POLICY & IMAGE AUTHORIZATION**

**Broadcast Statement**

Any photographs, video or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator’s personal, non-commercial use, and may not be broadcast, published, disseminated or used for any commercial purposes without the prior written consent of Indiana Swimming.

**Image Authorization**

All participants agree to video and photography by the official photographer(s) and network(s) of Indiana Swimming and the meet host under the conditions authored by Indiana Swimming and USA Swimming and allow event organizers the right to use the names, pictures, likenesses and biographical information before, during or after the period of participation in this Indiana Swimming competition to promote such competition.

**On Deck Image Recording**

Video and photography on deck during this event is only allowed by approved USA Swimming member-coaches, media, webcasting staff and host photographer in their professional capacities or volunteers assigned by the meet host if so designated. No video or photographic images shall be recorded from behind the starting block or in any area where athletes are in a vulnerable position.

**FACILITY INFORMATION**

**FACILITY**

IU Natatorium  
901 West New York Street  
Indianapolis, IN 46202

**POOL CERTIFICATION**

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Water depth range on start end 1-3m from wall: 9’-10’

Water depth range on turn end 1-3m from wall: 9’-10’

**PARKING**

Parking fees are determined by the University Parking Services and subject to change without notice. The meet host, Indiana Swimming, and the Natatorium staff have no influence on parking prices or procedures.

Currently, the charge is \$7 each time the garage is entered. Payment is by credit card only.

**FACILITY ENTRANCE**

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The Natatorium may be entered from the parking garage or from the west entrance on University Boulevard.

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- Coaches and Officials who are not working as coaches or officials must pay admission for access to seating area.

**SPECTATOR SEATING**

Both concourses will be available for spectator seating. There are handicapped accessible areas.

**RESULTS**

Unofficial results will be available via Meet Mobile. No results will be posted in the concourse.

**CONCESSIONS**

Concessions are available in the concourse. The host team and Natatorium staff have no control over the availability or cost of items, nor the hours of operation.

**LOST AND FOUND**

The host team is not responsible for items left at the facility.

**FACILITY NOTES**

All swimmers, coaches, officials, and spectators are asked to treat the facility like it was their own. Anyone caught abusing the building/facility will be asked to leave the meet immediately.

- This is a smoke, tobacco and vaping free facility.
- IUPUI is a smoke free campus.
- Keep all trash picked up.
- Spectators, coaches, and athletes are to remain out of any unauthorized areas.
- No radios, bells, balls, or any other device that will be an inconvenience will be allowed.
- No posting signage or banners on any painted surfaced.
- Vandalism will not be tolerated. Any individual caught vandalizing will be asked to leave for the remainder of the meet and no refunds will be issued.

**CHARGES****Psych Sheets and Heat Sheets**

Available electronically for free on the event website and Meet Mobile.

**Admissions**

- All Session Pass - \$31
- Friday, Saturday, or Sunday All Day Pass - \$13
- Friday, Saturday, or Sunday Single Session Pass - \$11
- Saturday and Sunday Finals - Free
- Ages 12 & Under - Free

**COACH & ATHLETE DECK ACCESS****Athlete Entrance and Exit**

Athletes will enter the pool level via the stairs on the east end of the concourse near the elevators and parking garage. Athletes will exit the pool level via the west stairs on the north end of the facility.

**Coach/Official Entrance and Exit**

Coaches and officials will enter the pool level via the stairs on the east end of the concourse near the elevators and parking garage. Coaches and officials may exit the deck either via the east stairwell or the west stairwell on the north end of the facility.

**Deck Seating Capacity**

There is ample seating for all teams and athletes on the pool deck.

**CREDENTIALS/DECK ACCESS**

Only swimmers, coaches, officials, and meet volunteers will be allowed on the pool deck. There are no exceptions.

In compliance with Natatorium policy, all coaches, officials, and volunteers are required to show a valid government-issued ID to attain access to the deck level at this event. To receive meet packets and gain deck access, all coaches will be required to show proof of current membership in good standing with USA Swimming via their membership card.

Officials will be required to show proof of current membership in good standing with USA Swimming via their membership card as well as their USA Swimming certification cards.

