



2010 INDIANA SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS



Sponsored by **speedo**
July 29 – August 1, 2010
Sanction #IN10338

Important Facts Regarding the Meet

- Qualification Period is January 1, 2009 thru July 26, 2010.
- **Online Entry Deadline Friday, July 23 by 11:59 PM (EDT).**
- **Deadline for Addressing ALL entry exceptions / modifications is Monday, July 26 by 11:59 pm (EDT).**
- **When submitting any subsequent entry files, ALWAYS submit a complete entry file to host not just a file of modifications.** (Files are “written over” by Meet Manager.)
- **Clubs/unattached swimmers that neglect to enter an event(s) by Friday, July 23 – 11:59 pm will be assessed a \$200 Late Entry Fee + \$10 per individual event.**
- ANY/ALL entries / modifications received after the Monday, July 26 – 11:59 pm (EDT) will be considered late.
- All fees including any fees due to late entry shall be tendered on or before the first event of Day 1 of the meet or ALL team entries will be scratched.
- Any entry that does not have a proof of time in the SWIMS Database will be posted on the Indiana Swimming website by Tuesday, July 27 @ 4:00 pm (EDT).
- Results from Non-USA Swimming Meets can be faxed to the Indiana Swimming office no later than Wednesday, July 28 @ Noon (EDT).
- **SCRATCHING FROM FINALS (including ALL Timed Finals):** Any swimmer qualifying for the original bonus final, consolation final or championship 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.)
- **Relays will be scored to 20 Places, Medals to 8th Place and a fee increase to \$10.**
- **Swimmers are now eligible for bonus events depending on the number of Qualifying Times. See Entry Section for details.**
- **There will be no Award session on Thursday evening. Awards for Thursday swims will be held Friday Evening.**
- **Note time change for start of warm-ups/competition on Thursday.**

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ENTRY DEADLINE CHECKLIST

Clubs are encouraged to use these check lists to ensure all responsibilities have been met and to avoid any problems at the meet.

DATE	TIME (EDT)	Description	If applicable - COMPLETED?
Friday, July 23	11:59 pm	Online entries must be submitted.	
Saturday, July 24	11:59 pm	Online entries to receive Entry Report & Exceptions report via e-mail from host	
Monday, July 26	11:59 pm	Deadline for addressing any exceptions, modifications, deletions.	

AT THE MEET DEADLINE CHECKLIST

DATE	TIME (EDT)	Description	If applicable - COMPLETED?
Thursday, July 28	1:30 pm	Thursday events SCRATCH DEADLINE	
	2:15 pm	Coaches Meeting	
	2:29 pm	All outstanding fees due or ENTIRE team will be scratched	
Friday, July 30	5:00 pm	Friday events scratch deadline	
	8:45 am	Coaches Meeting	
	9:00 am	Prelims relay card turn-in deadline	
	5:00 pm	Saturday events scratch deadline	
Saturday, July 31	5:45 pm	Finals relay card turn-in deadline	
	8:45 am	Coaches meeting	
	9:00 am	Prelims relay card turn-in deadline	
	5:00 pm	Sunday events scratch deadline	
Sunday, August 1	5:45 pm	Finals relay card turn-in deadline	
	8:45 am	Coaches meeting	
	9:00 am	Prelims relay card turn-in deadline	
	4:45 pm	Finals relay card turn-in deadline	
	End of meet	Clubs should check host awards area for any unclaimed awards.	

All Times are Local (Eastern Daylight Time)



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MEET HOST INFORMATION

HOST

Indiana University - Campus Recreational Sports in collaboration with Bloomington Swim Club and Councilman Center Swim Team
Meet website: www.recports.indiana.edu

MEET DIRECTOR

Kellen Edelbrock kedelbro@indiana.edu
(812) 855-9798

MEET REFEREE

George Behrens
Officials Chair - Indiana Swimming

- Host club is responsible for solicitation of Deck Officials
- All Assigned Officials selected by the Meet Referee
- *Senior State Championships has been approved as a Qualifying Meet for all N2 and most N3 positions. Any official desiring to be evaluated for recertification or initial evaluation of N2 or N3 positions must submit a Request for Evaluation prior to the meet. Send requests to Lucy Duncan at : lucyuss@aol.com*

