



# 2020 INDIANA SWIMMING SPRING SENIOR CHAMPIONSHIPS

Sponsored by SPEEDO

March 13-15, 2020

Sanctioned by USA and Indiana Swimming #IN20001



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## DEADLINE CHECKLIST

Teams are encouraged to use the checklist to ensure all responsibilities have been met and to avoid any problems at the meet.

DATE	TIME - DEADLINES (Eastern)	DESCRIPTION
Friday, March 6	11:59 pm	Online entries must be sent by today
Saturday, March 7	11:59 pm	Entry chairs to receive Entry Report & Exceptions report via e-mail from host
Monday, March 9	11:59 pm	Any exceptions, modifications, deletions must be addressed <b>Relays should be checked to make sure they conform to time standards. Any relays entered below the qualifying time after the modification deadline will be seeded at the minimum qualifying time.</b>
<b>THE FIRST SESSION IN WHICH A TEAM/ATHLETE IS COMPETING</b>	One hour prior to the start of the first session	All fees including any fines due to late entry shall be tendered no later than one hour prior to the start of the first session in which a team/athlete is competing, or the ENTIRE team will be scratched.
Friday, March 13	1 hour prior to start of Friday session	Friday events scratch and distance and relay positive check-in deadline
	<b>15 min. prior to start of warm-ups</b>	<b>Coaches meeting 1 – Teams are responsible for having a coach present.</b>
	8:45 am	Coaches meeting continued
	1 Hr Prior To Relay Event	Relay cards turned-in deadline
	30 minutes after start of Friday Finals session	Saturday events scratch and relay positive check-in deadline
Saturday, March 14	8:45 am	Coaches meeting
	1 Hr Prior To Relay Event	Relay cards turned-in deadline
	30 minutes after start of Saturday Finals session	Sunday events scratch and distance and relay positive check-in deadline
Sunday, March 15	8:45 am	Coaches meeting
	1 Hr Prior To Relay Event	Relay cards turned-in deadline
	End of meet	Team should check host awards area for any unclaimed awards

**INDIANA SWIMMING IS HOSTING THIS EVENT.**

**ALL PARTICIPATING TEAMS ARE RESPONSIBLE FOR PROVIDING VOLUNTEERS FOR A SESSION OF THE MEET. THE NUMBER REQUIRED WILL BE BASED ON 2019 SRS TEAM PARTICIPTION.**

