

# MID-STATES QUADRANGULAR CHAMPIONSHIPS

Sponsored by  speedo

IU Natatorium - Indianapolis

January 9-10, 2010

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN10001
- LOCATION:** IU Natatorium, 901 W. New York Street, Indianapolis, IN
- FACILITY:** Eight lane, twenty-five yard course with Competitor non-turbulent lane markers. Daktronics electronic timing and alpha-numeric scoreboard. Continuous eight-lane warm-up course available in the North pool. Meet competition will be held in the South pool (diving well end).
- PARKING:** Parking available in attached garage. Prices are determined and retained by the IUPUI Parking Services. Host is unable to negotiate pricing, nor do we receive any fees.
- RULES:** Current USA Swimming rules will govern. Swimmers must be registered with USA Swimming in Lake Erie/Ohio, Kentucky or Indiana to be accepted into this meet. Each team has its own selection process (see below for more information). Age as of 01/09/10 shall determine the swimmer's age for the entire meet.
- EVENT LIMIT:** A swimmer may compete in a maximum of six individual events and two relays for the meet.
- MEET FORMAT:** All events are timed finals and will be seeded from the slowest to fastest except for the 1650 FR which will be swum fastest to slowest, alternating girls then boys. There are 2 heats of each event with the exception of relays (1 heat) and the 1650 (3 heats)

## INDIVIDUAL EVENTS

- 14 & Unders: Each team will be entitled to enter five (5) swimmers in each individual event. *Exception:* 11-12 1650 is limited to 2 swimmers.
- Open (max age-19) :Each team will be entitled to enter two (2) swimmers in each individual event. *Exception:* Open 1650 is allowed up to four (4) swimmers.

## RELAYS

- 10 & U / 11-12: Each team will be entitled to enter 2 relays per relay event.
- OPEN: Each team will be entitled to enter 2 relays per the Open relay events

- SCORING:** Individual Events: 20—17—16—15—14—13—12—11—9—7—6—5—4—3—2  
Relay Events: 40—34—32—30—28—26

- AWARDS:** No individual awards will be given. Team scores will be kept, and a traveling plaque, updated annually, will be awarded to the winning team.

- ENTRY & DEADLINE:** Each team below has its own team application and entry deadlines. Therefore clubs and individual swimmers need to check their applicable Team contact information below on the application process and deadline that is applicable to them.

Team entries are due **via email** to the Quad entry chair by **Saturday, January 2, 2010.**

**HY-TEK ENTRY FILE IS REQUIRED.** Teams **must** also submit a hard copy of the team's entry to the meet entry chair. These hard copies should also be emailed by Saturday, January 2, 2010. After all teams are entered in the meet, Team Entry Chairs will receive an e-mail copy of the team's entry for final approval prior to arriving at the meet.

- LSC CONTACTS:**
- |                     |  |  |
|---------------------|--|--|
| Team Indiana        | <a href="http://www.inswimming.org">www.inswimming.org</a>             | <a href="mailto:lynn@inswimming.org">lynn@inswimming.org</a>                 |
| Team Kentucky       | <a href="http://www.kylsc.org">www.kylsc.org</a>                       | <a href="mailto:kentuckyswimming@alltel.net">kentuckyswimming@alltel.net</a> |
| Team Lake Erie/Ohio | <a href="http://www.lakeerieswimming.com">www.lakeerieswimming.com</a> |  |
|                     | <a href="http://www.swimohio.com">www.swimohio.com</a>                 | <a href="mailto:shakerswimming@msn.com">shakerswimming@msn.com</a>           |

# MID-STATES QUADRANGULAR CHAMPIONSHIPS

Sponsored by  speedo

IU Natatorium - Indianapolis

January 9-10, 2010

**ENTRY FEES:** Each team establishes its own entry fees for this meet. Each team should submit \$1600 to cover the meet's operating expenses (facility rental, etc) and team dance/social. Fees should be sent by **January 1, 2010**, to:

**Indiana Swimming / 201 S. Capitol Ave, Suite 410 / Indianapolis IN 46225**

**SEATING:** The seating rotates each year: Southwest Bleachers-- KY  
Northwest Bleachers--OH/LE  
Southeast Bleachers-- IN

**MEET JURY:** Each team will appoint one athlete and one adult to a meet jury which will have jurisdiction over technical protests, registration, or eligibility challenges.

