NORTHRIDGE AREA SWIMMING ASSOCIATION

***2019 IN NASA SPRINT MEET PLUS***

***NOVEMBER 2-3, 2019***

**SANCTION:** Held under the sanction of USA Swimming and Indiana

Swimming**. Sanction # IN20063**

**SPONSOR:** Northridge Area Swimming Association

Head Coach and Club Director: Kyle Hembree

Email: [coachhembree@nasaswimming.org](mailto:coachhembree@nasaswimming.org)

Meet Director: Mike Weber

Phone: 574-320-7964

Email: mike.weber1916@gmail.com

Entry Chair: Kyle Hembree

56779 Northridge Dr.

Middlebury IN 46540

Phone: 574-349-7456

E-mail: [coachhembree@nasaswimming.org](mailto:coachhembree@nasaswimming.org)

**DATE:** November 2-3, 2019

**LOCATION:** NORTHRIDGE HIGH SCHOOL POOL

56779 Northridge Drive (Pool door faces US 20 – Door 11, SE side)

Middlebury, Indiana 46540

**FACILITIES:** 10 lane, 25 yard competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Depth at start end of the pool is 13.5 ft. Depth at turn end of pool is 5 ft – 6 ft. Non-turbulent lane lines. Daktronics Automatic timing system with backup. Two full color score boards. Warm up/warm down area available. Stadium seating.

Swimmers rest area is available in adjoining field house.

**TIME SCHEDULE:** Sat & Sun Morning Session: **Warm-ups: 8:00 – 8:50 AM**

**Meet Begins: 9:05 AM**

Afternoon session will begin immediately following the conclusion of the morning session but not

before 12:00 PM. There will be one hour of warm-ups. The afternoon session will begin not

before 1:15 PM.

**ELIGIBILITY:** Swimmers must be registered with USA Swimming and their

registration numbers must accompany the entry. Age as of

November 2, 2019 will determine age for the meet. Indiana Swimming does not process on-site registrations.

**ENTRY LIMITS:** Each swimmer may enter five (5) individual events plus one (1)

Relay per day. If the meet is not full, deck entries may be accepted at the

discretion of the meet director. Teams will not be split. Deck entries will be $10.00 per event. Deck entries and NT entries will be placed in the slowest heats. Entries may be e-mailed or sent by mail.

**ENTRY FEES:** $5.00 per individual event. $8.00 per relay. $2.00 INDIANA Swimming surcharge per swimmer. Make checks payable to Northridge Area Swimming Association (NASA). Checks must accompany the entry or be paid by the start of the meet. No entry fees will be returned except for those received after the limit has been reached.

**ENTRY DEADLINE:** Entries will be accepted starting Tuesday, October 1, 2019 and must be received no later than Friday, October 18, 2019. The deadline will be extended if the meet is not full. You will receive confirmation of your entry as it is received.

**Mail or email entries to:** Kyle Hembree

56779 Northridge Dr.

Middlebury IN 46540

Phone: 574-349-7456

E-mail: [coachhembree@nasaswimming.org](mailto:coachhembree@nasaswimming.org)

If the meet is over-entered, NASA has sole discretion to determine which entries to accept. In making this decision, teams will not be split and the number of officials and timers will be considered. Order of arrival of entries submitted before the entry deadline will not be a consideration. Teams will be notified by email of their status by 8:00 pm, October 21, 2019.

**AWARDS:** Individual Events: 1st – 12th Custom Ribbons

Relay Events 1st – 3rd  Custom Ribbons

High Point awards for each age group.

(8 & under, 9-10, 11-12, 13-14) There will not be awards for 15 & over swimmers...

Individual scoring: 16-13-12-11-10-9-7-5-4-3-2-1

**RESULTS:** A copy of the final results will be sent to each participating team in the formats indicated on the Summary of Entry Form. Teams may receive the final results on USB flash drive immediately following the meet.

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), 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-ups, competition, and warm-down. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision, but it the swimmer’s responsibility to make such arrangements. The No-Recall procedure will be used.

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, rest rooms 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.​

**SUIT RULE:** THE USA SWIMMING SWIM SUIT RULE (102.9.1 B) IS IN EFFECT. 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 or below the knees, and for women, shall not cover the neck, extend past the shoulders, nor extend below the knee.

**CHECK-IN:** Positive check-in is required for all swimmers. Swimmers must check in no later than 45 minutes prior to the start of each session. Clerk of Course will be provided for swimmers 8 & under in the morning sessions. Swimmers are encouraged to check in prior to warm-ups. Swimmers who do not check in will be scratched.

