

WASHINGTON TOWNSHIP SWIM CLUB

Holiday Championships

November 20 - November 22, 2009

SHORT COURSE YARDS - PRELIMS/FINALS MEET

SANCTION: The Holiday Championships is sanctioned by USA Swimming and Indiana Swimming. Sanction Number # **IN10087**

LOCATION: North Central High School Natatorium
1801 E. 86th Street
Indianapolis, Indiana 46240

The **NEW** NCHS Natatorium is conveniently located on the north side of Indianapolis with quick access to I465. A variety of hotels and restaurants are located within easy driving distance to accommodate all tastes and budgets. A variety of shopping is available to include the Northview Shops, Nora Plaza, The Fashion Mall at Keystone Crossing, Castleton Square Mall, and Glendale Plaza. Broad Ripple, Indianapolis' unique village full of restaurants, pubs and shopping as well as the Central Canal and Monon Trail, is a quick 10 minutes south of the pool

DIRECTIONS: Take I465 to the north side of Indianapolis. Exit on either Meridian Street or Keystone Avenue and travel south to 86th Street. Go east (left) from Meridian or west (right) from Keystone on 86th. There is a spotlight at the entrance to the school campus immediately opposite the Northview Shops; turn south. The High School will be on your left. Enter door #24 to the rear of the building.

HOTEL PARTNER: WTSC is partnering with the closest Hotel to the NEW POOL to provide a superior level of support for this event. The Homewood Suites offers newly renovated suite style housing for up to six persons per room.

- ❖ Each suite features an inviting living area large enough to relax in between sessions. Included are two televisions with cable and basic HBO
- ❖ Each suite has a kitchen fully equipped with; a microwave, two-range stovetop, refrigerator, dishwasher, coffee maker, a full compliment of cook and table ware and seating for four. Some suites even offer fireplaces.
- ❖ A complimentary hot breakfast is served daily in the central lodge building and the staff will adjust serving times to fit with the meet schedule.
- ❖ For those guests arriving the night before the meet, a complimentary reception with beverages will be served Thursday night.
- ❖ Free transportation will be provided to and from the meet via shuttle bus. Please consult with the front desk to reserve seating and transport times.
- ❖ An outdoor swimming pool, whirlpool, sports court, exercise facility and business center are available for between session activities. Complimentary internet access is available throughout the facility.

WTSC has negotiated a special rate for this event of \$109.00 per night. With the addition of meals, transportation, activities and proximity to the pool, this rate is quite a bargain. Contact April Lockett, Sales Manager - Homewood Suites 317-253-1919 for reservations. Hurry, only limited rooms have been blocked at this rate.

For more information, see the Hotel's website at www.indianapolis.homewoodsuites.com

FORMAT: Current USA Swimming and Indiana Swimming rules will govern this meet unless noted otherwise in this packet. The eight and under, relay and Friday evening events will be swum as timed finals. The Saturday & Sunday events (except 8U) will be swum as championship preliminaries and finals, with a consolation and final heat for each event. There will be two separate finals sessions each day (see attached schedule). There will be no 15-minute courtesy delays for swimmers swimming consecutive events.

Up to ten lanes may be used for timed finals and / or preliminary competition. Finals competition will be limited to eight lanes for both the consolation and final heats of each event.

SUPERVISION: USA Swimming Rules 202.3.2 - 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 athlete in making arrangements for such supervision.

NEW SWIMWEAR RULE: **PLEASE NOTE, this rule applies to all swimmers participating in this meet**

On Saturday, September 19, 2009, USA Swimming voted to ban high-tech suits three months before the World's governing body (FINA) is expected to do the same. The ban goes into effect on October 1st for all USA Swimming events. Here are the following rules for suits:

Surface Covered:

Male: Shall not extend above the naval and below the knee

Women: Shall not cover the neck or extend past the shoulders nor shall extend below the knee

Type of Material:

Suits can be only "Textile Fabrics"

ENTRY ACCEPTANCE DATE: Entries will not be accepted prior to 12:01 AM October 30, 2009

ENTRY DEADLINE: **11:59 PM (Indianapolis Time) November 6, 2009**

Teams not accepted will be notified by 8:00 P.M., November 9, 2009.

The deadline will be extended if the meet is not full.