**SIGN-UP WILL BE AVAILABLE IN ADVANCE.**

**POSITIONS WILL INCLUDE TIMERS, MARSHALS, ADMISSIONS, and HOSPITALITY.**

**PLEASE MAKE SURE YOUR VOLUNTEERS ARE MAAPP COMPLIANT.**

**IMPORTANT FACTS REGARDING THE MEET**

General	<b>Coaches, swimmers, and legal guardians are responsible for the information contained in this meet announcement.</b>
	USA Swimming, including MAAPP, and Indiana Swimming rules and regulations govern this meet. Modifications are noted in the announcement.
Entry	<b>Qualification Period</b> January 1, 2019 thru late entry deadline on March 13, 2020
	<b>Online Entry Deadline</b> is Friday, March 6 by 11:59 pm. (Eastern)
	<b>Entry Times may not be submitted faster than a provable time.</b>
	<b>Accuracy of entry</b> is the responsibility of the entering team.
	<b>Deadline for addressing ALL entry exceptions / modifications</b> Monday, March 9 by 11:59 pm. (Eastern) ANY/ALL entries / modifications received after the Monday Deadline will be considered late. This includes changes to relay times.
	<b>Teams/unattached swimmers, including relay only swimmers, that neglect to enter</b> an event(s) Friday, March 6 - 11:59 pm (Eastern) and subsequently enter the meet will be considered late and assessed a one-time \$100 Late Entry Fee plus \$14 per individual event, and \$20 per relay. **
	<b>After the Psych Sheet is published to the ISI website on Wednesday prior to the start of the meet</b> , any swimmer or relay entering as a <b>late entry shall not be seeded in the top eight of the entered timed final event</b> . The swimmer or relay will be seeded by their entry time, but no higher than 9 <sup>th</sup> place.
	<b>When submitting any subsequent entry files</b> , ALWAYS submit a complete entry file to host, not just a file of modifications.
	<b>No refunds</b> shall be issued for events scratched after Entry deadline.
	<b>All fees including any fines due to late entry</b> shall be tendered no later than one hour prior to the start of the first session in which a team/athlete is competing or the entire team will be scratched.
	<b>Any entry that does not have a proof of time standard</b> in the SWIMS Database will be posted on the Indiana Swimming website no later than Wednesday, March 11 by 5:00 pm.
	<b>A submitted entry time that cannot be proven</b> by proof /scratch deadline for the event will result in a swimmer's seed time reverting to the fastest qualifying time recorded in SWIMS for the qualifying period. If no qualifying time is available in SWIMS, and no proof is brought by event scratch deadline, then the swimmer will be scratched from the event.
Prior to entering the meet, it is the responsibility of <b>NCAA college swimmers and teams</b> to confirm eligibility with their school's compliance officer. <b><i>It is strongly advised the college swimmer enter as unattached and compete for himself/herself. An NCAA swimmer may not compete and score for a club team during the academic college year.</i></b>	
Positive Check-in	<b>In all individual events, other than the 800 and 1500 Freestyle, the swimmer is assumed to be swimming</b> unless he/she has been scratched.
	<b>Entrants in the 800 and 1500 Freestyle and ALL relays must check-in</b> and confirm their intention to compete before the appropriate scratch deadline in order to be seeded. <b><i>During check-in for distance, entrants may designate a preference to swim the event during prelims by marking an AM next to their name/relay name.</i></b>
Planning	<b>Based on pool size, the top 4 heats</b> will be brought back for Finals. The A, B and C Finals will score. The D Final is a non-scoring heat.
	<b>Pre-Scratch Timelines for Prelim Sessions</b> will be available and shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. Timelines posted are only approximations to be used only for general planning purposes. The actual meet session timelines may vary from what is posted. Athletes and Coaches are responsible to adhere to all meet deadlines and competition/event starting times. Please check with your team coaches for updates.
	<b>Pre-Scratch Timed Finals Events Psych Sheet</b> will be available for all timed final events and relay events. This shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. This is to be used for planning purposes, as scratches will alter the final seeding. <b><i>Note that distance swimmers may check-in and elect to swim during the prelim session. The top 8 submitted (Y-L-S) 800, 1500 not designated as a prelim swim will swim in finals.</i></b>
	<b><i>For the SCY/LCM meet only, all relays will swim and be awarded during prelims, and thus not declare prelim swims. All 800 and 1500 distance events will be backed up to finals, and may declare a prelim swim. Summer time standards will be used for the 800 and 1500 events. Seeding of distance events will follow meet format, Y-L-S.***</i></b>
Scratching from Finals	<b>National scratch procedures, USA Swimming rule 207.11.6, will be observed.</b> Modifications and additions are noted in the announcement.
	<b>Scratching from Finals:</b> Any swimmer qualifying for the original D, C, B or A Final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet (Additional penalties apply for the Sunday Evening Session.)
	<b>A D Final</b> has been added for <b>15-16-year olds</b> . The top qualifier for the D Final may elect to serve as an alternate for the C Final rather than be seeded in the D Final by notifying the Administrative Referee within the 30-minute scratch deadline for that event. <b><i>14-year-old swimmers who age up prior to the Age Group State meet may participate in the D Final.</i></b>
Meet Format <b>**HoD 2019</b>	400 IM and 500 Free <b>will not be flighted</b> as two competition courses will be used (HOD 2011/2017/2018) Per USA swimming rule 102.5.1D only the fastest 2 heats of the <b>400 IM</b> and <b>500 Freestyle</b> will be circle seeded.
	The 400 IM, 400M/500Y, 800M/1000Y and 1500M/1650Y are not offered as Bonus events.
	<b><i>During Finals heats will be run in the order of C, B, A, D. All A finalists shall report to Awards staging immediately following their heat.**</i></b>
MAAPP	<b><i>All athletes 18 &amp; older, including those turning 18 during the meet, must be MAAPP compliant to participate.</i></b>

## GENERAL INFORMATION

***Coaches, swimmers, and legal guardians are responsible for the information contained in this meet announcement.***

### HOST

Indiana Swimming Inc.

[www.inswimming.org](http://www.inswimming.org)

### FACILITY

IU Natatorium (IUPUI Campus)

901 West New York Street

Indianapolis, IN 46202

### POOL CERTIFICATION

- The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- Water depth range on start end 1-3m from wall: 9'-10'
- Water depth range on turn end 1-3m from wall: 9'-10'

### TIME ZONE

All times are local: Eastern Time.

### MEET DIRECTORS

Arlene McDonald  
(317) 442-2166

Brad Dumbauld  
(317) 509-3067

[arlene@inswimming.org](mailto:arlene@inswimming.org)

[brad@gregoryyappel.com](mailto:brad@gregoryyappel.com)

### ENTRY CHAIRPERSON

Stephanie Croaning – [scroaning@gmail.com](mailto:scroaning@gmail.com)

### MEET REFEREE

Cyndi Miller – [clmiller@indy.rr.com](mailto:clmiller@indy.rr.com)

### ADMINISTRATIVE REFEREE

Marianne Walling – [nocando87-swim@yahoo.com](mailto:nocando87-swim@yahoo.com)

### OFFICIALS

- To officiate, one must complete the online Officials application on the Indiana Swimming website. This is located on the Officials page. [Official's Application](#)
- All Officials will be selected by the Indiana Officials Committee.
- This meet has been approved as a 'Qualifying Meet' for all N2 and N3 position evaluations. Please include your evaluation request on the online Officials application.

