



2021 FRST HOLIDAY SEASON SLAM | PRELIMINARIES / FINALS
FRANKLIN REGIONAL SWIM TEAM
DECEMBER 10-12, 2021

SANCTION:	This meet is sanctioned by USA Swimming and Indiana Swimming - Sanction Number: #IN22041
HOST:	Franklin Regional Swim Team Zach Dewitt 654 Walnut St. Franklin, IN 4613
FACILITY:	<p>Franklin Community High School 2600 Cumberland Drive Franklin, IN 46131</p> <p>An eight-lane 50 meter pool configured as 2 eight-lane 25 yard pools with seating for 750 spectators; Daktronics timing system with touch pads will be used with two 8 lane readout scoreboards.</p> <p>Swimmer 'camping' will be on deck and in designated areas.</p> <p>The competition course has not been certified in accordance with 104.2.2C(4). The pool depth ranges from 5'0" to 4'0" feet.</p>
MEET REFEREE:	Jason Younie (jasondyounie@gmail.com)
MEET DIRECTORS:	Jody Madeira (Jodymadeira@gmail.com) Paul Stockett (stockett@frstswimming.com)
MEET ENTRY CHAIR:	Paul Stockett 654 Walnut St. Franklin, IN 46131 entries@frstswimming.com
OFFICIALS:	The Franklin Regional Swim Team will need the help of your USA Swimming Officials . If you have officials that are willing to help at our meet, please provide his/her name & email address to David Schotting (DavidSchotting@gmail.com).

<p>MEET FORMAT:</p>	<p>All Friday night and 10 & Under events will be timed finals. 11-12,13-14,OPEN events will be run as Prelim / Final Championship Format on Saturday and Sunday. The top 16 from prelims will advance into the consolation and championship finals heats at night for the 11-12, 13-14, and open age groups.</p> <p>If a swimmer misses his or her prelim event, the swimmer will be declared a “No Show” without penalty. If a swimmer misses his / her final event on Sunday, their team will be fined \$50 for the “no show” unless an alternate is notified ahead of time. Fly-Over starts will be used for all events.</p> <p>The Franklin Regional Swim Team (FRST) reserve the right to use two competition pools during the preliminary and timed final sessions to maintain an adequate timeline. FRST will determine what events are to be swum in each pool. The meet will not be slowed down for swimmers competing in different age groups that happen to swim at the same time as another swim. If swimmers are scheduled to swim at the same time, it will be determined by the deck referee and the meet referee if the timeline permits a slowdown of the meet.</p> <p>FRST reserves the right to limit the number of entries and any event to achieve a 4-hour maximum timeline. No team will be broken if entry limits are applied. The Meet Entry Chair will notify all accepted teams of any limited events and will refund the fees for those events limited or reduced from the original entry.</p>
<p>ELIGIBILITY:</p>	<p>Swimmer(s) must be registered with USA Swimming prior to the competition. Age as of December 10th, 2021 shall determine the swimmer’s age for the entire meet (205.2.2).</p>
<p>ENTRY LIMITS:</p>	<p>Each 11&Over swimmer will be limited to three (3) individual events per day and one relay event per day. 10&Under athletes will be limited to four (4) events per day and one relay event per day.</p> <p>The top 8 seeded relay teams will compete at finals (limit of 2 relay teams per team in finals).</p>
<p>ENTRY FEES:</p>	<p>All entry fees must be paid by Friday, December 10, 2021. Please make check payable to: FRANKLIN REGIONAL SWIM TEAM. Timed finals events are \$5.00 each, prelims/finals are \$6.00 per event, and Relays are \$8.00 each. There is also a \$2.00 per swimmer, per meet, Indiana Swimming surcharge which must accompany entry. No refunds will be made on entry fees.</p> <p>Deck entries will be accepted at the discretion of the Meet Director as new additions. CHANGES WILL NOT BE ACCEPTED. Entry fee for deck entries is \$12.00 per prelim/finals event, \$10.00 per timed final event, and \$16.00 per relay.</p>
<p>ENTRY DEADLINE:</p>	<p>No entries will be accepted before entries open. Any entries arriving before entries open will not be processed until all entries received during the entry period are processed and the entry deadline has passed. Any entries arriving after the entry deadline will be considered deck entries and are subject to that fee. Deadline may be extended if the meet is not full. All entries must arrive via e-mail. Changes, updates, corrections (including entry times) will be accepted via email until the modification deadline. FRST reserves the right to determine which teams’ entries are accepted. FRST Reserves the right to limit the number of entries in</p>

