Lake Central Barracudas
"Making Waves"
Invitational
MAY 13, 14 & 15 - 2022

SANCTION: This meet is sanctioned by USA Swimming and Indiana Swimming.
Sanction# IN22229

HOST: Lake Central Barracudas Swim Club

POOL: Lake Central Aquatic Center
8400 Wicker Ave.
St. John, In 46373

FACILITY: Competition Pool: One 50-meter pool with ten-7.5-foot wide lanes each with non turbulent lane markers. Colorado Timing System will be used. For all sessions, lanes 1-9 will be utilized for competition, with lane 10 reserved for warm-up and warm-down. LCB reserves the right to use all ten lanes for any session and not have a warm-up/warm-down lane. In the event of circumstances necessitating changes during the meet, information will be updated on the LCB website at www.lcbswim.com. Balcony spectator seating is available.

The West end of the pool has a minimum depth of eight foot (8'). The East (diving well) end of the pool has a minimum depth of fourteen feet (14') The competition course has not been certified in accordance with rule 104.2.2C(4).

PARKING: Free parking will be available in the lots adjacent to the Lake Central HS Aquatic Center. Enter the Lake Central HS Aquatic Center enter **Door C**.

RULES: Current USA Swimming and Indiana Swimming rules will govern the meet.

Please pay special attention to rule 202.5.2 that states, 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 member 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. 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.

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ELIGIBILITY: Age as of May 13, 2022 shall determine the age for each swimmer entered into the meet. All swimmers must be registered with USA Swimming. These registration numbers must accompany entry. Indiana Swimming does not process on-site registrations. Coaches must constantly display their USA Swimming coach credential to gain deck access. The meet referee or meet director reserves the right to ask for coach credential display and/or deny access if the coach does not comply.

MEET FORMAT: All events at the LCB "Making Waves" Invitational will be TIMED FINALS. This meet will run with split sessions on Saturday and Sunday. The Friday evening session consists of the following groups: 10 & Under, 11-12, and Open events. The Saturday and Sunday morning sessions will consist of the following age groups: 11-12 and 13-14 events. The Saturday and Sunday afternoon sessions will consist of the following age groups: 10 & Under and Open events.

Any swimmer may swim an open event but, they will not count towards individual high point trophy. The 8-Under and 9-10 Age Groups will compete together but will be awarded and scored separately. On Friday night, the 13-14 and Open Age Groups will compete together but will be awarded and scored separately.

The Lake Central Barracudas reserve the right to limit the number of heats in all events to keep the time line manageable. There will be refunds for all swimmers not making the top heats. Limits will be posted to the Lake Central Barracudas website on Tuesday, May 10, 2022.

If a swimmer misses their event, they will be declared a "no show" and will not be placed in any other heat to make-up the swim.

Lake Central Barracudas reserve the right to use "fly-over" starts for all events.

EVENT SEEDING: There will be a positive check-in for all events. LCB reserves the right to pre-seed all Friday night events if they so desire.

ENTRIES & LIMITS: No team entry will be broken. Each swimmer will be limited to 4 (four) individual events per day. If an entry is submitted with an individual entered in more events than this rule allows, the entry will be made by order of events starting with Event #1 until the rule is satisfied; there will be NO refunds. **Making Waves Invitational will be limited to 400 athletes per session.**

LCB reserves the right to determine which entries to accept. Among the items LCB will consider when making these determinations are: teams who have attended the meet the year before, teams not being broken, number of officials and volunteers provided by the team, balance of age group and gender in entry, level of competition and geographic location.

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ENTRY FEES: All entry fees must accompany entry. Please make check payable to: **Lake Central Barracudas.** The individual events are $5.00. There is also a $2.00 per swimmer, per meet, Indiana Swimming surcharge which must accompany entry.
No refunds given unless the meet is cancelled

DECK ENTRIES: Will be accepted if the meet is not filled. Entry fee for deck entries are $10.00 per individual event.