FACILITY

Councilman/Billingsley Aquatics Center located at the Student Recreational Sports Center
Indiana University
1601 Law Lane
Bloomington, Indiana 47405

Water depth at the Start end is 7', at the turn end 4', measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the respective end wall. The race course includes a moveable bulkhead at the turn end, therefore, the competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). In the event a new American, US Open, or National Age Group Record is set, course measurement of the lane in which a record is set must be confirmed at the conclusion of the session during which the time is achieved.

ENTRY CHAIRPERSON

Ross Elliott Email: iuswim1@aol.com
c/o Kellen Edelbrock
1601 Law Lane
Bloomington, IN 47405 Fax: (812) 855-7551

CHARGES

Psych Sheet –\$10

Heat Sheets –

- Preliminary Session –\$4
- Timed Finals –\$1
- Finals –\$1

Admission –

- All Session Pass - \$20
- Day Pass - \$8
- Prelims - \$5
- Finals - \$5
- Ages 12 & Under Free
- T-Shirt - \$20

PARKING

Paid parking is available right next to the pool on Law Lane, just to the east of the SRSC – Cost \$5/day. Free parking is available in the lot to the south of the pool in the parking lot on 10th Street and Sunrise.

SEATING / ATHLETE AREAS

Spectator Seating Capacity - 600
At no time will the number of persons permitted by building fire codes be allowed into the spectator area. The facility staff reserves the right to deny access to additional spectators if the capacity has been reached. The facility staff also reserves the right to prohibit seat saving and the use of coolers, auxiliary seats, and other items which may interfere with seating of other spectators.

ATHLETE ENTRANCE

Athletes should enter the pool deck through the far right set of double doors from the lobby into the spectator seating area. In order to get down the deck, please show your meet credentials to the meet personnel at the top of the stairs.

AWARDS AREA

The awards staging area will be in the SE corner of the pool deck directly behind the diving well. Athletes should assemble at the tent located in this area prior to being paraded out to the awards podium directly beneath the Indiana Diving scoreboard and next to the Head Table.

ACCIDENTS

All accidents resulting in injury are to be reported to a lifeguard or meet director(s). The meet directors must complete and submit a Report of Occurrence form.

SWIMSUIT LEGISLATION

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.

RUBDOWNS

Rub downs (which use oil or lotion) shall not be permitted on deck. Any coach found using rubdown oils or lotions in an on-deck area shall have their deck pass and credentials removed for the remainder of the meet. Any swimmer found using rubdown oils or lotions on deck shall be barred from their next individual event.

CREDENTIALS / DECK ACCESS

To receive meet packets and to get on deck, **ALL** coaches and officials will be required to display USA Swimming membership cards at all times. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current. The Meet Director and/or designated Meet Marshal will ask any unauthorized persons to leave the deck.



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FACILITY NOTE

All swimmers, coaches, officials, and spectators are asked to please treat this facility like it was their own. We will strictly enforce these rules:

1. **SMOKING IS NOT PERMITTED IN THE BUILDING!**
2. Keep all trash picked up.
3. Do not go, or let children go, in any unauthorized areas. This means any place other than the concourse/lobby, and seating areas, any stairs to deck, and the deck. Elevators and stairwells are off limits. If a swimmer is caught in a restricted area, the swimmer will be asked to leave the facility and will be pulled from the remainder of the meet.
4. No radios, balls, or any other device that will be an inconvenience will be allowed.
5. No posting signage/banners on ANY PAINTED SURFACE.
6. Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of the invitational.
7. **NO PARENTS ON DECK.**
8. Food concessions will be made available. Neither the host nor the Campus Recreational Sports Staff have any influence on the pricing of the concession stand and hours of operation.
9. Host club is not responsible for items left at SRSC. Lost and Found is at the SRSC. 812-855-9798.

