



2024 INDIANA SWIMMING SPRING NORTH WEST DIVISIONAL CHAMPIONSHIPS

SPONSORED BY SPEEDO
HOSTED BY VALPARAISO SWIM CLUB

MARCH 1-3, 2024

Sanctioned by USA and Indiana Swimming #IN24004



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DEADLINE CHECKLIST

Teams are encouraged to use the checklist to ensure all responsibilities have been met and to avoid any problems at the meet.

DATE	TIME - DEADLINE (Central)	DESCRIPTION
Friday, February 23	11:59 pm	Online entries must be sent by today
Saturday, February 24	11:59 pm	Entry chairs to receive Entry Report & Exceptions report via e-mail from host
Monday, February 26	11:59 pm	Any exceptions, modifications, deletions must be addressed. Relays should be checked to make sure they are entered slower than a state qualifying time. This may be accomplished by entering a CUSTOM time. Any relays entered with NT after the Modification deadline will be seeded last.
THE FIRST SESSION IN WHICH A TEAM/ATHLETE IS COMPETING	One hour prior to the start of the first session	All fees including any fines due to late entry shall be tendered no later than one hour prior to the start of the first session in which a team/athlete is competing, or the ENTIRE team will be scratched.
Wednesday, February 28	7:30 pm Local Time	VIRTUAL - Coaches meeting. The virtual meeting link will be sent to all entered teams prior to the meeting.
Friday, March 1	1 hour prior to start of Friday session	Friday events (all ages) scratch deadline
	30 minutes after start of Friday Session	Saturday events (12 & U, 14 & U, Open) scratch and distance positive check-in deadline
Saturday, March 2	1 hour prior To Relay Event	Relay card turn-in deadline (11-12, 13-14, 15-18)
	1 hour prior to start of Saturday 10 & U session	Saturday events (10 & Under) scratch deadline
	Start of 10 & U session	10 & U relay card turn-in deadline
	30 minutes after start of Saturday Finals session	Sunday events (12 & U, 14 & U, Open) scratch and distance positive check-in deadline
Sunday, March 3	1 hour prior to Relay Event	Relay card turn-in deadline (11-12, 13-14, 15-18)
	1 hour prior to start of Sunday 10 & U session	Sunday events (10 & Under) scratch deadline
	Start of 10 & U session	10 & U relay card turn-in deadline
	End of meet	Teams should check host awards area for any unclaimed awards.

GENERAL INFORMATION

Coaches, swimmers, and legal guardians are responsible for the information contained in this meet announcement.

HOST

Valparaiso Swim Club

FACILITY

Valparaiso High School
2727 N Campbell St.
Valparaiso, IN 46383

POOL CERTIFICATION

- The competition course has NOT been certified in accordance with 104.2.2C(4).
- Water depth range on West end 1-3m from wall: 14'
- Water depth range on East end 1-3m from wall: 8'

TIME ZONE

All times are local: **Central**

MEET DIRECTORS

Ann Papachronis
317-402-9499
enoch126@yahoo.com

Karin Patterson
312-399-7008
karinpatterson@gmail.com

ENTRY CHAIRPERSON

Emily Kennedy
812-322-6972
ebykennedy@gmail.com

MEET REFEREE

Mike Artim
mpaswim@gmail.com
219-781-8281

ADMIN REFEREE

Jim Payonk
jgpayonk@sbcglobal.net
219-365-4066

OFFICIALS

- The host team is responsible for soliciting officials.
- All assigned officials will be selected by the Meet Referee.

PARKING

Free parking will be available in the lots adjacent to Valparaiso High School.

NATATORIUM ENTRANCE

Enter the VAC at Door 16.

SPECTATOR SEATING

There is seating for 490 in the elevated spectator area, including handicap accessible seating.

RESULTS

Meet Mobile will be available. These are considered UNOFFICIAL RESULTS, and are provided as a courtesy only.

CONCESSIONS

Concessions are available on-site.