ENTRY CHAIR: Submit entries per the following "Entry Procedure" section. Only limited information is required to be sent to:

Mark Van Allen
Fax 317-815-7201
SwimDadMRV@aol.com

MEET CO-DIRECTORS: Mark Van Allen
meetentry@wtscswim.org

Karen Hamilton

Paul Hayden

ENTRY PROCEDURE: On or before 11:59 PM (Indianapolis time) November 6, 2009, submit your entries **over the internet** in a USA Swimming approved SDIF file format (any file type recognized by Hytek's Meet Manager) by following the procedure outlined below: (Note: the web site entry form specified below will not be available until the Entry Acceptance Date of October 30, 2009)

- **NOTE:** Any hard copy information and / or floppy disks sent to the Entry Chair in addition to the required information **WILL BE DISREGARDED.** Only that entry information sent via the internet will be considered as your team's entry.
1. Create a standard meet entry file on your computer (CL2, HY3, SDIF, or SD3) Files may be either zipped or unzipped. (Teams with less than four swimmers may enter without submitting an SDIF compatible file. Contact the Meet Entry Chairman for instructions)
 2. Log on to the Washington Township Swim Club web site at www.wtscswim.org
 3. Click on the menu item "Hosted Meets"
 4. Click on the sub-menu item "Hosted Meets – Entry Forms"
 5. Select the Holiday Championships
 6. Use the on-line form that appears in your browser to submit your entry
 7. Use the "Browse" button on the form to attach your entry file to the entry
 8. Click on the "Submit" button to send your entry to the Entry Chairman
 9. In a short while, you will receive an e-mail at the address noted that will confirm your entry has been submitted
 10. Report any problems entering to meetentry@wtscswim.org. Your team will not be penalized or rejected from the meet if you experience technical difficulties.
 11. Other entry rules:
 - Current and correct Swimming ID numbers must be supplied with your entry for every swimmer.
 - No times and non-conforming times will be accepted. Non-conforming times will be converted by Hy-Tek Meet Manager and will be seeded with the conforming times accordingly.
 - Relay entries shall include the names of four swimmers (minimum) of the correct sex and age group for the event. These names shall be submitted in the order in which you intend them to swim. Actual relay teams and swimming order may be modified via the submission of relay cards. (See relay card section below) The Entry Chair will not accept relay teams entered without names.
 - Your electronic entry file must include all team information regarding your coach's name(s), team address, team phone number and team e-mail address. Those teams that do not include this information will not be accepted into the meet until all of the required information is provided.

**ACCEPTANCE
CRITERIA:**

If the meet is over-entered, WTSC has sole discretion to determine which entries to accept. In exercising its discretion, WTSC will consider:

- **Teams participating in last year's event will be automatically accepted for this year's event.**
- If you have supported other WTSC Meets in the past (not State Championships)
- Number of officials volunteering to assist with officiating the meet
- Number of individuals volunteering to assist with timing the meet

- Balance of age groups and gender in entry
- Level of competition
- First come / first served is NOT a criteria for acceptance

ONCE ACCEPTED: When your team is accepted into the meet, please perform the following tasks:

1. WTSC will e-mail back to the designated individual an Entry Report for your team. Carefully check this Entry Report and report any errors or variances **by e-mail** as soon as possible (deadline for changes is November 17, 2009).

Keep this original Entry Report sent to you by WTSC 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 to you by WTSC.

2. FAX the following so it will be received by the Entry Chair at the above Fax number on or before 5:00 PM (Indianapolis time) November 17, 2009. Please FAX this information as soon as possible to assist WTSC with meet planning
 - Executed release and hold harmless agreement (included in this packet)
 - Officials / Volunteer Sheets (included in this packet)
3. Pay your fees
 - Optionally, you may mail your entry fees so they will be received by the Entry Chair at the above address no later than November 18, 2005. Your fee check is the **only** information you need to mail or have delivered to the Entry Chair, and this is not required if your fees are paid at the meet.
 - Optionally, you may pay your fees at the meet prior to your first swimmer starting competition

FEES: \$1.50 per swimmer surcharge (will be collected by WTSC and paid to Indiana Swimming)
\$5.00 per IE (except for timed finals events)
\$4.00 per IE in timed finals events (Fri. Eve. and 8U events, See Entry Limitations below)
\$6.00 per Relay

Deck Entries - Double the price listed above per type of event

- There will be no refund of fees for missed events, no-shows, scratches, disqualifications or event cancellations.
- WTSC will refund entry fees for heat-limited events (See information on possible limited events)
- Spectators not volunteering will be charged admission.
- Volunteers not working the current session will be charged admission.
- Volunteer Timers and Officials - No Admission Charge - Report to Pool Deck.