	<p>all events to keep the timeline manageable. FRST will try to accommodate all entered teams until the meet is considered at capacity.</p> <p><u>Entries Open:</u> Wednesday, November 10th , 2021, 12:00PM (Noon)</p> <p><u>Entries Close:</u> Friday, November 19th, 2021, 12:00PM (Noon)</p> <p><u>Adjustment Deadline:</u> Monday, December 6, 2021 5:00PM</p>
<p>SCRATCHES:</p>	<p>The following scratch deadlines will be used throughout the meet:</p> <p>Friday Events need scratched by 5:00 PM Thursday December 9th, 2021</p> <p>Saturday Events need scratched by 5:00 PM Friday December 10th, 2021</p> <p>Sunday Events need Scratched by 5:00 PM Saturday December 11th, 2021</p> <p>For Finals, athletes will have 30 minutes to declare their intent to scratch from the time the results are read by the announcer following the race following which they have until the end of the session to change their intent.</p>
<p>CLERK OF COURSE</p>	<p>There will be a Clerk of Course for 10 and Under events ONLY on Saturday and Sunday. Clerk of course is located to the Southwest of the competition pool.</p>
<p>AWARDS/SCORING:</p>	<p>Medals will be awards for 1st through 3rd and ribbons for places 4-8th in individual events for 14 & Under swimmers.</p> <p>Age group categories for awards will be 8-under, 9-10, 11-12, 13-14. No awards for open events.</p> <p>Points will be awarded for the top 16 places in each event per standard scoring (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) for individual events. Relays will be doubled.</p> <p>Coaches should pick up awards at the end of the meet. No awards will be mailed.</p>
<p>WARM-UP:</p>	<p>Lanes for warm-ups will be assigned. A complete schedule of lanes and times for all warm-up procedures must be adhered to by all participants and will be posted at the facility during the meet</p>
<p>SCHEDULE:</p>	<p>Our schedule will be somewhat flexible and subject to change based on entries. We will have session capacity limits, so we reserve the right to change session times, and even potential age groups during sessions.</p> <p>FRIDAY</p> <ul style="list-style-type: none"> ● 10-Under, 11-12, 13-14 & Open Age Groups ● Warm-Ups Start NOT BEFORE 4:00 PM ● Meet Starts NOT BEFORE 5:00 PM <p>SATURDAY & SUNDAY 13 & Over</p> <ul style="list-style-type: none"> ● Prelims Warm-Ups Start Not Before 6:30 AM ● Prelims Start Not Before 8:00 AM ● Finals Warm-Up Start Not Before 4:30 PM ● Finals Start Not Before 5:30 PM <p>SATURDAY & SUNDAY 12 & Under</p>

	<ul style="list-style-type: none"> ● 10 & Under Timed Finals/11-12 Prelims Warm-Ups Start Not Before 11:00 AM ● 10 & Under Timed Finals/11-12 Prelims Start Not Before 12:00 PM ● Finals Warm-Up Start Not Before 4:30 PM ● Finals Start Not Before 5:30 PM <p>Please note: All Times Are Eastern Daylight Savings Time. It will be the discretion of FRST to determine which age groups will be swum in what pool. The meet will NOT be slowed for swimmers who are swimming in multiple age groups.</p>
CONCESSIONS:	<p>Food Trucks or a concession stand will be made available to athlete and spectators.</p> <p>A hospitality area will be available for coaches, officials and volunteers.</p>
ADMISSION:	<p>Friday Session: \$5 due to the school upon entry</p> <p>Saturday & Sunday: An admission of \$6.00 per person for each session will be charged. There will also be an all-day pass sold for \$10.00 and an two-day pass for \$20.00. Children 10-under are free.</p>
SALES:	<p>Aquatic outfitting vending will be provided by a local vendor, selling items from suits to goggles. FRST also expects multiple other vendors to be available.</p>
PSYCH SHEETS:	<p>Psych Sheets will be posted to the meet website by Wednesday at noon prior to the start of the meet. Heat sheets will be available for purchase at the meet for \$3 (Heat Sheets will attempt to be made available 10 minutes prior to start of meet in the main atrium).</p>
PARKING:	<p>Free parking will be available in the parking lot on the east and south side of the high school. Parking lots labeled senior parking lots should be used. Signage will be available to instruct on where to park as other events will be taking place at the high school. Please use door #14 (Athletic Entrance) to enter.</p>
FACILITY NOTE:	<p>Franklin Community High School is a tobacco free facility.</p> <p>The Franklin High School Aquatic Center is one of the most beautiful high school facilities in the USA. 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:</p> <ol style="list-style-type: none"> 1. Keep all trash picked up (swimmers and teams in particular). 2. Do not go, or let children go, in any unauthorized areas. Please keep children supervised at all times. 3. Due to USA Swimming insurance requirements, ONLY swimmers, coaches, officials and volunteers are allowed on deck. There can be no exceptions! 4. No radios, balls, or anything that will be an inconvenience to swimmers, coaches, officials, workers, will be allowed. <p>The Franklin Regional Swim Team will have volunteers roaming the deck and locker room areas. If any swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition.</p>

RULES:

Current USA Swimming and Indiana Swimming rules, including MAAPT 2.0 , 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 shall assist the athlete 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, 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.

