**LAWRENCE SWIM TEAM**

**2018 DAY OF POWER Invite**

**Sunday, February 17th, 2019**

**www.LawrenceSwimTeam.Org**

**SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN19014

**LOCATION:** Lawrence North High School

7802 North Hague Road

Indianapolis, IN 46256

**FACILITY:** ***Competition Pool:*** 8- lane 25- yard pool with a depth ranging from 7’ – 14’9”, 6” turbulence control lane markers, Daktronics electronic timing system with touch pads, backup buttons, ten lane read out scoreboard and printout. *The competition course has not been certified in accordance with rule 104.2.2C(4).*

 ***Warm-Up Pool:*** Continuous warm-up and warm-down in 4-lane 25-yard pool with a depth of 4’2” – 5’. Entry into the warm-up pool is feet first.

 Seating for spectators is available. **This is a no smoking facility and campus.** As guests of the high school, we would like to remind all participants and spectators to leave a clean facility at the end of each session.

**PARKING:** **All parking will be in the southwest parking lot.  Spectators, athletes, coaches and officials are to enter the building through the doors at ENTRANCE #11 ONLY.  There will be no parking on the north side of the building, and there will be no entry into the school from the north. This will be strictly enforced. Please be sure to inform your parents, coaches, and officials to park in the southwest parking lot only.**

**RULES:** Current USA Swimming and Indiana Swimming rules will govern this meet. USA Swimming Rules 202.5.3 - 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 swimmers responsibility to make

such 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. ”*

*Swim Suit Legislation:*

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 knees, and 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.

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

 Deck changes are prohibited.

 **202.4.9 J**: Operation of a drone, or any other flying apparatus, is prohibited over

 the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker

rooms) any time athletes, coaches, officials and/or spectators are

present.  Exceptions may be granted with prior written approval by the Program

 Operations Vice Chair.​

**MEET FORMAT:** All events will be swum as Short Course Yards, timed finals. LST reserves the right to employ fly-over starts if it is deemed necessary to complete the session(s) within the requirements of Indiana Swimming rules. At the Meet Referee’s discretion, events may be combined by age, gender, distance, and/or stroke. There may be a **5-15 minute break** following

relays, prior to additional individual events to allow appropriate rest for the swimmers.

**ELIGIBILITY:** Swimmers age as of February, 17th, 2019 will determine eligibility for age group events.

 Swimmer(s) must be registered with USA Swimming to be accepted into this meet.

**ENTRY**  **On or BEFORE** 5:00 PM EST **Saturday, Feb. 2nd, 2019** submit your entry via **email only** in a

**PROCEDURE:** USA Swimming approved SDIF file format (any file recognized by Hytek's Meet Manager) to **lstentries@gmail.com** . When your team is accepted into the meet, LST will email back to the designated individual an entry report for your team. Carefully check this report and alert LST of any errors or variances by email as soon as possible. (Deadline for changes is 11:59AM on Friday, February 15th, 2019). Please send officials sheets, check for payment of all entry fees, and executed hold harmless agreement (included in this packet) to the Entry Chair so it will be received the DAY BEFORE THE MEET BY 5:00 PM EST or deliver to the pool prior to the start of the meet. *Any team who does not make payment of their entry fees or file a hold harmless release will have the entire team scratched unless prior arrangements have been made with the entry chairperson.*

Enter each swimmer with their full first name, last name, age and correct USA Swimming ID number. No times and non-conforming times will be accepted, but will be seeded slowest behind conforming times. NOTE: Please keep the original entry report sent to you by LST along with all subsequent entry reports notifying you of changed or updated entries. These are the official record of your team’s entry. No other information will be considered if there is an entry error or discrepancy. No refunds or changes will be made to your team’s entry due to your failure to review the reports sent you by LST.

**ENTRY** A swimmer may compete in **a maximum of 5 individual events a** **day**. LST also reserves the right to limit the number of entries in select events to comply with the 4 hour Indiana and USA Swimming rule. **THIS INCLUDES TIME TRIAL EVENTS**.

