**2019 PRO SUPERSTAR INVITATIONAL**

**A swim your own age timed finals meet with 8 & under events**

**October 19th and 20th, 2019**

**SANCTION** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN2

**HOST**  PRO Swimming

www.pennaquaticclub.com

**MEET DIRECTOR** Wynne Trowbridge

E-mail swimwynne3@gmail.com Phone 574-360-5126

**LOCATION** Penn High School

56100 Bittersweet Road

Mishawaka, Indiana 46545

**FACILITY** 25-yard, 8 lane pool with Colorado electronic timing with button and digital watch back-up. Water depth at start end is 4 feet. Depth at the other end is 6 feet. The competition course has not been certified in accordance with 104.2.2C(4). Warm-up and cool-down area available.  Spectator seating is available in the gallery section on the 2nd floor of the facility. Elevator service available upon request.

**PARKING** Free parking is available in the Bittersweet Road parking lot on the northwest side of Penn High School.

**USA and INDIANA SWIMMING RULES**

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

● 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 in making arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet.

● Any swimmer entered in the meet, 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. When unaccompanied by a member- coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

● Coaches. and Officials MUST display their current USA Swimming coach credential to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

● In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming rule 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.

● 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.

● Deck changes are 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.​

**ELIGIBILITY** Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of October 19, 2019 shall determine the swimmer’s age for the entire meet (205.2.2). There will not be any USA Swimming registration at the meet. Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

**FORMAT** This is a TIMED FINALS meet. PRO Swimming reserves the right to limit select events during all sessions if it is deemed necessary to complete the session within the requirements of Indiana Swimming rules. Fees will be refunded for any swimmer cut from an event due to timeline management.

**CLERK OF COURSE** Clerk of Course will be provided for 8 & under events only. All 8 & under swimmers will be lined up at Clerk of Course to help assure that swimmers do not miss events. We highly encourage coaches to cover check-in and meet procedures with their new swimmers and parents.

All other age groups – Seeded heat sheets will be posted on deck immediately before the start of each session. It is the swimmer’s responsibility to appear at the correct starting platform ready to swim in time for the start of his/her heat.

**SIGN INS** There will be a positive sign-in process for this meet, meaning, “I am here. I intend to swim”. Sign in sheets will be posted outside the locker rooms. Sign-in sheets will come down 15 minutes after the start of warm-ups for each session. All swimmers who do not sign in before the meet will be considered “scratched”. To scratch an event, “X” through that event number on the sign-in sheet. At the 15-minute deadline, sign-in sheets will be removed from the table and no changes or corrections will be accepted. Please review with your swimmers the process of a positive sign in format.

**ENTRY LIMITS** Each swimmer will be limited to 5 individual events and 1 relay per **session** per day. If an individual is entered in more than 5 events, the entry will be made by order of events, starting with Event #1 until the limit is satisfied. There will be no refunds to teams who over-enter swimmers in the meet.

If time line permits, the host team may add heats in limited events solely for host team swimmers who do not meet cut off times. Host team reserves the right to limit any events in order to stay within the timeline allowed each session. Refunds will be given for entry fees paid related to those swimmers who are not allowed to compete in a limited event. Limited event times will not be adjusted after posting. Swimmers who missed the cut times due to an entry error that was not reported to PRO Swimming prior to the deadline for changes will NOT be added to limited events. Any scratches from limited events can be filled with host team swimmers who did not meet the required cut time. No swimmers seeded below the cut time will be added to limited events except for host team swimmers.

**DECK ENTRIES** Deck entries will be accepted, at the discretion of Pro Swimming, on a space available basis. **Deck entries will be $6.00 per individual event and $8.00 per relay.**

**ENTRY FEES** All fees must accompany entry. Please make checks payable to **PRO Swimming** and mail to the entry chair along with your team’s signed release and summary of entries report. All payments and forms MUST be received before the start of the meet on Saturday, October 19, 2019 or your team’s entries will be scratched.

**Timed Final Events ($4.00 per event)**

**Relay Events: ($6.00 per event)**

**There will also be a fee of $2.00 per swimmer Indiana Swimming Athlete Surcharge.**

**ENTRY ACCEPTANCE AND DEADLINES:**

**Entries will be accepted starting 8:00 AM, Monday, September 23, 2019**

**● The entry deadline will be 5:00 PM, Friday, October 4, 2019.**

● The entry deadline will be extended if the meet does not fill.

