



Important Facts Regarding the Meet

- Qualification Period is March 20, 2009 thru March 18, 2010
- **Online Entry Deadline Friday, March 12 by 11:59 PM.**
- **Clubs/unattached swimmers that neglect to enter an event(s) by Friday, March 12 – 11:59 pm will be assessed a \$200 Late Entry Fee + \$10 per individual event.**
- **Deadline for Addressing ALL entry exceptions / modifications is Monday, March 15 by 11:59 PM.** ANY/ALL entries / modifications received after the Monday, March 15 – 11:59 pm will be considered late.
- When submitting any subsequent entry files, **ALWAYS** submit a complete entry file to host not just a file of modifications.
- All fees including any fines due to late entry shall be tendered on or before the first event of Day 1 of the meet or ENTIRE Team will be scratched.
- Any entry that does not have a proof of time standard in the SWIMS Database will be posted on the Indiana Swimming website by Wednesday, March 17 – 5:00 PM.
- **Note changes in Meet Warm-up & Start Times (from previous years)**
- **Entrants in the 1000/1650 freestyle and All relays must check in and confirm their intention to compete before the scratch deadline in order to be seeded.**
- In all individual events, the swimmer is assumed to be swimming unless he/she has been scratched.
- 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 appropriate scratch deadline will be barred from all further individual events of that day.
- **The current USA Swimming Suit Legislation applies in the State Meet.**
- **Please see Special Hotel Information on the Last Page**
- ALL TIMES ARE EASTERN TIME.

Table of Contents

Deadline Checklist 2

Meet Host Information 3

Entering the Meet 4

Order of Events 5

Time Standards 6

Championship Format & Procedures 7

Spirit Award..... 9

Time Trials 10

Summary of Events (Required) 11



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



DEADLINE CHECKLIST

Clubs are encouraged to use these check lists to ensure all responsibilities have been met and to avoid any problems at the meet. Please note there is ONLY ONE Online Entry Deadline!

DATE	TIME	Description	If applicable - COMPLETED?
Friday, March 12	11:59 pm	Online entries must be sent by today	
Saturday, March 13	11:59 pm	Online entries to receive Entry Report & Exceptions report via e-mail from host	
Monday, March 15	11:59 pm	Deadline for addressing any exceptions, modifications, deletions.	

AT THE MEET DEADLINE CHECKLIST

DATE	TIME	Description	If applicable - COMPLETED?
Friday, March 19	4:00 pm	Friday events (all ages) scratch deadline	
	4:00 pm	Host will have all relay cards for the entire meet available	
	4:45 pm	Coaches meeting	
	4:59 pm	All outstanding fees due or ENTIRE team will be scratched	
	5:00 pm	Saturday events (11-12, 13-14) scratch deadline	
	5:00 pm	11-12 / 13-14 Friday & Saturday relay cards due to host	
Saturday, March 20	8:30 am	Coaches meeting	
	12:15 pm	Saturday events (10 & Under) scratch deadline	
	Start of 10 & U session	10 & U relay card turn-in deadline	
	5:30 pm	Sunday events (11-12,13-14) scratch deadline	
	5:30 pm	11-12 / 13-14 Sunday relay cards due to host	
Sunday, March 21	8:30 am	Coaches meeting	
	END OF PRELIMS	Spirit Award ballot deadline (1 vote / club)	
	12:15 pm	Sunday events (10 & Under) scratch deadline	
	Start of 10 & U session	10 & U relay card turn-in deadline	
	End of meet	Clubs should check host awards area for any unclaimed awards.	

ALL TIMES ARE LOCAL (Eastern Daylight Savings) TIME!



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



MEET HOST INFORMATION

HOST

Southeastern Swim Club / PO Box 327 / Fishers, IN 46038
Visit our website at www.southeasternswim.org for up-to-date meet information.

CO-MEET DIRECTORS

Tammy Sunderman Tina Mudd
TammySunderman@aol.com sscbusmgr@comcast.net

MEET REFEREE

Hal Paul
Officials Chair – Indiana Swimming
▪ Host club is responsible for solicitation of Deck Officials
▪ All Assigned Officials selected by the Official's Committee

FACILITY

IU Natatorium, 901 W. New York, Indianapolis, IN

ENTRY CHAIRPERSON

Susie Booth
13213 Knoll Ridge
Fishers, IN 46038
Email: susiebooth@comcast.net
Phone: 317/506-0296

CHARGES

Heat Sheets

- Psych Sheet - \$8 All 3 days, \$4 Friday only, \$4 10&U only
- Prelim Heat sheets - \$4
- Finals Heat Sheet - \$1

Admissions

- All Session Pass - \$18
- Individual Days
 - Friday Only - \$ 6
 - Saturday or Sunday All Day - \$ 8
 - Finals – Free
- Ages 12 & Under Free

Parking

- Prices are determined by the IUPUI Parking Services. Neither the meet host nor the Natatorium staff have any influence on these fees.