ENTRY PROCEDURE: Entries will be accepted 8:00 AM Monday, April 18, 2022. The final entry date for entries to be received is 5:00 PM Monday, May 2, 2022 or when the meet is full, whichever is later. Teams not accepted will be notified by e-mail.

Any accepted team entries may be updated until 5:00 PM on Thursday, May 12, 2022. Updated times must be received via email.

The entry deadline will be extended if the meet is not full. Email confirmation of receipt will be returned. All email entries must be followed by a paper entry and check for entry fees. Please make your check payable to Lake Central Barracudas and enclose it in your entry. The meet will be run using Hy-Tek Meet Manager computer program.

All times must be submitted in Long Course Meters (LCM) and completed to the hundredth of a second.

Mail entries and fees to the Entry Chairperson:
Jeff Kilinski
14215 94th Pl.
St. John, IN 46373
219-689-8074
Email: coachjeff@lcbswim.com

AWARDS: No awards will be given for our Making Waves Invitational.

CONCESSIONS: Concessions will be available at the meet for all sessions.

ADMISSION: An admission of $6.00 per person, per day will be charged. A weekend pass for $15.00 will also be available. Swimmers and children 12-under are free.

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SCHEDULE: (All Times Are Central Standard Time)

Friday, May 13, 2022
10 & Under, 11-12, & Open Age Groups
Warm-Up @ Not Before 4:00 PM
Meet Starts @ Not Before 5:00 PM

Saturday, May 14, 2022 & Sunday, May 15, 2022
11-12 & 13-14 Age Groups
Warm-Up @ Not Before 7:00 AM
Meet Start @ Not Before 8:00 AM

10 & Under & Open Age Groups
Warm-Up @ Not Before 12:00 PM
Meet Start @ Not Before 1:00 PM

WARM-UPS: Check the website at www.lcbswim.com.

MEET DIRECTORS: Jeff Kilinski
coachjeff@lcbswim.com

MEET REFEREE: Chris Cailles-847-343-4948

OFFICIALS: LCB will need the help of your **USA Swimming Officials.** If you have a member that is in charge of your officials, please provide his/her name & email address on the entry summary form where requested.

USA SWIMMING SUIT RULES: 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.

FACILITY NOTE: 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:

- Keep all trash picked up (swimmers and teams in particular).
- Do not go, or let children go, in any unauthorized areas. This means any place other than the lobby or seating areas.
- Due to USA Swimming insurance requirements, only swimmers, coaches, officials and volunteers are allowed on deck. There can be no exceptions!
- Absolutely no smoking is allowed on the LCHS grounds.

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The Lake Central Barracudas will have security roaming the deck and locker room areas. If anyone is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition.

SAFETY:

LCB will be hosting this meet in compliance with all health and safety mandates and guidelines of USA Swimming, Indiana Swimming, the State of Indiana, and local health department. Please see attached LCAC Meet Safety Policy and Procedures – COVID for additional procedures.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, THE INDIANA LSC, LAKE CENTRAL BARRACUDAS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Safe Sport 360: The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any

incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Lake Central Barracudas Meet Safety Policy and Procedures – COVID

The safety of our athletes, coaches and families is of the utmost importance. With the current situation in regards to the COVID-19 pandemic, LCB will be adhering to the following COVID-19 Policies and Procedures, as well as those implemented by Lake Central School Corp,. These procedures will be in place during all LCB hosted meets at the Lake Central Aquatic Center.

The following procedures will be implemented for LCB Hosted Meets.

- Max limit of four (4) swimmers per swimming lane, starting from opposite end (in accordance with USA swimming guidelines).
- Teams will be assigned warm up and locker room time to be able to adhere to social distancing guidelines.
- All swimmers/staff will wear a facemask while in the facility/on the pool deck until they are ready to get into the water.
- Any swimmers/staff member found to have any of the COVID symptoms will be asked to leave the facility.
- Upon entering the facility, all will be required to sanitize hands using provided sanitizers/wipes stationed on a table inside the door. Swimmers & staff will also have their temperature (no higher than 100.4 per CDC Guidelines) and symptoms checked by an LCAC Aquatics Staff member prior to entry into the facility.
- All swimmers and staff members entering the facility will be tracked through coach/official sign in sheets, volunteer check-in sheets, and swimmer check-in sheets on a daily basis.