Acceptance may be subject to the size limitations of the meet based on the fill status at the time the entry is received. Host will notify teams being turned away by email within 72 hours after the meet entry deadline or 72 hours after the meet becomes full, whichever comes first. No phone or fax entries will be accepted.

**ENTRY PROCEDURE:** Between September 24th and October 5th submit your entries via email:

● Review your entry for correct contact information prior to submission

● Be sure to include all swimmers’ full name and USA Swimming ID number

● All times must be submitted in short course yards (SCY)

● Entry chair Mandy Molnar (574-485-8444) – PO Box 83, Osceola, IN 46561

● Send your email with attached entry file to: mmolnar92@gmail.com

● Please include your team name and entry chair’s contact information in the email

● You will receive a confirmation email stating that your entry has been received.

● After acceptance, an entry report will be emailed to your team. Be sure to check your entry report for errors. The deadline for changes is noon, Thursday, October 10, 2019

**FINAL RESULTS:** Final results will be posted at the PRO Swimming website at www.pennaquaticclub.com as well as e-mailed to each team.

**RELAYS** Relay cards must list the full name of swimmers competing on the relay. Failure to properly complete relay cards may result in the relay not swimming the event. Relay cards shall be turned in at the Computer table no later than 30 minutes before the start of the meet. Relays are assumed to be swimming unless a coach marks SCRATCH on the relay card and turns it in at the computer table.

**SCORING AND AWARDS**

Scoring – Individual events: 9-7-6-5-4-3-2-1

Awards will be given for places 1st-10th in the age groups of 7 & under, 8, 9, 10, 11, 12, 13 & 14-year olds. No awards will be given to 15 & over swimmers. Relays placing 1st through 3rd will be awarded ribbons. Individual high point trophies will be awarded for 1st **place in each age group (except 15 & over). Please remember to pick up your team’s awards at the end of the meet.**

**TIME CHANGE:** All times are Eastern Standard Time.

**SCHEDULE:**

**Morning Sessions Saturday and Sunday:**

Coaches Meeting 7:45 a.m.

Warm-ups 7:00 – 7:45 a.m.

Meet Starts 8:00 a.m.

**Afternoon Sessions Saturday and Sunday:**

Warm-ups NOT BEFORE 12:00 noon

Meet Starts one hour after warm-ups begin

**Warm-Ups** - Lanes for warm-ups will be assigned.

**There will be Fly-over starts.**

**ADMISSION Admission of $4.00 per session will be charged. Children 10 and under are free.**

**PRELIMINARY PSYCH SHEETS will be available for $5.00**

CONCESSIONS Concessions are available.

***OFFICIALS PRO Swimming will need the help of your USA Swimming Officials. If you have someone that is in charge of your officials please provide his or her name and email address on your entry summary form where requested. Each team is expected to supply at least one official per session.***

**GENERAL INFORMATION:**

**● Each team is responsible for its own valuables.**

**● Each coach is responsible for the conduct of his or her team.**

**● Due to USA Swimming insurance requirements -- only swimmers, coaches, and authorized volunteers and officials will be allowed in the pool deck area.**

**● Please respect and care for the facility. Swimmers and teams should keep trash picked up.**

**● NO SMOKING is permitted in the building or on the grounds of the school**

**● Do not go or let children go, in any unauthorized areas. This means any place other than the spectator seating areas, or lobby.**

**2019 PRO SUPERSTAR INVITATIONAL**

**Saturday Morning Session**

**Warm-ups 7:00 – 7:45 a.m.**

**Meet begins at 8:00 a.m.**

**GIRLS ORDER OF EVENTS BOYS**

1 8 & under 50 yard BACK 2 3 9 – 10 50 yard BACK 4 5 8 & under 25 yard FREE 6 7 9 – 10 100 yard Free 8 9 8 & under 50 yard BREAST 10 11 9 – 10 50 yard BREAST 12 13 8 & under 25 yard FLY 14 15 9 – 10 100 yard FLY 16 17 8 & under 100 yard IM 18 19 9 – 10 200 yard IM 20 21 8 & under 100 yard FREE RELAY 22 23 9 – 10 200 yard FREE RELAY 24