The meet referee and/or meet directors reserve the right to deny access to anyone not in compliance.

**ACCIDENTS**

All accidents resulting in injury are to be reported to the meet directors. The online USA Swimming Report of Occurrence form must also be submitted.

Medical personnel, lifeguards, and AED devices will be available to athletes participating in the meet.

## ENTERING THE MEET

### QUALIFYING PERIOD

Times must be achieved from March 3, 2023, through the modification deadline of March 11, 2024.

### ELIGIBILITY

All swimmers, coaches and officials must have an ID number registered with Indiana Swimming, USA Swimming rule 202.5.

ISI will not process any on-deck registrations at this meet.

This meet is limited to swimmers aged 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 entire meet, USA Swimming rule 205.2.

Swimmers with a disability wishing to compete in these championships must submit the Inclusion of Swimmers with Disabilities form before the deadlines listed in the document.

ISI will reimburse entry fees to clubs for swimmers registered with an Outreach membership after the event.

### ENTRY LIMITS

Swimmers may enter an unlimited number of events but may swim no more than 6 individual events for the meet and no more than 3 individual events per day. Relay swims do not count toward the daily or meet totals.

### ENTRY FEES

- \$23.50 athlete surcharge (includes all relay only swimmers and alternates, \$16 to meet host/\$5.00 to Indiana Swimming/\$1.00 to Ancillary Fund/\$1.50 Natatorium surcharge)
- \$7.00 per individual event entry
- \$8.00 per relay entry

The total amount of all fees due, including any fines incurred due to late entry, shall be tendered no later than one hour prior to the start of the first session in which the team/athlete is competing or the entire team will be scratched from the meet. The Summary of Entries form (page 13) can either be emailed or included with payment.

No Refunds shall be issued for events scratched after the entry modification deadline.

### ENTRY DEADLINE/ASSOCIATED DATES

It is the responsibility of the entering team/unattached swimmer to heed deadlines and be responsible for the accuracy of team entries. Times must be submitted in the course in which they were swum and may not be converted.

All entries must be submitted through the online entry form located on the Spring Championships page at [www.inswimming.org](http://www.inswimming.org). Teams must submit their entry file along with an entry report with each entry submission. Names of all athletes, including relay only swimmers, must appear in the entry and on the entry report.

#### ▪ Friday, March 8 by 11:59 pm (Eastern Time)

All entries due via the online entry form. All teams/unattached swimmers with qualifying times prior to this deadline must submit an entry by this deadline. Entries after this date will be considered late and subject to the late entry fees. The only exception is a team/unattached swimmer who achieves their first qualifying time between the Friday entry deadline and the Monday modification deadline.

#### ▪ Saturday, March 9 by 11:59 pm (Eastern Time)

Host will send a final entry report and exception report (if any) back to entering team/unattached swimmer via email.

#### ▪ Monday, March 11 by 11:59 pm (Eastern Time)

Entering teams must address their exceptions and submit final entries, including any modifications. Any modifications can be made to the initial entry, including event changes, addition/removal of swimmers, and relay additions/removal/changes.

### LATE ENTRIES

Teams/unattached swimmers, including relay only swimmers, who neglect to enter an event by the Friday, March 8, 11:59 pm entry deadline can enter up to one hour before the start of the first sessions of the meet. Late entries will be subject to the one-time \$100 late entry fee plus entry fees of \$14 per individual event and \$20 per relay. A team/unattached swimmer entered late may not make a change after entry.

Teams/unattached swimmers, including relay only swimmers, who's initial entry was submitted by the entry deadline but wish to make changes after the Monday, March 11, 11:59 pm modification deadline may make changes, but will be assessed the one-time \$100 late entry fee and the modified events will be charged the late entry fees of \$14 per individual event and \$16 per relay.

### VERIFICATION/PROOF OF TIME

Indiana Swimming will verify all entries via SWIMS after the entry deadline. Any entry times that cannot be proven in the qualifying period through SWIMS will require submission of proof through the online proof submission form by Thursday, March 14 at 12:00 pm Eastern Time or to the Meet Referee at the meet before the applicable

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scratch deadline. Any unproven times will result in the swimmer being scratched from the event.