SEATING / ATHLETE AREAS

Deck Seating Capacity

The deck has ample seating for each sessions' swimmers. 10 & U swimmers will not be allowed on deck before 12:00

Spectator Seating Capacity

Both the East and West Concourses will be available for spectator seating. Spectator seating capacity is over 4000 with a great view of the pool from either concourse. There are Handicap accessible areas on both the East and West Concourse.

Athlete Entrance

Athletes enter and exit the pool level via the wide stairs near the elevators. There is a security desk at the bottom of the stairs where athlete credential will be checked in order to permit deck access.

ACCIDENTS

All accidents resulting in injury are to be reported to the meet directors who must complete and submit a Report of Occurrence form.

RUBDOWNS

Rub downs (which use oil or lotion) shall not be permitted on deck. Any coach found using rubdown oils or lotions in an on-deck area shall have their deck pass and credentials removed for the remainder of the meet. Any swimmer found using rubdown oils or lotions on deck shall be barred from their next individual event. There is a designated Rub down area in the WEST HALLWAY – deck level.

CREDENTIALS / DECK ACCESS

To receive meet packets and to get on deck, **ALL** coaches and officials (except timers) will be required to display valid and current USA Swimming membership cards at all times. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

FACILITY NOTE

All swimmers, coaches, officials, and spectators are asked to please treat this facility like it was their own. We will strictly enforce these rules:

1. **SMOKING IS NOT PERMITTED THE BUILDINGS!**
2. Keep all trash picked up.
3. Do not go, or let children go, in any unauthorized areas. This means any place other than the concourse/lobby, and seating areas, any stairs to deck, and the deck. Elevators and stairwells are off limits. If a swimmer is caught in a restricted area, the swimmer will be asked to leave the facility and will be pulled from the remainder of the meet.
4. No radios, balls, or any other device that will be an inconvenience will be allowed.
5. No posting signage/banners on ANY PAINTED SURFACE.
6. Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of the invitational.
7. **NO PARENTS ON DECK.**

OTHER FACILITY NOTES

8. Food concessions will be made available. Neither the host nor the Natatorium staff have any influence on the pricing.
9. Host club is not responsible for items left at Natatorium. Lost and Found at the Natatorium. 317-278-3518.

Anyone caught abusing the building/facility will be asked to leave the meet IMMEDIATELY!!!



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



ENTERING THE MEET

ELIGIBILITY

- Swimmers with cuts made by the entry deadline will be allowed to enter this meet. Official cuts are included in this entry.
- This meet is limited to swimmers ages 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 meet (*see USA-S Rules 205.2*).
- All swimmers, coaches, and officials must have an ID # registered with Indiana Swimming (*see USA-S Rules 202.3*).

QUALIFYING PERIOD

Times must be achieved in the current season, the season immediately preceding this season, or during last year's state meet (March 20, 2009 – entry deadline).

ENTRY LIMITS

- Swimmers may enter an unlimited number of events.
- Must scratch down to 6 events for the entire meet plus relays.
- No more than three (3) individual events per day (this includes time trials) are allowed.

ENTRY FEES

- \$ 5.00 per swimmer surcharge (*also includes relay only alts*)
- \$ 1.00 per swimmer IUPUI Nat usage fee
- \$ 5.00 per individual event entry
- \$ 6.00 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 on or before the first event of Day 1 of the meet.** If not tendered at the clerk table, the entire team will be scratched from the meet. The Summary of Entries form (page 12) can either be faxed or included with payment. If you are NOT going to be at the meet at the beginning of DAY 1 you MUST send your check in a timely manner to be received by Thursday, March 18 – 5:00 pm. (If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery.)

ENTRY DEADLINE / ASSOCIATED DATES

- Friday, March 12 by 11:59 pm (EDT)**All Entries due via the Online Entry Form located at www.inswimming.org.
- Saturday, March 13 by 11:59 pm (EDT)**Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail.
- Monday, March 15 by 11:59 pm (EDT)**All exceptions / modifications / deletions due back to host.

Entries must be submitted through the Online Entry Form on or before Friday, March 12 -11:59 pm. Entering clubs should ensure that they have a current version of Team Manager AND that they have properly imported the meet setup file (download from www.inswimming.org). If manually set up, be sure that entry times are NOT converted.

