**2019 Power Up Invitational**

**October 11 & 12th**

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| --- | --- | --- |
| **Date** | **Deadline** | **Description** |
| Thursday 09/12/2019 | 8:00 am | Entries open; can be emailed to Patty Carroll jbciu85@att.net |
| Thursday 09/26/2019 | 8:00 am | Entry deadline; all entries must be received |
| Friday 09/27/2019 |  | Teams will be notified whether or not their entry has been accepted into the meet |
| Tuesday 10/01/2019 | 8:00 pm | Deadline for changes in the entry |
| Thursday 10/03/2019 |  | Limits, if needed, will be posted to [www.michianastars.com](http://www.michianastars.com) |
| Friday 10/11/2019Day 1 of meet | 4:30 PM5:15 PM5:30 PM | Warm-up begins; positive check in closes; deck entries closeWarm-up ends; Coaches meeting beginsSession begins  |
| Saturday 10/12/2019Day 2 of meet | 7:30 AM8:00 AM 8:10 AM 8:45 AM 9:00 AM   | Warm-up beginsDeck entries closePositive check in closesWarm-up ends; Coaches meeting begins Session begins |

**Sanction**

This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction number: IN20039

**Host**

Michiana Stars Swimming; LLC.

2510 Miami St.

South Bend, IN 46614

**Location**

Mishawaka High School Natatorium

1202 Lincolnway E

Mishawaka, IN 46544

**Facility**

This competition course has been certified in accordance with 104.2.2C (4). Competition will take place in an 8 lane, 25-yard pool with separate diving well for warm up and warm down. Competition non turbulent lane lines will be used. Colorado timing system is in place with a visible scoreboard for spectators. In accordance with 202.4.9 C - the depth of the course ranges from 3 ft. 8 inches to 6 ft. Starting blocks are located on the bulkhead of the 6ft water depth.

**Parking**

Free parking is available off Wenger St. (one way) across from door L entrance to the pool. Additional parking first come first serve located on both sides of the door L entrance.

**Rules**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. USA Swimming Rules 202.4.9 & 202.5

USA Swimming Rule 202.5.3 - 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 may assist in making arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet.

Coaches MUST present their current USA Swimming coaches pass to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if a coach does not comply or credentials are no longer valid or current.

ABSOLUTELY NO PARENTS WILL BE ALLOWED ON THE POOL DECK. This is an insurance requirement of USA Swimming, and will be strictly enforced. (202.4.9 I)

USA Swimming Rule 202.4.9 D - 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.

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.

USA Swimming Rule 202.4.9 J - Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas or locker rooms.

Deck changes are prohibited stated in 202.4.9 I

USA Swimming article 202.4.9 J shall apply: 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.

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to or authorize to use pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

**Eligibility**

In accordance with 202.4.9 E, 202.4.9 F, & 205.2.2 - Swimmers must be registered with USA Swimming prior to the competition. Age as of Friday October 11, 2019 shall determine the swimmer’s age for the entire meet. Registration numbers must accompany entries. There will not be any USA Swimming registration at the meet.

**Meet Format**

All sessions will be timed finals. All sessions consist of age groups 8 & under, 12 & under, and 13 & over. Relays indicated at mixed include team’s choice of boy/girl combinations and must include two boys and two girls each. We will not take a courtesy break for swimmers who are competing in multiple events of the same stroke.

**Entry Deadline**

Entries will be accepted starting 8:00 am, Thursday - 09/12/19

Entry Deadline will be 8:00 am, Thursday - 09/26/19

**Timeline Management**

Michiana Stars Swimming 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 to events will be posted to [www.michianastars.com](http://www.michianastars.com) no later than Tuesday, October 8, 2019. Fees will be refunded for any swimmer cut from an event due to timeline management. Michiana Stars Swimming also reserves the right to combine age groups within given session(s) to control the timeline. Please note that chase starts may be utilized for all events.

**Entry Limits**

No team’s entries will be broken. Each swimmer will be limited to no more than four individual events for the Friday session and no more than five individual events for the Saturday session. If a swimmer is entered in more than the maximum number of individual events for that day and does not scratch down by the deadline, the entry will be made by order of events, starting with Event #1 until the limit is satisfied. There will be NO refunds for swimmers entered in more events than permitted.

