

**Lake Central Barracudas**  
**“Making Waves”**  
**Invitational**  
**MAY 15, 16 & 17 - 2015**

**SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming.  
**Sanction#** IN15265

**HOST:** Lake Central Barracudas Swim Club

**POOL:** Lake Central Aquatic Center  
8400 Wicker Ave.  
St. John, In 46373

**FACILITY:** Competition Pool: One 50-meter pool with ten-7.5-foot wide lanes each with nonturbulent lane markers. Colorado Timing System will be used. For all sessions, lanes 1-9 will be utilized for competition, with lane 10 reserved for warm-up and warm-down. LCB reserves the right to use all ten lanes for any session and not have a warm-up/warm-down lane. In the event of circumstances necessitating changes during the meet, information will be updated on the LCB website at [www.lcbswim.com](http://www.lcbswim.com). Balcony spectator seating is available.

The West end of the pool has a minimum depth of eight foot (8'). The East (diving well) end of the pool has a minimum depth of fourteen feet (14') The competition course has not been certified in accordance with rule 104.2.2C(4).

**PARKING:** Free parking will be available in the lots adjacent to the Lake Central HS Aquatic Center. Enter the Lake Central High School Natatorium behind the construction trailers, under the blue awning.

**RULES:** Current USA Swimming and Indiana Swimming rules will govern the meet.

Please pay special attention to rule 202.3.2 that states, 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 shall assist the member in making arrangements for such supervision.”

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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**ELIGIBILITY:** Age as of May 15, 2015 shall determine the age for each swimmer entered into the meet. All swimmers must be registered with USA Swimming. These registration numbers must accompany entry. Indiana Swimming does not process on-site registrations. Coaches must constantly display their USA Swimming coach credential to gain deck access. The meet referee or meet director reserves the right to ask for coach credential display and/or deny access if the coach does not comply.

**MEET FORMAT:** All events at the LCB “Making Waves” Invitational will be TIMED FINALS. This meet will run with split sessions on Saturday and Sunday. The Friday evening session consists of the following groups: 10 & Under, 11-12, and Open events. The Saturday and Sunday morning sessions will consist of the following age groups: 11-12 and 13-14 events. The Saturday and Sunday afternoon sessions will consist of the following age groups: 10 & Under and Open events.

Any swimmer may swim an open event but, they will not count towards individual high point trophy. The 8-Under and 9-10 Age Groups will compete together but will be awarded and scored separately. On Friday night, the 13-14 and Open Age Groups will compete together but will be awarded and scored separately.

The Lake Central Barracudas reserve the right to limit the number of heats in all events to keep the time line manageable. There will be refunds for all swimmers not making the top heats. Limits will be posted to the Lake Central Barracudas website on Tuesday, May 12, 2015.

If a swimmer misses their event, they will be declared a “no show” and will not be placed in any other heat to make-up the swim.

Lake Central Barracudas reserve the right to use “fly-over” starts for all events.

**EVENT SEEDING:** There will be a positive check-in for all events. LCB reserves the right to pre-seed all Friday night events if they so desire. Check-in will close 45 minutes before the session start time.

Positive check-in sheets will be located at the tables/windows as you enter the pool area. All swimmers not declaring intent to swim will be scratched.

**ENTRIES & LIMITS:** No team entry will be broken. Each swimmer will be limited to 4 (four) individual events per day. If an entry is submitted with an individual entered in more events than this rule allows, the entry will be made by order of events starting with Event #1 until the rule is satisfied; there will be NO refunds.

LCB reserves the right to determine which entries to accept. Among the items LCB will consider when making these determinations are: teams who have attended the meet the year before, teams not being broken, number of officials and volunteers provided by the team, balance of age group and gender in entry, level of competition and geographic location.

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**ENTRY FEES:** All entry fees must accompany entry. Please make check payable to: **Lake Central Barracudas**. The individual events are \$4.00. There is also a \$2.00 per swimmer, per meet, Indiana Swimming surcharge which must accompany entry.

**DECK ENTRIES:** Will be accepted if the meet is not filled. Entry fee for deck entries are \$6.00 per individual event.

**ENTRY PROCEDURE:** Entries will be accepted 8:00 AM Monday, April 20, 2015. The final entry date for entries to be received is 5:00 PM Friday, May 1, 2015 or when the meet is full, whichever is later. Teams not accepted will be notified by e-mail.