ENTRY LIMITATIONS: Each swimmer age nine and over is limited to 3 individual events per day. Each swimmer age eight and under is limited to 5 individual events per day. Relays do not count towards the daily event limits. Swimmers may not compete on more than one relay team per event. If entered in more than the limit of events, the entry will be made by number order of events starting with event #1 until the limit is satisfied. Events may be LIMITED. (See below)

**TIMELINE
MANAGEMENT:**

1. LIMITED EVENTS
 - FRIDAY AFTERNOON LIMITED EVENTS
 - ◇ The Friday afternoon distance events (Boy's and Girl's 1650 yard Freestyle) will be limited to two heats of ten swimmers per event.
 - ◇ Fees will be refunded for any swimmer cut from Friday afternoon events.

- ◇ No time updates or additional entries to Friday afternoon events will be accepted after the cuts are announced.
 - ◇ WTSC swimmers will be subject to the same cuts and no WTSC swimmers will be added who did not make the cut.
 - FRIDAY EVENING EVENTS
 - ◇ The Meet Entry Chair will establish cuts for Friday night events to keep the session within a reasonable time line.
 - ◇ Fees will be refunded for any swimmer cut from Friday night events.
 - ◇ No time updates or additional entries to Friday night events will be accepted after the cuts are announced.
 - ◇ If the Friday evening time line permits, the host team may add heats in limited events solely for host team swimmers that do not meet the cut.
 - ◇ Swimmers who are cut from all events on Friday night, do not need to report to the pool.
 - ◇ Swimmers who missed any cuts due to an entry error that was not reported to WTSC prior to the deadline for changes will not be added to limited events
 - SATURDAY AND SUNDAY EVENTS
 - ◇ WTSC reserves the right to limit select events during all sessions if it is deemed necessary to complete the session(s) within the requirements of Indiana Swimming rules
 - ◇ Fees will be refunded for any swimmer cut from an event due to timeline management.
 - ◇ No time updates or additional entries to any limited events will be accepted after the cuts are announced.
 - ◇ WTSC swimmers will be subject to the same cuts and no WTSC swimmers will be added who did not make the cut.
 - ◇ Swimmers who missed any cuts due to an entry error that was not reported to WTSC prior to the deadline for changes will not be added to limited events
 - PSYCH SHEETS
 - ◇ Psych Sheets for limited events will be e-mailed to the participating clubs on or before November 16, 2009.
 - ◇ Psych Sheets for limited events will also be posted to the WTSC web site at www.wtscswim.org
 - ◇ **Failure by a coach or parent to determine if a swimmer has been cut is no excuse. Swimmers who have been cut may not swim.**
2. FLY-OVER STARTS
- WTSC reserves the right to employ fly-over starts during preliminary or timed finals sessions to control the timeline if it is deemed necessary to complete the session(s) within the requirements of Indiana Swimming rules. Finals Sessions will not employ fly-over starts. If the number of entries requires fly-over starts, team representatives will be notified via e-mail on or before November 16, 2009
3. SESSION START TIMES
- WTSC may request the ability to adjust the start times of warm-ups or competition to be either earlier or later than the times published as dictated by the number of entries received and to coincide with the requirements of Indiana Swimming rules. If start times are to be adjusted, team representatives will be queried via e-mail on or before November 16, 2009. Time changes will only be made at the express approval of all teams entered

**SWIMMER
ELIGIBILITY:**

The swimmer's age as of November 20, 2009 will determine eligibility for age group events. All USA swimmers must be currently registered with USA Swimming. Foreign athletes must be registered with their national swimming organization and that organization must be officially recognized by FINA. Correct registration numbers must accompany the entry.

USA Swimming Rules 202.3.2 - 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 athlete in making arrangements for such supervision.

