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CARMEL SWIM CLUB
2009 POWERADE FALL FRENZY INVITATIONAL presented by TYR
NOVEMBER 6-8, 2009



- SANCTION:** This Meet is sanctioned by USA Swimming and Indiana Swimming, Sanction #IN10047
- HOST:** Carmel Swim Club, 300 E. Main Street, Suite E, Carmel, IN 46032
- LOCATION:** IUPUI NATATORIUM, 901 W. New York Street, Indianapolis, IN
- FACILITY:** Competition pools: two 25-yard pools, 8 lanes each with competitor non-turbulent lane markers: Daktronics electronic timing equipment: custom designed starting blocks with continuous warm-up/warm-down available in the diving well. Spectator seating will be in the west-side-seats of the natatorium only. Paid parking is available in the parking garage next to the natatorium (eastside). **ABSOLUTELY NO SMOKING IN THE BUILDING.**
- RULES:** Current USA Swimming and Indiana Swimming rules will govern this meet. Please pay special attention to USA Swimming Rule 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.*
- ISI Swim Suit Legislation:** All 12 and under swimmers participating in a meet sanctioned by the Indiana Swimming LSC must comply with the new swimwear rules passed into legislation by the 2008 Indiana Swimming House of Delegates. **This legislation modifies USA Swimming rule 102.9.1 as follows:**
- A. Swim suits worn by 12 and under males participating in all Indiana Swimming sanctioned "age group" competitions will not extend above the navel or below the knees.*
 - B. Swim suits worn by 12 and under females participating in all Indiana Swimming sanctioned "age group" competitions will not cover the neck, extend past the shoulders; extend beyond the shoulder, nor below the pelvis.*
 - C. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate.*
 - D. The referee shall have the authority to bar offenders from the competition until they comply with the rule.*
- The 2009 USA Swimming Rules and Regulations will be our primary guidance and source.
- ELIGIBILITY:** Age, as of November 6, 2009, will determine age classification for the meet. All swimmers must be currently registered with USA Swimming. Registration numbers must accompany entries. There will not be any USA Swimming registration at the meet. Coaches **MUST** constantly display their USA-Swimming-Coach credentials to gain deck access. The Meet Referee reserves the right to ask for Coach-credential display, and deny access if coach does not comply.
- MEET FORMAT:** All events are **TIMED FINALS**. This meet will be run with split sessions Saturday and Sunday. The Friday night session consists of the following age groups: 11/12, 13/14, and Open. The morning sessions consist of the following age groups: 13/14, and Open events. The afternoon sessions consist of 8-Under, and separate 9, 10, 11 and 12 yr-old events. Pool assignments will be determined after entries are received. All heats of the 1650 Free will be seeded fastest to slowest.

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ENTRY LIMITS: No team's entries will be broken. Each swimmer will be limited to no more than 4 individual events and 1 relay 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. **Carmel Swim Club reserves the right of sole discretion to determine which team entries are accepted. In exercising this discretion, Carmel Swim Club may consider the number of officials provided by team, balance of age groups and gender in entries, level of competition and geographic location.**

TIMELINE MANAGEMENT: Carmel Swim Club reserves the right to limit select events during any or all sessions if it is deemed necessary to complete the session(s) within the requirements of Indiana Swimming rules. Any limits for Friday's events will be posted on the CSC website no later than Tuesday, Nov 3, 2009. Please check the posted psyche sheets on-line for limits to the number of heats for each event. Fees will be refunded for any swimmer cut from an event due to timeline management. Carmel Swim Club reserves the right to combine age groups within given session(s) to control the timeline, if it is deemed necessary for completing the session(s) within the requirements of Indiana Swimming rules. Carmel Swim Club reserves the right to use fly-over starts for any events.

POSITIVE CHECK-IN: **All events held Friday will require positive check-in.** Positive check-in means, "I'm here and I intend to swim this event." **Positive check-in sheets will be located next to the security desk, deck level. Failure to check-in jeopardizes the swimmer's opportunity to swim the event.**

**Deadlines: Friday 1650 Free: 1:00 PM
Friday all other events: 4:15 PM**

SCRATCHES: In all individual events Saturday and Sunday, swimmers are assumed to be swimming, unless they have been scratched from the event. A missed heat, or late arrival, will deprive swimmers of their opportunity to swim the event. Scratch forms will be available at the Admin table. **Scratch deadlines: for Saturday events – Friday 6:30PM, for Sunday events – Saturday 1:00PM.**

SEEDING OF EVENTS: Seeding of Friday events will be made after the close of the positive check-in on Friday.

ENTRY FEES: All fees must accompany entry. **Please make checks payable to CARMEL SWIM CLUB.**
Individual events: \$4.00 per event.
Relay events: \$6.00 per event.

\$1.50 per swimmer, per meet, Indiana Swimming surcharge must accompany each entry.
\$1.00 per swimmer, per meet, IUPUI Natatorium surcharge must also accompany each entry.