Swimmers' names must be circled/highlighted on results.

Acceptable verifications are official results in pdf form from:

- USA Swimming sanctioned or approved meets
- College, high school, junior high, YWCA or YMCA meets sanctioned by their respective governing organizations
- Websites (provided host address is printed on the copy)
- Meet Mobile or Live Results with visible meet and date headers
- Verification slips, time cards, timing system tapes or photocopies of such which are signed and dated by the referee
- Official results from USA Swimming meets must be printed with either host team's name or the facility's name on each page

Relays cannot be pre-proven. Any relay time entered slower than the qualifying standard after the modification deadline will be seeded at the qualifying standard. Any team's relay that fails to meet the qualifying standard or is disqualified in the competition will have to provide proof of time for all relays in that event. Proof requests will be sent to teams after the meet and any unproved relays 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.

## TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	9 & Under	SCY	SCM	LCM
36.99	35.99	32.69	<b>50 Free</b>	32.19	35.39	36.89
1:23.79	1:20.89	1:13.59	<b>100 Free</b>	1:12.69	1:19.99	1:23.09
3:03.89	2:59.19	2:42.89	<b>200 Free</b>	2:35.69	2:51.29	2:56.89
44.89	42.19	38.39	<b>50 Back</b>	38.69	42.59	44.99
1:37.09	1:31.39	1:23.09	<b>100 Back</b>	1:22.39	1:30.59	1:34.89
49.69	47.89	43.59	<b>50 Breast</b>	42.89	47.19	49.99
1:49.89	1:44.79	1:35.29	<b>100 Breast</b>	1:35.59	1:45.09	1:48.89
42.89	41.79	37.99	<b>50 Fly</b>	37.09	40.79	42.19
1:41.09	1:37.89	1:28.99	<b>100 Fly</b>	1:27.39	1:36.09	1:41.19
3:25.79	3:17.99	2:59.99	<b>200 IM</b>	2:58.39	3:16.19	3:20.99
LCM	SCM	SCY	10	SCY	SCM	LCM
35.59	34.49	31.39	<b>50 Free</b>	31.19	34.29	35.69
1:20.19	1:17.49	1:10.49	<b>100 Free</b>	1:09.69	1:16.69	1:20.29
2:55.59	2:51.19	2:35.59	<b>200 Free</b>	2:32.09	2:47.29	2:52.79
42.89	40.39	36.69	<b>50 Back</b>	36.99	40.69	42.49
1:32.69	1:27.19	1:19.29	<b>100 Back</b>	1:19.89	1:27.89	1:33.29
48.19	45.89	41.69	<b>50 Breast</b>	42.39	46.59	49.99
1:44.99	1:41.09	1:31.89	<b>100 Breast</b>	1:33.09	1:42.39	1:48.89
40.79	39.79	36.19	<b>50 Fly</b>	35.89	39.49	41.59
1:37.79	1:32.49	1:24.09	<b>100 Fly</b>	1:24.19	1:32.59	1:41.19
3:17.09	3:09.59	2:52.39	<b>200 IM</b>	2:51.99	3:09.19	3:20.99
LCM	SCM	SCY	11	SCY	SCM	LCM
32.79	31.79	28.89	<b>50 Free</b>	28.59	31.39	32.79
1:11.59	1:08.99	1:02.69	<b>100 Free</b>	1:02.49	1:08.69	1:11.49
2:36.29	2:29.79	2:16.19	<b>200 Free</b>	2:15.49	2:28.99	2:34.99
5:28.79	5:22.09	6:08.09	<b>400M / 500Y Free</b>	5:59.09	5:17.49	5:26.19
37.79	35.79	32.59	<b>50 Back</b>	33.09	36.39	38.19
1:23.09	1:17.59	1:10.59	<b>100 Back</b>	1:10.79	1:17.89	1:22.89
42.19	40.59	36.89	<b>50 Breast</b>	37.09	40.79	42.59
1:33.29	1:28.29	1:20.29	<b>100 Breast</b>	1:19.79	1:27.79	1:33.29
35.39	34.39	31.29	<b>50 Fly</b>	31.79	34.99	35.79
1:20.89	1:18.09	1:10.99	<b>100 Fly</b>	1:10.89	1:17.99	1:20.99
2:56.59	2:48.59	2:33.29	<b>200 IM</b>	2:33.79	2:49.19	2:57.29
LCM	SCM	SCY	12	SCY	SCM	LCM
31.69	30.59	27.79	<b>50 Free</b>	27.39	30.09	31.99
1:09.09	1:06.49	1:00.49	<b>100 Free</b>	59.79	1:05.79	1:09.69
2:29.99	2:24.99	2:11.79	<b>200 Free</b>	2:10.99	2:24.09	2:32.19
5:17.09	5:07.59	5:51.39	<b>400M / 500Y Free</b>	5:47.79	4:59.99	5:21.89
36.79	34.49	31.39	<b>50 Back</b>	31.89	35.09	36.99
1:19.79	1:14.89	1:08.09	<b>100 Back</b>	1:08.79	1:15.69	1:20.99
41.19	39.39	35.79	<b>50 Breast</b>	36.09	39.69	42.09
1:30.49	1:25.59	1:17.79	<b>100 Breast</b>	1:17.49	1:25.19	1:33.29
33.89	32.99	29.99	<b>50 Fly</b>	29.69	32.69	35.19
1:17.79	1:14.49	1:07.69	<b>100 Fly</b>	1:09.29	1:17.99	1:20.59
2:49.89	2:42.89	2:28.09	<b>200 IM</b>	2:28.29	2:49.19	2:53.19

