



Power Aquatics Winterfest 09  
Warren Central High School  
December 4<sup>th</sup> – 6<sup>th</sup>, 2009



- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction number IN10142.
- LOCATION:** Warren Central High School  
9500 East 16<sup>th</sup> Street  
Indianapolis, IN 46229
- FACILITY:** Warren Central High School is a 25 yard, 11 lane course with separate diving well and instructional pool. Competition will be held in 6 lanes.
- ELIGIBILITY:** Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of December 4<sup>th</sup>, 2009, will determine the swimmer's age for the entire meet.
- RULES:** Current USA Swimming and Indiana Swimming rules will govern this meet. Coaches **MUST** constantly display their USA Swimming coach credentials to gain deck access. The meet referee reserves the right to ask for coaches to display their credentials and/or deny deck access if a coach does not comply.
- USA Swimming rule 202.3.2 states that a sanctioned competitive event, USA Swimming athletes members must be under the supervision of a USA Swimming coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist any athlete without proper supervision.
- 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.**
- FORMAT:** This meet will be conducted in a timed finals format.
- SEEDING:** Events will be circle seeded.
- ENTRIES:** All swimmers are limited to five (5) events per day.  
Entries may be submitted by email to [power.entries@gmail.com](mailto:power.entries@gmail.com).
- DEADLINE:** Entries will be accepted **November 1<sup>st</sup>, 2009**. Entry deadline will be **November 20<sup>th</sup> at 5pm**, or until full. ***In the event the meet is not full, the deadline will be extended until such time as it is full.*** All entry times should be in short course yards.
- FEES:** Entry fees for timed finals events are \$4.00 and \$6.00 for relays. Indiana Swimming surcharge per swimmer is \$1.50. Make checks payable to Power Aquatics.
- DECK ENTRIES:** Deck entries will be accepted at the discretion of meet management, with payment due



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immediately in cash or check. The fee will be \$6.00 per event

- CHECK-IN:** ALL SWIMMERS MUST CHECK IN PRIOR TO WARM-UPS. Check in sheets will be taken down 15 minutes after the start of warm-ups. Swimmers who fail to check in will be scratched. Adding swimmers back in who were scratched, because of swimmer error, or non-compliance of checking in, will result in a \$6.00 deck entry fee.
- CLERK:** This will be card-less meet.
- AWARDS:** Ribbons will be awarded for 1st through 8th place. Open events will be scored 13-14 & 15 & over.
- FINAL RESULTS:** No final results will be sent to any participating clubs. Results will be emailed or can be obtained at the conclusion of the meet via coach provided flash drive or disk.
- PSYCH SHEETS:** Psych sheets will be available for purchase for spectators. There will be no admission or parking fees.
- CONCESSIONS:** Concessions will be available.
- SCHEDULE:** SATURDAY/SUNDAY  
AM Warm-ups 8 – 9:00am Meet starts 9:15am
- ENTRY CHAIR:** Jason Lancaster  
30 West Jackson Street  
PO Box 538  
Cicero, IN 46034  
Email: [power.entries@gmail.com](mailto:power.entries@gmail.com).  
Phone: 317-690-0539
- MEET DIRECTORS:** Alan Hughes  
Email: [hughesa@olmc1.org](mailto:hughesa@olmc1.org)  
Phone: 317-897-8501
- Mike Finnigan  
Email: [mpf130@yahoo.com](mailto:mpf130@yahoo.com)  
Phone: 317-895-3459



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**Session 1: Friday Evening Events**

Warm-ups 4:45-5:45pm

Meet starts 6:00pm

1	10 & Under 200 IM	2
3	11 – 12 200 IM	4
5	Open 400 IM	6
7	10 & Under 200 Freestyle	8
9	11 – 12 500 Freestyle	10
11	Open 1650 Freestyle	12