DECK ENTRIES: **Deck Entries for individual events will be accepted beginning Thursday November 5, 2009** (pre-meet via email only) at the discretion of Carmel Swim Club. Deck entries will only be accepted provided the Meet is not filled, and only as new additions. **CHANGES WILL NOT BE ACCEPTED.** Entry fee for deck entries is \$ 8.00 per individual event.

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ENTRY INFORMATION: All times must be completed to the hundredth of a second and SUBMITTED in **SHORT COURSE YARD TIMES**. For all events, submit actual yard times; estimated yard times, or "No Time" will also be accepted. Please enter each swimmer with their first and last names, age, and USA number on the entry. **Entry forms will not be accepted before 8 AM, Monday October 5, 2009, must be delivered by a nationally recognized carrier and/or email, and must be completed and returned so they will be received no later than Friday October 23, 2009. Updated entries of teams accepted into the meet will be accepted electronically until midnight, November 1, 2009.** Carmel Swim Club reserves the right to extend the deadline should the meet not fill. This meet has consistently filled, and filled in two hours last year. We strongly suggest using email. **NO HAND DELIVERIES will be accepted. NO TELEPHONE ENTRIES will be accepted.** Please **make your check payable to Carmel Swim Club and enclose it with your entry.** This meet will be run using Hytek Meet Manager computer program. CD-ROM & email entries will be accepted using the Hytek Commlink Program (do not forget to "age up" swimmers.) A printed copy must accompany the CD-ROM; a printed copy must be sent in addition to an email. Each entry accepted via email will be confirmed via a return email receipt. The printed copy is the final word in any disputes involving entries. **Mail entries and fees to the Entry Chairperson:**

Tracey Flaherty
1914 Trowbridge High St.
Carmel, Indiana 46032
(317) 402-7900
teflaherty@hotmail.com

FINAL RESULTS: Copies may be ordered at the meet for \$8.00. Final results will also be posted at the CSC website at www.carmelwimclub.org. Please inform the Entry Chairperson of the method desired:

_____ Hard Copy (snail mailed OR .htm file emailed)
 _____ Meet Manager Backup (Emailed)
 _____ Team Manager .cl2 file (Emailed)
 _____ All of the above

Email address to send above to: _____

AWARDS: First through eighth place ribbons will be awarded to 8U, 9, 10, 11 and 12 age groups. First, second and third place team trophies will be awarded. **Awards will not be mailed.**

SCHEDULE: **Friday**
 1650 Free Warm-Up @ 12:45 PM
 Meet starts @ 1:45 PM **Mile swimmers must provide their own timers & counters.**

All other Friday events:
 Warm-Up @ 4:00 - 4:45 PM
 Meet Starts @ 5:00 PM

Saturday & Sunday AM Sessions:
 Warm-Up @ 6:30AM – 7:45 AM
 Meet starts: 8:00 AM

Saturday & Sunday PM Sessions:
 Warm-Up @ not before 12:30 PM
 Meet Starts @ not before 1:30 PM

Warm-up session assignments will be provided in the coaches' packets and on the pool deck.

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CLERK OF COURSE: This meet will be pre-seeded and the lane & heat assignments will be posted at various points around the pool. 8-Under swimmers will be lined up at the clerk area to help ensure that none of these swimmers misses their event. Since this is the first large meet that most new swimmers will be attending, we highly encourage coaches to cover meet procedures with their new swimmers and parents. **ABSOLUTELY NO PARENTS WILL BE ALLOWED ON THE POOL DECK.** This is an insurance requirement of USA Swimming, and will be strictly enforced.

CONCESSIONS: Natatorium concessions are available. All concessions located on Concourse Level.

ADMISSION: Admission will be charged each day. Children under 10 admitted free. Meet Psych sheets and/or heat sheets will be available for sale each day.

MEET DIRECTORS: For further information or assistance call or write:

Ron Vinyard
4906 Windrift Way
Carmel, IN 46033
(317) 385-2048
reviny@sbcglobal.net

Paul Williams
4524 Brookshire Pkwy
Carmel, IN 46033
(317) 569-8735
pwpics@aol.com

MEET REFEREE: April Stauder
256 Hawthorne Ave.
Carmel, IN 46033
(317) 580-1260
astauder@indy.rr.com

OFFICIALS: The Carmel Swim Club will need and appreciate any help of your USA Swimming Officials. Please provide your team's Head Official's name on the entry summary form where requested.