GIRLS				BOYS		
LCM	SCM	SCY	13	SCY	SCM	LCM
31.09	28.79	26.19	<b>50 Free</b>	24.59	26.99	29.39
1:07.49	1:02.39	56.69	<b>100 Free</b>	53.49	58.79	1:04.09
2:26.09	2:15.09	2:02.79	<b>200 Free</b>	1:56.29	2:07.89	2:19.99
5:07.39	5:00.39	5:26.59	<b>400M / 500Y Free</b>	5:13.09	4:46.49	4:56.39
10:34.59	10:19.29	11:47.59	<b>800M / 1000Y Free</b>	11:19.79	9:54.89	10:17.19
20:20.49	19:38.49	19:45.39	<b>1500M / 1650Y Free</b>	18:57.49	18:50.79	19:38.99
1:16.19	1:11.49	1:04.99	<b>100 Back</b>	1:01.59	1:07.69	1:11.89
2:43.59	2:35.29	2:21.19	<b>200 Back</b>	2:14.09	2:27.49	2:35.89
1:25.69	1:22.49	1:14.99	<b>100 Breast</b>	1:09.29	1:16.19	1:20.59
3:04.89	2:56.09	2:40.09	<b>200 Breast</b>	2:36.69	2:52.39	2:57.19
1:13.29	1:10.59	1:04.19	<b>100 Fly</b>	1:00.69	1:06.79	1:09.19
2:44.69	2:36.99	2:22.69	<b>200 Fly</b>	2:21.29	2:35.39	2:41.39
2:44.99	2:38.29	2:23.89	<b>200 IM</b>	2:16.49	2:30.09	2:36.39
5:50.79	5:36.29	5:05.69	<b>400 IM</b>	4:50.59	5:19.59	5:35.59
LCM	SCM	SCY	14	SCY	SCM	LCM
30.59	28.39	25.79	<b>50 Free</b>	24.09	26.49	28.39
1:06.29	1:01.39	55.79	<b>100 Free</b>	52.89	58.19	1:01.99
2:23.39	2:13.39	2:01.29	<b>200 Free</b>	1:56.09	2:07.69	2:15.09
5:02.19	4:54.49	5:22.69	<b>400M / 500Y Free</b>	5:09.49	4:37.39	4:46.39
10:22.19	10:10.19	11:29.69	<b>800M / 1000Y Free</b>	11:05.99	9:35.59	9:59.79
19:48.09	19:07.89	19:12.89	<b>1500M / 1650Y Free</b>	18:31.19	18:14.49	19:38.99
1:14.09	1:08.99	1:02.69	<b>100 Back</b>	1:00.49	1:06.49	1:11.59
2:38.99	2:29.09	2:15.59	<b>200 Back</b>	2:11.09	2:24.19	2:33.69
1:24.09	1:18.99	1:11.79	<b>100 Breast</b>	1:08.39	1:15.29	1:20.59
3:01.89	2:53.29	2:37.59	<b>200 Breast</b>	2:31.69	2:46.89	2:57.19
1:11.69	1:08.79	1:02.59	<b>100 Fly</b>	59.19	1:05.09	1:08.39
2:44.69	2:36.79	2:22.59	<b>200 Fly</b>	2:16.69	2:30.39	2:41.39
2:40.89	2:32.59	2:18.69	<b>200 IM</b>	2:12.09	2:25.29	2:33.19
5:43.29	5:21.99	4:52.69	<b>400 IM</b>	4:43.39	5:11.69	5:30.79