**TIME TRIALS** There WILL BE a Time Trial session offered ***after*** the morning and afternoon sessions. Time Trials will run as needed up to a max of 45 minutes to complete requested. (See Time Trial Letter)

**ACCEPTANCE** If the meet is over-entered, LST has sole discretion to determine which entries to accept. In

**CRITERIA:** exercising its discretion, LST will consider: - Prior participation in LST swim meets - Teams will not be broken - Number of officials provided by team - Balance of age groups and gender in entry - Level of competition - Geographic location

**ENTRY FEES:** Fees are $4.00 per individual event/$8.00 per relay. Deck entries, if accepted,

will be $8.00 for individual events and $12.00 for relays. ALL SANCTIONED MEETS MUST CHARGE A $2.00 INDIANA SWIMMING SURCHARGE FEE PER ATHLETE.

**ENTRY CHAIR:** Please follow "Entry Procedure" section and mail only those items requested to:

 **McKenzie Shaffer**

**lstentries@gmail.com**

**ENTRY** **5:00 PM EST Saturday, February 2nd, 2019**

**DEADLINE:** Teams not accepted will be notified by 10 PM EST Monday, February 4th, 2019. The entry deadline will be extended if the meet is not full.

**CHANGES**, Coaches should double-check their entries before submission. No additions, or **ADDITIONS AND** corrections will be accepted after 11:59AM on Tuesday, February 12th, 2019.

**CORRECTIONS:** Entries accepted after this date may be accepted only if time permits and will be treated as deck entries.

**DECK**  Deck entries will be accepted from coaches ONLY, as NEW ADDITIONS; CHANGES

**ENTRIES:** WILL NOT BE ACCEPTED. New additions will be accepted only if they do not extend the meet beyond the mandated time limit.

**CLERK OF** A Clerk of Course will be provided for the 8 & Under events only. It will be located on the **COURSE:** southeast corner of the pool deck. Seeded heat sheets will be posted at multiple locations on the pool deck. It is the swimmers responsibility to appear at the correct starting block ready to swim his/her event. THIS IS A PRE-SEEDED MEET.

**AWARDS:** Ribbons will be awarded for the top 1-8 places in each individual and relay event. Coaches are responsible for picking up their own teams awards in the control room prior to leaving the meet. **No Awards for Open Races**.

**COACHES & OFFICIALS:**

 All coaches and officials on deck must have a current 2019 registration with USA Swimming. Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current. Coaches’ information packets will be distributed to the club coach upon their arrival at the meet. A Coaches and Officials meeting will be held before the start of each day’s session.

 We would appreciate the help of any team’s **USA Swimming Officials**. Please have them contact the Meet Referee if they are interested in helping.

**MEET DIRECTOR:**  Sarah Burns s.m.burns@comcast.net 317-696-7735

**MEET REFEREE:** Bill Koss loss7bk@sbcglobal.net 317-989-0673

**“HOT HEATS”** There will be “Hot Heats” during the meet to encourage fun, fast swimming. Listen to the

 announcer during the meet for these randomly selected heats.

**CONCESSIONS,** Concessions will be available at the meet in the upstairs section only. PLEASE NOTE **HEAT SHEETS,** THAT NO FOOD OR DRINK WILL BE PERMITTED ON DECK AT ANY TIME.

**ADMISSIONS:** LST reserves the right to charge for admissions and for HEAT sheets.

**CAMPING:** There will be swimmer camping available on deck.

**LOCKER ROOMS:** There are two sets of locker rooms available for use during the meet. One set is located in the hallway leading to the pool. The other set is located in the vending machine area next to the swimmer camping section. Signs will be posted. Swimmers are responsible for their own valuables.

**LAWRENCE SWIM TEAM**

**2019 DAY OF POWER**

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**SCHEDULE (All times are Eastern Standard Times)**

**Session I (Open Session)**

 **Warm-ups: 7:30 am**

 **Meet begins: 8:30 am**

|  |  |  |
| --- | --- | --- |
| **Girls Event #** | **Event Description** | **Boys Event #** |
| 1 | Open 200 Free Relay | 2 |
| 3 | Open 200 IM | 4 |
| 5 | Open 200 Free | 6 |
| 7 | Open 100 Fly | 8 |
| 9 | Open 200 Breaststroke | 10 |
| 11 | Open 100 Back | 12 |
| 13 | Open 100 Free | 14 |
| 15 | Open 200 Fly | 16 |
| 17 | Open 100 Breaststroke | 18 |
| 19 | Open 200 Back | 20 |
| 21 | Open 50 Free | 22 |
| 23 | Open 200 Medley Relay | 24 |