Anyone caught abusing the building/facility will be asked to leave the meet IMMEDIATELY!!!

USE OF RECREATIONAL SPORTS CENTER

The workout facilities at the SRSC may be used at a rate of \$6/day with a photo ID. Children under the age of 18 must be supervised by an adult at all times. Call (812) 855-7772 for additional information.



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ENTERING THE MEET

ELIGIBILITY

- Swimmers with cuts during the qualifying period will be allowed to enter this meet.
- There are no age restrictions on this meet
- All swimmers, coaches, and officials must have an ID # registered with Indiana Swimming (*see USA Rules 202.3*).

QUALIFYING PERIOD

Times must be achieved from January 1, 2009 to applicable entry deadline.

ENTRY LIMITS

- Swimmers may enter an unlimited number of events.
- Must scratch down to 6 events for the entire meet plus relays.
- No more than three (3) individual events per day (this includes time trials) are allowed.
- Swimmers may enter Bonus Events (without Qualifying times) as follows:

Entries with Qualifying Times	Number of Bonus Events Allowed
1	1
2	2
3	1
4+	0

Note: The 1000 Free and 1650 Free are not eligible for Bonus Events.

ENTRY FEES

- \$ 5.00 per swimmer surcharge (also includes relay only alts)
- \$ 5.00 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 on or before the first event of Day 1 of the meet.** If not tendered at the clerk table, the entire team will be scratched from the meet. The Summary of Entries form (page 12) can either be faxed or included with payment. If you are NOT going to be at the meet at the beginning of DAY 1 you MUST send your check in a timely manner to be received by Wednesday, July 28 – 5:00 pm. (If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery.)

ENTRY DEADLINE / ASSOCIATED DATES

- Friday, July 23 by 11:59 pm (EDT)**
All Entries due via the Online Entry Form located at www.inswimming.org.
- Saturday, July 24 by 11:59 pm (EDT)**
Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail.
- Monday, July 26 by 11:59 pm (EDT)**
All exceptions / modifications / deletions due back to host.

Entries must be submitted through the Online Entry Form on or before Friday, July 23 -11:59 pm. Entering clubs should ensure that they have a current version of Team Manager AND that they have properly imported the meet setup file (download from www.inswimming.org). If manually set up, be sure that entry times are NOT converted and qualifying dates are inserted/entered.

Host will notify entering clubs within 24 hours of receipt of their entry with both an entry list as well as an exception list if applicable. Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail by Saturday, July 24-11:59 pm. Entering clubs have until Monday, July 26 @ 11:59 PM to address their exceptions. Any entries/modifications after Monday July 26 @ 11:59 PM will be subject to the late entry fees. **Always submit a complete entry file to host, not just a file of the modifications.**

Exceptions/Modifications made after Friday Deadline and before Monday Deadline may include Additions, Deletions and Corrections to the existing (submitted) team entry. An entry must be submitted by the Friday deadline, 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

Clubs/unattached swimmers that neglected to enter an event(s) by Friday, July 23-11:59 pm can enter up until one hour before the start of the meet. These late clubs/unattached swimmers will be assessed a \$200 Late Entry Fee + \$10 per individual event. ANY entries / modifications received after the Monday, July 26 - 11:59 pm will be considered at the \$200 late entry fee system above. This includes any entry time changes, to include a missed event or to switch events for a swimmer already in the meet.

IMPORTANT REMINDER REGARDING ENTRY FILE

Entering clubs/swimmers need to remember to check all data BEFORE submitting. Entering club / unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of club entries.

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. Any entry that does not have a proof of time in SWIMS will be posted on the Indiana Swimming website by Tuesday, July 27 @ 4 PM. Proof of Times can be faxed to the Indiana Swimming office no later than Wednesday, July 28 @ 4 PM. **Outstanding Time Verifications (proofs) will have to provide proof of time to the host prior to applicable scratch deadlines for the event(s) or the swimmer will be scratched.**



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VERIFICATION / PROOF OF TIME (Cont'd)

Relays cannot be pre-proven easily in SWIMS 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 Friday August 20 - 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.

