

Duel in the Pool 2024 General Information

All-Star teams from Illinois, Indiana, and Gulf Swimming will be competing in Indianapolis, Indiana May 31-June 2, 2024 at the fourth annual *Duel in the Pool*. This long course meet will showcase the fastest athletes, ages 11-16, from three of USA Swimming's highest performing LSC's and promises to be an exciting three days of fast swimming. To celebrate the Olympic year, the meet will have prelim/finals component and will also be open to athletes of all ages in an Open event provided the swimmers have a USA Swimming Speedo Summer Championships 18&U standard in a given event. Athletes competing in the Open events will travel and compete WITH THEIR CLUB and not part of Team Illinois.



WEEKEND SCHEDULE:

Thursday, May 30	Friday, May 31	Saturday, June 1	Sunday, June 2
TBD AM: Departure from Illinois	Prelims: Warm-up @ 7:30am; Meet Start @ 9:00am	Prelims: Warm-up @ 7:30am; Meet Start @ 9:00am	Timed Finals: Warm-up @ 9:00am; Meet Start @ 10:30am
TBD PM: Tour of Lucas Oil Stadium (Trials) and then Team Workout	Finals: Warm-up @ 3:30pm; Meet Start @ 5:00pm	Finals: Warm-up @ 3:30pm; Meet Start @ 5:00pm	Departure Home After Session
6PM: Team Dinner	Team Dinner After Finals	Team Dinner After Finals	Arrival Home approx. 5:00pm

EVENT ORDER & INFORMATION

Event format is still being finalized by the Host and will be made available as soon as we receive it.

- Athletes are limited to four (4) individual events for the meet with no more than two (2) individual events per session, excluding relays.
- Each LSC is only allowed one (1) entrant per gender and age group in the 800 Freestyle event. 13-14 and 15-16 swimmers will compete together but score separately in the 800 Freestyle.
- Each team may enter three (3) relays in each relay event. Every athlete will compete in the 200 MR and 200 FR of their age group and gender. Every athlete will also compete in one of the Mixed Relays for their age group.