**Entry Acceptance and Deadlines**

* Entries will be accepted starting 8:00 AM, Thursday, September 12, 2019
* The entry deadline will be 8:00 AM, Thursday, September 26, 2019
* The entry deadline will be extended if the meet does not fill
* Teams will be notified by Thursday, October 3, 2019 whether or not their entries have been accepted.
* Updated information can be found at [www.michianastars.com](http://www.michianastars.com)
* Deadline for entry changes will be 6:00 pm, Wednesday, October 2, 2019

**Entry Procedure**

Between September 12, 2019 and September 26th, 2019 submit your entries via email using the Hytek Commlink file (CL2 file) or Team Unify Standard SD3 file:

* Review your entry for correct contact information prior to submission
* Be sure to include all swimmers’ full names and USA Swimming ID number
* All times must be submitted in short course yards.
* We will not accept NT for individual events.
* NT will be accepted for mixed relay events.
* Send your email with attached entry file to:

**ENTRY CHAIR** Patty Carroll

(574) 286-2189

jbciu85@att.net

* Please include your team name and entry chair’s contact information in the email
* You will receive an email with 24 hours confirming that your entry file has been received and processed. This does NOT mean you have been accepted into the meet.
* After acceptance, an entry report will be emailed to your team. Be sure to check your entry report for errors. Michiana Stars Swimming has sole discretion in determining which entries to accept. In exercising its discretion, Michiana Stars Swimming will consider: timeline, number of officials provided by team, balance of age groups and gender in entries, level of competition, and geographic location.

**Entry Fees**

All fees must be paid no later than one hour prior to the start of the first session in which a team/athlete is competing. Please make checks payable to Michiana Stars Swimming and include the Release and Hold Harmless Agreement with payment.

* Individual timed final events: $5.00 per event
* Relays timed final events: $8.00 per event
* Indiana Swimming surcharge: $2.00 per swimmer

**Deck Entries**

Deck entries for individual events will be accepted until 60 minutes before the session is scheduled to begin and at the discretion of Michiana Stars Swimming. Notify the administration desk and or entry chair of possible deck entries as soon as deck entries are known. Deck entries will only be accepted provided there is a lane available and only as a new addition. No additional heats will be created to accommodate deck entries. No deck entries will be permitted for events that have been limited. Deck entries may be entered as NT (no time). Entry fee for deck entries is $8.00 per individual timed final event and $12.00 per relay timed final event.

**Positive Sign-in**

All sessions will require positive check-in. Positive check-in means **“I am here and I intend to swim this event.”** Check-in sheets will be located at the security desk on the deck level. All swimmers not declaring intent to swim via check-in will be scratched. **Deadlines: Friday 4:00 PM, Saturday 8:10 AM**

**Seeding of Events**

Seeding of all events will be done following the close of positive-check in.

**Clerk of Course**

Clerk of Course will be provided for 8 & under events only.

**Final Results**

Final results will be posted at the Michiana Stars Website [www.michianastars.com](http://www.michianastars.com). Meet results posted through the online application Meet Mobile are not considered final. We will provide coaches with final results in the following formats:

• Meet Manager Backup (Emailed)

• Team Manager .cl2 file (Emailed)

• PDF Full Meet Results (Emailed)

**Awards**

All events awarded ribbons or medals for places 1st - 8th. Pick up awards at the close of the final session at the awards table.

Heat winners will be presented to every heat.

**Admissions**

Admission will be charged. Children 10 and under are free.

**Heat Sheets**

Heat Sheets will be for sale to spectators at admission table.

**Warm-ups**

Lane & heat assignments will be posted at various points around the pool.

**Concessions**

Concessions will be available.

**Meet Director**

Amber Grundy

(574) 315-0227

ambergrundy@gmail.com

**Meet Referee**

Aaron Frick

adfrick@gmail.com

**Officials**

Michiana Stars will provide and also appreciates and will need any volunteer USA swimming officials.

**Timers**

Michiana Stars Swimming will provide timers for all session. Stars appreciates any volunteer timers from guest teams.