**Session 1: Saturday Morning Events**

Warm-ups 8-9:00am

Meet starts 9:15am

13	Open 200 Freestyle	14
15	11 – 12 200 Freestyle	16
17	10 & Under 100 Freestyle	18
19	8 & Under 100 Freestyle	20
21	Open 100 Breaststroke	22
23	11 – 12 50 Breaststroke	24
25	10 & Under 50 Breaststroke	26
27	8 & Under 25 Breaststroke	28
29	Open 200 Backstroke	30
31	11 – 12 100 Backstroke	32
33	10 & Under 100 Backstroke	34
35	8 & Under 50 Backstroke	36
37	Open 100 Butterfly	38
39	11 – 12 50 Butterfly	40
41	10 & Under 50 Butterfly	42
43	8 & Under 25 Butterfly	44
45	Open 50 Freestyle	46
47	11 – 12 50 Freestyle	48
49	10 & Under 50 Freestyle	50
51	8 & Under 25 Freestyle	52

53	13 & Over 200 Med. Relay	54
55	11 – 12 200 Med. Relay	56
57	10 & Under 200 Med. Relay	58

**Session 2: Sunday Morning Events**

Warm-ups 8-9:00am

Meet starts 9:15am

59	Open 200 IM	60
61	8 & Under 100 IM	62
63	13 & Over 200 Free Relay	64
65	11 – 12 200 Free Relay	66
67	10 & Under 200 Free Relay	68
69	Open 100 Backstroke	70
71	11 – 12 50 Backstroke	72
73	10 & Under 50 Backstroke	74
75	8 & Under 25 Backstroke	76
77	Open 200 Butterfly	78
79	11 – 12 100 Butterfly	80
81	10 & Under 100 Butterfly	82
83	8 & Under 50 Butterfly	84
85	Open 100 Freestyle	86
87	11 – 12 100 Freestyle	88
89	8 & Under 50 Freestyle	90
91	Open 200 Breaststroke	92
93	11 – 12 100 Breaststroke	94
95	10 & Under 100 Breaststroke	96
97	8 & Under 50 Breaststroke	98
	** 10 minute break**	
99	Open 500 Freestyle	100
101	Open 1000 Freestyle	102



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**SUMMARY PAGE**

This summary form must be completed and returned with all entries prior to the start of the meet. Please make sure to include all of the following:

- 1) Individual entry sheets
- 2) Check for entries made payable to: Power Aquatics
- 3) Computer disk if not submitting by email. Email entries will receive preference.
- 4) This summary form completed.

If mailing, send to:

Jason Lancaster      1763 Wellesley Ln unit 2E      Indianapolis, IN 46219

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

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

Number of swimmers entered: ISI surcharge @ \$1.50 each =      \_\_\_\_\_

Number of boys Timed Finals entries \_\_\_\_\_ @ \$4.00 each =      \_\_\_\_\_

Number of girls Timed Finals entries \_\_\_\_\_ @ \$4.00 each =      \_\_\_\_\_

Number of Boys Relay entries \_\_\_\_\_ @ \$6.00 each =      \_\_\_\_\_

Number of Girls Relay entries \_\_\_\_\_ @ \$6.00 each =      \_\_\_\_\_

TOTAL AMOUNT ENCLOSED      \_\_\_\_\_

Club official submitting entry	Coaches Names	Available Officials
Name _____	_____	_____
Address _____	_____	_____
City _____	_____	_____
State/Zip _____	_____	_____
Telephone(____) _____	_____	_____
Email address _____		

**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 assigns, hereby releases and forever discharges Power Aquatics, USA Swimming, Indiana Swimming, Warren Schools and each of their respective officers, agents, employees, members, successors and assigns, 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 Power Aquatics, USA Swimming, Indiana Swimming, Warren Schools and all 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 \_\_\_\_\_, 2009.

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



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## FINAL RESULTS

All final results will be emailed and be placed on our web page at [poweraquatics.com](http://poweraquatics.com).

I am requesting results to be emailed to me at:

Email\_\_\_\_\_

Circle preference or both:

Please send me a MM back up

Please send me a TM (.c12) file