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 a coach or official does not comply or a 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

Deck changes are prohibited.

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.

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

	<p>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.</p>
--	---

Order of Events

Friday December 10th, 2021

Session #1: 11 & Over Timed Finals Distance

Warm-Ups @ 4:00 PM*

Meet Starts @ 5:00 PM*

1	Open 400 IM	2
3	13-14 400 IM	4
5	11-12 200 IM	6
7	10 & Under 200 IM	8
9	Open 500 Freestyle	10
11	13-14 500 Freestyle	12
13	11-12 500 Freestyle	14
15	10 & Under 200 Freestyle	16

Saturday December 11th, 2021

Session #3:

Session #2: 13 & Over Prelims

Warm-Ups @ 6:30 AM*

Meet Starts @ 8:00 AM*

10 & Under Finals/ 11-12 Prelims

Warm-Ups @ 11:00 AM*

Meet Starts @ 12:00 PM*

Session #4: 11& Over Finals

Warm-Ups @ 4:30 PM*

Meet Starts @ 5:30 PM*

17	Open 200 Medley Relay	18	41	11-12 200 Medley Relay	42	17	Open 200 Medley Relay	18
19	13-14 200 Medley Relay	20	43	10 & Under 200 Medley Relay	44	19	13-14 200 Medley Relay	20
21	Open 200 Freestyle	22	45	11-12 200 Freestyle	46	41	11-12 200 Medley Relay	42
23	13-14 200 Freestyle	24	47	10 & Under 100 Breaststroke	48	21	Open 200 Freestyle	22
25	Open 100 Breaststroke	26	49	11-12 100 Breaststroke	50	23	13-14 200 Freestyle	24
27	13-14 100 Breaststroke	28	51	10 & Under 50 Freestyle	52	45	11-12 200 Freestyle	46
29	Open 50 Freestyle	30	53	11-12 50 Freestyle	54	25	Open 100 Breaststroke	26
31	13-14 50 Freestyle	32	55	10 & Under 100 Backstroke	56	27	13-14 100 Breaststroke	28
33	Open 100 Backstroke	34	57	11-12 100 Backstroke	58	49	11-12 100 Breaststroke	50
35	13-14 100 Backstroke	36	59	10 & Under 50 Butterfly	60	29	Open 50 Freestyle	30
37	Open 200 Butterfly	38	61	11-12 50 Butterfly	62	31	13-14 50 Freestyle	32
39	13-14 200 Butterfly	40				53	11-12 50 Freestyle	54
						33	Open 100 Backstroke	34
						35	13-14 100 Backstroke	36
						57	11-12 100 Backstroke	58
						37	Open 200 Butterfly	38
						39	13-14 200 Butterfly	40
						61	11-12 50 Butterfly	62

Sunday December 12th, 2021

Session #6:									
Session #5; 13 & Over Prelims Warm-Ups @ 6:30 AM* Meet Starts @ 8:00 AM*			10 & Under Finals/ 11-12 Prelims Warm-Ups @ 11:00 AM* Meet Starts @ 12:00 PM*				Session #7: 11& Over Finals Warm-Ups @: 4:30 PM* Meet Starts @ 5:30 PM*		
63	Open 200 Free Relay	64	87	11-12 200 Free Relay	88	63	Open 200 Free Relay	64	
65	13-14 200 Free Relay	66	89	10 & Under 200 Free Relay	90	65	13-14 200 Free Relay	66	
67	Open 200 IM	68	91	11-12 100 Freestyle	92	87	11-12 200 Free Relay	88	
69	13- 14 200 IM	70	93	10 & Under 100 Freestyle	94	67	Open 200 IM	68	
71	Open 100 Freestyle	72	95	11-12 50 Backstroke	96	69	13- 14 200 IM	70	
73	13-14 100 Freestyle	74	97	10 & Under 50 Backstroke	98	91	11-12 100 Freestyle	92	
75	Open 200 Backstroke	76	99	11-12 100 Butterfly	100	71	Open 100 Freestyle	72	
77	13-14 200 Backstroke	78	101	10 & Under 100 Fly	102	73	13-14 100 Freestyle	74	
79	Open 100 Butterfly	80	103	11-12 50 Breaststroke	104	95	11-12 50 Backstroke	96	
81	13-14 100 Butterfly	82	105	10 & Under 50 Breaststroke	106	75	Open 200 Backstroke	76	
83	Open 200 Breaststroke	84				77	13-14 200 Backstroke	78	
85	13-14 200 Breaststroke	86				99	11-12 100 Butterfly	100	
						79	Open 100 Butterfly	80	
						81	13-14 100 Butterfly	82	
						103	11-12 50 Breaststroke	104	
						83	Open 200 Breaststroke	84	
						85	13-14 200 Breaststroke	86	