Any accepted team entries may be updated until 5:00 PM on Thursday, May 14, 2015. Updated times must be received via email.

The entry deadline will be extended if the meet is not full. Email confirmation of receipt will be returned. All email entries must be followed by a paper entry and check for entry fees. Please make your check payable to Lake Central Barracudas and enclose it in your entry. The meet will be run using Hy-Tek Meet Manager computer program.

All times must be submitted in Long Course Meters (LCM) and completed to the hundredth of a second.

**Mail entries and fees to the Entry Chairperson:**

Jeff Kilinski  
14215 94<sup>th</sup> Pl.  
St. John, IN 46373  
219-689-8074  
Email: coachjeff@lcbswim.com

**AWARDS:** Ribbons will be awarded for 1<sup>st</sup> through 18<sup>th</sup> place in all events. High point award in each age group (8-Under, 9-10, 11-12, 13-14) Awards will not be mailed.

**CLERK OF COURSE:** There will be a Clerk of Course for 10 and under swimmers during the Saturday and Sunday sessions only. **There will be no Clerk of Course for the Friday evening session.**

**CONCESSIONS:** Concessions will be available at the meet for all sessions.

**ADMISSION:** An admission of \$3.00 per person, per day will be charged. A weekend pass for \$5 will also be available. Swimmers and children 12-under are free.

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**SCHEDULE:** (All Times Are Central Standard Time)

**Friday, May 15, 2015**

10 & Under, 11-12, & Open Age Groups  
Warm-Up @ Not Before 5:00 PM  
Meet Starts @ Not Before 6:00 PM

**Saturday, May 16, 2015 & Sunday, May 17, 2015**

11-12 & 13-14 Age Groups  
Warm-Up @ Not Before 7:00 AM  
Meet Start @ Not Before 8:00 AM

10 & Under & Open Age Groups  
Warm-Up @ Not Before 12:00 PM  
Meet Start @ Not Before 1:00 PM

**WARM-UPS:** Lanes for warm-ups will be assigned. Check the website at [www.lcbsswim.com](http://www.lcbsswim.com).

**MEET DIRECTORS:** Jeff Kilinski  
[coachjeff@lcbsswim.com](mailto:coachjeff@lcbsswim.com)

**MEET REFEREE:** Rob Kmetz  
[kmetz@ameritech.net](mailto:kmetz@ameritech.net)

**OFFICIALS:** LCB will need the help of your **USA Swimming Officials**. If you have a member that is in charge of your officials, please provide his/her name & email address on the entry summary form where requested.

**USA SWIMMING SUIT RULES:** 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.

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

- ⤴ Keep all trash picked up (swimmers and teams in particular).
- ⤴ Do not go, or let children go, in any unauthorized areas. This means any place other than the lobby or seating areas.
- ⤴ Due to USA Swimming insurance requirements, only swimmers, coaches, officials and volunteers are allowed on deck. There can be no exceptions!
- ⤴ Absolutely no smoking is allowed on the LCHS grounds.

The Lake Central Barracudas will have security roaming the deck and locker room areas. If anyone is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition.

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**ORDER OF EVENTS**

**FRIDAY, MAY 15, 2015**

<b>Girls Event #</b>	<b>Evening Session (Session #1)</b> Warm-Up @ Not Before 4:00 PM/Meet Starts @ Not Before 5:00 PM	<b>Boys Event #</b>
1	10-Under 200 Individual Medley	2
3	11-12 200 Individual Medley	4
5	13-14 & Open 400 Individual Medley	6
7	10-Under 200 Freestyle	8
9	11-12 400 Freestyle	10
11	13-14 & Open 400 Freestyle	12

**SATURDAY, MAY 16, 2015**

<b>Girls Event #</b>	<b>Morning Session (Session #2)</b> Warm-Up @ Not Before 7:00AM/Meet Starts @ Not Before 8:00 AM	<b>Boys Event #</b>
13	11-12 100 Freestyle	14
15	13-14 100 Freestyle	16
17	11-12 50 Breaststroke	18
19	13-14 200 Breaststroke	20
21	11-12 100 Butterfly	22
23	13-14 100 Butterfly	24
25	11-12 50 Backstroke	26
27	13-14 100 Backstroke	28
29	11-12 200 Freestyle	30
31	13-14 200 Individual Medley	32