FACILITY NOTES

It is important that all people attending this meet, whether swimmers, coaches, or chaperones, treat this facility with the utmost care. The following rules will be strictly enforced:

- The COVID-19 Safety Plan for the facility (***IF NEEDED***) will be posted on the Indiana Swimming Championship page. **EVERYONE** is expected to read and adhere to these safety requirements. Those **NOT** following the safety requirements may be barred from competition and the facility.
- Keep areas free of trash.
- Do not enter unauthorized areas. This includes other athletic facilities or school grounds.
- No smoking or use of vapor devices are allowed on VHS property.
- Athlete restrooms are located through the double doors on the northeast end of the second floor. Single occupancy restrooms for volunteers and officials are located in the hospitality area and inside door 16 of the VAC.

CHARGES

Psych and Heat Sheets

- Psych Sheet - \$10
- Heat sheets - Prelims \$4/Finals \$1
- Meet Mobile \$4.99

Admissions

- Weekend Pass - \$20
- Individual Session - \$8
- Day Pass - \$10 (includes Prelims, 10 & U and Finals)
- Ages 10 & Under Free
- Coaches and Officials who are not working as coaches or officials must pay admission for access to seating area.

COACH AND ATHLETE DECK ACCESS

Athlete, Coach & Official Entrance

Swimmers, coaches, and officials may only enter the VAC from the main hallway.

Deck Seating Capacity

The deck has ample seating for each session's swimmers. Swimmers are not to camp in the stands.

CREDENTIALS / DECK ACCESS

Due to USA Swimming insurance, only swimmers, credentialed coaches and officials, and meet volunteers will be allowed on deck. **There are no exceptions.**

To receive meet packets and gain deck access, ALL coaches will be required to display valid and current USA Swimming membership cards or Deck Pass and a photo ID. Officials will be required to show their USA Swimming certification cards and a photo ID. **This will be strictly enforced.** 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 and facility staff. The on-line USA Swimming Accident Occurrence form must also be submitted.

USA & INDIANA SWIMMING RULES

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

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.

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 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 within 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 nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

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 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 against the presence of the disease. Therefore, if you choose to 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 PERSONAL 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.

Safe Sport 360: The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults 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 720-531-0340 or online at 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 age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 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 after [insert same date], 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.

Lifeguards and AED devices will be available to athletes participating in the meet

INDIANA SWIMMING BROADCAST POLICY AND IMAGE AUTHORIZATION

Broadcast Statement

Any photographs, videotape 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 or disseminated, or used for any commercial purposes, without the prior written consent of Indiana Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Indiana Swimming and the meet host under the conditions authored by Indiana & USA Swimming, and allow event organizers the right to use 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

Videotaping 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 to do so.

ENTERING THE MEET

Online entry system is located on the Indiana Swimming web site www.inswimming.org

QUALIFYING PERIOD

Times must be achieved from Friday, March 3, 2023 thru late entry deadline, Friday, March 1, 2023 at the start of the meet.

ELIGIBILITY

- Age as of the first day of the meet will determine age for the entire meet, USA Swimming rule 205.2.
- **All 18 & over athletes, including those turning 18 during the meet, must be MAAPP compliant.**
- All swimmers, coaches, and officials must have an ID # registered with Indiana Swimming, USA Swimming rule 202.5. ISI will not process any on-deck registrations at this meet.
- Swimmers with qualifying times made by the entry deadline will be allowed to enter this meet.
- ISI has a swimmer with disability inclusion policy. Contact the ISI Disability Coordinator for application and consideration, Disability Application.
- ISI has a diversity and inclusion policy to assist outreach members participating in the meet. Please contact the ISI Office for more information.
- All entry times must fall within the qualifying standards for that event. Official time standards are included in this letter.
- Swimmers must be entered with their fastest time(s) achieved during the qualifying period.
- **Swimmers who are qualified for and eligible to compete in a specific STROKE & DISTANCE at the Indiana Swimming Age Group or Senior State Meets (in yards or meters) are not allowed to enter that SAME STROKE & DISTANCE in this meet.** (e.g., 10 & U qualified to compete in Age Group State in the 100 Back may not swim the 100 Back in the 10 & U, 12 & U, 14 & U or Open age groups.) **Eligibility Clarification:** If an eleven-year-old swimmer, who has achieved the ISI eleven-year-old state cut, turns twelve after the Divisional meet and before Age Group Championships and does not have the twelve year-old state cut, this swimmer would be eligible to participate in 12 & Under events at the Divisional Championships or the next appropriate age category where the time standard has been achieved. The same would apply for 9 & Unders, and 13 year olds. Any 10, 12, or 14 year old swimmers with the state cut in an event must compete in the next appropriate age category if they age up between the Divisional meet and Age Group State.