COACHES: Coaches and officials must constantly display their USA Swimming coach credential or deck pass to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access to a coach who does not comply. Coaches will be required to show their credentials at sign in table before access to pool is granted.

**MEET WORKERS:** Each team with 5 or more swimmers is required to supply at least 1 Official and 2 timers for each session. Officials’ meeting will be 45 minutes before the meet session starts in the hospitality room. Timers’ meeting will be held on the pool deck behind the blocks ten minutes prior to the meet session starting.

Please include the names of anyone interested in helping along with phone numbers with your entry or in your email. Thank you.

**ADMISSION**: Admission is $5 per session or $10 for the whole meet.

**CONCESSIONS:** Full concessions with an excellent variety of food and drinks will be available. Just Add H2O will also be available for all your swimming needs.

**HEAT SHEETS:** Psych sheets will be available for $7.00 for the entire weekend. Heat sheets will be available for $1.00 per session.

**PARKING:** Parking is available near the pool entrance as well as in other lots around the building. There may be other events at the school occurring during the same time as our meet. You may have to park in lots that are not immediately adjacent to the pool and result in a short walk to reach the pool. You will be able to drop swimmers and family members off at door 11. PLEASE DO NOT park on the grass or along curbs. Thank you!!

**FACILITIES:** We are excited to be able to use the facilities at Northridge High School for our meet under a long standing agreement between the administration and our club. PLEASE respect our facility rules and respect all school property. NO SMOKING is permitted on the school premises. NO food or drinks will be allowed in the pool or in the field house. NO coolers are allowed in the swimmer rest area or the pool area. Coolers can be kept in the hall near the swimmer rest area. Food and drinks will be permitted in the spectator area with the expectation that everyone will clean up their area before leaving.

**HOTELS:**  There are several hotels in close proximity to the pool that provide reasonably priced overnight accommodations. The listing of these hotels is attached to the meet packet. Please provide this information to your swimmer families.

# **NASA SPRINT MEET PLUS**

## SUMMARY OF ENTRY

In addition to your HyTek/Team Unify entry (disk or email), please fill out the form below and include it with your check, **made payable to NASA**, to be received no later than the start of the meet. If mailing, please send to**:**

**Kyle Hembree**

**56779 Northridge Dr.**

**Middlebury IN 46540**

**Phone: 574-349-7456**

**E-mail:** [**coachhembree@nasaswimming.org**](mailto:coachhembree@nasaswimming.org)

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Name of Club: Club Code:

Total individual entries: X $5.00 = $

Total Relay entries: X $8.00 = $

Total # swimmers entered \_\_\_\_\_\_\_\_\_ X $2.00 swimmer surcharge = $\_\_\_\_\_\_\_\_\_\_\_\_\_

(IN Swimming surcharge)

Total enclosed (payable to NASA before the start of the meet) $\_\_\_\_\_\_\_\_\_\_\_\_

Person filling out this entry:

Address:

City: State: Zip:

Phone: email:

Head Coach: Asst. Coach:

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 NASA 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.

Signature of Club Official

Please indicate how your club would like to receive the final results:

\_\_\_\_\_\_ Hard copy ( US Mail or .htm file emailed)

\_\_\_\_\_\_ Meet Manager Backup (emailed)

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

\_\_\_\_\_\_ All of the above

Email address for meet results: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SUMMARY OF EVENTS**