Host will notify entering clubs within 24 hours of receipt of their entry with both an entry list as well as an exception list if applicable. Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail by Saturday, March 13-11:59 pm. Entering clubs have until Monday, March 15 @ 11:59 PM to address their exceptions. Exceptions/Modifications made after Friday Deadline and before Monday Deadline may include Additions, Deletions and Corrections to the existing (submitted) team entry. An entry must be submitted by the Friday deadline, for entries after this date will be considered late. The only exception is a

team/unattached swimmer who achieved a qualifying time between the Friday Deadline and the Monday Deadline.

Any entries/ modifications after Monday March 15 @ 11:59 PM will be subject to the late entry fees.

Note: Exceptions (Reports) do not include Proof of Time verification. See section below on **Verification**

Always submit a complete entry file to host , not just a file of the modifications.

Clubs/unattached swimmers that neglected to enter an event(s) by Friday, March 12-11:59 pm can enter up to one hour before the start of the meet. These late clubs/unattached swimmers will be assessed a \$200 Late Entry Fee + \$10 per individual event.

ANY entries / modifications received after the Monday, March 16-11:59 pm will be considered at the \$200 late entry fee system above. This includes any entry time changes, to include a missed event or to switch events for a swimmer already in the meet.

IMPORTANT REMINDER REGARDING ENTRY FILE

Entering clubs/swimmers need to remember to check all data BEFORE submitting. Entering club / unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of club entries.

OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first event entered until the maximum has been attained and scratched from all remaining events. **The coach and swimmer must recognize and accept the responsibilities and the extra obligations if they want to enter extra events.**

VERIFICATION / PROOF OF TIME

Indiana Swimming will verify all entries via SWIMS. Any entry that does not have a proof of time standard in SWIMS will be notified via e-mail/or may check the Clerk of Course table at the meet. **Club will have to provide proof of time to the host prior to applicable scratch deadlines for the event(s) or the swimmer will be scratched.**

Relays cannot be pre-proven with the Hy-Tek program at this time. Therefore, any team's relay that misses the cut or is disqualified will have to provide proof of time **for all relays** in that event. Proofs must be sent to the Indiana Swimming office no later than the Friday March 26 - 4:00 pm. Any unproven relays after this time 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.

Acceptable verifications are official results from:

- * USA Swimming sanctioned or approved meets;
- * College, High School, Junior High, YWCA or YMCA meets sanctioned by their respective governing organizations;
- * Websites (provided that the web host address is printed on the copy);
- * 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 club's name or IUPUI Natatorium on each page. Results from Non-USA Swimming Meets can be faxed to the Indiana Swimming office no later than Wed, March 17 @ Noon.



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010

Sanction #IN10182



ORDER OF EVENTS

<i>Warm-Ups: 3:15 - 4:45 pm</i>		FRIDAY EVENTS		<i>Meet Starts: 5:00 pm</i>
GIRLS		TIMED FINALS		BOYS
1	10 & U	200 IM		2
3	11-12	200 IM		4
5	13-14	400 IM		6
7	10 & U	200 Freestyle		8
9	11-12	500 Freestyle		10
11	13-14	500 Freestyle		12
13	13-14	400 Medley Relay		14

<i>Warm-Ups: 7:30-8:30 am</i>		SATURDAY EVENTS				<i>Warm-Ups: Not before 4:30</i>	
<i>Meet Starts: 8:45 am</i>						<i>Meet Starts: Not before 5:30</i>	
GIRLS	PRELIMINARIES		BOYS	GIRLS	FINALS		BOYS
27	13-14	200 Free Relay*	28	25	13-14	1000 Freestyle	26
29	11-12	200 Freestyle	30	27	13-14	200 Free Relay	28
31	13-14	50 Freestyle	32	29	11-12	200 Freestyle	30
33	11-12	50 Backstroke	34	31	13-14	50 Freestyle	32
35	13-14	200 Backstroke	36	33	11-12	50 Backstroke	34
37	11-12	100 Butterfly	38	35	13-14	200 Backstroke	36
39	13-14	100 Butterfly	40	37	11-12	100 Butterfly	38
41	11-12	50 Freestyle	42	39	13-14	100 Butterfly	40
43	13-14	200 Freestyle	44	41	11-12	50 Freestyle	42
45	11-12	100 Breaststroke	46	43	13-14	200 Freestyle	44
47	13-14	100 Breaststroke	48	45	11-12	100 Breaststroke	46
49	11-12	200 Medley Relay*	50	47	13-14	100 Breaststroke	48
51	13-14	200 Medley Relay*	52	49	11-12	200 Medley Relay	50
25	13-14	1000 Freestyle*	26	51	13-14	200 Medley Relay	52