**Saturday Afternoon Session**

**Warm-ups NOT BEFORE 12:00 Noon**

**Meet begins one hour after warm-ups begin**

**GIRLS ORDER OF EVENTS BOYS**

25 11 – 12 200 yard IM 26 27 13 & over 200 yard IM 28 29 11 – 12 100 yard FLY 30 31 13 & over 100 yard FLY 32 33 11 – 12 50 yard BACK 34 35 13 & over 200 yard BACK 36 37 11 – 12 100 yard FREE 38 39 13 & over 100 yard FREE 40 41 11 -12 50 yard BREAST 42 43 13 & over 100 yard BREAST 44 45 11 - 12 200 yard FREE RELAY 46 47 13 & over 200 yard FREE RELAY 48

**All times are Eastern Standard Time**

**2019 PRO SUPERSTAR INVITATIONAL**

**Sunday Morning Session Warm-ups 7:00 – 7:45 a.m.**

**Meet begins at 8:00 a.m.**

**GIRLS ORDER OF EVENTS BOYS**

49 8 & under 25 yard BACK 50 51 9 – 10 100 yard BACK 52 53 8 & under 50 yard FREE 54 55 9 – 10 50 yard FREE 56 57 8 & under 25 yard BREAST 58 59 9 – 10 100 yard BREAST 60 61 8 & under 50 yard FLY 62 63 9 – 10 50 yard FLY 64 65 8 & under 100 yard FREE 66 67 9 – 10 200 yard FREE 68 69 8 & under 100 yard MEDLEY RELAY 70 71 9 – 10 200 yard MEDLEY RELAY 72

**Sunday Afternoon Session**

**Warm-ups NOT BEFORE 12:00 Noon**

**Meet begins one hour after warm-ups begin**

**GIRLS ORDER OF EVENTS BOYS**

73 11 – 12 200 yard FREE 74 75 13 & over 200 yard FREE 76 77 11 – 12 50 yard FLY 78 79 13 & over 200 yard FLY 80 81 11 – 12 100 yard BACK 82 83 13 & over 100 yard BACK 84 85 11 – 12 50 yard FREE 86 87 13 & over 50 yard FREE 88 89 11 -12 100 yard BREAST 90 91 13 & over 200 yard BREAST 92 93 11 - 12 200 yard MEDLEY RELAY 94 95 13 & over 200 yard MEDLEY RELAY 96

**2019 PRO SUPERSTAR INVITATIONAL SUMMARY FORM**

**and RELEASE AND HOLD HARMLESS AGREEMENT**

**Timed Finals October 19th and 20th**

Please supply the information requested below and mail with your Official Form and check to the Meet Entry Chair. Make checks payable to PRO Swimming. All fees must be paid in full before the start of the meet.

Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of swimmers entered: Boys\_\_\_\_\_\_ + Girls\_\_\_\_\_\_\_ = Total \_\_\_\_\_\_\_\_\_\_\_\_ Number of Boys' Individual Entries \_\_\_\_\_\_\_\_\_\_\_\_ @ $4.00 = $ \_\_\_\_\_\_\_\_\_\_\_\_ Number of Girls' Individual Entries \_\_\_\_\_\_\_\_\_\_\_\_ @ $4.00 = $ \_\_\_\_\_\_\_\_\_\_\_ Number of Relay Entries \_\_\_\_\_\_\_\_\_\_\_\_ @ $6.00 = $ \_\_\_\_\_\_\_\_\_\_\_\_ Total number of athletes @$2.00 (Indiana Swimming Athlete Surcharge) \_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL AMOUNT ENCLOSED = $ \_\_\_\_\_\_\_\_\_\_\_\_

Club official submitting entry:

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State/Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone (\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Please indicate the latest time that we may call in the evening\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

If PRO Swimming limits any events, please send us a copy of the limited events: Yes\_\_\_ No\_\_\_

Official/ Volunteers:

Name Level Session Available to work

PRO Swimming 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 himself, his successors and assigns, hereby releases and forever discharges PRO Swimming, and its' Board of Directors, United States Swimming, the Penn-Harris-Madison School District, 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 shall indemnify and hold harmless PRO Swimming, United States Swimming, and the Penn-Harris-Madison School District 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. The undersigned . . . Executed this\_\_\_\_\_\_day of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_.

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