### RULES

Current USA Swimming, including MAAPP (Minor Athlete Abuse Protection Policy), and Indiana Swimming rules will govern this meet.

Requirements and Conditions for Sanction: USA Swimming rules 202.4 and 202.5.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason or injuries to anyone during the conduct of the event.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

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 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.

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.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and open ceiling locker-rooms) any time athletes, coaches, officials and/or spectators are present.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

### INDIANA SWIMMING BROADCAST POLICY AND IMAGE AUTHORIZATION

#### Broadcast Statement

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 Indiana Swimming.

#### Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Indiana Swimming and the meet host under the conditions authored by Indiana & 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 this Indiana Swimming competition to promote such competition.

#### On Deck Image Recording

Videotaping and Photography on deck during this event is only allowed by approved USA Swimming member Coaches, Media, Webcasting staff and Host Photographer in their professional capacities or Volunteers assigned by the meet host if so designated to do so.

## FACILITY INFORMATION

### PARKING

Parking fees are determined by the IUPUI Parking Services and subject to change without notice. **The meet host, Indiana Swimming, and the Natatorium staff have no influence on parking prices or procedures.**

Currently, the charge is \$7 each time the garage is entered. A credit card is required for access.

### NATATORIUM ENTRANCE

The Natatorium may be entered from the parking garage or from the west entrance on University Boulevard.

### SPECTATOR SEATING

Both concourses will be available for spectator seating. There are handicap accessible areas.

### RESULTS

Live results and Meet Mobile will be available. **These are considered UNOFFICIAL RESULTS, and are provided as a courtesy only.**

The Natatorium has adopted a Green Policy. Results will no longer be posted in the concourse.

### CONCESSIONS

Concessions are available in the concourse. The host team and Natatorium staff have no control over the availability or cost of items, nor the hours of operation.

### LOST AND FOUND

The host team is not responsible for items left at the facility.

### FACILITY NOTES

All swimmers, coaches, officials, and spectators are asked to please treat this facility like it was their own. **Anyone caught abusing the building/facility will be asked to leave the meet IMMEDIATELY!!!**

- This is a smoke, tobacco and vaping free facility.
- IUPUI is a Smoke Free campus.
- Keep all trash picked up.
- Spectators, coaches, and athletes are to remain out of any unauthorized areas.
- No radios, bells, balls, or any other device that will be an inconvenience will be allowed.
- No posting signage/banners on ANY PAINTED SURFACES.
- Vandalism will not be tolerated. Any individual caught vandalizing will be asked to leave for the remainder of the meet.

### CHARGES

#### Psych and Heat Sheets

- Prelim Heat Sheets - \$4
- Finals Heat Sheet - \$1

#### Admissions

- All Session Pass - \$ 40
  - includes all heat sheets
  - For sale Friday through Saturday prelims
- All Day Pass - \$ 15
- Any One Session Pass - \$10
- Ages 12 & Under Free
- Coaches and Officials who are not working as coaches or officials must pay admission for access to seating area

### COACH AND ATHLETE DECK ACCESS

#### Athlete Entrance and Exit

Athletes enter the pool level via the wide stairs at the east end of the Natatorium near the elevators/parking garages. Exit is through the west stairs, on the north end of the facility.

#### Deck Seating Capacity

Deck bleachers will be available for teams to use. There is ample deck seating.

### CREDENTIALS / DECK ACCESS

Due to USA Swimming insurance, only swimmers, credentialed coaches and officials, and meet volunteers will be allowed on deck. **There are no exceptions.**

**In compliance with Natatorium policy**, all coaches, officials and volunteers are required to show a valid government-issued picture ID to attain access to the deck level at this event. To receive meet packets and gain deck access, ALL coaches will be required to display valid and current USA Swimming membership cards or Deck Pass. Officials will be required to show their USA Swimming certification cards. **This will be strictly enforced.** The meet referee and/or meet directors reserve the right to deny access to anyone not in compliance.

### ACCIDENTS

All accidents resulting in injury are to be reported to the meet directors. The on-line USA Swimming Accident Occurrence form must also be submitted.

## ENTERING THE MEET

### ENTRY CHAIRPERSON

Stephanie Croaning  
(317) 752-4960; scroaning@gmail.com

Online entry system is located on Indiana Swimming web site  
[www.inswimming.org](http://www.inswimming.org).

### QUALIFYING PERIOD

Times must be achieved from January 1, 2019 thru late entry deadline on March 13, 2020.