In order to swim on a relay, a swimmer must be entered in at least one individual event. No "relay only" swimmers will be allowed.

**CHANGES,
ADDITIONS AND
CORRECTIONS:**

Coaches should double check their entries before submission. No additions, changes or corrections will be accepted after 5:00 PM, November 17, 2009. Additions after this date may be accepted as deck entries. These entries may be disallowed if, at the sole discretion of the Meet Entry Chairman, they will unduly extend the meet.

DECK ENTRIES:

Deck Entries will be accepted only from coaches. They will be accepted only if, at the sole discretion of the Meet Director, they will not unduly extend the meet, and only as new additions. Deck entries will be seeded only if received at least 1 hour before the start of the session. Unseeded deck entries will only be accepted to swim in empty lanes in the slowest heat.

COMMUNICATION:

WTSC will communicate only with your club's coaches and / or your club's designated representatives. Parents should not contact the WTSC Meet Entry Chair, Meet Directors or the WTSC Coaching Staff. Please seek any additional information you may need from your coach or team representative. They have additional information available to them that will probably answer your question. If they don't, they can contact WTSC on your behalf to obtain the information you need.

COACH ELIGIBILITY:

All coaches on deck must be registered USA Swimming coaches. Coaches MUST constantly display their USA Swimming coach's credentials to gain deck access. The Meet Referee reserves the right to ask the coach to display their credentials or deny deck access if the coach does not comply with the request.

RELAY CARDS:

Relay cards for all relay events will be available at the Head Table or another location as determined by the Meet Director at the beginning of Warm-ups for the Saturday AM Session.

Relay cards are due at the Head Table or another location as determined by the Meet Director no later than one hour after competition has begun for the Preliminary session in which the event is to be swum. Relay cards shall include the full names of a minimum of four swimmers of the correct age and sex for the event listed. The swimmers' names shall be listed in the order in which they will swim. (Swimmers may not compete on more than one relay team per event)

Following submission of the relay cards, they may be changed to reflect a different swimming order to include athletes not originally listed. Changes may be made up until the first swimmer steps up on the blocks for the given event. Notification of the intended change shall be made at the Head Table or with the Lane Timers in the lane in which the team is to swim.

CLERK OF COURSE:

Eight and Under Events -

Swimmers must report to the Clerk of Course at least 10 minutes before the start of each event.

All other age groups -

There will be **no Clerk of Course** for age groups other than eight and under. Seeded heat sheets will be posted on deck immediately before the start of each session. It is the swimmer's responsibility to appear at the correct starting platform ready to swim in time for the start of his/her heat. Scratches from finals will be done at the Announcer.

DISTANCE EVENTS:

Lap counters and timers will not be provided by the host club for the 1650 yard events. Swimmers must provide one timer (mandatory) and one lap counter, the individual not the device (optional)

PRELIMS CHECK- IN:

This is a pre-seeded meet. The meet will be seeded by the Entry Chair Wednesday prior to the commencement of the meet. Any changes or deck entries made after the Entry Chair has seeded the meet will be made to empty lanes in the first heat of an event. If there are no empty lanes, additional heat(s) at the beginning of the event may be added at the sole discretion of the Meet Director and Meet Referee, provided the timeline will allow. The only reason that an event may be re-seeded would be a mistake made by the host club. Re-seeds will be announced and posted prior to the event.

RELAY CHECK- IN:

There will be no positive sign-in sheets for relays. Additionally, there will be no positive scratch for relays. Submission of a relay card prior to the deadline noted shall suffice as "positive check-in" for that relay. Any relay team for whom a relay card is not submitted by the deadline shall be scratched.

FINALS/ SCRATCH: A 30-minute scratch rule will be in effect. Those swimmers who do not wish to swim a Finals event have 30 minutes after the results for Preliminary competition are read by the Announcer to declare their intention to scratch from this event. Scratches from Finals will be done at the Announcer.

NO-SHOW PENALTIES: No-shows for relay teams will not be penalized. No-shows for preliminary events will not be penalized. Any swimmer who does not scratch from Finals and subsequently "No Shows" for a Finals event will be scratched from their next event, regardless of whether that event is a Preliminary or Final event. Swimmers who "No-show" any event may still swim Relays. Events will not be re-seeded do to late scratches or penalties.