### NASA SPRINT MEET PLUS

**NOVEMBER 2-3, 2019**

**SATURDAY MORNING - SESSION 1**

**Warm-ups Start: 8:00 am**

**Meet Starts: 9:05 am**

**GIRLS BOYS**

1 9-10 100 YD FREESTYLE 2

3 8 & under 25 YD BUTTERFLY 4

5 9-10 25 YD BUTTERFLY 6

7 8 & under 50 YD BACKSTROKE 8

9 9-10 50 YD BACKSTROKE 10

11 8 & under 100 YD I.M. 12

13 9-10 100 YD I.M. 14

15 8 & under 25 YD FREESTYLE 16

17 9-10 25 YD FREESTYLE 18

19 8 & under 50 YD BREASTSTROKE 20

21 9-10 50 YD BREASTSTROKE 22

23 9-10 100 YD BUTTERFLY 24

25 10 & under 100 YD MEDLEY RELAY 26

### SATURDAY AFTERNOON - SESSION 2

**Warm-up starts: NOT BEFORE 12:00pm**

**Meet Starts: 1:15 pm**

**GIRLS BOYS**

27 13 & over 50 YD FREESTYLE 28

29 11-12 25 YD FREESTYLE 30

31 13 & over 200 YD BUTTERFLY 32

33 11-12 100 YD BUTTERFLY 34

35 13 & over 100 YD BACKSTROKE 36

37 11-12 50 YD BACKSTROKE 38

39 13 & over 100 YD BREASTSTROKE 40

41 11-12 50 YD BREASTSTROKE 42

43 13 & over 200 YD FREESTYLE 44

45 11-12 100 YD FREESTYLE 46

47 13 & over 50 YD BUTTERFLY 48

49 11-12 25 YD BUTTERFLY 50

51 13 & over 100 YD I.M. 52

53 11-12 100 YD I.M. 54

55 13 & over 100 YD MEDLEY RELAY 56

57 11-12 100 YD MEDLEY RELAY 58

**SUMMARY OF EVENTS**

### NASA SPRINT MEET PLUS

**NOVEMBER 2-3, 2019**

**SUNDAY MORNING - SESSION 3**

**Warm-ups Start: 8:00 am**

**Meet Starts: 9:05 am**

**GIRLS BOYS**

59 9-10 100 YD BACKSTROKE 60

61 8 & under 25 YD BREASTSTROKE 62

63 9-10 25 YD BREASTSTROKE 64

65 8 & under 100 YD FREESTYLE 66

67 9-10 200 YD FREESTYLE 68

69 8 & under 50 YD BUTTERFLY 70

71 9-10 50 YD BUTTERFLY 72

73 8 & under 50 YD FREESTYLE 74

75 9-10 50 YD FREESTYLE 76

77 8 & under 25 YD BACKSTROKE 78

79 9-10 25 YD BACKSTROKE 80

81 9-10 100 YD BREASTSTROKE 82

83 10 & UNDER 100 YD FREESTYLE RELAY 84

### SUNDAY AFTERNOON - SESSION 4

**Warm-up starts: NOT BEFORE 12:00pm**

**Meet Starts: 1:15 pm**

**GIRLS BOYS**

85 13 & over 200 YD IM 86

87 11-12 200 YD FREESTYLE 88

89 13 & over 50 YD BREASTSTROKE 90

91 11-12 25 YD BREASTSTROKE 92

93 13 & over 200 YD BACKSTROKE 94

95 11-12 100 YD BACKSTROKE 96

97 13 & over 100 YD BUTTERFLY 98

99 11-12 50 YD BUTTERFLY 100

101 13 & over 100 YD FREESTYLE 102

103 11-12 50 YD FREESTYLE 104

105 13 & over 200 YD BREASTSTROKE 106

107 11-12 100 YD BREASTSTROKE 108

109 13 & over 50 YD BACKSTROKE 110

111 11-12 25 YD BACKSTROKE 112

113 13 & over 100 YD FREESTYLE RELAY 114

115 11-12 100 YD FREESTYLE RELAY 116

***NASA SPRINT MEET PLUS***

***OFFICIALS/TIMERS VOLUNTEER FORM***

Please list the names, phone numbers, and level of officials/timers from your

club that are willing to work. Please indicate the sessions each

volunteer can be available. Thank you for your help!

***CLUB NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***VOLUNTEER COORDINATOR:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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**NASA HOTEL PARTNERSHIPS**

Winter 2019-20

1. **Essenhaus Inn & Conference Center** (1 minute from pool)

240 US 20

Middlebury, IN 46540

(800) 455-9471

Indoor pool and Continental Breakfast.

Resort area with restaurant and gift shops.

2. **Hampton Inn & Suites-** (located 1 mile from pool)

105 Crystal Heights Blvd.

Middlebury, IN 46540

(574) 822-0288

3. **Blue Gate Garden Inn**- (approx. 10 min. from pool)

800 S. Van Buren St.

Shipshewana, IN 46565

(260) 768-7688

4. **The Van Buren Hotel-** (approx. 10 min. from pool)

1175 N. Van Buren St.

Shipshewana, IN 46565

(260) 768-7780

5. **Farmstead Inn**- (approx. 10 min. from pool)

370 S. Van Buren St.

Shipshewana, IN 46525

(260) 768-4595

6. **Super 8 Motel**- (approx. 10 min from pool)

740 S. Van Buren St.

Shipshewana, IN 46565

(260) 768-4004