**FRST MEET OF FALL**

October 5-6, 2019

FRST MOF Meet Website: www.FRSTswimming.com

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| **SANCTION:** | This meet is sanctioned by USA Swimming and Indiana Swimming. IN20047 | |
| **HOST:** | Franklin Regional Swim Team  Zach Dewitt  654 Walnut St.  Franklin, IN 46131 | |
| **FACILITY:** | Franklin Community High School  2600 Cumberland Drive  Franklin, IN 46131 | |
| **FACILITY NOTE:** | Eight-lane 50 meter pool, seating for 750 spectators; Daktronics timing system with touch pads will be used with two 8 lane readout scoreboards.  FRST intends to run the meet in lanes 1-8, using the south end of the pool for warm-up/warm-down. FRST, however, does reserve the right to change lane configuration based on entries.  Swimmer ‘camping’ will be on deck and in designated areas.  The competition course has not been certified in accordance with 104.2.2C(4). The pool depth ranges from 5’0” to 4’O” feet.  **Franklin Franklin Community High School is a tobacco free facility.**  The Franklin High School Aquatic Center is one of the most beautiful high school facilities in the USA. 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:  1. **Keep all trash picked up (swimmers and teams in particular).**  2. Do not go, or let children go, in any unauthorized areas.  **Please keep children supervised at all times.**  3. Due to USA Swimming insurance requirements, **ONLY** swimmers,  coaches, officials and volunteers are allowed on deck.  **There can be no exceptions!**  4.No radios, balls, or anything that will be an inconvenience to swimmers, coaches, officials, workers, will be allowed.  The Franklin Regional Swim Team will have volunteers roaming the deck and locker room areas. If any swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition. | |
| **MEET FORMAT:** | The meet will be timed finals format with two sessions on Saturday and Sunday respectively.  FRST reserves the right to limit the number of entries and any event to achieve a 4-hour maximum timeline. No team will be broken if entry limits are applied. The Meet Entry Chair will notify all accepted teams of any limited events and will refund the fees for those events limited or reduced from the original entry. | |
| **ENTRY LIMITS:** | Each swimmer will be limited to 4 events per day and 1 relay per day. | |
| **ELIGIBILITY:** | Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of October 5, 2019 shall determine the swimmers age for the entire meet. | |
| **RULES:** | USA Swimming Swim Suit Rule (102.9.1 B): 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.  Current USA Swimming and Indiana Swimming Rules will govern this meet. USA Swimming Rules 202.5.2: 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 may assist the athlete in arranging for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the met..  Coaches **MUST** constantly display their current USA Swimming coach credential to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.  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  **202.4.9 J**: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.  Exceptions may be granted with prior written approval by the Program Operations Vice Chair.​. | |
| ENTRY FEES: | The entry fee for all individual events is $5.00. There will be a $2.00 per swimmer surcharge (which will be payable back to Indiana Swimming). All checks should be made payable to **Franklin Regional Swim Team**. Please send only ONE check per team. Deck entries of $8.00 per event and $12.00 per relay event may be allowed at the discretion of the Meet Director and Meet Referee. | |
| **ENTRY FORMAT:** | Hy-Tek Team Manager meet entry files will be accepted by e-mail, which is the preferred entry method. A confirmation entry list will be emailed back to the person who sent the email entry. All team entries larger than 5 swimmers must be submitted in Hy-Tek file format. Team entries larger than 5 swimmers not in electronic Hy-Tek format will be charged a $50.00 administration fee. Be sure to age-up swimmers before completing the entry. | |
| **ENTRY DEADLINE:** | No entries will be accepted before **8:00 a.m. September 13, 2019**. Any entries arriving before **8:00 a.m. September 13, 2019** will not be processed until all entries received during the entry period are processed. Entry deadline will be **8:00 a.m. September 17, 2019**. Any entries arriving after 5 p.m. **8:00 a.m. September 21, 2019** will be considered deck entries and are subject to that fee. Deadline may be extended if the meet is not full. All entries must arrive via e-mail (preferred method), US mail, or other parcel carrier. If submitting entries by method other than e-mail, do NOT require a signature. No hand deliveries will be accepted. **Changes, updates, corrections (including entry times) will be accepted via email only through Monday, October 1, 2019** **at Noon**. FRST will try to accommodate all entered teams until the meet is considered at capacity. | |
| **AWARDS:** | Ribbons for places 1st-8th in individual events for 12 & Under swimmers and  No ribbons for 13&Older. Age group categories for awards will be  8-under, 9-10, 11-12, 13-14 and OPEN.  Points will be awarded for the top 16 places in each event per standard scoring (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) for individual events.  Open 400IM & Open 400 Free will be scored out as 13-14 and Open. If an athlete chooses to “swim up” from 11-12 event, the points won in that age group will not count towards 11-12 standings. This might mean the meet mobile total is not a true reflection of point total. If athlete participates in OPEN, but is of another age, they will only be given the point totals scored in open.  Individual high point awards will be given to the top swimmer in each age group.  (8&Under, 9-10, 11-12, 13-14, Open)  Coaches should pick up awards at the end of the meet. **No awards will be mailed.** | |
| **OFFICIALS:**  **HOSPITALITY:** | The Franklin Regional Swim Team will need the help of your **USA Swimming Officials.** If you have officials that are willing to help at our meet, please provide his/her name & email address on the Official’s Volunteer Form and submit it with your entry fees and summary page. Further info will be available at Meet Deadline.  A hospitality area will be available for coaches, officials and volunteers. | |
| **ADMISSION:** | | To help defray the rental costs of the facility, there will be a daily admission of $6 per person. 10&Unders will get in free of charge. |
| **PSYCH SHEETS:** | Heat sheets will be available for purchase at the meet for $3 (Heat Sheets will attempt to be made available 10 minutes prior to start of meet in the main atrium). | |