**SCRATCHES:** Scratches, last minute swimmer changes (NOT time changes), and relay cards are due

**/CHANGES**

**SAT: 11:00 am at the Technical meeting**

**SUN: 8:00 at the Head Table**

The meet will not be re-seeded; we will swim empty lanes if scratched swimmers are not replaced.

**OFFICIALS/TIMERS:** Indiana Swimming will have the primary responsibility for scheduling officials for the meet. Officials from KY and LE/OH are welcome and encouraged to volunteer!

**We welcome timers! If you are interested in being a timer, please email [arlenemcd@aol.com](mailto:arlenemcd@aol.com) on your availability and time frame.**

**SPECTATOR FEE:** Admission for Spectator seating will be \$5.00 each day (children 8&U free).

All-session pass \$10 will be sold on Saturday.

We will open both sides of seating.

KY & OH/LE swimmers will be on the WEST side

IN swimmers will be on the EAST side

Swimmers, Quad Team Coaches, credentialed managers and chaperones, and working officials **ONLY** will be allowed on deck. This is a USA Swimming liability issue and no parents will be allowed on deck.

**HEAT SHEETS &** \$5.00 (it will include Saturday and Sunday seeded events prior to scratches or changes).

**FINAL RESULTS:**

We will post results on the Indiana Swimming website <http://www.inswimming.org>

**MEET DIRECTORS:** For any further information or assistance, please contact:

Scott Ingram [singram@omnicityusa.com](mailto:singram@omnicityusa.com) 317.490.9024

Arlene McDonald [arlenemcd@aol.com](mailto:arlenemcd@aol.com) 317.442.2166

**E-MAIL ENTRIES TO:** **Mark Van Allen**

317.255.7351 [swimdadmrv@aol.com](mailto:swimdadmrv@aol.com)

***DEADLINE Saturday, January 2, 2010. Report from entry chair back to teams shall be sent no later than Monday prior to meet. Changes can be made by teams for seeded heat sheets up until Thursday noon prior to meet.***

***PLEASE EMAIL an entry report as well for accuracy or questions with file.***

**TEAM PICTURES:** Price is \$12.00/picture and payable at the meet to the photographer, Visual Sports Network. Preferred method is that Teams supply mailing labels (to be mailed within a month of the event) and 1 Team check for entire order. Late/additional orders can be taken on site.

**MEET EVALUATION MEETING:** Sunday, January 10 – 7:00 AM in the Hospitality Room

# MID-STATES QUADRANGULAR CHAMPIONSHIPS

Sponsored by  Speedo

IU Natatorium - Indianapolis

January 9-10, 2010

## ORDER OF EVENTS

### SATURDAY

Warm-Ups: 10:00 – 11:45 am

Opening Ceremony: 12:00 pm

Meet Start: 12:15 pm

GIRLS	EVENT	BOYS
1	Open 200 IM	2
3	13-14 200 IM	4
5	11-12 200 IM	6
7	10 & U 200 IM	8
9	Open 100 Free	10
11	13-14 100 Free	12
13	11-12 50 Free	14
15	10 & U 50 Free	16
17	Open 200 Breast	18
19	13-14 200 Breast	20
21	11-12 50 Breast	22
23	10 & U 50 Breast	24
25	Open 200 Back	26
27	13-14 200 Back	28
29	11-12 50 Back	30
31	10 & U 50 Back	32
33	Open 100 Fly	34
35	13-14 100 Fly	36
37	11-12 50 Fly	38
39	10 & U 50 Fly	40
<b>10 MINUTE BREAK</b>		
41	Open 400 Medley Relay	42
43	11-12 200 Medley Relay	44
45	10 & U 200 Medley Relay	46
*47	Open 1650 Free	*48
**49	11-12 1650 Free	**50
<p><i>*up to 4 swimmers per team - to swim fastest to slowest alternating girls, then boys.</i></p> <p><i>**Only allowed 2 swimmers per team (1 girls heat; 1 boys heat). An at the meet coaches meeting decision will determine if 11-12/Open will be seeded and swam together like above, but scored out separately.</i></p>		