<i>Warm-Ups: Not Before 12:30</i>		SATURDAY 10 & U		<i>Meet Starts: Not before 1:30</i>
GIRLS		TIMED FINALS		BOYS
15	10 & U	100 Butterfly		16
17	10 & U	50 Backstroke		18
19	10 & U	100 Breaststroke		20
21	10 & U	50 Freestyle		22
23	10 & U	200 Medley Relay		24

<i>Warm-Ups: 7:30-8:30 am</i>		SUNDAY EVENTS				<i>Warm-Ups: Not before 4:00</i>	
<i>Meet Starts: 8:45 am</i>						<i>Meet Starts: Not before 5:00</i>	
GIRLS	PRELIMINARIES		BOYS	GIRLS	FINALS		BOYS
65	13-14	200 IM	66	63	13-14	1650 Freestyle	64
67	11-12	100 Backstroke	68	65	13-14	200 IM	66
69	13-14	100 Backstroke	70	67	11-12	100 Backstroke	68
71	11-12	50 Breaststroke	72	69	13-14	100 Backstroke	70
73	13-14	200 Breaststroke	74	71	11-12	50 Breaststroke	72
75	11-12	100 Freestyle	76	73	13-14	200 Breaststroke	74
77	13-14	100 Freestyle	78	75	11-12	100 Freestyle	76
79	11-12	50 Butterfly	80	77	13-14	100 Freestyle	78
81	13-14	200 Butterfly	82	79	11-12	50 Butterfly	80
83	11-12	200 Free Relay*	84	81	13-14	200 Butterfly	82
85	13-14	400 Free Relay*	86	83	11-12	200 Free Relay	84
63	13-14	1650 Freestyle*	64	85	13-14	400 Free Relay	86

<i>Warm-Ups: Not Before 12:30</i>		SUNDAY 10 & U		<i>Meet Starts: Not before 1:30</i>
GIRLS		TIMED FINALS		BOYS
53	10 & U	50 Butterfly		54
55	10 & U	100 Backstroke		56
57	10 & U	50 Breaststroke		58
59	10 & U	100 Freestyle		60
61	10 & U	200 Free Relay		62

* Timed Finals with the FASTEST heat in the evening finals session.



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



TIME STANDARDS

Times must have been achieved from March 20, 2009 to applicable entry deadline.

GIRLS STATE				BOYS STATE		
SCY	LCM	SCM	10 & under	SCY	LCM	SCM
0:31.39	0:36.09	0:34.69	50 Free	0:31.99	0:36.59	0:35.09
1:09.39	1:21.09	1:15.59	100 Free	1:10.69	1:21.99	1:18.19
2:32.59	2:55.99	2:47.09	200 Free	2:35.99	2:52.79	2:52.39
0:36.89	0:42.89	0:40.69	50 Back	0:37.89	0:44.19	0:41.79
1:19.19	1:32.89	1:27.59	100 Back	1:21.69	1:34.39	1:29.49
0:41.79	0:48.69	0:46.09	50 Breast	0:43.39	0:51.09	0:47.99
1:31.59	1:46.99	1:40.99	100 Breast	1:33.59	1:49.49	1:43.39
0:35.39	0:41.49	0:38.79	50 Fly	0:36.89	0:43.39	0:40.89
1:22.99	1:38.79	1:31.79	100 Fly	1:27.89	1:42.89	1:37.19
2:50.79	3:18.69	3:08.79	200 IM	2:54.39	3:20.99	3:11.69
2:16.29	2:41.29	2:29.19	200 Free Relay	2:23.39	2:46.69	2:37.09
2:35.59	3:06.99	2:50.39	200 Medley Relay	2:46.49	3:22.09	3:01.99
SCY	LCM	SCM	11-12	SCY	LCM	SCM
0:27.79	0:31.69	0:30.49	50 Free	0:28.39	0:32.69	0:31.19
1:00.59	1:09.49	1:06.29	100 Free	1:01.79	1:11.29	1:07.69
2:13.79	2:32.09	2:26.39	200 Free	2:15.69	2:36.09	2:29.19
5:57.39	5:20.89	5:12.79	400M / 500Y Free	6:01.89	5:29.99	5:16.69
0:32.59	0:37.69	0:35.79	50 Back	0:33.29	0:38.89	0:36.49
1:09.89	1:21.29	1:16.69	100 Back	1:11.99	1:24.09	1:18.89
0:36.29	0:42.09	0:39.79	50 Breast	0:37.49	0:44.39	0:41.19
1:18.29	1:31.99	1:25.89	100 Breast	1:22.59	1:35.09	1:30.59
0:30.99	0:35.09	0:33.99	50 Fly	0:31.79	0:36.79	0:34.89
1:10.49	1:21.69	1:17.29	100 Fly	1:12.39	1:25.39	1:20.09
2:30.09	2:54.19	2:44.29	200 IM	2:33.99	2:59.99	2:48.49
1:56.99	2:15.29	2:08.69	200 Free Relay	2:03.19	2:24.39	2:14.89
2:12.79	2:34.79	2:25.49	200 Medley Relay	2:21.39	2:47.89	2:34.69
SCY	LCM	SCM	13-14	SCY	LCM	SCM
0:26.39	0:30.19	0:28.99	50 Free	0:25.09	0:28.89	0:27.59
0:57.69	1:05.49	1:03.29	100 Free	0:54.69	1:03.59	0:59.99
2:05.19	2:22.89	2:17.09	200 Free	2:00.49	2:18.09	2:11.99
5:33.49	5:04.09	4:56.49	400M / 500Y Free	5:23.59	4:55.39	4:43.19
11:54.69	10:44.39	10:26.09	800M / 1000Y Free	11:37.29	10:25.59	10:10.19
19:50.49	20:29.29	19:45.79	1500M / 1650Y Free	19:20.29	20:11.49	19:13.39
1:05.99	1:16.59	1:12.69	100 Back	1:02.89	1:14.59	1:09.39
2:22.49	2:45.89	2:35.89	200 Back	2:16.19	2:42.29	2:30.49
1:14.39	1:28.19	1:21.79	100 Breast	1:11.49	1:23.79	1:18.59
2:42.09	3:09.19	2:57.09	200 Breast	2:37.49	3:02.99	2:53.59
1:04.89	1:15.09	1:10.99	100 Fly	1:02.69	1:11.89	1:09.79
2:28.99	2:53.69	2:44.69	200 Fly	2:24.09	2:44.79	2:39.09
2:23.09	2:44.29	2:36.69	200 IM	2:16.49	2:38.19	2:29.39
5:01.89	5:50.09	5:30.29	400 IM	4:52.19	5:44.19	5:21.49
1:50.19	2:06.89	2:00.99	200 Free Relay	1:46.29	2:08.49	1:57.69
2:05.29	2:26.79	2:18.19	200 Medley Relay	2:02.09	2:29.89	2:13.69
3:59.59	4:28.99	4:23.09	400 Free Relay	3:48.99	4:22.69	4:13.49
4:23.39	5:08.19	4:50.59	400 Medley Relay	4:18.99	5:14.99	4:43.59