**Emergency Procedures**

Emergency action protocol is posted at or near pool deck and spectator entrance/exits. Lifeguard stations are stocked with standard first aid, CPR, and AED equipment.

**Meet Schedule**

Warm up session lane assignments will be posted on the pool deck. Warm up sessions may be split. ALL events will be seeded and swam slowest to fastest to provide optimal conditions for the swimmers. (202.4.9 B)

**FRIDAY Evening Events (TIMED FINALS)**

**Warm-Up: 4:30 pm**

**Meet Start: 5:30 pm**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event** | **Event #** |
| 1 | \*200 Freestyle Relay (Mixed) 13&O | - |
| 2 | \*200 Freestyle Relay (Mixed) 12&U | - |
| 3 | \*100 Freestyle Relay (Mixed) 8&U | - |
| 4 | 100 Breaststroke 13&O | 5 |
| 6 | 100 Breaststroke 12&U | 7 |
| 8 | 25 Breaststroke 8&U | 9 |
| 10 | 200 Butterfly 13&O | 11 |
| 12 | 50 Butterfly 12&U | 13 |
| 14 | 25 Butterfly 8&U | 15 |
| 16 |  100 Freestyle 13&O | 17 |
| 18 | 100 Freestyle 12&U | 19 |
| 20 | 50 Freestyle 8&U | 21 |
| 22 | 200 Backstroke 13&O | 23 |
| 24 | 50 Backstroke 12&U | 25 |
| 26 | 25 Backstroke 8&U | 27 |
| 28 | \*200 Medley Relay (Mixed) 13&O | - |
| 29 | \*200 Medley Relay (Mixed) 12&U | - |
| 30 |  \*100 Medley Relay (Mixed) 8&U | - |

\*Mixed relays must consist of two boys and two girls per relay.

**SATURDAY AM (TIMED FINALS)**

**Warm-Up: 7:30 am**

**Meet Starts: 9:00 am**

|  |  |  |
| --- | --- | --- |
| **Girls** | **Event** | **Boys** |
| **Event #** | **Event #** |
| 31 | 200 Butterfly Relay (Mixed) 13&O | - |
| 32 | 200 Butterfly Relay (Mixed) 12&U | - |
| 33 | 100 Butterfly Relay (Mixed) 8&U | - |
| 34 | 200 Freestyle 13&O | 35 |
| 36 | 25 Freestyle 8&U | 37 |
| 38 | 200 Breaststroke 13&O | 39 |
| 40 | 50 Breaststroke 12&U | 41 |
| 42 | 100 Butterfly 13&O | 43 |
| 44 | 100 Butterfly 12&U | 45 |
| 46 | 50 Freestyle 13&O | 47 |
| 48 | 50 Freestyle 12&U | 49 |
| 50 | 100 Backstroke 13&O | 51 |
| 52 | 100 Backstroke 12&U | 53 |
| 54 | 200 IM 13&O | 55 |
| 56 | 200 IM 12&U | 57 |
| 58 | 100 IM 8&U | 59 |
| 60 | 200 Breaststroke Relay (Mixed) 13&O | - |
| 61 | 200 Breaststroke Relay (Mixed) 12&U | - |
| 63 | 100 Breaststroke Relay (Mixed) 8&U | - |

**RELEASE AND HOLD HARMLESS AGREEMENT**

This summary form must be completed and returned to the entry chair upon arrival at the meet, along with payment.

USA Swimming (202.4.9 K) RELEASE AND HOLD HARMLESS AGREEMENT

This summary form must be completed and returned to the entry chair upon arrival at the meet, along with payment.

Release and Hold Harmless Agreement In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for him/herself, the club and its swimmers, their successors and assigns, hereby release and forever discharge Michiana Stars Swimming LLC, United States Swimming, Mishawaka High School, Indiana Swimming, Inc. and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned representative and his swimmers shall indemnify and hold harmless Michiana Stars Swimming LLC, United States Swimming, Indiana Swimming, Inc. and Mishawaka High School and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this \_\_\_\_\_\_day of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 201\_\_

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

Name & Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Coach Attending Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_