ENTRY LIMITS

- Swimmers may enter an unlimited number of events.
- Must scratch down to 6 events for the entire meet plus relays according to the scratch rules and deadlines.
- No more than 3 individual events per day, including time trials, are allowed.

ENTRY FEES

- \$ 22.00 per swimmer surcharge – this includes relay only alternates
- \$ 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 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** or the entire team will be scratched from the meet. Responsibility lies with the entering team to make sure payment is tendered to the host in a timely fashion.

The Summary of Entries form can either be emailed or included with payment.

No refunds shall be issued for events scratched after the entry 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. Teams should ensure they have the current version of Team Manager/Unify, downloaded the meet set-up file from Indiana Swimming, and software is set to **not** convert times. Always submit a complete entry file to host, not just a file of the modifications.

Prior to running an eligibility report or entering athletes in Team Manager/Unify, the boxes in Meet set-up/Eligibility rules “enforce qualifying times” and “swimmer must meet slower than Q time in all courses,” must be checked. NT is only permitted for relays.

Please include with the entry, the names of all the relay swimmers plus any/all alternates' names, USA SWIMMING numbers, and ages.

- **Friday, February 23 by 11:59 pm (Eastern)**
All Entries due via the mandatory Online Entry Form located at www.inswimming.org. An entry **MUST** be submitted by the Friday deadline. Entries after this date will be considered late. The only exception is a team/unattached swimmer who achieved a qualifying time between the Friday entry deadline and the Monday exception/modification deadline.
- **Saturday, February 24 by 11:59 pm (Eastern)**
Host will send a Final Entry Report and Exception report (if any) back to entering team/unattached swimmer via e-mail. Relay times cannot be run against time standards in Meet Manager, and thus will not appear in an Exception report. The entering team should check relay times prior to submission for accuracy. Relays entered at a NT after Modification deadline will be seeded last. A custom time may be used for relays to enter below a “best time.”
- **Monday, February 26 by 11:59 pm (Eastern)**
Entering teams must address their exceptions. Changes made after Friday entry deadline and before the Monday exception/modification deadline may include additions, deletions, and corrections to the existing (submitted) team entry, including relays.

Note: Exception Reports do not include Proof of Time verification. See section below on Verification/Proof of Time.

LATE ENTRY

ANY entries/modifications received after the Monday, February 26 - 11:59 pm will be subject to the late entry fees. For a swimmer already in the meet this includes a single opportunity to change any entry time for a missed event, to switch events, or alter an existing entry time. **THESE CHANGES ALL REQUIRE A PROOF OF TIME TO BE SUBMITTED.** A team/unattached swimmer entered late may not make a change after entry. **Refer to Individual and Relay Seeding for additional late entry information.**

Teams/unattached swimmers, **including relay only swimmers**, which neglected to enter an event(s) by Friday, February 23 -11:59 pm can enter up to one hour before the start of the meet. These late teams/unattached swimmers will be assessed a one-time \$100 Late Entry Fee plus \$14 per individual event, and \$16 per relay. **CHANGES TO INDIVIDUAL EVENTS REQUIRE A PROOF OF TIME TO BE SUBMITTED.**

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VERIFICATION / PROOF OF TIME

Indiana Swimming will verify all entries via SWIMS after the entry deadline. Any entry that does not have a time under the cut within the qualifying period will be included on a proof needed list. **Times submitted may not be faster than provable.** The list of proofs needed will be posted on the Indiana Swimming Website no later than **Wednesday, preceding the meet** by 5:00 pm (Eastern Time). **Teams will have to provide proof of time to ISI offices by Thursday - 5 pm OR at the meet to the Meet Referee or his/her designee prior to applicable scratch deadlines for the event(s) or the swimmer will be scratched.**

All proofs submitted to ISI, including those from Non-USA Swimming Meets, should use the PROOF submission form located on the championship web page. Swimmers' names must be circled or 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 referee signed and dated.
- Official results from USA Swimming meets must be printed with either host team's name or IUPUI Natatorium on each page.

