**SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN20114

**LOCATION:** Lawrence North High School

7802 North Hague Road, Entrance 11

Indianapolis, IN 46256

**FACILITY:** ***Competition Pool:*** 8- lane 25- yard pool with a depth ranging from 9’ – 14’9”, 6” turbulence control lane markers, Daktronics electronic timing system with touch pads, backup buttons, ten lane read out scoreboard and printout. *The competition course has not been certified in accordance with rule 104.2.2C(4).*

***Warm-Up Pool:*** Continuous warm-up and warm-down in 4-lane 25-yard pool with a depth of 4’2” – 5’. Entry into the warm-up pool is feet first.

**Seating for spectators is available**. **This is a no smoking facility and campus.** As guests of the high school, we would like to remind all participants and spectators to leave a clean facility at the end of each session.

**PARKING:** **All parking will be in the southwest parking lot.  Spectators, athletes, coaches and officials are to enter the building through the doors at ENTRANCE #11 ONLY.  There will be no parking on the north side of the building, and there will be no entry into the school from the north. This will be strictly enforced. Please be sure to inform your parents, coaches, and officials to park in the southwest parking lot only.**

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. 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.

*“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.”*

*Swim Suit Legislation:*

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. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas are not appropriate and is strongly discouraged.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches area, 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.​​

**MEET FORMAT:** All events will be swum as Short Course Yards, timed finals. At the Meet Referee’s discretion, events may be combined by age, gender, distance, and/or stroke or to eliminate a singular heat swimmer. **THIS IS A PRE-SEEDED MEET**. **We will ask for any advanced scratches by Thursday, December 5th, 11:59 pm.**

**ELIGIBILITY:** Swimmers age as of December 7th, 2019 will determine eligibility for age group events.

Swimmer(s) must be registered with USA Swimming to be accepted into this meet.

**ENTRY**  **On or BEFORE** 11:59 PM EST  **November 18th, 2019** submit your entry via **email only** in a

**PROCEDURE:** USA Swimming approved SDIF file format (any file recognized by Hytek's Meet Manager) to **LSTentries@gmail.com** . When your team is accepted into the meet, LST will email back to the designated individual an entry report for your team. Carefully check this report and alert LST of any errors or variances by email as soon as possible. (Deadline for changes is 11:59PM on Monday, November 25th, 2019). Please send officials sheets, check for payment of all entry fees, and executed hold harmless agreement (included in this packet) to the Entry Chair so it will be received the DAY BEFORE THE MEET BY 5:00 PM EST or deliver to the pool prior to the start of the meet. *Any team who does not make payment of their entry fees or file a hold harmless release will have the entire team scratched unless prior arrangements have been made with the entry chairperson.*

Enter each swimmer with their full first name, last name, age and correct USA Swimming ID number. No times and non-conforming times will be accepted, but will be seeded slowest behind conforming times. NOTE: Please keep the original entry report sent to you by LST 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 you by LST.

**ENTRY**  A swimmer may compete in **a maximum of 5 individual events a** **day**. LST also reserves the

**LIMITATIONS:** right to limit the number of entries in select events to comply with the 4 hour Indiana and USA Swimming rule. If a swimmer is entered in more than 5 events per day, the entry will be made by number order of events starting with #1 until the limit is satisfied. If cuts to any event are made, LST will refund those fees to the participating club. LST reserves the right to limit the number of entries in select events to comply with the 4-hour Indiana and USA Swimming rule.

**ACCEPTANCE** If the meet is over-entered, LST has sole discretion to determine which entries to accept. In

**CRITERIA:** exercising its discretion, LST will consider: a) Prior participation in LST swim meets. b) Number of officials provided by team. c) Balance of age groups and gender in entry. d) Level of competition. e) Geographic location. Teams will not be broken

**ENTRY FEES:** Fees are $4.00 per individual event/$6.00 per relay. Deck entries, if accepted,

will be $8.00 for individual events and $12.00 for relays. ALL SANCTIONED MEETS MUST CHARGE A $2.00 INDIANA SWIMMING SURCHARGE FEE PER ATHLETE.

**ENTRY CHAIR:** Please follow "Entry Procedure" section and mail only those items requested to:

Amy Franklin

[**LSTentries@gmail.com**](mailto:LSTentries@gmail.com)

**ENTRY** 11:59 PM EST **Monday, November 18th, 2019.**

**DEADLINE:** Teams not accepted will be notified by 9:00 PM EST Friday, November 22nd, 2019. The entry deadline will be extended if the meet is not full.