AWARDS: Ribbons will be awarded for the top 16 places in each individual event. Ribbons will be awarded for the top 3 places in each relay event. Individual high point trophies will be awarded for each gender in each age group. Team high point trophies will be awarded for the top three teams. Ribbons not picked up at the end of the meet will not be mailed. No events will be scored as multi-age events.

FINAL RESULTS: Within three days following the conclusion of the meet, WTSC will e-mail to the designated Club Contact the following results files: (WTSC will also be glad to e-mail results files to other addresses upon request)

- Hytek Meet Manager Back-up (SwmmBkup.zip)
- Hytek Team Manager results (CL2)
- Text file (Html and / or PDF)

Any team wishing a hard copy of the results should indicate accordingly in the "Special requests" section of the on-line entry form.

FACILITY: There will be two 25 yard competition pools. Each is 10 lanes with Keifer-McNeil non-turbulent lane markers and a Colorado electronic timing system. A continuous warm-up facility will be available. Spectator seating will be provided (one side only). Parking is available in the adjacent parking lots at no cost.

Swimmer and spectator camping are available in the adjacent Auxiliary Gym

FACILITY RULES: The following rules will be strictly enforced. **PERSONS VIOLATING THESE RULES WILL BE BARRED FROM THE FACILITY.**

1. Swimmers are asked to only take competition swim gear, towels and fluids on deck. Please refrain from bringing food, backpacks, chairs, blankets and pillows on deck. Please keep the majority of your personal belongings in the camping area.
2. No posters, placards, signs or banners may be taped to any painted surface. These items may be taped to any tiled surface. Teams caught violating this rule will be subject to damages payable to the NCHS Natatorium.
3. No smoking anywhere in facility
4. No flash photography during starts
5. No balloons
6. Only swimmers competing in current session, coaches of entered teams, and officials and volunteers working in current session will be allowed on deck. No other persons are allowed on deck at any time
7. No damage or vandalism to property
8. Keep all trash picked up
9. Do not go, or let children go, in unauthorized areas. This means any place other than the lobby, seating area, steps to seating area, pool deck and Auxiliary Gym. Other corridors, class rooms, and the Main Gym are off limits.

CONCESSIONS: Natatorium concessions will be available. WTSC will endeavor to have a variety of snacks and meal items on hand during the entire event such that swimmers and spectators do not have to leave the venue to eat.

SPECIAL PARKING ISSUES: Be advised that North Central High School will still be in session as you arrive for the Friday afternoon session. Parking will be limited by the faculty and staff arriving well before hand. Please be prepared to walk a distance from the available parking to the Natatorium. Dismissing school busses may also hamper access to the Natatorium Friday afternoon.

SCHEDULE: (Also see attached Event List)

	Start Time	Age Groups
Friday 1650 Warm-ups	4:00 PM	11 & Over
Friday 1650 Competition	4:45 PM	11 & Over
Friday General Warm-ups	4:45 PM	10 & Under, 11-12, 13-14, 15 & Over
Friday General Competition	6:00 PM	10 & Under, 11-12, 13-14, 15 & Over
Sat. & Sun. AM Warm-ups	7:00 AM	9-10, 11-12
Sat. & Sun. AM Competition	8:00 AM	9-10, 11-12
Sat. & Sun. PM Warm-ups	Not before 11:30 AM	8U, 13-14, 15 & Over
Sat. & Sun. PM Competition	1 hr. after warm-ups start but not before 12:30	8U, 13-14, 15 & Over
Sat. & Sun. Finals Session A Warm-ups	After PM competition ends but not before 3:45 PM	9-10, 11-12
Sat. & Sun. Finals Session A Competition	45 min. after warm-ups start but not before 4:30	9-10, 11-12
Sat. & Sun. Finals Session B Warm-ups	Concurrent with Session A Competition	13-14, 15 & Over
Sat. & Sun. Finals Session B Competition	At end of Session A competition but not before 5:30	13-14, 15 & Over

FRIDAY AFTERNOON DISTANCE EVENTS

(Limited Heats)

WARM-UPS START 4:00 PM

SESSION STARTS 4:45 PM

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #	HEAT LIMIT
1	11 & OVER	1650	FREE	2	2 EA.