A submitted entry time that cannot be proven by proof /scratch deadline for the event will result in a swimmer's seed time reverting to the fastest qualifying time recorded in SWIMS for the qualifying period. If no qualifying time is available in SWIMS, and no proof is brought by event scratch deadline, then the swimmer will be scratched from the event.

TIME STANDARDS

Times must have been achieved from March 3, 2023 thru late entry deadline Friday, March 1, 2024.

GIRLS			BOYS			
LCM	SCM	SCY	9 & Under	SCY	SCM	LCM
44.09	42.99	38.89	50 Free	38.09	41.99	43.59
1:41.89	1:38.99	1:29.59	100 Free	1:27.79	1:36.99	1:40.19
3:44.79	3:40.09	3:19.19	200 Free	3:06.69	3:26.29	3:32.39
54.89	51.99	46.99	50 Back	47.59	52.69	55.29
1:59.19	1:52.69	1:41.99	100 Back	1:39.79	1:50.29	1:54.99
1:00.49	58.89	53.19	50 Breast	52.09	57.59	59.69
2:14.79	2:10.49	1:58.09	100 Breast	1:52.19	2:03.89	2:09.39
53.39	52.39	47.39	50 Fly	45.69	50.49	51.79
2:09.19	2:05.99	1:53.99	100 Fly	1:51.39	1:48.99	2:06.89
4:09.39	4:01.09	3:38.19	200 IM	3:35.49	3:58.09	4:04.89
LCM	SCM	SCY	10	SCY	SCM	LCM
44.09	42.99	38.89	50 Free	38.09	41.99	43.59
1:41.89	1:38.99	1:29.59	100 Free	1:27.79	1:36.99	1:40.19
3:44.79	3:40.09	3:19.19	200 Free	3:06.69	3:26.29	3:32.39
54.89	51.99	46.99	50 Back	47.59	52.69	55.29
1:59.19	1:52.69	1:41.99	100 Back	1:39.79	1:50.29	1:54.99
1:00.49	58.89	53.19	50 Breast	52.09	57.59	59.69
2:14.79	2:10.49	1:58.09	100 Breast	1:52.19	2:03.89	2:09.39
53.39	52.39	47.39	50 Fly	45.69	50.49	51.79
2:09.19	2:05.99	1:53.99	100 Fly	1:51.39	1:48.99	2:06.89
4:09.39	4:01.09	3:38.19	200 IM	3:35.49	3:58.09	4:04.89
LCM	SCM	SCY	11	SCY	SCM	LCM
39.69	38.59	34.89	50 Free	34.79	38.39	39.89
1:27.09	1:24.39	1:16.39	100 Free	1:15.99	1:23.99	1:26.99
3:10.19	3:03.19	2:45.79	200 Free	2:44.99	3:02.29	3:08.69
6:40.19	6:32.09	7:28.09	400M/500Y Free	7:17.09	6:26.49	6:37.09
45.99	43.79	39.69	50 Back	40.89	45.19	47.19
1:43.39	1:37.19	1:27.89	100 Back	1:28.09	1:37.39	1:43.19
51.39	49.59	44.89	50 Breast	46.19	51.09	53.09
1:54.49	1:49.49	1:38.49	100 Breast	1:38.59	1:49.29	1:55.29
43.09	42.09	38.09	50 Fly	39.69	43.89	44.79
1:41.09	1:38.09	1:28.79	100 Fly	1:29.29	1:38.79	1:41.89
3:35.09	3:26.19	3:06.59	200 IM	3:09.39	3:30.69	3:38.29
LCM	SCM	SCY	12	SCY	SCM	LCM
38.39	37.29	33.69	50 Free	32.59	35.99	37.29
1:24.09	1:21.29	1:13.59	100 Free	1:10.99	1:18.49	1:21.29
3:02.59	2:57.69	2:40.39	200 Free	2:34.59	2:51.09	2:57.49
6:23.89	6:14.39	7:07.79	400M/500Y Free	6:57.29	6:05.19	6:15.49
43.99	42.49	38.19	50 Back	37.99	42.29	43.69
1:38.69	1:34.19	1:24.79	100 Back	1:22.19	1:31.59	1:35.49
48.99	47.59	42.99	50 Breast	42.89	47.39	48.99
1:48.69	1:44.59	1:34.19	100 Breast	1:31.39	1:41.19	1:46.39
41.29	40.69	36.49	50 Fly	37.09	40.99	41.89
1:36.19	1:33.99	1:24.39	100 Fly	1:22.89	1:32.09	1:33.99
3:26.29	3:19.59	3:00.29	200 IM	2:57.29	3:16.19	3:23.89
LCM	SCM	SCY	13	SCY	SCM	LCM