GIRLS			RELAYS	BOYS		
LCM	SCM	SCY	10 & Under	SCY	SCM	LCM
2:36.29	2:27.99	2:15.19	<b>200 Free Relay</b>	2:20.29	2:33.69	2:46.59
3:02.39	2:48.29	2:33.69	<b>200 Medley Relay</b>	2:43.39	2:58.59	3:16.29
LCM	SCM	SCY	11-12	SCY	SCM	LCM
2:10.09	2:04.49	1:53.09	<b>200 Free Relay</b>	1:56.89	2:07.99	2:15.69
2:26.89	2:19.19	2:07.09	<b>200 Medley Relay</b>	2:10.29	2:22.59	2:34.89
LCM	SCM	SCY	13-14	SCY	SCM	LCM
2:01.09	1:55.79	1:45.39	<b>200 Free Relay</b>	1:41.39	1:52.29	1:58.79
4:28.09	4:14.99	3:52.19	<b>400 Free Relay</b>	3:43.29	4:07.19	4:22.69
2:20.19	2:10.29	1:58.09	<b>200 Medley Relay</b>	1:54.79	2:05.69	2:17.19
5:08.19	4:42.59	4:16.19	<b>400 Medley Relay</b>	4:11.89	4:35.89	5:00.29



### ORDER OF EVENTS

11-12, 13-14 Age Groups					
GIRLS	BOYS	EVENT ORDER		GIRLS	BOYS
<b>PRELIMINARIES</b>		<b>FRIDAY</b>		<b>FINALS</b>	
XX	XX	13-14	1650 Freestyle*	1	2
XX	XX	10 & U	200 IM	3	4
5	6	11-12	100 Freestyle	5	6
7	8	13-14	100 Freestyle	7	8
9	10	11-12	50 Butterfly	9	10
11	12	13-14	200 Butterfly	11	12
XX	XX	10 & U	200 Freestyle	13	14
15	16	11-12	50 Breaststroke	15	16
17	18	13-14	200 Breaststroke	17	18
19	20	11-12	500 Freestyle*	19	20
XX	XX	13-14	200 Freestyle Relay	21	22
1	2	13-14	1650 Freestyle*	XX	XX
<b>PRELIMINARIES</b>		<b>SATURDAY</b>		<b>FINALS</b>	
23	24	13-14	500 Freestyle*	23	24
25	26	11-12	100 Backstroke	25	26
27	28	13-14	100 Backstroke	27	28
29	30	11-12	100 Butterfly	29	30
31	32	13-14	100 Butterfly	31	32
33	34	11-12	50 Freestyle	33	34
35	36	13-14	50 Freestyle	35	36
37	38	11-12	200 IM	37	38
39	40	13-14	200 IM	39	40
41	42	11-12	200 Medley Relay*	41	42
43	44	13-14	400 Medley Relay	XX	XX
XX	XX	13-14	200 Medley Relay	45	46
<b>PRELIMINARIES</b>		<b>SUNDAY</b>		<b>FINALS</b>	
57	58	13-14	400 IM*	57	58
59	60	11-12	100 Breaststroke	59	60
61	62	13-14	100 Breaststroke	61	62
63	64	11-12	200 Freestyle	63	64
65	66	13-14	200 Freestyle	65	66
67	68	11-12	50 Backstroke	67	68
69	70	13-14	200 Backstroke	69	70
XX	XX	13-14	1000 Freestyle*	71	72
73	74	11-12	200 Freestyle Relay*	73	74
75	76	13-14	400 Freestyle Relay*	75	76
71	72	13-14	1000 Freestyle*	XX	XX