FRIDAY EVENING SESSION / TIMED FINALS

(Limited Heats)

WARM-UPS START 4:45 PM

SESSION STARTS 6:00 PM

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
3	10 & UNDER	200	IM	4
5	11-12	200	IM	6
7	13-14	400	IM	8
9	15 & OVER	400	IM	10
11	10 & UNDER	200	FREE	12
13	11-12	500	FREE	14
15	13-14	500	FREE	16
17	15 & OVER	500	FREE	18

SATURDAY AM PRELIMINARIES

WARM-UPS START 7:00 AM
 SESSION STARTS AT 8:00 AM

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
19	9-10	100	FLY	20
21	11-12	50	FLY	22
23	9-10	100	BREAST	24
25	11-12	50	BREAST	26
27	9-10	50	BACK	28
29	11-12	100	BACK	30
31	9-10	50	FREE	32
33	11-12	100	FREE	34
*35	9-10	200	MEDLEY RELAY	*36
*37	11-12	200	MEDLEY RELAY	*38

* ALL HEATS TO BE SWUM IN PRELIMS

SATURDAY PM PRELIMINARIES

WARM-UPS START NO EARLIER THAN 11:30 PM
SESSION WILL START 1 HOUR AFTER WARMUPS HAVE STARTED

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
39	8 & UNDER	50	FREE	40
41	13-14	50	FREE	42
43	15 & OVER	50	FREE	44
45	8 & UNDER	50	FLY	46
47	13-14	200	FLY	48
49	15 & OVER	100	FLY	50
51	8 & UNDER	50	BREAST	52
53	13-14	200	BREAST	54
55	15 & OVER	100	BREAST	56
57	8 & UNDER	25	BACK	58
59	13-14	100	BACK	60
61	15 & OVER	200	BACK	62
63	8 & UNDER	100	FREE	64
65	13-14	200	FREE	66
67	15 & OVER	200	FREE	68
69	8 & UNDER	100	MEDLEY RELAY	70
*71	13-14	200	MEDLEY RELAY	*72
*73	15 & OVER	200	MEDLEY RELAY	*74

* ALL HEATS TO BE SWUM IN PRELIMS

SATURDAY FINALS SESSION "A"

WARM-UPS FOR FINALS SESSION "A" (EVENTS 19-38) will begin immediately after the last preliminary heat of Event 74, but no earlier than 3:45 PM. Competition will begin 45 minutes after warm-ups start. A Consolation and Final heat will be swum for each event. There will be no 15-minute courtesy delays for swimmers swimming consecutive events.

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
19	9-10	100	FLY	20
21	11-12	50	FLY	22
23	9-10	100	BREAST	24
25	11-12	50	BREAST	26
27	9-10	50	BACK	28
29	11-12	100	BACK	30
31	9-10	50	FREE	32
33	11-12	100	FREE	34

SATURDAY FINALS SESSION "B"

WARM-UPS FOR FINALS SESSION "B" (EVENTS 41-74, except 8U events for which there will be no finals) will begin concurrent with competition for FINALS SESSION "A" but not before 4:30 PM. Competition will begin immediately after the final heat of FINALS SESSION "A" but not before 5:30 PM. The Meet Director and or the Meet Referee may choose to add an administrative break between FINALS SESSION "A" and FINALS SESSION "B". Notification of this break will be made by the Announcer. A Consolation and Final heat will be swum for each event. There will be no 15-minute courtesy delays for swimmers swimming consecutive events.

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
41	13-14	50	FREE	42
43	15 & OVER	50	FREE	44
47	13-14	200	FLY	48
49	15 & OVER	100	FLY	50
53	13-14	200	BREAST	54
55	15 & OVER	100	BREAST	56
59	13-14	100	BACK	60
61	15 & OVER	200	BACK	62
65	13-14	200	FREE	66
67	15 & OVER	200	FREE	68

SUNDAY AM PRELIMINARIES

WARM-UPS START 7:00 AM
 SESSION STARTS AT 8:00 AM

GIRL'S EVENT #	AGE	DIST.	STROKE	BOYS EVENT #
75	11-12	200	FREE	76
77	9-10	50	FLY	78
79	11-12	100	FLY	80
81	9-10	50	BREAST	82
83	11-12	100	BREAST	84
85	9-10	100	BACK	86
87	11-12	50	BACK	88
89	9-10	100	FREE	90
91	11-12	50	FREE	92
*93	9-10	200	FREE RELAY	*94
*95	11-12	200	FREE RELAY	*96