### SUNDAY

11 & O Warm-Ups: 7:30-8:45 am

10 & U Warm-Ups: 9:00-10:00 am\*

\*North Pool reserved for 10 & U Only

Meet Start: 9:00 am

GIRLS	EVENT	BOYS
51	Open 400 IM	52
53	13-14 400 IM	54
55	Open 200 Free	56
57	13-14 200 Free	58
59	11-12 200 Free	60
61	10 & U 200 Free	62
63	Open 100 Breast	64
65	13-14 100 Breast	66
67	11-12 100 Breast	68
69	10 & U 100 Breast	70
71	Open 200 Fly	72
73	13-14 200 Fly	74
75	11-12 100 Fly	76
77	10 & U 100 Fly	78
79	Open 50 Free	80
81	13-14 50 Free	82
83	11-12 100 Free	84
85	10 & U 100 Free	86
87	Open 100 Back	88
89	13-14 100 Back	90
91	11-12 100 Back	92
93	10 & U 100 Back	94
95	Open 500 Free	96
97	13-14 500 Free	98
99	11-12 500 Free	100
101	10 & U 200 Free Relay	102
103	11-12 200 Free Relay	104
105	Open 400 Free Relay	106

# MID-STATES QUADRANGULAR CHAMPIONSHIPS

Sponsored by 

IU Natatorium - Indianapolis

January 9-10, 2010

## SCHEDULE OF ACTIVITIES

### Saturday, January 9, 2010

- 8:15 am Spectator Seating Area Opens
- 8:15 – 10:00 **Teams Check-In**  
EAST CONCOURSE – IN WEST CONCOURSE – OH/LE & KY  
Teams will not be allowed on deck until 20 minutes prior to picture times below. Credentials are required at all times for deck entry.
- ALL TEAM PICTURES** - 8x10 - \$12 – payable to Visual Sports Network; envelope completed or label submitted as pictures are mailed by the end of January to those who order.
- 9:05 am Indiana 9:45 am Kentucky  
9:25 am Ohio/Lake Erie
- 10:00-11:45 General Warm-up
- |   |  |
|---|--|
| <b><u>NORTH POOL</u></b> (scoreboard end) | <b><u>SOUTH POOL</u></b> (diving well end)       |
| Indiana <b>LANES 1-4</b>                  | Kentucky <b>LANES 3-6</b>                        |
| Lake Erie/Ohio <b>LANES 5-8</b>           | <b>SPRINT / PACE LANES 2 &amp; 7 / 1 &amp; 8</b> |
- 10:45 Technical Meeting for coaches—Hospitality Room
- 11:00 Officials Briefing – West Control Room
- 11:30 Timers Meetings—Deck area near West Control Room (anyone welcome)
- 11:45 Clear Competition Pool
- 12:00 pm Opening Ceremonies (*details/protocol will be discussed at Technical meeting*)
- 12:15 Meet Starts
- 7:30 - 9:00 p.m. Social/Dance with DJ  
Crowne Plaza Indianapolis Airport

**DANCE RULES** Swimmers are not permitted to leave ballroom area during dance. 10 & U swimmers MUST be accompanied by a parent or adult chaperone. Siblings may attend ONLY if escorted by a parent. Parents must pick up child promptly at 9:00 pm. If parents do not attend dance, a parent/coach/chaperone must pick up each child promptly at 9:00 pm. Failure to comply could result in swimmer being scratched from Sunday's events. Parents staying in ballroom for the dance are asked to not consume alcohol during this event.