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



CHAMPIONSHIP FORMAT & PROCEDURES

TIME SCHEDULE

- ALL TIMES are Eastern Daylight Savings (LOCAL TIME)
- NO LANE ASSIGNMENTS WILL BE MADE FOR WARM-UPS.
- The diving well will be available during the entire meet (including warm-ups).

NOTE: Marshals will be monitoring and enforcing warm-up procedures. Please review:

www.inswimming.org/isforms/meetwu.pdf

Timed Finals Warm-up Schedule (11-12, 13-14, 10 & Under)

Fri		
3:15 – 4:00 pm	All Lanes	General Warm-up; NO DIVING!
4:00 – 4:15 pm	Lanes 2-3-6-7 Lanes 1 & 8 Lanes 4 & 5	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back. Pace Lanes General Warm-up; NO DIVING!
4:15- 4:45 pm	Lanes 1 & 2 Lanes 3 - 8	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back. 10 & Under ONLY
4:45 pm	Clear Pool	coaches meeting
5:00 pm	MEET STARTS	

Preliminary Warm-up Schedule (11-12, 13-14)

Sat & Sun		
7:30 – 8:15 am	All Lanes	General Warm-up; NO DIVING!
8:15 – 8:30 am	Lanes 2 & 7 Lanes 1 & 8 Lanes 3 - 6	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back. Pace Lanes General Warm-up; NO DIVING!
8:30 am	Clear Pool	Coaches meeting
8:45 am	MEET STARTS	

Timed Finals Warm-up Schedule (10 & Under)

Sat & Sun		
12:30 – 1:00 pm*	All Lanes	General Warm-up; NO DIVING!
1:00 – 1:15 pm	Lanes 2 & 7 Lanes 1 & 8 Lanes 3 - 6	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back. Pace Lanes General Warm-up; NO DIVING!
1:15 pm	Clear Pool	coaches meeting
1:30 pm	MEET STARTS	

*Warm-ups will start not earlier than

Finals Warm-up Schedule (11-12, 13-14)

Sat	Sun		
4:30* – 5:00 pm	4:00* – 4:30 pm	All Lanes	General Warm-up; NO DIVING!
5:00 – 5:15 pm	4:30 – 4:45 pm	Lanes 2 & 7 Lanes 1 & 8 Lanes 3 - 6	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back. Pace Lanes General Warm-up; NO DIVING!
5:15 pm	4:45 pm	Clear Pool	coaches meeting
5:30 pm	5:00 pm	MEET STARTS	