***Times listed as not before. Times may be adjusted based on entries.**

FRANKLIN COMMUNITY HIGH SCHOOL

2600 Cumberland Drive
Franklin, Indiana
317-738-5711

From US 31

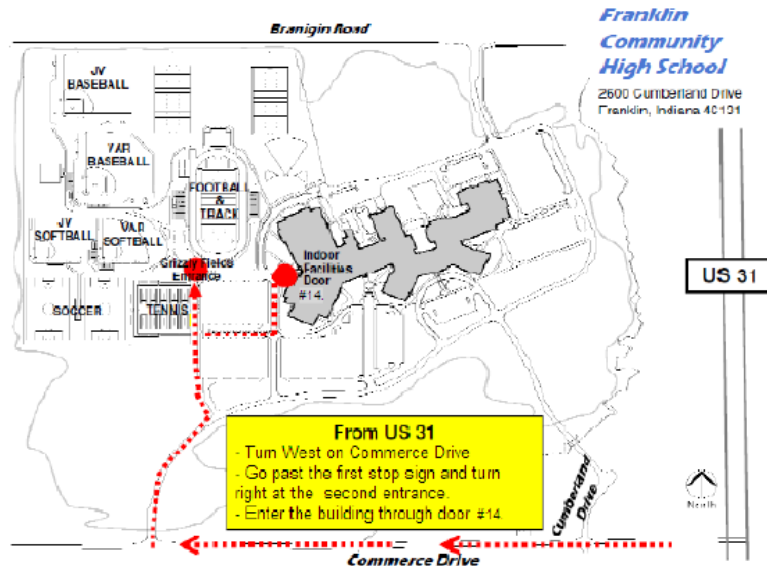
From US31, turn west onto Commerce Drive. There is a traffic light at the Commerce Drive intersection. It is just north of the Wal-Mart and Lowe's. There is a Kentucky Fried Chicken on the corner. Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed to the athletic parking lot. Enter the building through door #14.

I-65 from the North

Exit I-65 at the Whiteland exit (exit 95) and head west to US 31 South. Go south on US 31 until you reach Commerce Drive. There is a stoplight at Commerce Drive (There is an Aaron's Rental and a Kentucky Fried Chicken on the corners). Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed north into the athletic parking lot. Enter the building through Door #14.

I-65 from the South

Exit I-65 at the Franklin exit (exit 90) and head west to US 31 North. Go north on US 31 until you reach Commerce Drive. There is a stoplight at Commerce Drive (There is an Aaron's Rental and a Kentucky Fried Chicken on the corners). Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed north into the athletic parking lot. Enter the building through Door #14.



SUMMARY PAGE

Please complete the requested information below and mail with your entry forms and check.

Make check payable to **Franklin Regional Swim Team.**

If mailing, please mail a check to:

Zach DeWitt
3966 Berkshire Ln.,
Martinsville, IN, 46151

Club Name: _____ Club Code: _____

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone #: _____

Email: _____

Number of Swimmers: _____ Boys + _____ Girls = _____	Total Athletes
Athlete Surcharge (Number of athletes x \$2.00): _____ Swimmers @ \$2.00= _____	\$ _____
Number of Individual Prelims/Finals Entries: _____ Events @ \$6.00= _____	\$ _____
Number of Individual Timed Finals Entries: _____ Events @ \$5.00= _____	\$ _____
Number of Relay Entries: _____ Events @ \$8.00= _____	\$ _____
	Total Amount Enclosed \$ _____

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 Franklin Regional Swim team, USA Swimming, Franklin Community 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 Franklin Regional Swim Team, USA Swimming, and the Franklin Community 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 _____, 2021

Signature of Club Official or Coach: _____

Printed Name of Signature: _____