* ALL HEATS TO BE SWUM IN PRELIMS

SUNDAY PM PRELIMINARIES

WARM-UPS START NO EARLIER THAN 11:30 PM
SESSION WILL START 1 HOUR AFTER WARMUPS HAVE STARTED

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
97	8 & UNDER	100	IM	98
99	13-14	200	IM	100
101	15 & OVER	200	IM	102
103	8 & UNDER	25	FLY	104
105	13-14	100	FLY	106
107	15 & OVER	200	FLY	108
109	8 & UNDER	25	BREAST	110
111	13-14	100	BREAST	112
113	15 & OVER	200	BREAST	114
115	8 & UNDER	50	BACK	116
117	13-14	200	BACK	118
119	15 & OVER	100	BACK	120
121	8 & UNDER	25	FREE	122
123	13-14	100	FREE	124
125	15 & OVER	100	FREE	126
127	8 & UNDER	100	FREE RELAY	128
*129	13-14	200	FREE RELAY	*130
*131	15 & OVER	200	FREE RELAY	*132

* ALL HEATS TO BE SWUM IN PRELIMS

SUNDAY FINALS SESSION "A"

WARM-UPS FOR FINALS SESSION "A" (EVENTS 75-96) will begin immediately after the last preliminary heat of Event 132, but no earlier than 3:45 PM. Competition will begin 45 minutes after warm-ups start. A Consolation and Final heat will be swum for each event. There will be no 15-minute courtesy delays for swimmers swimming consecutive events.

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
75	11-12	200	FREE	76
77	9-10	50	FLY	78
79	11-12	100	FLY	80
81	9-10	50	BREAST	82
83	11-12	100	BREAST	84
85	9-10	100	BACK	86
87	11-12	50	BACK	88
89	9-10	100	FREE	90
91	11-12	50	FREE	92

SUNDAY FINALS SESSION "B"

WARM-UPS FOR FINALS SESSION "B" (EVENTS 97-132, except 8U events for which there will be no finals) will begin concurrent with competition for FINALS SESSION "A" but not before 4:30 PM. Competition will begin immediately after the final heat of FINALS SESSION "A" but not before 5:30 PM. The Meet Director and or the Meet Referee may choose to add an administrative break between FINALS SESSION "A" and FINALS SESSION "B". Notification of this break will be made by the Announcer. A Consolation and Final heat will be swum for each event. There will be no 15-minute courtesy delays for swimmers swimming consecutive events.

GIRL'S EVENT #	AGE	DIST.	STROKE	BOY'S EVENT #
99	13-14	200	IM	100
101	15 & OVER	200	IM	102
105	13-14	100	FLY	106
107	15 & OVER	200	FLY	108
111	13-14	100	BREAST	112
113	15 & OVER	200	BREAST	114
117	13-14	200	BACK	118
119	15 & OVER	100	BACK	120
123	13-14	100	FREE	124
125	15 & OVER	100	FREE	126

WASHINGTON TOWNSHIP SWIM CLUB

HOLIDAY CHAMPIONSHIP - November 20 - November 22, 2009

RELEASE AND HOLD HARMLESS AGREEMENT

CLUB _____ (“CLUB”)

IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE SWIM MEET, CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS HEREBY RELEASE AND FOREVER DISCHARGE WASHINGTON TOWNSHIP SWIM CLUB, USA SWIMMING, INDIANA SWIMMING, INDIANA UNIVERSITY, IUPUI NATATORIUM, 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 OR 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 WASHINGTON TOWNSHIP SWIM CLUB, USA SWIMMING, INDIANA UNIVERSITY, IUPUI NATATORIUM, 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 OR 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 HARMELSS AGREEMENT ON BEHALF OF EACH OF THEM, BINDING CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS TO THE TERMS HEREOF.

EXECUTED THIS _____ DAY OF _____, 2009

SIGNATURE _____

PRINTED NAME _____

POSITION _____