Acceptable verifications are official results from:

- * USA Swimming sanctioned or approved meets;
- * College, High School, Junior High, YWCA or YMCA meets sanctioned by their respective governing organizations;
- * Websites (provided that the web host address is printed on the copy);
- * 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 club's name or IUPUI Natatorium on each page. Results from Non-USA Swimming Meets can be scanned/emailed, faxed (317.237.5783) or the website URL address where results can be found can be emailed to lynn@inswimming.org no later than Wed, July 28 @ 4 PM.



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ORDER OF EVENTS

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN	
<i>Warm-Ups: 1:00-2:15 pm</i>		THURSDAY EVENTS			<i>Warm-Ups: Not before 6:00</i>	
<i>Meet Starts: 2:30 pm</i>					<i>Meet Starts: Not before 7:00</i>	
3	50 Freestyle	4	**1	1500 Freestyle	**2	
**1	1500 Freestyle	**2	3	50 Freestyle	4	
<i>Warm-Ups: 7:30-8:45 am</i>		FRIDAY EVENTS			<i>Warm-Ups: Not before 4:00</i>	
<i>Meet Starts: 9:00 am</i>					<i>Meet Starts: Not before 5:15</i>	
5	400 Individual Medley	6	5	400 Individual Medley	6	
7	100 Freestyle	8	7	100 Freestyle	8	
9	200 Backstroke	10	9	200 Backstroke	10	
11	100 Breaststroke	12	11	100 Breaststroke	12	
**13	800 Freestyle Relay	**14	**13	800 Freestyle Relay	**14	
<i>Warm-Ups: 7:30-8:45 am</i>		SATURDAY EVENTS			<i>Warm-Ups: Not before 4:00</i>	
<i>Meet Starts: 9:00 am</i>					<i>Meet Starts: Not before 5:15</i>	
15	200 Butterfly	16	15	200 Butterfly	16	
17	100 Backstroke	18	17	100 Backstroke	18	
19	400 Freestyle	20	19	400 Freestyle	20	
21	200 Breaststroke	22	21	200 Breaststroke	22	
*23	400 Medley Relay	*24	*23	400 Medley Relay	*24	
<i>Warm-Ups: 7:30-8:45 am</i>		SUNDAY EVENTS			<i>Warm-Ups: Not before 3:00</i>	
<i>Meet Starts: 9:00 am</i>					<i>Meet Starts: Not before 4:15</i>	
25	200 Individual Medley	26	25	200 Individual Medley	26	
29	200 Freestyle	30	**27	800 Freestyle	**28	
31	100 Butterfly	32	29	200 Freestyle	30	
*33	400 Free Relay	*34	31	100 Butterfly	32	
**27	800 Freestyle	**28	*33	400 Free Relay	*34	

* Timed Finals with the Top 8 submitted relay entry times swimming in evening finals with the rest (#9 seed and slower) being swum in the morning preliminaries.

** The 800 and 1500 Freestyle and the 800 Free Relays are to be conducted on a Timed Final basis with only the fastest seeded heat to swim in finals. All other heats are to be held in the Preliminaries. All heats shall be swum alternately Women/Men as follows: (i) fastest women's heat first; (ii) fastest men's heat second; (iii) second fastest women's heat third; (iv) second fastest men's heat fourth, continuing until all heats are swum; (v) in the event of an unequal number of women's and men's heats, the excess slow heats will be swum last.



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2010 TIME STANDARDS

Times must have been achieved from January 1, 2009 to applicable entry deadline.