10 & UNDER SESSIONS		
GIRLS	EVENT ORDER	BOYS
<b>FRIDAY TIMED FINAL</b>		
<i>With 11-12, 13-14 Finals</i>		
<b>SATURDAY TIMED FINAL</b>		
47	100 Butterfly	48
49	50 Backstroke	50
51	100 Breaststroke	52
53	50 Freestyle	54
55	200 Medley Relay	56
<b>SUNDAY TIMED FINAL</b>		
77	50 Butterfly	78
79	100 Backstroke	80
81	50 Breaststroke	82
83	100 Freestyle	84
85	200 Freestyle Relay	86

\*Timed Final with the top 8 submitted entry times not indicating a preliminary swim swimming in the evening finals session

### MEET SCHEDULE

PRELIMINARIES			FINALS		
		WARM-UP	SESSION START	WARM-UP NOT BEFORE	SESSION START NOT BEFORE
11-12, 13-14 Sessions	Friday	9:00-10:20 am	10:30 am	4:00 pm	5:00 pm
	Saturday	7:30-8:50 am	9:00 am	4:00 pm	5:00 pm
	Sunday	7:30-8:50 am	9:00 am	3:30 pm	4:30 pm
10 & Under Sessions	Friday			4:00 pm	5:00 pm
	Saturday			12:30 pm	1:30 pm
	Sunday			12:30 pm	1:30 pm

## MEET CONDUCT

### 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 in individual events 200 yards or shorter.

All 10 & Under events, relays, and individual events 400 yards and longer will be contested as timed final.

The 11-12 and 13-14 individual and relay events contested as timed final with competition split between preliminaries and finals will have the top 8 seeded entrants competing in the finals session and the remaining entrants competing in the preliminary session. Any swimmer or relay team seeded in the top 8 who wishes to swim in the preliminary session can declare for a preliminary swim at the Clerk of Course by the applicable scratch deadline.

Fly-over starts will be used in the preliminary sessions.

Backstroke ledges will be available in both preliminary and final sessions. It is the responsibility of the coaches and swimmers to know how to properly operate the ledges, including locking the ledges in place and proper foot placement on the ledge and pad. Officials and timers will not assist with the use of the ledges.

Distance event swimmers must provide their own lap counter. Lap counters that do not have deck access credentials for the meet must check-in and check-out with the volunteer coordinator to receive a temporary deck credential. Check-in is available 15 minutes prior to the scheduled start of the heat in which the swimmer will compete. These counters must sign in and sign out at the deck entrance security table.

A 12-15 minute courtesy rest between an athlete's heats (no events) shall be given for swimmers in consecutive events. Requests for the courtesy rest must be made by the coach or swimmer to the meet referee prior to the swimmer's first of the consecutive events.

### RULES

The meet will be conducted in accordance with USA Swimming and Indiana Swimming rules and regulations.

### PRE-SCRATCH PSYCH SHEETS AND TIMELINES

Pre-scratch psych sheets and timelines for preliminary sessions will be posted on the Spring Championships page at [www.inswimming.org](http://www.inswimming.org) on Wednesday, March 13. The posted documents are for general planning purposes only. Seeding and actual meet session timelines may vary from what is posted due to scratches and late entries. Athlete and coaches are responsible for adhering to all meet deadlines and competition/event starting times.

### WARM-UP PROCEDURES

The warm-up for the preliminary sessions will be split into two 30-minute sessions separated by age group. Swimmers in the 13-14 age group will have the first warm-up and swimmers in the 11-12 age group will have the second warm up. Following the split warm-up period, there will be a 20-minute open session for all swimmers where the diving well and lanes 4 and 5 in each competition pool will be open for general warm-up, lanes 1 and 8 in each competition pool will be reserved for pace, and lanes, 2, 3, 6 and 7 in each competition pool will be reserved for one way sprints.