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- The meet will be pre-seeded and coaches will receive a check-in sheet each session to let facility staff know who was in the facility each session.
- All ages will utilize a clerk of course as a means to control how many swimmers are behind the blocks at any time.
- A ready room will be established for the next heat up to get ready without crowding the starting block area.
- A traffic flow pattern will be utilized so the swimmers who just finished and swimmers who are next will not pass each other as they enter or exit the starting block area. Fly-Over starts may be used as well.
- Everyone in the building should maintain at least a 6' social distancing between him or her and anyone else that is not an immediate family member.
- Team will be assigned areas around the pool deck and/or in the adjacent field house for their athletes to camp out.
- Swimmers and staff members will need to provide their own water and water bottle. Use of drinking fountains, by swimmers, is prohibited at this time. If a swimmer needs more water during or before a meet a designated staff member will fill up the water bottle for the swimmer.
- Once a swimmers events are complete they will be asked to dry off, get dressed, and exit the facility promptly

LOCKER ROOM PROCEDURES

- Swimmers should arrive to the meet in their swim attire.
- The use of locker rooms during the meets will be reserved for restroom breaks only, with not more than two (2) patrons in the locker room at any given time. This will be monitored by deck marshals.
- Nothing should be left in the locker room and should be taken on deck with the swimmer.
- Showers will not be available.
- Swimmers will wear masks at all times while in the locker rooms and will maintain social distancing.
- Facility staff may limit the number of swimmers or the amount of time a swimmer can be in the locker room at any time to make sure the facility is in compliance with any state or local regulations.
- Swimmers may change out of their wet swim attire after the meet but will be expected to change/use the restroom quickly and exit the locker room.

HEALTH SCREEN

Facility Staff may conduct a health screen by checking swimmers/coaches/volunteers temperatures and asking about COVID symptoms prior to gaining entry into the facility. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from meet (isolation), and strict guidelines regarding return to meets.

If you had any of the following symptoms in the past 24 hours, please remain at home and do not return to practice until you are symptom free for 24 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea

- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches (outside of the normal)
- Sore throat
- New loss of taste or smell

Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before being able to participate in a meet: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test.

Have you have had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes, to participate in the meet the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.

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ORDER OF EVENTS

FRIDAY, MAY 13, 2022

Girls Event #	**Evening Session (Session #1)** Warm-Up @ Not Before 4:00 PM/Meet Starts @ Not Before 5:00 PM	**Boys Event #**
1	10-Under 200 Individual Medley	2
3	11-12 200 Individual Medley	4
5	13-14 & Open 400 Individual Medley	6
7	10-Under 200 Freestyle	8
9	11-12 400 Freestyle	10
11	13-14 & Open 400 Freestyle	12

SATURDAY, MAY 14, 2022

Girls Event #	**Morning Session (Session #2)** Warm-Up @ Not Before 7:00AM/Meet Starts @ Not Before 8:00 AM	**Boys Event #**
13	11-12 100 Freestyle	14
15	13-14 100 Freestyle	16
17	11-12 50 Breaststroke	18
19	13-14 200 Breaststroke	20
21	11-12 100 Butterfly	22
23	13-14 100 Butterfly	24
25	11-12 50 Backstroke	26
27	13-14 100 Backstroke	28
29	11-12 200 Freestyle	30
31	13-14 200 Individual Medley	32