<b>Girls Event #</b>	<b>Afternoon Session (Session #3)</b> Warm-Up @ Not Before 12:00 PM/Meet Starts @ Not Before 1:00 PM	<b>Boys Event #</b>
33	Open 100 Freestyle	34
35	10 & Under 100 Freestyle	36
37	Open 200 Breaststroke	38
39	10 & Under 50 Breaststroke	40
41	Open 100 Butterfly	42
43	10 & Under 100 Butterfly	44
45	Open 100 Backstroke	46
47	10 & Under 50 Backstroke	48
49	Open 200 Individual Medley	50

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**SUNDAY, May 17, 2015**

<b>Girls Event #</b>	<b>Morning Session (Session #4)</b> Warm-Up @ Not Before 7:00AM/Meet Starts @ Not Before 8:00 AM	<b>Boys Event #</b>
51	13-14 200 Freestyle	52
53	11-12 100 Breaststroke	54
55	13-14 100 Breaststroke	56
57	11-12 100 Backstroke	58
59	13-14 200 Backstroke	60
61	11-12 50 Butterfly	62
63	13-14 200 Butterfly	64
65	11-12 50 Freestyle	66
67	13-14 50 Freestyle	68

<b>Girls Event #</b>	<b>Afternoon Session (Session #5)</b> Warm-Up @ Not Before 12:00 Noon/Meet Starts @ Not Before 1:00 PM	<b>Boys Event #</b>
69	Open 200 Freestyle	70
71	10 & Under 100 Breaststroke	72
73	Open 100 Breaststroke	74
75	10 & Under 50 Butterfly	76
77	Open 200 Butterfly	78
79	10 & Under 100 Backstroke	80
81	Open 200 Backstroke	82
83	10 & Under 50 Freestyle	84
85	Open 50 Freestyle	86

**General Information:**

1. Each team is responsible for its own valuables.
2. Each coach is responsible for the conduct of their team.
3. Only swimmers and coaches will be allowed in the deck area.

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**Fee Summary**

This summary form must be completed and returned with all entry fees by the start of the session Friday May 15, 2015. Please make certain to include all of the following:

1. Individual entry sheets
2. Check for entries made payable to: **Lake Central Barracudas**
3. This summary form, completed Mail all of the above to:

Jeff Kilinski  
14215 94<sup>th</sup> Pl.  
St. John, IN 46373  
219-689-8074  
Email: [coachjeff@lcbsswim.com](mailto:coachjeff@lcbsswim.com)

Club \_\_\_\_\_ Club Code \_\_\_\_\_

Number of swimmers entered: Boys \_\_\_\_\_ + Girls \_\_\_\_\_ = Total \_\_\_\_\_

Number of swimmers entered: Indiana Swimming Surcharge \_\_\_\_\_ @ \$2.00 = \$ \_\_\_\_\_

Number of timed finals individual entries \_\_\_\_\_ @ \$4.00 = \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED = \$ \_\_\_\_\_

Club official submitting entry:

Coaches Names:

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

Telephone: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

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**Please indicate the preferred manner of receiving final results:**

\_\_\_\_\_ Hard Copy

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

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

\_\_\_\_\_ All of the above

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

**Release & 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 assigns, hereby releases and forever discharges Lake Central Barracudas, and its' Board of Directors, USA Swimming, Lake Central High School and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim 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 Lake Central Barracudas, USA Swimming, and the Lake Central High School and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses ,expenses, damages, demands and claims arising out of or in connection with any injury, including death or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 2015

Signature of Club Official or Coach \_\_\_\_\_

Printed Name of Club Official or Coach \_\_\_\_\_



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**Lake Central Area Hotels**

The Lake Central area has a number of excellent hotels within 10 minutes from the pool. Contact the hotels for rates and availability.

Best Western Crossroads Inn 1905 Harder Ct Schererville, IN 46375 219-865-3400 1.5 miles from pool	Hampton Inn & Suites Schererville 1904 U.S. 41 Schererville, Indiana 46375 219-440-7591 1.5 miles from pool	Holiday Inn Express Hotel & Suites Schererville 1773 Fountain Park Dr. Schererville, IN 46375 219-865-3301 1.8 miles from pool
Comfort Inn 1019 Old Lincoln Hwy Schererville, IN 46375 219-865-9500 1.8 miles from pool	Hometown Inn 1139 U.S. 30 Schererville, IN 46375 219-322-7000 1.8 miles from pool	Staybridge Suites Schererville 1758 Fountain Park Dr. Schererville, IN 46375 219-227-5125 1.8 miles from pool