*Warm-ups will start not earlier than

RULES

- Current USA Swimming & Indiana Swimming rules will govern.
- **Swimsuit Rule: EFFECTIVE (OCTOBER 1, 2009) USA Swimming Swim Suit Rule (102.9.1 B)**
 - In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1.
 - All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knee, for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.
 - No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

MEET 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. All 10 & Under events, the 11-12 200 IM, 13-14 400 IM, 11-12 and 13-14 500 Free, 13-14 1000 and 1650 Free, and all relays will be timed final events. The 1000 and 1650 freestyles will be swum on a timed final basis in the prelims alternating girls and boys, with heats fastest to slowest. The fastest heat of girls and fastest heat of boys will swim in the finals.

At the discretion of the meet director and meet referee, fly-over starts may be used in the preliminary session, if the timeline dictates.

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) 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.***



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



COACH SCRATCH BOX RESPONSIBILITY

Individual Scratch Forms and Multiple Scratch Forms will be available at the Scratch Table and **MUST** be used. **All** scratches for individual and relay events, regardless of reason, must be made at the Scratch Table by:

Friday Timed Finals:	4:00 pm Friday night
Saturday Prelims:	5:00 pm Friday night
Saturday 10 & U Events:	11:45 pm Saturday
Sunday Prelims:	5:00 pm Saturday night
Sunday 10 & U Events:	11:45 pm Sunday

Coaches must sign their names on the Scratch Forms!

In all timed final events and all events where preliminary heats are necessary, 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 final or consolation final from swimming in that final.) **Additionally, that swimmer shall scratched in any individual events on succeeding days unless that swimmer or the swimmer's coach declares an intent to swim prior to the close of the scratch box for that day's events, or within 30 minutes of the missed event, whichever is later.**

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.

The coach and swimmer must recognize and accept the responsibilities and the extra obligations if they want to enter extra events.

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

SEEDING OF INDIVIDUAL EVENTS

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

Entrants in the 1000/1650 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Individuals failing to check-in may present themselves to the Meet Referee or their designate requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

No entry times will be converted for seeding. Seeding order: Short Course Yards - Short Course Meters - Long Course Meters. **Entering club's Team Entry Software should NOT be set up to convert the non-conforming entry time(s).**

SCRATCHING FROM FINALS

Scratching from Consolation Finals and Finals:

- 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 (USA-S rule 102.14.5D) or deliberate delay of meet (USA-S rule 102.14.7A) 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.**
- 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.
- 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.
- If the consolation final has already been contested, the final shall be swum without re-seeding for the empty lane(s).
- Announcements: New postings reflecting updated scratches will be made during scratch period.

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

- The Referee must be notified prior to the start of the event of illness or injury and accepts the proof thereof.
- A swimmer qualifying for a bonus final, consolation final or final race following the preliminaries notifies the designated person (announcer or clerk) 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.
- It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- SUNDAY ONLY:** No-shows or not scratching according to the rules by the appropriate deadlines (B above), for bonus finals, consolation finals or finals will result in a \$50 per swimmer fine. This includes any individual distance Timed Finals events swum during Sunday finals. The fine shall be assessed to the swimmer. Host club 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 club.



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010
Sanction #IN10182



RELAYS

Entry Forms

Please include, with your entry, the names of all the relay swimmers plus any/all alternates' names, USA SWIMMING numbers, and ages. No swimmer will be allowed to swim unless his/her name is on the entry. If swimmer is only on a relay (no individual events), they MUST be on the entry.

Relay Time Standards

The standard shall be as listed on the cut sheet. Proof of time shall be the aggregate (add-up) of any four individual swimmers eligible to compete for your team or an actual attained time by a relay team from your club designated – "A", "B", "C", etc.

Relay Cards

All relay cards will be distributed or made available for pick-up by the host club no later than 1 hour before the start of competition the first day of the meet. Please turn relay cards in at the start of the session in which the relay is to be swum. Returned 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.

Relay Scratch Deadline

Relay scratches need to be made by applicable scratch deadlines as indicated under Coach Scratch Box Responsibilities.

Relay Seeding

ALL relays will be swum as timed finals. The 11-12 & 13-14 relays will be swum as timed finals with the Top 8 submitted entry times swimming in finals (#9 seed and slower will swim in prelims). Please note this on the Order of Events.