### ELIGIBILITY

- All swimmers, coaches, and officials must have an ID # registered with Indiana Swimming, USA Swimming rule 202.5. ISI will not process any on-deck registrations at this meet
- **All 18 & over athletes, including those turning 18 during the meet, must be MAAPP compliant.**
- Prior to entering the meet, it is the responsibility of NCAA college swimmers and teams to confirm eligibility with their school's compliance officer. **It is strongly advised the swimmer enter as unattached and compete for himself/herself. An NCAA swimmer may not compete for a club team during the academic college year.**
- There are no age restrictions on this meet.
- Swimmers with qualifying times made during the qualifying period will be allowed to enter this meet.
- ISI has a swimmer with disability inclusion policy. Contact the ISI Disability Coordinator for application and consideration, [Disability Application](#)
- ISI has a diversity and inclusion policy to assist outreach members participating in the meet. Please contact the [ISI Office](#) for more information.
- Swimmers submitted times may not be **faster** than a provable time.
- A submitted entry time that cannot be proven by proof /scratch deadline for the event will result in a swimmer's seed time reverting to the fastest qualifying time recorded in SWIMS for the qualifying period. If no qualifying time is available in SWIMS, and no proof is brought by event scratch deadline, then the swimmer will be scratched from the event.

### ENTRY LIMITS

- Swimmers **not entering bonus events** may enter an unlimited number of events.
- Swimmers **entering with bonus events** may not exceed the number or combination of event totals listed in the Bonus Event Table.
- Swimmers must scratch down to 6 individual events for the entire meet plus relays.
- No more than 3 individual events per day, including time trials, are allowed.
- The 400IM, 400/500, 800 and 1500 Freestyle events are not offered as Bonus Events.
- Bonus Events do not have qualifying times.  
Swimmers may enter Bonus Events as follows:

Bonus Event Table		
Entries with Qualifying Times	Number of Bonus Event Entries Allowed	Maximum Number of Events Entries for Meet
1	1	2
2	2	4
3	1	4
4+	0	4+ (no bonus entries)

### ENTRY FEES

- \$ 5.00 per swimmer surcharge this includes relay only alternates
- \$1.50 Natatorium Surcharge
- \$ 7.00 per individual event entry
- \$ 10.00 per relay entry

The total amount of all fees due, including any fines incurred due to late entry for **all** swimmers and events entered, **shall be tendered no later than one hour prior to the start of the first session in which the team/athlete is competing** or the entire team will be scratched from the meet. Responsibility lies with the entering team to make sure payment is tendered to the host in a timely fashion. The Summary of Entries form (page 11) can either be emailed or included with payment.

**No refunds** shall be issued for events scratched after the entry deadline.

### ENTRY DEADLINE / ASSOCIATED DATES

**It is the responsibility of the entering team/unattached swimmer to heed deadlines and be responsible for the accuracy of team entries.** Teams should ensure they have the current version of Team Manager/Unify, downloaded the meet set-up file from Indiana Swimming, and software is set to **not** convert times. Always submit a complete entry file to host, not just a file of the modifications.

Prior to running an eligibility report or entering athletes in Team Manager/Unify, check the box in Meet set-up/Eligibility rules "**enforce qualifying times**". This box must be unchecked when entering bonus swims.

Please include with your entry, the names of all the relay swimmers plus any/all alternates' names, USA SWIMMING numbers, and ages.

- **Friday, March 6 by 11:59 pm (Eastern Time)**  
All Entries due via the mandatory Online Entry System located at [www.inswimming.org](http://www.inswimming.org). An entry must be submitted by the Friday deadline, for entries after this date will be considered late. The only exception is a team/unattached swimmer who achieved a qualifying time between the Friday Deadline and the Monday Deadline.
- **Saturday, March 7 by 11:59 pm (Eastern Time)**  
Host will send a Final Entry Report and Exception report (if any) back to entering team/unattached swimmer via e-mail. Relay times cannot be run against time standards in Meet Manager, and thus will not appear in an Exception report. The entering team should check relay times prior to submission for accuracy. Relays not showing a qualifying time by the modification deadline will be seeded at the minimum qualifying time.
- **Monday, March 9 by 11:59 pm (Eastern Time)**  
Entering teams must address their exceptions. Exceptions/Modifications. Changes made after Friday Deadline and before Monday Deadline may include additions, deletions and corrections to the existing (submitted) team entry, including relays.

Note: Exception Reports do not include Proof of Time verification. See Verification/Proof of Time section.

### LATE ENTRY

Any entries/ modifications after Monday, March 11 - 11:59 PM will be subject to the late entry fees. For a swimmer already in the meet this includes a single opportunity to change any entry time for a missed event, to switch events, or alter an existing entry time. A team/unattached swimmer entered late may not make a change

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after entry. Refer to Individual and Relay Seeding for additional late entry information.

Teams/unattached swimmers, **including relay only swimmers**, that neglected to enter an event(s) by Friday, March 6 -11:59 pm can enter **up to one hour before the start of the meet**. These late teams/unattached swimmers will be assessed a one-time \$100 Late Entry Fee plus \$14 per individual event, and \$20 per relay.

### OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first event entered until the maximum has been attained and scratched from all remaining events.

The coach and swimmer must recognize and accept the responsibilities and the extra obligations if they want to enter extra events.