**CHANGES**, Coaches should double-check their entries before submission. No additions, or **ADDITIONS AND** corrections will be accepted after 11:59PM on Thursday, December 5th, 2019.

**CORRECTIONS:** Late Entries may be accepted if time permits and will be treated as deck entries.

**DECK**  Deck entries will be accepted from coaches only as new additions; CHANGES

**ENTRIES:** WILL NOT BE ACCEPTED. New additions will be accepted only if they do not extend the meet beyond the mandated time limit, lane space permitting. Additions may not show-up in heat sheet.

**CLERK OF** A Clerk of Course will be provided for the 10 & Under events. It will be located on the **COURSE:** southeast corner of the pool deck. Seeded heat sheets will be posted at multiple locations on the pool deck. It is the swimmers responsibility to appear at the correct starting block ready to swim his/her event.

**AWARDS:** Ribbons will be awarded for the top 16 places in each individual event, and Top 8 places in relay events. **\*\*Please note: Open events will be scored as one event.** Coaches are responsible for picking up their own teams awards in the control room prior to leaving the meet.

**COACHES &** All coaches and officials on deck must have a current 2019 registration with USA ***OFFICIALS*:** Swimming. ALL coaches and officials will be required to display their USA Swimming credentials for deck access and while on deck. The Meet Referee reserves the right to ask a coach or official to display their credentials or deny deck access if a coach or official does not comply or the card is no longer valid/current. Coaches’ information packets will be distributed to the club coach upon their arrival at the meet. A Coaches and Officials meeting will be held before the start of each day’s session, if necessary.

We would appreciate the help of any team’s **USA Swimming Officials**. Please have them contact the Meet Referee if they are interested in helping.

**MEET DIRECTOR:**  Sarah Burns [s.m.burns@comcast.net](mailto:s.m.burns@comcast.net) 317-696-7735

**MEET REFEREE:** Corey Franklin [corey.franklin@gmail.com](mailto:corey.franklin@gmail.com)

**“HOT HEATS”** There will be “Hot Heats” during the meet to encourage fun, fast swimming. Listen to the

Announcer during the meet for these randomly selected heats.

**CONCESSIONS,** Concessions will be available at the meet in the upstairs section only. PLEASE NOTE **HEAT SHEETS,** THAT NO FOOD OR DRINK WILL BE PERMITTED ON DECK AT ANY TIME.

**ADMISSIONS:** LST reserves the right to charge for admissions and for heat sheets.

**CAMPING:** There will be swimmer camping available on deck.

**LOCKER ROOMS:** There are locker rooms available for use during the meet. One set is located in the hallway leading to the pool for ***Swimmers only***. Swimmers are responsible for their own valuables.

**SCHEDULE**

**(All times are Eastern Standard Times)**

**Saturday & Warm-ups: 7:00 AM Sunday AM Meet begins: 8:00 AM**

Lane assignments and procedures will be posted; Safety rules for warm-ups will be enforced.