Entrants in all relays must check in at the Clerk of Course and confirm their intention to compete before the scratch deadline in order to be seeded. Relays failing to check-in may present themselves to the Meet Referee or their designate requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

SCORING

Individual events are scored as follows:

20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relay events are scored as follows:

40 - 34 - 32 - 30 - 28 - 26 - 24 - 22 - 18 - 14 - 12 - 10 - 8 - 6 - 4 - 2

AWARDS

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

RELAY EVENTS: Medals for 1st-8th

Custom Awards will be awarded as follows:

- * Each Age Group Boys' & Girls' Team Champions
- * Individual high point boy and girl in each age group
- * Overall Team trophies -- 1st-10th place

In the **evening sessions**, 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.

9th-16th ribbons and any unclaimed medals can be picked up during evening finals only.

During the **10 & Under Finals sessions**, the meet will be stopped for the presentation of individual awards. An Awards Schedule will be printed in the 10 & Under Heat Sheets.

9th-16th ribbons and any unclaimed medals can be picked up during the 10 & Under Finals session only. This Awards area will be in the West Control room (room behind head table near diving well).

If there are any unclaimed swimmer awards at the end of the meet, the host will send them to the Indiana Swimming office. Clubs will have to make arrangements for shipping or pick-up with the office for these previously unclaimed awards.



SPIRIT AWARD

The "Spirit Award" shall be presented to the team that shows the most spirit and sportsmanship at the Age Group & Senior State championship meets, both summer and winter. Those teams embodying the true meaning of togetherness, fair play, and equality among athletes shall be the "Spirit Award" winners. See bottom of page for criteria.

Criteria

The "Spirit Award" shall be judged by the coaching members at the state championship meet. All teams will be allowed to cast one vote, and the coach will cast that vote by the end of preliminaries on the last day of the meet. A panel of volunteers will be chosen at the start of the meet to also cast a vote. The panel of volunteers shall consist of, but not be limited to, the Meet Directors, the Head Referee, and three volunteers to be chosen or appointed at random by the Athlete Representative at the meet. All volunteer votes must also be cast by the end of preliminaries on the last day of the meet. The final votes shall be given to the Athlete Representatives. Both the Senior and Junior Rep shall cast one vote, and both votes must be cast by the end of Preliminaries. See similar ballot at bottom of this page.

Tabulation Committee

The "Spirit Award" votes shall be counted by the Athlete Representatives and one coach member so selected by the Athletes' Executive Committee. The three members of the tabulation committee shall count the votes individually, and all three counts must be the same. All votes will be tabulated, and the ballots will be destroyed with three affirmative votes from the tabulation committee. The results of the tabulation will be kept secret until the finals Sunday evening.

The Award

The "Spirit Award" will be a banner to be determined by the Athletes' Executive Committee and the Awards Committee. A corporate sponsor will be sought out to sponsor the award each year. If no sponsor can be found, then the burden of the award shall fall on Indiana Swimming.

Presentation of the Spirit Award

The "Spirit Award" shall be presented to the team fulfilling all criteria and election procedures. The award shall be presented at the beginning of the finals session on Sunday.

Ballot

This ballot will be included in your club coach's packet at the meet.

Name _____ Representing _____

My vote for the Spirit Award Goes To : _____

I rated this team as follows:

- | | | | |
|--------------------|-----------|------------------------|-----------|
| • All team cheers | 1 2 3 4 5 | • Sincerity | 1 2 3 4 5 |
| • Sportsmanship | 1 2 3 4 5 | • Team Unity | 1 2 3 4 5 |
| • Meet Involvement | 1 2 3 4 5 | • Mood/Attitude | 1 2 3 4 5 |
| • Camaraderie | 1 2 3 4 5 | • Trash-Free Team Area | 1 2 3 4 5 |
| • Enthusiasm | 1 2 3 4 5 | • Other _____ | 1 2 3 4 5 |



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010

Sanction #IN10182

TIME TRIALS

Sanction # IN10183

Because there are three sessions on both Saturday and Sunday at the Age Group State Championship Meet, time trials will only be held after the finals session on Sunday evening. We prefer that swimmers participating in a time trials session have a cut that is close to a National cut. All time trial swimmers must provide one timer and a counter if applicable.

If you have a swimmer who would like to participate in a time trials session, an entry card can be obtained in one of these two ways:

- The coach can pick up an entry card from the Clerk of Course table.
- A parent can pick up an entry card at the admissions desks on either side of the Natatorium on any day of the meet.

A separate entry card is needed for each swim. Please use the swimmer's full USA Swimming number for the swimmer ID number. Also, be sure to list the event title and number using the chart below. The completed cards must be returned along with a payment of \$5 per event to either the Clerk of Course or to the admissions volunteers by 5:30 PM on Sunday evening.

Checks must be made payable to Southeastern Swim Club.

Please remember that each time trial swim counts toward the swimmer's three event per day limit!