Girls Event #	**Afternoon Session (Session #3)** Warm-Up @ Not Before 12:00 PM/Meet Starts @ Not Before 1:00 PM	**Boys Event #**
33	Open 100 Freestyle	34
35	10 & Under 100 Freestyle	36
37	Open 200 Breaststroke	38
39	10 & Under 50 Breaststroke	40
41	Open 100 Butterfly	42
43	10 & Under 100 Butterfly	44
45	Open 100 Backstroke	46
47	10 & Under 50 Backstroke	48
49	Open 200 Individual Medley	50

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SUNDAY, May 15, 2022

Girls Event #	**Morning Session (Session #4)** Warm-Up @ Not Before 7:00AM/Meet Starts @ Not Before 8:00 AM	**Boys Event #**
51	13-14 200 Freestyle	52
53	11-12 100 Breaststroke	54
55	13-14 100 Breaststroke	56
57	11-12 100 Backstroke	58
59	13-14 200 Backstroke	60
61	11-12 50 Butterfly	62
63	13-14 200 Butterfly	64
65	11-12 50 Freestyle	66
67	13-14 50 Freestyle	68

Girls Event #	**Afternoon Session (Session #5)** Warm-Up @ Not Before 12:00 Noon/Meet Starts @ Not Before 1:00 PM	**Boys Event #**
69	Open 200 Freestyle	70
71	10 & Under 100 Breaststroke	72
73	Open 100 Breaststroke	74
75	10 & Under 50 Butterfly	76
77	Open 200 Butterfly	78
79	10 & Under 100 Backstroke	80
81	Open 200 Backstroke	82
83	10 & Under 50 Freestyle	84
85	Open 50 Freestyle	86

General Information:

1. Each team is responsible for its own valuables.
2. Each coach is responsible for the conduct of their team.
3. Only swimmers and coaches will be allowed in the deck area.

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Fee Summary

This summary form must be completed and returned with all entry fees by the start of the session Friday May 13, 2022. Please make certain to include all of the following:

1. Individual entry sheets
2. Check for entries made payable to: **Lake Central Barracudas**
3. This summary form, completed Mail all of the above to:

Jeff Kilinski
14215 94th Pl.
St. John, IN 46373
219-689-8074
Email: coachjeff@lcbswim.com

Club_____ Club Code_____

Number of swimmers entered: Boys_____ + Girls_____ = Total_____

Number of swimmers entered: Indiana Swimming Surcharge_____ @ $2.00 = $_____

Number of timed finals individual entries_____ @ $5.00 = $_____

TOTAL AMOUNT ENCLOSED = $_____

Club official submitting entry: Coaches Names:

Name:_____ _____

Address: _____ _____

City: _____ _____

State, Zip: _____ _____

Telephone: _____ _____

Email: _____ _____

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Please indicate the preferred manner of receiving final results:

_____ Hard Copy

_____ Meet Manager Backup (Emailed)

_____ Team Manager .cl2 file (Emailed)

_____ All of the above

Email address to send above to: _____

Release & 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 Lake Central Barracudas, and its' Board of Directors, USA Swimming, Lake Central High School 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 Lake Central Barracudas, USA Swimming, and the Lake Central 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 _____, 2022

Signature of Club Official or Coach_____

Printed Name of Club Official or Coach _____

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Lake Central Area Hotels

The Lake Central area has a number of excellent hotels within 10 minutes from the pool. Contact the hotels for rates and availability.

Best Western Crossroads Inn 1905 Harder Ct Schererville, IN 46375 219-865-3400 1.5 miles from pool	Hampton Inn & Suites Schererville 1904 U.S. 41 Schererville, Indiana 46375 219-440-7591 1.5 miles from pool	Holiday Inn Express Hotel & Suites Schererville 1773 Fountain Park Dr. Schererville, IN 46375 219-865-3301 1.8 miles from pool
Comfort Inn 1019 Old Lincoln Hwy Schererville, IN 46375 219-865-9500 1.8 miles from pool	Hometown Inn 1139 U.S. 30 Schererville, IN 46375 219-322-7000 1.8 miles from pool	Staybridge Suites Schererville 1758 Fountain Park Dr. Schererville, IN 46375 219-227-5125 1.8 miles from pool