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| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **2019 LST Winter Decathlon** |  |  |  |
|  |  |  | **Event Order** |  |  |  |
|  |  |  |  |  |  |  |
|  | **Saturday** |  |  |  | **Sunday** |  |
| Event# | **Event Description** | Event# |  | Event# | **Event Description** | Event# |
| 1 | Open 200 Medley Relay | 2 |  | 49 | 11-12 200 Free Relay | 50 |
| 3 | 11-12 200 Medley Relay | 4 |  | 51 | Open 200 Free Relay | 52 |
| 5 | 9-10 200 Medley Relay | 6 |  | 53 | 9-10 200 Free Relay | 54 |
| 7 | 8- Under 100 Medley Relay | 8 |  | 55 | 8- Under 100 Free Relay | 56 |
| 9 | Open 100 Fly | 10 |  | 57 | 11-12 50 Fly | 58 |
| 11 | 11-12 100 Fly | 12 |  | 59 | Open 200 Fly | 60 |
| 13 | 9-10 50 Free | 14 |  | 61 | 9-10 50 Fly | 62 |
| 15 | 8- Under 25 Free | 16 |  | 63 | 8- Under 25 Fly | 64 |
| 17 | Open 200 Free | 18 |  | 65 | 11-12 100 Free | 66 |
| 19 | 11-12 50 Free | 20 |  | 67 | Open 100 Free | 68 |
| 21 | 9-10 50 Back | 22 |  | 69 | 9-10 100 Free | 70 |
| 23 | 8- Under 25 Back | 24 |  | 71 | 8- Under 50 Free | 72 |
| 25 | Open 100 Breast | 26 |  | 73 | 11-12 50 Breast | 74 |
| 27 | 11-12 100 Breast | 28 |  | 75 | Open 200 Breast | 76 |
| 29 | 9-10 100 Breast | 30 |  | 77 | 9-10 50 Breast | 78 |
| 31 | 8- Under 50 Breast | 32 |  | 79 | 8- Under 25 Breast | 80 |
| 33 | Open 200 Back | 34 |  | 81 | 11-12 100 Back | 82 |
| 35 | 11-12 50 Back | 36 |  | 83 | Open 100 Back | 84 |
| 37 | 9-10 100 Fly | 38 |  | 85 | 9-10 100 Back | 86 |
| 39 | 8- Under 50 Fly | 40 |  | 87 | 8- Under 50 Back | 88 |
| 41 | Open 50 Free | 42 |  | 89 | 11-12 200 Free | 90 |
| 43 | 11-12 200 IM | 44 |  | 91 | Open 200 IM | 92 |
| 45 | 9-10 100 IM | 46 |  | 93 | 9-10 200 IM | 94 |
| 47 | 8 – Under 100 IM | 48 |  | 95 | 8 –Under 100 Free | 96 |



SUMMARY OF ENTRIES

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and make check payable to: ***Lawrence Swim Team.***

Thank you.

**Send to:**

CLUB NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CODE\_\_\_\_\_\_\_\_\_\_\_

Total Swimmers Entered: \_\_\_\_\_\_\_\_x **$ 2.00 each**  IN Swimming Athlete Surcharge = \_\_\_\_\_\_\_\_ \_\_\_\_

Number of girls’ individual events: \_\_\_\_\_\_\_x **$5.00 each** = \_\_\_\_\_\_\_\_\_\_\_

Number of boys’ individual events: \_\_\_\_\_\_\_x **$5.00 each** = \_\_\_\_\_\_\_\_\_\_\_

Total number of relay entries: \_\_\_\_\_\_\_x **$6.00 each** = \_\_\_\_\_\_\_\_\_\_\_

**TOTAL AMOUNT ENCLOSED: \_\_\_\_\_\_\_\_\_\_\_**

**Club Official Submitting Entry: Coaches’ Names:**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State:\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daytime Phone: ( )\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: ( )\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please indicate what type of meet results you wish to receive:

\_\_\_\_ Hard Copy (snail mailed OR .html/.pdf file emailed)

\_\_\_\_ Meet Manager Backup (Emailed)

\_\_\_\_ Team Manager .cl2 file (Emailed)

\_\_\_\_ ALL of the above

Email address to send above to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: No copies of results will be given at the meet; you must have a valid email to receive the results.

**CLUB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (“CLUB”)**

**Release and Hold Harmless Agreement**

In consideration of being permitted to participate in this swim meet, club and its swimmers, coaches, parents, members, and volunteers hereby release and forever discharge Lawrence Swim Team, Inc., its Board of Directors, USA Swimming, Inc., Indiana Swimming, Inc., MSD Lawrence Township, Lawrence North High School, the respective owners, trustees, directors, officers, agents, employees, members, successors and assigns each of them and all other persons or entities in any way connected with sponsoring or holding this swim meet, of and from any all liabilities, claims, demands, actions causes of action, losses, damages or expenses, of whatever kind of 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 Lawrence Swim Team Inc., USA Swimming, Inc., Indiana Swimming, Inc., MSD Lawrence Township, Lawrence North High School, 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 of 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 harmless agreement on behalf of each of them, binding club, and it swimmers, coaches, parents, members and volunteers to the terms hereof.

EXECUTED THIS \_\_\_\_\_\_\_\_\_\_ DAY OF \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 201\_\_.

SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINTED NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POSITION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you include:

\_\_\_\_\_ Check

\_\_\_\_\_ Team Manager .cl2 file (Emailed)

\_\_\_\_\_ Summary of Entries

\_\_\_\_\_ ALL of the above