Listed below is each event and its identification number. These numbers are for identification purposes only and do **NOT** indicate an order of events. Event order will be determined by the entries received and will be combined in a way to best accommodate the swimmers and to conduct an efficient time trials session. Thank you!

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	50 Free	2
3	50 Breast	4
5	50 Fly	6
7	50 Back	8
9	100 Free	10
11	100 Breast	12
13	100 Fly	14
15	100 Back	16
17	200 Free Relay	18
19	200 Medley Relay	20

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	200 IM	22
23	200 Free	24
25	200 Breast	26
27	200 Fly	28
29	200 Back	30
31	400 IM	32
33	400 Free Relay	34
35	400 Medley Relay	36
37	500 Free	38
39	1000 Free	40
41	1650 Free	42



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010

Sanction #IN10182

SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

**E-MAIL ENTRIES CAN EITHER FAX OR INCLUDE THIS FORM WITH PAYMENT.*

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and **make checks payable to Southeastern Swim Club**. Thank you.

Send to: Susie Booth
13213 Knoll Ridge
Fishers, IN 46038

NAME OF CLUB _____ CODE _____

Number of swimmers (and alternates) entered:

Indiana Swimming Boys: _____ X \$ 6.00 = _____
Surcharge (\$5) + Nat Charge (\$1)

Girls: _____ X \$ 6.00 = _____

Number of boy's individual entries: _____ X \$ 5.00 = _____

Number of girl's individual entries: _____ X \$ 5.00 = _____

Number of Relay entries: _____ X \$ 6.00 = _____

TOTAL AMOUNT ENCLOSED: _____

Club Official Submitting Entry:

Coaches:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Club Official FAX: _____

Daytime Phone: () _____

Club Official E-mail: _____

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 club and Indiana Swimming, and its Board of Directors, USA Swimming, IU Natatorium 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 club and Indiana Swimming, USA Swimming, IU Natatorium 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 Club Official/Coach _____ **Date** _____

*Person who signs above is responsible for any fines imposed on the club 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?

<input type="checkbox"/>	Entries in Writing (only if applicable)
<input type="checkbox"/>	Check for entries and surcharges
<input type="checkbox"/>	I have read the scratch rules and understand all of them.
<input type="checkbox"/>	Relay Entry Forms (only if applicable)
<input type="checkbox"/>	This completed form



2010 INDIANA SWIMMING AGE GROUP SHORT COURSE CHAMPIONSHIPS

March 19 – 21, 2010

Sanction #IN10182

INDIANAPOLIS HOTEL INFORMATION

Special rates for this meet have been negotiated at the partner hotels profiled below. All are conveniently located and in close proximity to the Indiana University Natatorium. Please do not call the hotels directly as you will be unable to obtain the negotiated event rate. For your convenience and to obtain the hotels' event rates, reservations can be made at any of the seven partner hotels in one of the following ways depending on the needs of your team:

- If your reservation is for five or more rooms, please call the Housing Department of the Indianapolis Convention & Visitors Association at 317-684-2573 between the hours of 8:30 AM and 5:00 PM (Eastern Time), Monday – Friday. A friendly representative will help book your hotel reservation and provide other local information that may assist your team during its stay here in Indianapolis.
- If your reservation is for less than five rooms, you can make your reservation at any of the partner properties listed below using our convenient online reservation system. Please click on the hotel link on the event web site at www.southeasternswim.org or the Indiana Swimming web site at www.inswimming.org and follow the instructions.
- Please note: The reservation system will be activated on Monday, January 25, 2010. Please plan to make your reservation after that date. Thank you!

AGE GROUP STATE PARTNER HOTELS

University Place Conference Center and Hotel

Conveniently located on the Campus of IUPUI

Rate: \$139.00 per night plus tax & parking

Courtyard by Marriott Downtown

New property opening in February near IUPUI Campus

Part of the new JW Marriott Complex at the Intersection of West and Washington

Rate: \$109 plus tax & parking

SpringHill Suites Downtown

New property opening in February near IUPUI Campus

Part of the new JW Marriott Complex at the Intersection of West and Washington

Rate: \$109 plus tax & parking

Fairfield Inn & Suites Downtown

New property opening in February near IUPUI Campus

Part of the new JW Marriott Complex at the Intersection of West and Washington

Rate: \$99 plus tax & parking

Courtyard by Marriott at the Capitol

Conveniently located at 320 North Senate

Near the IUPUI Campus

Rate: \$129 plus tax & parking

Hyatt Regency

Conveniently located Downtown

Attached to Circle Centre Mall

Rate: \$129 plus tax & parking

Embassy Suites Hotel Indianapolis – Downtown

110 West Washington Street

2-room suites (doubles & kings)

Rate: \$159.00 plus tax & parking