### VERIFICATION / PROOF OF TIME

Indiana Swimming will verify all entries via SWIMS after the entry deadline. Any entry that does not have a qualifying time within the qualifying period will be included on a proof needed list. **Times submitted may not be faster than provable**. The list of proofs needed will be posted on the Indiana Swimming website no later than Wednesday, March 11 - 5:00 pm (Eastern).

**Teams will have to provide proof of time to ISI offices by Thursday 4:00 pm OR at the meet to the Meet Referee or**

**his/her designee prior to applicable scratch deadlines for the event(s) or the swimmer will be scratched.**

**All proofs** submitted to ISI, including those from Non-USA Swimming Meets, should use the [PROOF](#) submission form located on the championship web page. **Swimmers' names must be circled or highlighted on results.**

Acceptable verifications are official results in PDF form from:

- USA Swimming sanctioned or approved meets;
- College, High School, Junior High, YWCA or YMCA meets sanctioned by their respective governing organizations;
- Websites (provided host address is printed on the copy);
- Meet Mobile or Live Results with visible meet and date headers;
- Verification slips, time cards, timing system tapes or photocopies of such which are referee signed and dated.
- Official results from USA Swimming meets must be printed with either host team's name or IUPUI Natatorium on each page.

Relays cannot be pre-proven with the Hy-Tek program at this time. Therefore, any team's relay that misses the cut or is disqualified will have to provide proof of time **for all relays** in that event. Proofs must be sent to the Indiana Swimming office no later than the Friday, March 27 - 4:00 pm. Any unproven relays after this time will be assessed a \$100 non-refundable fee due to Indiana Swimming. A swimmer's name and time may only be used once per event to prove a relay time.

## TIME STANDARDS

Times must have been achieved from January 1, 2019 to applicable entry deadline.

WOMEN			SENIOR	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
0:28.09	0:27.59	0:25.09	<b>50 Free</b>	0:22.59	0:24.79	0:25.39
1:00.89	0:59.69	0:54.39	<b>100 Free</b>	0:49.09	0:53.89	0:55.29
2:14.49	2:11.29	1:59.89	<b>200 Free</b>	1:48.79	1:59.19	2:04.09
4:45.39	4:46.79	5:22.59	<b>400M / 500Y Free</b>	4:56.19	4:19.19	4:27.69
<b>10:02.09</b>	<b>10:00.79</b>	<b>11:25.79</b>	<b>800M / 1000Y Free**</b>	<b>10:25.49</b>	<b>9:07.39</b>	<b>9:26.59</b>
<b>19:35.59</b>	<b>18:51.49</b>	<b>18:55.99</b>	<b>1500M / 1650Y Free**</b>	<b>17:34.69</b>	<b>17:28.39</b>	<b>18:16.29</b>
1:09.19	1:07.29	1:01.09	<b>100 Back</b>	0:56.09	1:01.89	1:04.49
2:30.79	2:25.19	2:12.69	<b>200 Back</b>	2:02.89	2:15.79	2:22.39
1:19.99	1:17.19	1:10.19	<b>100 Breast</b>	1:02.99	1:09.19	1:12.09
2:54.49	2:47.59	2:33.39	<b>200 Breast</b>	2:19.29	2:33.59	2:40.39
1:07.39	1:06.29	1:00.59	<b>100 Fly</b>	0:54.09	1:00.29	1:00.49
2:35.29	2:31.99	2:17.49	<b>200 Fly</b>	2:03.79	2:16.69	2:21.39
2:32.79	2:28.09	2:15.19	<b>200 IM</b>	2:02.49	2:14.09	2:18.39
5:28.99	5:20.09	4:52.59	<b>400 IM</b>	4:25.49	4:52.09	5:06.29
1:58.69	1:54.49	1:44.49	<b>200 Free Relay</b>	1:34.09	1:43.09	1:46.69
4:21.19	4:12.99	3:50.39	<b>400 Free Relay</b>	3:26.09	3:48.19	3:59.99
9:34.99	9:16.19	8:24.19	<b>800 Free Relay</b>	7:38.59	8:22.19	8:57.89
2:12.69	2:06.79	1:55.79	<b>200 Medley Relay</b>	1:44.69	1:54.69	1:59.99
4:51.99	4:41.19	4:14.89	<b>400 Medley Relay</b>	3:48.79	4:10.59	4:25.69

\*\* Summer Senior time standards are used for qualifying for the 800 and 1500 only. Seeding will be Y-L-S for **ALL** events including distance.