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37.89	36.89	33.29	50 Free	31.19	34.49	35.79
1:22.19	1:19.89	1:12.09	100 Free	1:07.99	1:15.29	1:17.99
2:57.89	2:52.59	2:36.19	200 Free	2:27.99	2:43.49	2:50.39
6:14.19	6:05.69	6:55.59	400M/500Y Free	6:38.49	5:48.79	6:00.89
24:45.79	23:54.69	24:03.09	1500M/1650Y Free	23:04.69	22:56.69	23:47.19
1:32.69	1:28.29	1:19.19	100 Back	1:14.99	1:23.29	1:27.59
3:19.09	3:09.99	2:51.89	200 Back	2:43.19	3:00.59	3:09.79
1:44.29	1:40.09	1:30.09	100 Breast	1:24.39	1:33.59	1:37.99
3:45.09	3:37.59	3:14.89	200 Breast	3:02.79	3:22.69	3:30.99
1:29.10	1:27.09	1:18.49	100 Fly	1:13.89	1:22.09	1:24.19
3:17.89	3:13.69	2:53.69	200 Fly	2:44.79	3:02.29	3:09.69
3:20.89	3:14.09	2:55.09	200 IM	2:46.19	3:03.69	3:10.39
7:07.09	6:52.69	6:12.09	400 IM	5:53.69	6:30.89	6:48.59
LCM	SCM	SCY	14	SCY	SCM	LCM
37.29	36.09	32.59	50 Free	29.99	33.19	34.49
1:20.69	1:18.49	1:10.79	100 Free	1:05.59	1:12.49	1:15.39
2:54.49	2:49.29	2:32.49	200 Free	2:22.69	2:37.69	2:44.39
6:07.79	5:58.49	6:49.69	400M/500Y Free	6:25.89	5:37.69	5:48.09
24:06.39	23:17.39	23:25.59	1500M/1650Y Free	22:20.19	22:12.39	23:05.59
1:30.09	1:25.79	1:16.89	100 Back	1:11.89	1:19.69	1:24.09
3:13.49	3:05.39	2:47.19	200 Back	2:36.49	2:53.59	3:02.39
1:42.39	1:38.59	1:28.19	100 Breast	1:21.29	1:30.09	1:34.89
3:40.99	3:32.39	3:11.19	200 Breast	2:56.59	3:16.19	3:25.99
1:26.89	1:25.19	1:16.39	100 Fly	1:11.29	1:18.99	1:21.29
3:14.09	3:08.39	2:49.29	200 Fly	2:38.59	2:55.29	3:01.09
3:15.89	3:09.69	2:49.99	200 IM	2:39.99	2:56.79	3:04.79
6:57.69	6:43.79	6:03.69	400 IM	5:41.69	6:17.69	6:32.79

LCM	SCM	SCY	SENIOR	SCY	SCM	LCM
0:33.19	0:32.59	0:29.69	50 Free	0:26.69	0:29.29	0:29.99
1:11.89	1:10.49	1:04.19	100 Free	0:57.99	1:03.59	1:05.29
2:38.79	2:34.99	2:21.49	200 Free	2:08.39	2:20.69	2:26.49
5:36.79	5:38.49	6:20.69	400M / 500Y Free	5:49.59	5:05.89	5:15.89
23:07.29	22:34.99	22:40.49	1500M / 1650Y	20:56.89	20:49.39	21:33.69
1:21.69	1:19.49	1:12.09	100 Back	1:06.19	1:13.09	1:16.19
2:57.99	2:51.39	2:36.59	200 Back	2:25.09	2:40.29	2:48.09
1:34.39	1:31.09	1:22.89	100 Breast	1:14.39	1:21.69	1:25.09
3:25.99	3:17.79	3:01.09	200 Breast	2:44.39	3:01.29	3:09.29
1:19.59	1:18.29	1:11.59	100 Fly	1:03.89	1:11.19	1:11.39
3:03.29	2:59.39	2:42.29	200 Fly	2:26.09	2:41.29	2:46.89
3:00.29	2:54.79	2:39.59	200 IM	2:24.59	2:38.29	2:43.39
6:28.29	6:17.79	5:45.29	400 IM	5:13.29	5:44.69	6:01.49