DAY	13-14	11-12	OPEN SESSION
FRIDAY	9:00-9:30 AM	9:30-10:00 AM	10:00-10:20 AM
SATURDAY	7:30-8:00 AM	8:00-8:30 AM	8:30-8:50 AM
SUNDAY	7:30-8:00 AM	8:00-8:30 AM	8:30-8:50 AM

A 10 & Under warm-up schedule will be posted at the meet.

Marshals will be monitoring and enforcing warm-up procedures.

### SEEDING

All events, including distance, will be seeded yards times first, followed by long course meters and then short course meters (Y-L-S). Times must be submitted in the course in which they were swum and may not be converted.

In individual events other than the 1000 and 1650 Freestyles, the swimmer is assumed to be swimming unless he/she has been scratched by the applicable scratch deadline.

Swimmers entered in the 1000 and 1650 Freestyles must positively check in with the Clerk of Course before the applicable scratch deadline to be seeded into the event. At check-in, swimmers may declare their preference to swim in the preliminary heats. Individuals failing to check-in may present themselves to the Meet Referee or his/her designee requesting to swim and may be placed only as there are existing open lanes in the slowest heat per gender. Heats in the preliminary sessions will be seeded fastest to slowest at the end of the session.

Preliminary heats for individual events in which prelims and finals will be contested will be swum slowest to fastest with the last 3 heats circle seeded.

Relay events in the preliminary sessions will be seeded slowest to fastest.

After the psych sheet is published to the ISI website on Wednesday, March 13, any swimmer or relay team entering a timed final event as a late entry shall not be seeded into the top 8 of the event. The swimmer/team will be seeded by their entry time, but no higher than 9<sup>th</sup> place.

**SCRATCH PROCEDURES**

National scratch procedures, USA Swimming rule 207.11.6, will be observed. Additions and modifications are noted below.

**Scratching from Preliminary Heats**

All scratches for individual events, regardless of reason, must be made at the scratch table by the applicable deadlines.

- Friday Preliminary events – one hour prior to the start of the Friday Preliminary session.
- Friday 10 & Under events – one hour prior to the start of the Friday Finals session.
- Saturday Preliminary events – 30 minutes after the start of the Friday Finals session.
- Saturday 10 & Under events – one hour prior to the start of the Saturday 10 & Under session.
- Sunday Preliminary events – 30 minutes after the start of the Saturday finals session.
- Sunday 10 & Under events – one hour prior to the start of the Sunday 10 & Under session.

In all individual preliminary heats and timed final events for the 11-12 and 13-14 age groups, after the heats have been seeded, any swimmer who fails to compete in an event in which they are seeded will be barred from all further individual events that day. This does not bar an individual who has qualified earlier in the session for a Consolation or Championship Final from competing in that Final, nor from competing in relays that day. The application of this penalty shall pertain to the order in which the event/heats are contested, not the numerical order of the events. Additionally, the swimmer shall be required to declare their intent to compete on subsequent days with the Administrative Referee before the close of the scratch box for that day's events to be seeded.

There is no penalty for a missed swim in the 10 & Under age group.

**Over Entries**

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

**Scratching from Finals**

Swimmers qualifying for and not intending to compete in a Consolation or Championship Final have 30 minutes from the reading of the preliminary results to scratch or declare their intention to scratch with the Administrative Referee. A swimmer declaring an intention to scratch must report their final intentions within 30 minutes following their last individual preliminary event.

Any swimmer qualifying for the original Consolation or Championship 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 under 101.1.3E or

deliberate delay of meet under 101.1.5 is not permitted and will be regarded as failure to compete.

In the event of a withdrawal or barring of a swimmer from competition in the consolation final, the Meet Referee shall fill the empty lane(s), when possible, with the next qualified swimmer(s). Alternates must report to the deck referee prior to the start of the event to be placed into an open lane.