### Sunday, January 10, 2010

- 7:00 am Meet Evaluation Meeting (**All Team Managers bring suggestions, changes**)
- 7:30 Spectator Seating Area Opens
- 7:30-8:45 Pool open for warm-up for 11 & Overs
- |   |  |
|---|--|
| <b><u>NORTH POOL</u></b> (scoreboard end) | <b><u>SOUTH POOL</u></b> (diving well end)       |
| Indiana <b>LANES 1-4</b>                  | Lake Erie/Ohio <b>LANES 3-6</b>                  |
| Kentucky <b>LANES 5-8</b>                 | <b>SPRINT / PACE LANES 2 &amp; 7 / 1 &amp; 8</b> |
- 8:00 Officials Meeting--West Control Room
- 8:15 Timers Meeting – Deck area near West Control Room
- 8:45 Clear Competition Pool
- 9:00 Meet Starts
- 9:00 10 & Under Warm-ups – NORTH POOL
- |                                 |                           |
|---------------------------------|---------------------------|
| <b>LANES 1-2</b> Indiana        | <b>LANES 3-4</b> Kentucky |
| <b>LANES 5-6</b> Lake Erie/Ohio |                           |

MID-STATES QUADRANGULAR CHAMPIONSHIPS

Sponsored by *speedo* 

IU Natatorium - Indianapolis

January 9-10, 2010

## **HOTEL RESERVATION INFORMATION**

### **Crowne Plaza Indianapolis Airport**

2501 S High School Rd.

Indianapolis, IN 46241

1-317-244-6861

\$89+ tax - Double/Double or King

Airport properties offer FREE surface parking and are a quick 10-15 minute drive to the Natatorium.

The Crowne Plaza Indianapolis Airport is newly renovated (March 2009) and is excited to host us in January 2010!

**ALL RESERVATIONS MUST BE GUARANTEED WITH  
A CREDIT CARD.**

**Please be sure to make your reservations by  
December 31, 2009!**

Visit <http://www.mapquest.com> to get driving directions from your origination to the hotels or the Natatorium. The Natatorium address is 901 W. New York Street.

**MID-STATES QUADRANGULAR CHAMPIONSHIPS**

Sponsored by *speedo*  
IU Natatorium - Indianapolis  
January 9-10, 2010

**NAME OF COACHES & MANAGERS**

**PLEASE CIRCLE 3 NAMES BELOW AS DANCE CHAPERONES & RETURN WITH ENTRY**

ENTRY CHAIR: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

\_\_\_\_\_  
**MANAGER**

\_\_\_\_\_  
**HEAD COACH**

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
**COACH**

\_\_\_\_\_  
**COACH**

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
**COACH**

\_\_\_\_\_  
**COACH**

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
**COACH**

\_\_\_\_\_  
**COACH**

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY, STATE, ZIP

\_\_\_\_\_  
CITY, STATE, ZIP


\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
PHONE #

\_\_\_\_\_  
E-MAIL

\_\_\_\_\_  
E-MAIL

**MID-STATES QUADRANGULAR CHAMPIONSHIPS**

Sponsored by *speedo* 

**IU Natatorium - Indianapolis**

**January 9-10, 2010**

**MID-STATES QUADRANGULAR CHAMPIONSHIPS**

Sponsored by *speedo*  
IU Natatorium - Indianapolis  
January 9-10, 2010

**APPLICATION TO OFFICIATE**

*Applicant must be a member of USA Swimming and an LSC certified official.*

Name: \_\_\_\_\_ LSC: \_\_\_\_\_  
Address: \_\_\_\_\_ Home phone: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Current LSC Certification: \_\_\_\_\_ No. of Years: \_\_\_\_\_  
Current National Certification and Expiration: \_\_\_\_\_  
Current National Championship Certification and Expiration: \_\_\_\_\_

**ALL APPLICANTS MUST ATTEND MANDATORY OFFICIALS' BRIEFINGS BEFORE EACH SESSION OF THE MEET THEY WORK. BRIEFINGS BEGIN 1 HOUR BEFORE EACH SESSION.**

I will serve at both sessions: Yes\_\_\_\_\_ No\_\_\_\_\_

I can't serve all sessions. My choices for individual sessions are checked below:

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

Please circle your assignment request: Deck Referee, Admin. Referee, Starter, Chief Judge.

Assigned positions deadline is December 14, 2009. Applications for non-specific deck positions will be accepted any time. All officials are encouraged to volunteer.

**Mail or Email to:**

**Mid-States Quad Officials Chair**

Hal Paul

13725 Beam Ridge Dr.

McCordsville IN 46055

[Hpaull1053@comcast.net](mailto:Hpaull1053@comcast.net)

317.432.4027

\_\_\_\_\_ An email confirmation is desired.