ORDER OF EVENTS

FRIDAY			
GIRLS	TIMED FINALS EVENTS ORDER		BOYS
1	10 & U	200 IM	2
3	12 & U	200 IM	4
5	14 & U	400 IM	6
7	Open	400 IM	8
9	10 & U	200 Freestyle	10
11	12 & U	500 Freestyle	12
13	14 & U	500 Freestyle	14
15	Open	500 Freestyle	16

*The 1650 Freestyle is to be conducted on a time final basis with only the fastest seeded heat, **top 8 times not indicating a prelim swim**, to swim in finals. All other heats are to be held in the Preliminaries, swimming fastest to slowest. The event will be swum as a COMBINED timed final event (14 & U and Open) and will be awarded as 14 & Under and 15 & Over.

**All relays will be conducted on a timed final basis, and will swim in Preliminaries. Each team may only enter 2 relay teams per event.

Preliminaries		SATURDAY		Finals	
GIRLS	BOYS	EVENT ORDER		GIRLS	BOYS
xxx	xxx	14 & U	1650 Freestyle*	xxx	28 A
xxx	xxx	Open	1650 Freestyle*	xxx	28 B
29	30	12 & U	100 Butterfly	29	30
31	32	14 & U	100 Butterfly	31	32
33	34	Open	100 Butterfly	33	34
35	36	12 & U	50 Backstroke	35	36
37	38	14 & U	200 Backstroke	37	38
39	40	Open	200 Backstroke	39	40
41	42	12 & U	50 Freestyle	41	42
43	44	14 & U	50 Freestyle	43	44
45	46	Open	50 Freestyle	45	46
47	48	12 & U	50 Breaststroke	47	48
49	50	14 & U	200 Breaststroke	49	50
51	52	Open	200 Breaststroke	51	52
53	54	12 & U	200 Freestyle	53	54
55	56	14 & U	200 Freestyle	55	56
57	58	Open	200 Freestyle	57	58
59	60	11-12	200 Freestyle Relay**	xxx	xxx
61	62	13-14	200 Freestyle Relay**	xxx	xxx
63	64	15-18	200 Freestyle Relay**	xxx	xxx
xxx	28 A	14 & U	1650 Freestyle*	xxx	xxx
xxx	28 B	Open	1650 Freestyle*	xxx	xxx

Preliminaries		SUNDAY		Finals	
GIRLS	BOYS	EVENT ORDER		GIRLS	BOYS
xxx	xxx	14 & U	1650 Freestyle*	75 A	xxx
xxx	xxx	Open	1650 Freestyle*	75 B	xxx
77	78	14 & U	200 IM	77	78
79	80	Open	200 IM	79	80
81	82	12 & U	100 Backstroke	81	82
83	84	14 & U	100 Backstroke	83	84
85	86	Open	100 Backstroke	85	86
87	88	12 & U	100 Freestyle	87	88
89	90	14 & U	100 Freestyle	89	90
91	92	Open	100 Freestyle	91	92
93	94	12 & U	100 Breaststroke	93	94
95	96	14 & U	100 Breaststroke	95	96
97	98	Open	100 Breaststroke	97	98
99	100	12 & U	50 Butterfly	99	100
101	102	14 & U	200 Butterfly	101	102
103	104	Open	200 Butterfly	103	104
105	106	11-12	200 Medley Relay**	xxx	xxx
107	108	13-14	200 Medley Relay**	xxx	xxx
109	110	15-18	200 Medley Relay**	xxx	xxx
75 A	xxx	14 & U	1650 Freestyle*	xxx	xxx
75 B	xxx	Open	1650 Freestyle*	xxx	xxx

10 & UNDER TIMED FINALS		
GIRLS	SATURDAY EVENT ORDER	BOYS
17	100 Butterfly	18
19	50 Backstroke	20
21	100 Freestyle	22
23	50 Breaststroke	24
25	200 Freestyle Relay**	26