## ORDER OF EVENTS

Preliminaries #		FRIDAY	Finals <i>(south pool)</i>	
Women	Men	EVENT ORDER	Women	Men
x	x	800 Freestyle **	1	2
3	4	400 IM***	3	4
5	6	100 Freestyle	5	6
7	8	200 Backstroke	7	8
9	10	100 Breaststroke	9	10
11	12	400 Medley Relay**	x	x
<b>alternating</b>		<b>DISTANCE SESSION</b>		
1	2	800 Freestyle **	x	x
Preliminaries #		SATURDAY	Finals <i>(south pool)</i>	
Women	Men	EVENT ORDER	Women	Men
13	14	200 Free Relay**	x	x
15	16	200 Butterfly	15	16
17	18	50 Freestyle	17	18
19	20	200 Breaststroke	19	20
21	22	500 Freestyle***	x	x
x	x	400 Freestyle	21A	22A
23	24	100 Backstroke	23	24
25	26	800 Free Relay **	x	x
Preliminaries #		SUNDAY	Finals <i>(south pool)</i>	
Women	Men	EVENT ORDER	Women	Men
27	28	200 Medley Relay **	x	x
x	X	1500 Freestyle **	29	30
31	32	200 IM	31	32
33	34	200 Freestyle	33	34
35	36	100 Butterfly	35	36
37	38	400 Free Relay **	x	x
<b>alternating</b>		<b>DISTANCE SESSION</b>		
29	30	1500 Freestyle **	x	x

# A 5-minute break will follow each event during prelims, as two pools divided by gender will be used. (HOD2017) A 10-minute break will precede/follow relays.

\*\* The **800 and 1500 Freestyle** are to be conducted on a timed final basis with only the fastest seeded heat, **top 8 (Y-L-S) times not indicating a prelim swim**, swimming in finals. All other heats are to be held in the preliminaries swimming fastest to slowest.

\*\*\*The 400 IM's and 500 Freestyles **will not be flighted**, as two competition courses are being utilized. (HOD 2011/2017/2018) Per USA swimming rule 102.5.1D only the fastest 2 heats of the **400 IM** and **500 Freestyle** will be circle seeded.

## MEET SCHEDULE

	Preliminaries		Finals	
	Warm - ups	Meet Starts	Warm-ups Not before	Meet Starts Not Before
Friday-Sunday	7:30 am - 8:45 am	9:00 am	3:30 pm*	5:00 pm

\*Distance session on Friday and Sunday will be backed up to the Finals sessions. Warm-up for finals may start in the practice pool.

## MEET PROCEDURES & FORMAT

### WARM-UP PROCEDURES

- No lane assignments will be made for warm-ups.
  - The diving well will be available during prelims.
  - The instructional pool and diving well will be available for warm-ups during distance sessions and finals.
  - Instructional pool hours - Fr 1:30 pm, Sat 5:00 pm, Sun 11:30 am; all thru finals
  - One lane will be designated as a PACE LANE throughout the meet.
  - Assignments below are for the competition pools only.
- NOTE: Marshals will be monitoring and enforcing warm-up procedures. Coaches please review the following: Warm-up Procedures

WARM-UP SCHEDULE						
	General Warm-up NO DIVING	Sprint Racing starts from starting end only. Swim one way. Walk back	Pace	General Warm-up NO DIVING	Close Pool	Meet Starts Not before
	ALL LANES	Lanes 2,3,6,7	Lanes 1, 8	Lanes 4-5		
<b>PRELIMS</b>						
Fri**-Sun	7:30 - 8:15 am	8:15 - 8:45 am			8:45 am **	9:00 am
<b>FINALS</b>						
Fri/Sun	45 min prior to start time* (30 min)	30 min prior to start time (15 minutes)			15 min prior to start time	Start time 5:00 pm or later
Sat	3:30* - 4:30 pm	4:30 - 4:45 pm			4:45 pm	5:00 pm

\*Warm-ups in the competition pool will start not earlier than. Friday and Sunday distance will back-up to Finals. Friday and Sunday general warm-up will be available in the instructional pool prior to availability in the competition pool.  
\*\* Coaches Meeting - Day 1 15 minutes prior to start of warm-ups and continues after warm-ups. Subsequent days following warm-ups.

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### FORMAT

This meet will be run in Modified Championship Meet Format with preliminaries, and A, B, C & D Finals in all events, except the 800 and 1500 Freestyles and all relays.

A **ready area** will be provided for finals each evening. The top 8 finalists from all individual events shall be marched out from a designated ready room. **Relay timed finals events will not be paraded.**

A **D Final** will be seeded comprised of the next eight qualifying 15-16 yr. olds who did not qualify for the A, B or C Final. 14-year-old swimmers who age up prior to the Age Group state meet may participate in the D Final.

**Based on pool size 4 full heats of swimmers** will be brought back for Finals. **The A, B and C Finals will score. The D Final is a non-scoring heat.**

**Finals order will be C, B, A, D. During the D final, A finalists should report directly to Awards staging. Awards will be presented immediately after each D final.**

The **400 IM's and 500 Freestyles will not be flighted**, as two competition courses are being utilized. (HOD 2011/2017) Per USA swimming rule 102.5.1D only the fastest 2 heats of the **400 IM and 500 Freestyle** will be circle seeded.