WOMEN			2008 - 2009	MEN		
SCY	LCM	SCM	SENIOR	SCY	LCM	SCM
0:25.69	0:29.19	0:28.19	50 Free	0:22.89	0:26.09	0:25.19
0:55.79	1:02.89	1:01.19	100 Free	0:49.99	0:56.79	0:54.79
2:01.89	2:17.49	2:13.49	200 Free	1:50.29	2:05.39	2:00.79
5:29.19	4:49.99	4:52.69	400M / 500Y Free	5:02.69	4:28.89	4:24.89
11:25.79	10:02.09	10:00.79	800M / 1000Y Free	10:43.09	9:26.59	9:22.79
19:25.69	19:35.59	19:21.09	1500M / 1650Y Free	18:08.19	18:16.29	18:01.69
1:04.09	1:13.89	1:10.59	100 Back	0:57.69	1:06.79	1:03.69
2:19.09	2:40.59	2:32.19	200 Back	2:06.89	2:26.19	2:20.29
1:12.89	1:23.59	1:20.19	100 Breast	1:04.99	1:14.79	1:11.39
2:38.59	3:01.49	2:53.19	200 Breast	2:24.29	2:48.09	2:39.09
1:02.39	1:10.49	1:08.29	100 Fly	0:55.49	1:02.19	1:01.79
2:24.49	2:42.29	2:39.69	200 Fly	2:07.59	2:27.99	2:20.89
2:18.59	2:36.19	2:31.79	200 IM	2:05.49	2:21.29	2:17.29
5:00.99	5:38.59	5:29.29	400 IM	4:32.39	5:12.09	4:59.69
3:53.79	4:25.19	4:16.79	400 Free Relay	3:29.89	4:00.39	3:52.39
8:35.89	9:34.99	9:29.09	800 Free Relay	7:44.89	9:01.59	8:29.09
4:22.99	4:53.49	4:50.09	400 Medley Relay	3:53.79	4:27.59	4:16.09



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CHAMPIONSHIP PROCEDURES

TIME SCHEDULE

- ALL TIMES ARE EDT (LOCAL TIME)
- **NO LANE ASSIGNMENTS WILL BE MADE FOR WARM-UPS.**
- The diving well will be available during the entire meet (including warm-ups).

NOTE: Marshals will be monitoring and enforcing warm-up procedures. Coaches please review the following:
www.inswimming.org/isforms/meetwu.pdf

Preliminary Warm-up Schedule

Thursday		
1:00 – 1:45 pm	All Lanes	General Warm-up; NO DIVING!
1:45 – 2:15 pm	Lanes 2 & 7	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 8 Lanes 3 - 6	Pace Lanes General Warm-up; NO DIVING!
2:15 pm	Clear Pool	Coaches meeting
2:30 pm	MEET STARTS	
Fri, Sat & Sun		
7:30 – 8:15 am	All Lanes	General Warm-up; NO DIVING!
8:15 – 8:45 am	Lanes 2 & 7	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 8 Lanes 3 - 6	Pace Lanes General Warm-up; NO DIVING!
8:45 am	Clear Pool	Coaches meeting
9:00 am	MEET STARTS	

Finals Warm-up Schedule

Thursday		
6:00* – 6:25	All Lanes	General Warm-up; NO DIVING!
6:25 – 6:45 pm	Lanes 2 & 7	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 8 Lanes 3 - 6	Pace Lanes General Warm-up; NO DIVING!
7:00 pm	MEET STARTS	
Fri & Sat		
4:00* – 4:30 pm	All Lanes	General Warm-up; NO DIVING!
4:30 – 5:00 pm	Lanes 2 & 7	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 8 Lanes 3 - 6	Pace Lanes General Warm-up; NO DIVING!
5:15 pm	MEET STARTS	
Sunday		
3:00* – 3:30 pm	All Lanes	General Warm-up; NO DIVING!
3:30 – 4:00 pm	Lanes 2 & 7	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back.
	Lanes 1 & 8 Lanes 3 - 6	Pace Lanes General Warm-up; NO DIVING!
4:15 pm	MEET STARTS	

*Warm-ups will start not earlier than:

- 6:00 pm Thursday
- 4:00 pm Friday and Saturday
- 3:00 pm on Sunday

RULES

- Current USA Swimming & Indiana Swimming rules will govern.