**Session Two (12 & Under Session)**

**Warm-Ups: NOT BEFORE 12:30 pm**

**Meet Start: NOT BEFORE 1:30 pm**

|  |  |  |
| --- | --- | --- |
| 25 | 10 & Under 200 Medley Relay | 26 |
| 27 | 11-12 200 Medley Relay | 28 |
| 29 | 8 & Under 25 Free | 30 |
| 31 | 10 & Under 50 Free | 32 |
| 33 | 11-12 50 Free | 34 |
| 35 | 12 & Under 100 Breaststroke | 36 |
| 37 | 8 & Under 25 Fly | 38 |
| 39 | 10 & Under 50 Fly | 40 |
| 41 | 11-12 50 Fly | 42 |
| 43 | 12 & Under 100 Back | 44 |
| 45 | 8 & Under 25 Back | 46 |
| 47 | 10 & Under 50 Back | 48 |
| 49 | 11-12 50 Back | 50 |
| 51 | 12 & Under 100 Fly | 52 |
| 53 | 8 & Under 25 Breaststroke | 54 |
| 55 | 10 & Under 50 Breaststroke | 56 |
| 57 | 11-12 50 Breaststroke | 58 |
| 59 | 12 & Under 100 Free | 60 |
| 61 | 10 & Under 200 Free Relay | 62 |
| 63 | 11-12 200 Free Relay | 64 |

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**2019 Lawrence Swim Team Open Time Trial**

**SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. SanctionIN19015

**ENTRY** This is a deck-seeded Time Trial. Each swimmer should sign-up at the time trial table

**PROCEDURE:** located in the Natatorium hallway.

**ENTRY FEES**: Individual Entries, $4.00, Relays, $8.00. ALL SANCTIONED MEETS MUST CHARGE A $2.00 INDIANA SWIMMING SURCHARGE FEE PER ATHLETE

101. Girls 50 Butterfly

102. Boys 50 Butterfly

103. Girls 50 Backstroke

104. Boys 50 Backstroke

105. Girls 50 Breaststroke

106. Boys 50 Breaststroke

107. Girls 50 Freestyle

108. Boys 50 Freestyle

109. Girls 100 Butterfly

110. Boys 100 Butterfly

111. Girls 100 Backstroke

112. Boys 100 Backstroke

113. Girls 100 Breaststroke

114. Boys 100 Breaststroke

115. Girls 100 Freestyle

116. Boys 100 Freestyle

117. Girls 100 Individual Medley

118. Boys 100 Individual Medley

119. Girls 200 Butterfly

120. Boys 200 Butterfly

121. Girls 200 Backstroke

122. Boys 200 Backstroke

123. Girls 200 Breaststroke

124. Boys 200 Breaststroke

125. Girls 200 Freestyle

126. Boys 200 Freestyle

127. Girls 200 Individual Medley

128. Boys 200 Individual Medley

129. Girls 500 Freestyle

130. Boys 500 Freestyle

131. Girls 400 Individual Medley

132. Boys 400 Individual Medley

**Events will be combined to save time and space by gender, length, and stroke.**

1. **Time Trial Events will have their own numbers.**
2. **Time Trial Sign-Ups will be taken beginning at 7:45am- 30 minutes prior to the end of the afternoon session.**
3. **We will offer a 30 minute warm-up period for those entered in time trials.**
4. **Swimmers must not exceed the five (5) Events per day Rule.**

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SUMMARY OF ENTRIES for DAY of POWER only **(Time Trial is Deck-Entered)**

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and make check payable to: ***Lawrence Swim Team.***

Thank you.