**Fly-over starts** will be used in the preliminary sessions.

**Distance event swimmers** must provide their own lap counter. Lap counters that do not have deck access via their coach card or athlete status **will not be allowed on deck until 15 minutes prior to the distance event start time(s) and must exit the deck immediately following the swim. These counters must sign in and out at the deck entrance security table.**

**Courtesy rest**, 12-15 minutes timed between the athlete's heats not events, shall be given for swimmers in consecutive events. It is the responsibility of the coach or swimmer to **notify the meet referee of a swimmer's situation PRIOR TO the swimmer's first event** regarding the courtesy. A 5-minute break will follow each event during prelims, as two pools divided by gender will be used. (HOD2017) A 10-minute break will precede/follow relays.

## MEET CONDUCT

### RULES

The meet will be conducted in accordance with USA Swimming and Indiana Swimming rules and regulations.

### PRE-SCRATCH TIMELINES

Pre-scratch timelines for prelim sessions will be available and shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. Timelines posted are only approximations to be used only for general planning purposes. The actual meet session timelines may vary from what is posted. Athletes and coaches are responsible to adhere to all meet deadlines and competition/event starting times.

### PRE-SCRATCH TIMED FINALS PRELIMS PSYCH SHEET

A pre-scratch prelims Psych Sheet for timed final and relay events. This shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. This is to be used for planning purposes, as scratches will alter the final seeding. **Note that distance swimmers may check-in and elect to swim during the prelim session. The top 8 submitted (Y-L-S) 800/1500 not designated as a prelim swim will swim in finals.**

### COACH SCRATCH BOX RESPONSIBILITY

**All** scratches for individual events, regardless of reason, must be made at the Scratch Table by:

Friday Events	1 hour prior to start of Friday session
Saturday Events	30 minutes after start of Friday Finals session
Sunday Events	30 minutes after start of Saturday Finals session

Coaches must sign their names on the Scratch Forms.

The money for scratched events is **NOT** refundable.

### OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first until the maximum has been attained and scratched from all remaining events.

### SEEDING OF INDIVIDUAL EVENTS

Seeding order: Short Course Yards-Long Course Meters-Short Course Meters (Y-L-S). This includes the 800 and 1500 distance events. No entry times will or should be converted for seeding.

In individual events other than the 800 and 1500 Freestyles, the swimmer is assumed to be swimming unless he/she has been scratched.

Per USA Swimming rule 207.11.7, **entrants in the 800 and 1500 Freestyles must check in with the Clerk of Course and confirm their intention to compete** before the scratch deadline for the event in order to be seeded. **During check-in for distance, entrants may designate a preference to swim the event during prelims by marking an AM next to their name.** Individuals failing to check-in may present themselves to the Meet Referee or his/her designee requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

After the Psych Sheet is published to the ISI website on Wednesday prior to the start of the meet, any swimmer entering as a late entry shall not be seeded in the top eight of the entered event. The swimmer will be seeded by their entry time, but no higher than 9th place.

A copy of the seeded heat sheet after scratches shall be posted before warm-ups for Saturday and Sunday prelims.

### SCRATCH PROCEDURES – INDIVIDUAL EVENTS

**National scratch procedures, USA Swimming rule 207.11.6, will be observed.** Additions and modifications are noted below.

### Preliminary Heats

In all events where preliminary heats are necessary, **or in any timed final event**, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the above deadline **will be barred from all further individual events of that day.** (NOTE: This does not bar an individual who has qualified earlier in the session for a Consolation or Final from swimming in that Final.) The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events.

Additionally, that swimmer shall be scratched from any individual events on succeeding days unless that swimmer or the swimmer's



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coach declares the swimmer's intent to swim prior to the close of the scratch box for that day's events, or within 30 minutes of the missed event.

### Scratching from D, C, B or A Finals

- Note finals heat order shall be C,B,A,D, where D, C, and B are the bonus and consolation finals.
  - SUNDAY ONLY: No-shows or not scratching according to the rules by the appropriate deadlines (Exceptions for failure to compete - B), for D, C, B, or A final will result in a \$50 fine per swimmer regardless of the number of events missed that finals session. The fine shall be assessed to the swimmer. Host team will forward violations to the ISI office. ISI office will notify violators and collect fines. ISI office will send \$25 per fine collected back to host team.
- A. Any swimmer qualifying for the original D, C, B or A final race in an individual event, who fails to compete in said final, shall be barred from further competition for the remainder of the meet except as noted in Exceptions below. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is NOT permitted and will be regarded as a failure to compete.
  - B. Original Qualifiers in the D Final are designated as the "next" ten (10) 15 and/or 16-year old after the last person originally qualified in the C Final. The top qualifier for the D Final may elect to serve as an alternate for the C Final rather than be seeded in the D Final by notifying the Administrative Referee within the 30-minute scratch deadline for that event.
  - C. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the D, C, B or A final when possible with the next qualified swimmer(s). Any potential alternate for finals must report to the Deck Referee or Starter prior to the applicable event. There will be no announcements made to fill the heat.
  - D. First and second alternates shall be announced for the D and C Finals along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
  - E. Where D or C Finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the D, C, B or A final if necessary, to insert the alternate(s) in appropriate lane(s), filling all lanes in the final.
  - F. If the D and C Finals have already been contested, the B and A Finals shall be swum without re-seeding for the empty lane(s).