MEET FORMAT

This meet will be run in Modified Championship Meet Format with preliminaries, bonus finals, consolation finals, and finals in all events except the 800 and 1500 Freestyle, and all relays. The distance freestyle (800 & 1500) and the 800 Free Relays will be swum on a timed final basis in the prelims, alternating women and men, with heats fastest to slowest. The fastest heat of women and fastest heat of men will swim in the finals. The 400 Medley and 400 Free relays are Timed Finals with the top 8 submitted relay entry times swimming in evening finals and the rest (#9 seed and slower) being swum in the morning preliminaries.

A ready room will be provided for finals each evening. The Top 8 finalists from all individual events and distance timed finals events shall be marched out from a designated ready room.

At the discretion of the meet director and meet referee, fly-over starts may be used in the preliminary session, if the timeline dictates.

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) 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.**

COACH SCRATCH BOX RESPONSIBILITY

Individual Scratch Forms and Multiple Scratch Forms will be available at the Scratch Table and **MUST** be used. **All** scratches for individual and relay events, regardless of reason, must be made at the Scratch Table by:

- Thursday Events: 1:30 pm Thursday afternoon
- Friday Events: 5:00 pm Thursday night
- Saturday Events: 5:00 pm Friday night
- Sunday Events: 5:00 pm Saturday night

Coaches must sign their names on the Scratch Forms!

In all events where preliminary heats are necessary, 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 final or consolation final from swimming in that final.) Additionally, that swimmer shall not be seeded and will be scratched from any individual events on succeeding days unless that swimmer declares an intent to swim with the Admin Referee prior to the close of the scratch box for that day's events, or within 30 minutes of the missed event, whichever is later. The money for scratched events is **NOT** refundable.



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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.

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

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

SEEDING OF INDIVIDUAL EVENTS

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

Entrants in the 800/1500 freestyle must check in at the Clerk of Course and confirm their intention to compete before the scratch deadline in order to be seeded.

Individuals failing to check-in may present themselves to the Meet Referee or their designate requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

No entry times will be converted for seeding. Seeding order: Long Course Meters - Short Course Meters – Short Course Yards. **Entering club's Team Entry Software should NOT be set up to convert the non-conforming entry time(s).**

SCRATCHING FROM FINALS (including ALL Timed Finals)

Scratching from Bonus, Consolation and Finals:

- A. Any swimmer qualifying for the original bonus final, consolation final or final 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 (USA-S rule 102.14.5D) or deliberate delay of meet (USA-S rule 102.14.7A) is NOT permitted and will be regarded as a failure to compete.**
- B. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the bonus final, consolation final or 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.**
- C. First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
- D. Where bonus finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the bonus final, consolation final and the final, if necessary, to insert the alternate(s) in appropriate lane(s), filling all lanes in the final.
- E. If a bonus final has already been contested, the consolation final and final shall be swum without re-seeding for the empty lane(s).
- F. Announcements: New postings reflecting updated scratches will be made during scratch period.

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

- A. The Referee must be notified prior to the start of the event of illness or injury and accepts the proof thereof.

- B. A swimmer qualifying for a bonus final, consolation final or final race following the preliminaries notifies the designated person (announcer or clerk) 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.
- D. **SUNDAY ONLY:** No-shows or not scratching according to the rules by the appropriate deadlines (B above), for bonus finals, consolation finals or finals will result in a \$50 per swimmer fine. This includes any individual distance Timed Finals events swum during Sunday finals. The fine shall be assessed to the swimmer. Host club 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 club.

RELAYS

Entry Forms

Please include, with your entry, the names of all the relay swimmers plus any/all alternates' names, USA SWIMMING numbers, and ages. No swimmer will be allowed to swim unless his/her name is on the entry. If swimmer is only on a relay (no individual events), they **MUST** be on the entry.

Relay Time Standards

The standard shall be as listed on the cut sheet. Proof of time shall be the aggregate (add-up) of any four individual swimmers eligible to compete for your team or an actual attained time by a relay team from your club designated – "A", "B", "C", etc.

Relay Cards

All relay cards will be distributed or made available for pick-up by the host club no later than 1 hour before the start of competition the first day of the meet. Relay cards must be submitted to the Host Club's designated person or location prior to the scratch deadline for the session in which the relay is to be swum

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 Scratch Deadline

Relay scratches need to be made by applicable scratch deadlines as indicated under Coach Scratch Box Responsibilities.