ORDER OF EVENTS

FRIDAY, NOVEMBER 6

<u>Event #</u>	<u>Afternoon session</u>	<u>Event #</u>
Girls	Warm-Ups @ 12:45 PM Meet starts @ 1:45 PM	Boys
1	1650 Free	2
 <u>Evening session</u>		
Warm-Ups @ 4:00 PM Meet starts @ 5:00 PM		
3	11-Year-Old 200 IM	4
5	12-Year-Old 200 IM	6
7	13-14 400 IM	8
9	Open 400 IM	10
11	11-Year-Old 500 Free	12
13	12-Year-Old 500 Free	14
15	13-14 500 Free	16
17	Open 500 Free	18

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SATURDAY, NOVEMBER 7

<u>Event #</u>	<u>Morning session</u>	<u>Event #</u>
Girls	Warm-Ups @ 6:30 AM Meet starts @ 8:00 AM	Boys
19	13-14 100 Free	20
21	Open 100 Free	22
23	13-14 100 Back	24
25	Open 100 Back	26
27	13-14 200 IM	28
29	Open 200 IM	30
31	13-14 200 Breast	32
33	Open 200 Breast	34
35	13-14 100 Fly	36
37	Open 100 Fly	38

<u>Event #</u>	<u>Afternoon session</u>	<u>Event #</u>
Girls	Warm-Ups not before 12:30 PM Meet starts not before 1:30 PM	Boys
39	9-Year-Old 200 Free	40
41	10-Year-Old 200 Free	42
43	11-Year-Old 200 Free	44
45	12-Year-Old 200 Free	46
47	8-Under 25 Free	48
49	9-Year-Old 50 Free	50
51	10-Year-Old 50 Free	52
53	11-Year-Old 50 Free	54
55	12-Year-Old 50 Free	56
57	8-Under 25 Back	58
59	9-Year-Old 100 Back	60
61	10-Year-Old 100 Back	62
63	11-Year-Old 100 Back	64
65	12-Year-Old 100 Back	66
67	8-Under 50 Breast	68
69	9-Year-Old 50 Breast	70
71	10-Year-Old 50 Breast	72
73	11-Year-Old 50 Breast	74
75	12-Year-Old 50 Breast	76
77	8-Under 25 Fly	78
79	9-Year-Old 100 Fly	80
81	10-Year-Old 100 Fly	82
83	11-Year-Old 100 Fly	84
85	12-Yr-Old 100 Fly	86
87	8-Under 100 Medley Relay	88
89	9 & 10 Yr-Old 200 Medley Relay	90
91	11 & 12 Yr-Old 200 Medley Relay	92

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SUNDAY AM, NOVEMBER 8

<u>Event #</u>	<u>Morning session</u>	<u>Event #</u>
Girls	Warm-Ups @ 6:30 AM Meet starts @ 8:00 AM	Boys
93	13-14 200 Back	94
95	Open 200 Back	96
97	13-14 100 Breast	98
99	Open 100 Breast	100
101	13-14 200 Free	102
103	Open 200 Free	104
105	13-14 200 Fly	106
107	Open 200 Fly	108
109	13-14 50 Free	110
111	Open 50 Free	112

<u>Event #</u>	<u>Afternoon session</u>	<u>Event #</u>
Girls	Warm-Ups not before 12:30 PM Meet starts not before 1:30 PM	Boys
113	9-Year-Old 200 IM	114
115	10-Year-Old 200 IM	116
117	8-Under 50 Free	118
119	9-Year-Old 100 Free	120
121	10-Year-Old 100 Free	122
123	11-Year-Old 100 Free	124
125	12-Year-Old 100 Free	126
127	8-Under 50 Back	128
129	9-Year-Old 50 Back	130
131	10-Year-Old 50 Back	132
133	11-Year-Old 50 Back	134
135	12-Year-Old 50 Back	136
137	8-Under 25 Breast	138
139	9-Year-Old 100 Breast	140
141	10-Year-Old 100 Breast	142
143	11-Year-Old 100 Breast	144
145	12-Year-Old 100 Breast	146
147	8-Under 50 Fly	148
149	9-Year-Old 50 Fly	150
151	10-Year-Old 50 Fly	152
153	11-Year-Old 50 Fly	154
155	12-Year-Old 50 Fly	156
157	8-Under 100 Free Relay	158
159	9 & 10Year-Old 200 Free Relay	160
161	11 & 12 Year-Old 200 Free Relay	162

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ENTRY SUMMARY FORM

This summary form must be completed and returned with all entries by **Friday October 23, 2009**. Please make certain to include all of the following:

Individual entry sheets
Check for entries made payable to: **CARMEL SWIM CLUB**
This summary form, completed

Mail all of the above to: (entry chair info found on page 3)

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____
Indiana Swimming Athlete Surcharge: Total Swimmers _____ @ \$1.50 = \$ _____
IUPUI Natatorium Athlete Surcharge: Total Swimmers _____ @ \$1.00 = \$ _____
Number of Boys Individual Entries _____ @ \$4.00 = \$ _____
Number of Girls Individual Entries _____ @ \$4.00 = \$ _____
Number of Boys Relay Entries _____ @ \$6.00 = \$ _____
Number of Girls Relay Entries _____ @ \$6.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Club official submitting entry:
Name _____ Address _____
City _____ State/Zip _____
State/Zip _____
Telephone () _____ Email _____

Mail final results to: _____

Coaches Names: _____

Club's USA Swimming Official Organizer: _____
Phone: _____