### Exceptions for Failure to Compete

No penalty shall apply for failure to withdraw or compete in an individual event if:

- A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
- B. A swimmer qualifying for a D, C, B or A Final race following the preliminaries notifies the Administrative Referee within thirty (30) minutes after announcement of the qualifiers for that final race that he may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.
- C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

## RELAYS

### Entry Forms

If a swimmer is only on a relay and not competing in individual events, they **MUST** be on the team entry report. No swimmer will be allowed to swim unless his/her name is on the entry report.

## Relay Time Standards

The standard is listed on the Time Standards page. Proof of time shall be the aggregate of any four individual swimmers eligible to compete for your team or an actual attained time by a relay team from your team designated - "A", "B", "C", etc.

### Relay Cards

All relay cards will be made available, by the host team, for pick-up no later than 1 hour before the start of competition the first day of the meet. Please submit relay cards to the Administrative Referee or host team's designated person no later than one hour prior to the relay's scheduled start. Returned relay cards are to include the full names of the swimmers intending to swim and shall be listed in the order that they will be swimming.

### Relay Seeding

**Entrants in all relays must check in at the Clerk of Course and confirm their intention to compete** before the scratch deadline for the event in order to be seeded. ***During check-in for relays, entrants may designate a preference to swim the event during prelims by marking an AM next to their name relay.*** Relays failing to check-in may present themselves to the Meet Referee or his/her designee requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

All relays will be swum as timed finals; refer to Meet Format for specifics.

After the Psych Sheet is published to the ISI website on Wednesday prior to the start of the meet, any relay entering as a late entry shall not be seeded in the top eight of the entered event. The relay will be seeded by their entry time, but no higher than 9th place.

### SCORING

Individual events are scored to 24 places as follows:

30-27-26-25-24-23-21-20

19-17-16-15-14-13-12-11

9-7-6-5-4-3-2-1

Relay events are scored to 24 places, with points of individual places doubled.

### AWARDS

INDIVIDUAL EVENTS: Medals for 1st-8th

RELAY EVENTS: Medals for 1st-8th

Trophies or plaques will be awarded to:

- Top three teams overall
- High point men's team and High point women's team
- Individual men's and women's High point winners.

In the **evening sessions**, awards ceremonies shall be conducted in a manner that does not excessively delay the meet. All relay events will be awarded during Prelims. **With the exception of the distance events and 50 frees, all award ceremonies will be immediately following the D final.** The distance and 50 free awards will follow the end of the men's event. An Awards Schedule will be printed in the Finals Heat Sheets.

### TIME TRIAL

Time Trials will be not be offered.

## SUMMARY OF ENTRIES

### THIS FORM IS REQUIRED WITH PAYMENT

The total amount of all fees due, including any fines incurred due to late entry for all swimmers and events entered, shall be tendered no later than one hour prior to the start of the first session in which the team/athlete is competing. (If utilizing Fed Ex/Overnight mail you must check the waive signature box.)

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash.

**Make checks payable to:** **Indiana Swimming Inc.**  
Address TBA – contact office

Thank you.

Send to:

NAME OF TEAM \_\_\_\_\_ CODE \_\_\_\_\_

Number of swimmers (and alternates) entered:

*Indiana Swimming* Surcharge + IUPUI Natatorium Surcharge (\$5 + \$1.50)

Men: \_\_\_\_\_ X \$ 6.50 = \_\_\_\_\_

Women: \_\_\_\_\_ X \$ 6.50 = \_\_\_\_\_

Number of Men's individual entries: \_\_\_\_\_ X \$ 7.00 = \_\_\_\_\_

Number of Women's individual entries: \_\_\_\_\_ X \$ 7.00 = \_\_\_\_\_

Number of Relay entries: \_\_\_\_\_ X \$ 10.00 = \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_

**Team Official Entering Entry:**

Name: \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Team Official E-mail: \_\_\_\_\_

**Contact Information for Coaches Attending Meet:**

Senior Coach: \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Senior Coach: \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

**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 assignees, hereby releases and forever discharges the host team and Indiana Swimming, and its Board of Directors, USA Swimming, facility and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this 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 the host team and Indiana Swimming, USA Swimming, said facility and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

**Signature of Team Official/Coach** \_\_\_\_\_ **Date** \_\_\_\_\_

- \*Person who signs above is responsible for any fines imposed on the team for each missed cut not proven.
- \*You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please list the name of your spokesperson: \_\_\_\_\_

Did you include?

	Relay Entry Forms (only if applicable)
Entries in Writing (only if applicable)	This completed form
Check for entries and surcharges	
I have read the scratch rules and USA Swimming National scratch rule, 207.11.6, and understand all of them.	