Where consolation finals have not yet been contested and there is a known withdrawal or barring in the Championship Final, the Referee shall move the fastest qualifying swimmer in the Consolation Final to the championship final and fill the hole in the Consolation Final with the next qualified swimmer, if possible. If the Consolation Final has already been contested, the Championship Final will be swum without filling the empty lane. Alternates will not be placed into the Championship Final.

**SUNDAY ONLY:** Swimmers qualifying in the top 16 places of the preliminary results who do not scratch by the appropriate deadline and fail to compete in the Consolation or Championship Final will be assessed a \$50 fine, unless one of the Exceptions for failure to compete are met. The fine is per swimmer, regardless of the number of events missed that finals session. Violations will be forwarded by the host team to the ISI office, who will then notify violators and collect fines. Half of each fine will be paid to the host club and the other half retained by ISI.

**Exceptions for Failure to Compete**

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

- the Meet Referee is notified of an illness or injury and accepts the proof thereof.
- it is determined by the Meet Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- a first or second alternate does not report.
- a swimmer originally finishes outside of the top 16 places in the preliminary results and is scratched into the finals heats.

**RELAYS**

Relay only swimmers and alternates not competing in individual events must appear on the team entry report. No swimmer will be allowed to swim unless his/her name is on the entry report.

Proof of relay times shall be the aggregate of any four individual swimmers eligible to compete for your team or an actual attained time by a relay team from your team designated "A", "B", "C", etc.

Relay cards will be due to the Administrative Referee one hour prior to the scheduled start of the relay event.

There will be no positive check-in for relays. All relays will be assumed to be swimming unless scratched by the applicable scratch deadline.

Teams entered in the 11-12 200 Freestyle Relay, 11-12 200 Medley Relay, and the 13-14 400 Freestyle Relay may declare to swim in the preliminary session with the Clerk of Course by the applicable scratch deadline. The top 8 seeded relays not declaring a preliminary swim in these relays will swim in the evening finals session.

**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 to 16 places with point totals double the individual event places.

**AWARDS**

Medals will be awarded for 1<sup>st</sup>-8<sup>th</sup> place and ribbons for 9<sup>th</sup>-16<sup>th</sup> place in all individual events. Medals will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in all relay events.

Individual high point awards will be presented for the top scoring girl and boy in the 10 & Under, 11-12, and 13-14 age groups.

Team awards will be presented to the highest scoring team in each age group and gender, as well as for 1<sup>st</sup>-10<sup>th</sup> place in combined team scoring.

In the evening sessions, award ceremonies shall be conducted in a manner that does not excessively delay the meet. An awards schedule will be printed in the finals heat sheet.

In the 10 & Under sessions, awards will be presented following each boys event for the preceding boys and girls events. An awards schedule will be printed in the 10 & Under heat sheets.

Any unclaimed awards at the end of the meet will be sent to the IN Swimming office. Teams will have to make arrangements for shipping or pick-up with the office.

**TIME TRIALS**

Time trials will not be offered.

SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

The total amount of all fees due, including any fines incurred due to late entry for all swimmers and events entered, shall be tendered no later than one hour prior to the start of the first session in which the team/athlete is competing. (If utilizing Fed Ex/Overnight mail you must check the waive signature box.)

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash.

Make checks payable to: Carmel Swim Club
515 East Main Street
Carmel, IN 46032

NAME OF TEAM \_\_\_\_\_ CODE \_\_\_\_\_

Number of athletes entered \_\_\_\_\_ x \$23.50 = \_\_\_\_\_

Number of individual entries \_\_\_\_\_ x \$7.00 = \_\_\_\_\_

Number of relay entries \_\_\_\_\_ x \$8.00 = \_\_\_\_\_

Total \_\_\_\_\_

Team Official Entering Entry:

Contact Information for Coaches Attending Meet

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Cell: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Cell: \_\_\_\_\_

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 team, Indiana Swimming and its Board of Directors, USA Swimming, facility 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 team, Indiana Swimming, USA Swimming, said facility 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 Team Official/Coach \_\_\_\_\_ Date \_\_\_\_\_

- \*Person who signs above is responsible for any fines imposed on the team for each missed cut not proven.
\*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: \_\_\_\_\_