

2024 LSC Duel in the Pool at IU Natatorium, Indianapolis, IN May 31-June 2, 2024

Quick Facts About the 2024 LSC Duel in the Pool

- **Purpose:** The **Duel in the Pool** is a swimming competition that challenges the rising stars of our sport from three of the nation's most competitive LSCs to see which is the best in a triple dual format series of events. The event was modeled after the USA Swimming Mutual of Omaha Duel in the Pool Events.
- **Participating LSCs:** Illinois, Indiana, & GULF LSCs will participate in 2024.
- **Format:** The Duel in the Pool will be a 3-day Prelim & Final Competition between 3 LSCs at the IU Natatorium in Indianapolis, IN, May 31-June 2, 2024. A 72-member team (ages 11-16) will be invited to attend based on a criterion developed by each LSC. ***This meet will be conducted in LCM.** An open category has been created to allow athletes with a minimum of a Speedo Summer Championships (18 & U) Time Standard an opportunity to achieve an Olympic Trial Cut. NOTE: All Open Events will be non-scoring.
- **Selection process:** Each LSC will create a selection criterion for their team. 24 athletes of each of the following age groups & genders shall be selected: 11-12, 13-14 & 15-16 (12 female/12 male)
- **Staff:** Each LSC will select a staff of Coaches & Camp Managers to oversee the athletes during the event.
- **Travel & Housing:** To provide the best possible travel cost options, the goal is to have each LSC travel in on Thursday late morning/early afternoon & depart on Sunday evening. Each LSC shall be responsible for transportation to and from the event. Host LSCs will provide participating LSCs and families with a listing of hotels and preferred rates if available.
- **Cost** for each LSC shall be determined on the event budget provided by the Host LSC and travel proximity of each LSC.
- **Training:** Each LSC will have access to pool time available at IU Natatorium for practice on Thursday, May 30th.
- **Future Dates & Sites:** Each of the LSCs will have the opportunity to host the event on a yearly rotational basis. Future dates & locations TBD.
- **Social Media:** Event Highlights will be shared on Event Website, LSC's FB, Instagram & Twitter social media. Each host LSC shall offer the event via "live" webcast if available and work to engage local media in the event.
- **Meals:** Each LSC shall be responsible for supplying team meals for their LSC Team. Meet Host may supply local options for team meals.
- **Event Activity:** Athletes will be invited to attend a tour of Lucas Oil Stadium on Thursday, May 30th to view the Olympic Trials pool and to learn more about the pool and what the Olympic Trials Experience will look like during competition June 15-23, 2024.
- **Guest Coaches:** The goal will be to reach out to Hall of Fame Coaches and athletes to be the educational and motivational leader of each LSC team. Also adding to this all-star staff will be a "Home Grown" Olympian from each LSC to add to the athlete experience.

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Quick Facts About the 2024 LSC Duel in the Pool (Format Details)

AGE GROUP DUEL IN THE POOL: FAQs

- Athletes are limited to **four (4) individual events** for the meet with no more than two (2) individual events per session excluding relays.
- Each team may enter three (3) relays in each relay event. Every athlete will compete in relays in his/her age group and gender. Every athlete will compete in one of the two mixed gender relays.
- 13-16 800 Free is a timed final event.
- Finals will be MIXED for 11-12, 13-14, and 15-16. Fastest swimmer from each LSC. Finalists will be awarded 1-2-3 point values for event and gender. Remaining places scored off of prelims.
- Girls & Boys 11-12 400 Free becomes Timed Finals at night on Day 3 with each LSC allowed only 2 entrants.
- Open will be MIXED in AM (to save time and not have a gender potentially be solo) but separated by gender at night.
- Open Finals at night will be fastest 8 times regardless of age and LSC, **NOT** in the age group finals already. **No points awarded.**
- Open 1500 and Open 800 are designated for swimmers targeting Olympic Trials Cuts. This event is for athletes not competing for Team Illinois, Team Gulf and Team Indiana.
- Time Standard for athletes attending the meet NOT as a member of Team Illinois, Team Gulf and Team Indiana will be Speedo Summer Championships (18 & U) Time Standard.