 **Send to: LST Entries**

**lstentries@gmail.com**

CLUB NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CODE\_\_\_\_\_\_\_\_\_\_\_

Total Swimmers Entered: \_\_\_\_\_\_\_\_x **$ 2.00 each**  IN Swimming Athlete Surcharge = \_\_\_\_\_\_\_\_ \_\_\_\_

Number of girls’ individual events: \_\_\_\_\_\_\_x **$ 4.00 each** = \_\_\_\_\_\_\_\_\_\_\_

Number of boys’ individual events: \_\_\_\_\_\_\_x **$ 4.00 each** = \_\_\_\_\_\_\_\_\_\_\_

Total number of relay entries: \_\_\_\_\_\_\_x **$ 6.00 each** = \_\_\_\_\_\_\_\_\_\_\_

**TOTAL AMOUNT ENCLOSED: \_\_\_\_\_\_\_\_\_\_\_**

**Club Official Submitting Entry: Coaches’ Names:**

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

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State:\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daytime Phone: ( )\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: ( )\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please indicate what type of meet results you wish to receive:

\_\_\_\_ Hard Copy (snail mailed OR .html/.pdf file emailed)

\_\_\_\_ Meet Manager Backup (Emailed)

\_\_\_\_ Team Manager .cl2 file (Emailed)

\_\_\_\_ ALL of the above

Email address to send above to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: No copies of results will be given at the meet; you must have a valid email to receive the results.

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**CLUB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (“CLUB”)**

**Release and Hold Harmless Agreement**

In consideration of being permitted to participate in this swim meet, club and its swimmers, coaches, parents, members, and volunteers hereby release and forever discharge Lawrence Swim Team, Inc., its Board of Directors, USA Swimming, Inc., Indiana Swimming, Inc., MSD Lawrence Township, Lawrence North High School, the respective owners, trustees, directors, officers, agents, employees, members, successors and assigns each of them and all other persons or entities in any way connected with sponsoring or holding this swim meet, of and from any all liabilities, claims, demands, actions causes of action, losses, damages or expenses, of whatever kind of character arising out of or in connection with said swim meet and the facilities and personnel for it. Further, club and its swimmers, coaches, parents, members and volunteers shall indemnify and hold harmless Lawrence Swim Team Inc., USA Swimming, Inc., Indiana Swimming, Inc., MSD Lawrence Township, Lawrence North High School, the respective owners, trustees, directors, officers, agents, employees, members, successors, and assigns of each of them and all other persons or entities in any way connected with sponsoring or holding this swim meet, of and from any and all liabilities, claims, demands, actions, causes of action losses, damages or expenses of whatever kind of character, arising out of or in connection with any injury to any person, including death or injury or damage to any property.

The undersigned represents that he/she is authorized by the club, and its swimmers, coaches, parents, members and volunteers to execute, this release and hold harmless agreement on behalf of each of them, binding club, and it swimmers, coaches, parents, members and volunteers to the terms hereof.

EXECUTED THIS \_\_\_\_\_\_\_\_\_\_ DAY OF \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 201\_\_\_.

SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINTED NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POSITION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you include:

\_\_\_\_\_ Check

\_\_\_\_\_ Team Manager .cl2 file (Emailed)

\_\_\_\_\_ Summary of Entries

\_\_\_\_\_ ALL of the above

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**Area Hotel Information**

There are a number of excellent hotels within 5-10 minutes from the pool. Contact the hotels for rates and availability.

|  |  |
| --- | --- |
|  | Drury Inn – Northeast8180 N Shadeland AvenueIndianapolis, IN317-849-89001.18 Miles From Pool |
| Extended Stay America7940 N Shadeland AvenueIndianapolis, IN317-596-12881.7 Miles From Pool | Hampton Inn6817 E 82nd StreetIndianapolis, IN 317-576-02201.59 Miles From Pool |
| Staybridge Suites9780 Crosspoint BoulevardIndianapolis, Indiana 46256317-577-95002.5 Miles From Pool | Holiday Inn Express9790 North By NE BoulevardFishers, Indiana 46037317-578-20002.57 Miles From Pool |
| Holiday Inn9780 North By NE BoulevardFishers, Indiana 46037317-578-90002.50 Miles From Pool | Hotel Indigo9791 North By NE BoulevardFishers, Indiana 46037317-558-41002.58 Miles From Pool |
| Residence Inn By Marriott9765 Crosspoint BoulevardIndianapolis, Indiana 46256317-842-11113.43 Miles From Pool | Comfort Inn & Suites9760 Crosspoint BoulevardFishers, Indiana 46256317-578-12003.40 Miles From Pool |