Relay Seeding

ALL relays will be swum as timed finals.

Entrants in all relays must check in at the Clerk Of Course and confirm their intention to compete before the scratch deadline in order to be seeded.

Relays failing to check-in may present themselves to the Meet Referee or their designate requesting to swim, and may be placed only as there are existing open lanes in the slowest heat per gender.

The Top 8 submitted entry times for the 400 Free & Medley relays will be swum in finals (#9 seed and slower will swim in prelims).



2010 INDIANA SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS

Sponsored by **speedo**
July 29 – August 1, 2010
Sanction #IN10338



The 800 Free Relays will be swum fastest to slowest alternating girls and boys heats, with the Top 8 entry times swimming in finals (#9 seed and slower will swim in prelims).

SCORING

Individual events are scored to 20 places as follows:
26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1

Relay events are scored as follows:
52 – 46 – 44 – 42 – 40 – 38 – 36 – 34 – 30 – 26 – 24 – 22 – 20 – 18 – 16
– 14 – 10 – 6 – 4 – 2

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. An Awards Schedule will be printed in the Finals Heat Sheets. Note: The Awards presentation for Thursday night will be held during the first Awards Break on Friday Evening Finals.

Any unclaimed medals can be picked up during evening finals only at the Awards area. The awards area is just off the diving well. Staging for finals procession will be next to the Head Table.

TIME TRIAL INFORMATION

Indiana Swimming Sanction Number: #IN10339

- Time Trials will be held on Saturday, July 31st at the conclusion of the preliminary session.
- Time Trials entries will be taken just to the right/south of the head table from 10 am – 12:15 pm, Saturday, July 31st.
- Fees are \$5 per Individual Event and \$10 per Relay. Entry fees are due at the time of registration.
- Time trial events must be included in the days individual event limit of three (3).
- Athletes not already in the meet will have a \$1.50 per swimmer surcharge (also includes relay only alternates).
- Athletes not already entered in the meet will not be allowed on deck until the 400 medley relay begins.
- Swimmers not entered in the meet must provide their USA ID number.



2010 INDIANA SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS

Sponsored by **speedo**

July 30 – August 2, 2009

Sanction #IN 09327

SUMMARY OF ENTRIES

THIS FORM IS REQUIRED WITH PAYMENT

***Online ENTRIES CAN EITHER FAX OR INCLUDE THIS FORM WITH PAYMENT.**

(If utilizing Fed Ex/Overnight mail you must check the waive signature box to insure timely delivery-received no later than Wednesday, July 29)

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and make checks payable to: Indiana University Thank you.

Send to: Kellen Edelbrock
Indiana University – Campus Recreational Sports
1601 Law Lane – SRSC 115
Bloomington, IN 47405

NAME OF CLUB _____ CLUB CODE _____

Number of swimmers (and alternates) entered:

<i>Indiana Swimming</i>	Men:	_____	X	\$ 5.00	=	_____
<i>Surcharges (\$5)</i>	Women:	_____	X	\$ 5.00	=	_____
Number of Men's individual entries:		_____	X	\$ 5.00	=	_____
Number of Women's individual entries:		_____	X	\$ 5.00	=	_____
Number of Relay entries:		_____	X	\$ 10.00	=	_____

TOTAL AMOUNT ENCLOSED: _____

Club Official Submitting Entry:

Coaches:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Club Official FAX: _____

Daytime Phone: () _____ Club Official E-mail: _____

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 host club and Indiana Swimming, and its Board of Directors, USA Swimming, 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 host club and Indiana Swimming, USA Swimming, 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 Club Official/Coach _____ **Date** _____

*Person who signs above is responsible for any fines imposed on the club 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 submit?

<input type="checkbox"/>	Online entries
<input type="checkbox"/>	Check for entries
<input type="checkbox"/>	I have read the scratch rules and understand all of them.
<input type="checkbox"/>	This completed form