10 & UNDER TIMED FINALS		
GIRLS	SUNDAY EVENT ORDER	BOYS
65	100 Backstroke	66
67	50 Freestyle	68
69	100 Breaststroke	70
71	50 Butterfly	72
73	200 Medley Relay**	74

MEET SCHEDULE

		Preliminaries		Finals	
		Warm-ups	Meet Starts	Warm-ups Not before	Meet Starts Not Before
Timed Finals	Friday			3:30 pm	5:00 pm
Prelims & Finals	Saturday	6:45 am - 7:45 am	8:00 am	2:15 pm	3:15 pm
	Sunday	6:45 am - 7:45 am	8:00 am	2:15 pm	3:15 pm
10 & Under Sessions	Saturday			11:15 am	12:00 pm
	Sunday			11:15 am	12:00 pm

MEET FORMAT, CONDUCT & PROCEDURES

WARM-UP PROCEDURE/ TIME SCHEDULE

- ***WARM UP STRUCTURE, LANE ASSIGNMENTS AND OR SPLIT SCHEDULES WILL BE MADE AND POSTED ONCE ATHLETE NUMBERS ARE FINALIZED.**
- **Warm-up and Session Start Times may be modified** based on site specifics, athlete number, and extenuating circumstances. Changes will be conveyed to area teams by noon on Wednesday and posted on the ISI website.
- ALL TIMES are LOCAL TIME
- NOTE: Marshals will be monitoring and enforcing warm-up procedures.

MEET FORMAT

This meet will be run in Modified Championship Meet Format with preliminaries, consolation finals, and finals for the 12 & U, 14 & U and Open age groups. **All relay** events will be conducted as **timed finals and** will swim during the preliminary session.

The distance 1650 Freestyle will be swum on a timed final basis with only the fastest seeded heat, **top 8 submitted times not indicating a prelim swim**, to swim in finals. The balance of the heats is to be held in preliminaries, swimming fastest to slowest. The event will be swum as a COMBINED timed final event (14 & U and Open) and will be awarded as 14 & Under and 15 & Over.

Valparaiso Swim Club reserves the right to run **10 lanes** Friday and during preliminary competition Saturday and Sunday based on timeline needs. **Eight lanes** will be used for Saturday and Sunday 10 & under sessions and final sessions.

Fly-over starts will only be used in the preliminary sessions if necessitated by timeline.

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 timed between the athlete’s heats, not events, 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.

PRE-SCRATCH TIMELINES

Pre-scratch timelines for preliminary sessions will be available and shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. Timelines posted are only approximations to be used only for general planning purposes. The actual meet session timelines may vary from what is posted. Athletes and coaches are

responsible to adhere to all meet deadlines and competition/event starting times.

PRE-SCRATCH TIMED FINALS and RELAYS PRELIMS PSYCH SHEET

A pre-scratch prelims psych sheet for all timed final and relay events (not including 10 & Under Events). This shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. This is to be used for planning purposes, as scratches will alter the final seeding.

COACH SCRATCH BOX RESPONSIBILITY

All scratches for individual and relay events must be made at the Scratch Table by:

Friday Timed Finals	1 hour prior to start of Friday Finals
Saturday Prelims	30 minutes after start of Friday Finals
Saturday 10 & U	1 hour prior to start of 10 & U session Saturday
Sunday Prelims	30 minutes after start of Saturday Finals
Sunday 10 & U	1 hour prior to start of 10 & U session Sunday

Coaches must sign their names on the scratch forms. 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.

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

SEEDING OF EVENTS

Seeding order: Short Course Yards - Long Course Meters - Short Course Meters (Y-L-S). No entry times will or should be converted for seeding.

In individual events other than the 1650, the swimmer is assumed to be swimming unless he/she has been scratched.

Per USA Swimming rule 207.11.7, **entrants in the 1650 Freestyle must check in at the Clerk of Course and confirm their intention to compete** before the scratch deadline for the event in

Hosted by Valparaiso Swim Club

order to be seeded. ***During check-in for distance, entrants may designate a preference to swim the event during prelims by marking an AM next to their name.*** 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.

All relays will be swum as timed finals in the Prelim sessions with the exception of the 10 & Under events.