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| **SALES:** | | Aquatic outfitting vending will be provided by a local vendor, selling items from suits to goggles. FRST also expects multiple other vendors to be available. | | | | |
| **PARKING:** | | Free parking will be available in the parking lot on the west side of the high school. Parking lot located closest to football field. Please use door #14 (Athletic Entrance) to enter. | | | | |
| **MEET ENTRY CHAIR:** | | Zach DeWitt  654 Walnut St.  Franklin, IN 46131  [dewitt.frst@gmail.com](mailto:zieglerpw@sbcglobal.net) | | | | |
| **INQUIRIES** | | Direct all **ENTRY** inquiries to the Entry Chair. | | | | |
| **SIGN IN:**  **CLERK OF COURSE:**  **RELAYS:** | | Positive check-in will be required. Each swimmer must highlight his/her name on the Sign in Sheet located in the hallway just past the pool no later than **45 minutes** before the start of each session. Failure to do so will result in the swimmer being scratched from that day’s events.  There will be a Clerk of Course for 10 and Under events ONLY on Saturday and Sunday.. Clerk of course is located to the Southwest of competition pool.  There will be no relays offered at this meet. | | | | |
| **WARM-UPS:**  **FRST Meet of Fall Event List**  C:\Users\dewittz\Downloads\FRST-MOF Meet Letter Event List-page-001 (2).jpg | | Sat./Sun. Morning  Sat./Sun. Afternoon | 7:00-7:50am  Not before 11:00 a.m. | | | |
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**Summary Page**

Please complete the requested information below and mail with your entry forms and check.

Make check payable to **Franklin Regional Swim Team.**

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| Club Name: | |  | | | | | Club Code: | |  | | |
| Indiana Swimming Athlete Surcharge: # Boys | | | |  | | + # Girls |  | X $2.00 = | | |  |
| Number of Boy’s IEs: | | | | |  | | X $5.00 = | | |  | |
| Number of Girl’s IEs: | | | | |  | | X $5.00 = | | |  | |
| Club Official Submitting entry: | | |  | |  | | Coaches Names: | | | | |
| Name: |  | | | | | |  | | | | |
| Address: |  | | | | | |  | | | | |
| City: |  | | | | | |  | | | | |
| State, Zip: |  | | | | | |  | | | | |
| Phone #: |  | | | | | |  | | | | |
| Email: |  | | | | | |  | | | | |

**Release and Hold Harmless Agreement:**

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

It is further understood that Indiana Swimming and FRST shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Executed this \_\_\_\_\_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,2019

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

Printed Name of Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please print the name of your spokesperson:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry Method: \_\_\_\_\_\_\_ Email \_\_\_\_\_\_ Disk

Results:

How would you like your results communicated:

\_\_\_\_\_\_ Hard Copy (snail mail or .pdf file emailed)

\_\_\_\_\_\_Meet Manager Backup (emailed)

\_\_\_\_\_\_Team Manager .c12 file (emailed)

\_\_\_\_\_\_All of the above Email address to send above to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you include:

\_\_\_\_\_\_\_\_ Check

\_\_\_\_\_\_\_\_ Hard copy of entries

\_\_\_\_\_\_\_\_ I have read the entry letter and understand it