After the Psych Sheet is published to the ISI website on Wednesday prior to the start of the meet, any swimmer or relay entering as a late entry shall not be seeded in the top eight of the entered event. The swimmer or relay will be seeded by their entry time, but no higher than 9th place.

SCRATCH PROCEDURES – INDIVIDUAL EVENTS

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

Preliminary Heats

In all events where preliminary heats are necessary, ***or in any timed final event, excluding 10 & Under,*** 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 Consolation or Final from swimming in that Final.) The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events.

Additionally, that swimmer shall be scratched from any individual events on succeeding days unless that swimmer or the swimmer's coach declares the swimmer's intent to swim prior to the close of the scratch box for that day's events, or within 30 minutes of the missed event.

Failure to Scratch from Consolations, and Finals

- SUNDAY ONLY: No-shows or not scratching according to the rules by the appropriate deadlines (Exceptions for failure to compete - B), for original/initial consolation finals or finals will result in a \$50 fine per swimmer regardless of the number of events missed that finals session. The fine shall be assessed to the swimmer. Host team 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 team.
- 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 101.1.3E or deliberate delay of meet 101.1.5 is NOT permitted and will be regarded as a failure to compete. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). Any potential alternate for finals must report to the Deck Referee or Starter prior to the applicable event. There will be no announcements made to fill the heat.
- B. 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.
- C. 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.

- D. If the consolation final has already been contested, the final shall be swum without re-seeding for the empty lane(s).

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 consolation final or final race following the preliminaries notifies the Administrative Referee 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.

RELAYS

Entry Forms

If a swimmer is only on a relay and not competing in individual events, they **MUST** be on the team entry report. No swimmer will be allowed to swim unless his/her name is on the entry report.

Each team is permitted a maximum of two relays in each corresponding age (10 & U, 11-12, 13-14, 15-18) and gender.

Relay Time Standards

No Time Standard is available. Teams must be entered slower than the state qualifying time. This may be accomplished by entering a custom time. Relays entered with a NT after Modification deadline will be seeded last. Relays entered faster than the state standard after Modification deadline will be moved to an NT and seeded last. All relay only swimmers must be included on the entry or they will not be permitted to swim.

Relay Cards

All relay cards will be submitted to the Administrative Referee no later than one hour before the relay is scheduled to swim for the 11-12, 13-14, 15-18 age groups. Relay cards for the 10 & U age group are due at the start of session. Submitted 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.

AWARDS

INDIVIDUAL EVENTS: Medals for 1st-8th/Ribbons for 9th-16th
RELAY EVENTS: Medals for 1st-8th

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. Relay awards for the 11-12, 13-14 and 15-18 age groups will be presented during the morning distance events.

Ribbons and any unclaimed medals can be picked up in the 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. Teams will have to make arrangements for shipping or pick-up with the office for these previously unclaimed awards.

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: Valparaiso Swim Club**

Thank you.

Send to: Emily Kennedy
900 Oak Street
Valparaiso, IN 46383

NAME OF TEAM _____ CODE _____

Indiana Swimming Surcharge \$22 total (\$16 to meet host/\$5.00 to Indiana Swimming/\$1.00 ISI LSC Ancillary Fee and Surcharge)

Boys:	_____	X	\$ 22.00 =	_____
Girls:	_____	X	\$ 22.00 =	_____
Number of boy's individual entries:	_____	X	\$ 7.00 =	_____
Number of girl's individual entries:	_____	X	\$ 7.00 =	_____
Number of Relay entries:	_____	X	\$ 8.00 =	_____
TOTAL AMOUNT ENCLOSED:	_____			

Team Official Submitting Entry:

Name: _____ Cell Phone: () _____
Team Official E-mail: _____

Contact Information for Coaches Attending Meet:

Senior Coach: _____ Cell Phone: () _____
Age Group Coach: _____ Cell Phone: () _____
10 & Under Coach: _____ Cell Phone: () _____

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 and Indiana Swimming, and its Board of Directors, USA Swimming, 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 and 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: _____

Did you include:

Entries in Writing (only if applicable)	Relay Entry Forms (only if applicable)
Check for entries and surcharges	This completed form
I have read the scratch rules and USA Swimming National scratch rule, 207.11.6, and understand all of them.	