



2010 INDIANA SWIMMING SENIOR SHORT COURSE CHAMPIONSHIPS

March 12-14, 2010
Sanction #IN10180



Important Facts Regarding the Meet

- Qualification Period is January 1, 2009 thru March 11, 2010.
- **Online Entry Deadline Friday, March 5 by 11:59 PM (EST).**
- **Clubs/unattached swimmers that neglect to enter an event(s) by Friday, March 5 – 11:59 pm will be assessed a \$200 Late Entry Fee + \$10 per individual event.**
- **Deadline for Addressing ALL entry exceptions / modifications is Monday, March 8 by 11:59 PM (EST). ANY entries / modifications received after the Monday, March 8 – 11:59 pm will be considered late.**
- When submitting any subsequent entry files, **ALWAYS** submit a complete entry file to host, not just a file of modifications.
- Late entries, and associated fees, will be accepted up to one hour before the start of the Meet.
- Entry Limits have been extended in this meet to allow for Bonus Events
- All fees including any fines 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 standard in the SWIMS Database will be posted on the Indiana Swimming website by Wednesday, March 10 @ 5:00 PM (EST).
- The 500, 1000 & 1650 Freestyle and 800 Free Relays will be swum in two pools.
- **Entrants in the 1000/1650 freestyle and all relays must check in and confirm their intention to compete before the scratch deadline in order to be seeded.**
- Relays will be scored to 20 places with Medals awarded 1st through 8th Place.
- In all individual events, the swimmer is assumed to be swimming unless he/she has been scratched.
- **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)
- **The current USA Swimming Suit Legislation applies to this Meet.**
- **Please see Special Hotel Information on the Last Page.**
- **All Times are Local (Eastern) Time**
- ****The Time Change to Daylight Savings will occur between Saturday & Sunday's sessions. Please remember to set your clocks ahead for Sunday's sessions.****

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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	Description	If applicable - COMPLETED?
Friday, March 5	11:59 pm	Online entries must be sent by today	
Saturday, March 6	11:59 pm	Online entries to receive Entry Report & Exceptions report via e-mail from host	
Monday, March 10	11:59 pm	Deadline for addressing any exceptions, modifications, deletions.	

AT THE MEET DEADLINE CHECKLIST

DATE	TIME	Description	If applicable - COMPLETED?
Friday, March 12	8:30 am	Friday events SCRATCH DEADLINE	
	9:15 am	Coaches Meeting	
	9:29 am	All outstanding fees due or ENTIRE team will be scratched	
	9:30 am	Prelims relay card turn-in deadline	
	5:00 pm	Saturday events scratch deadline	
	5:45 pm	Finals relay card turn-in deadline	
Saturday, March 13	9:15 am	Coaches meeting	
	9:30 am	Prelims relay card turn-in deadline	
	5:00 pm	Sunday events scratch deadline	
	5:45 pm	Finals relay card turn-in deadline	
Sunday, March 14	9:15 am	Coaches meeting	
	9:30 am	Prelims relay card turn-in deadline	
	5:15 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) Time

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MEET HOST INFORMATION

HOST

Avon Community Swim Team - ACST and
Zionsville Swim Club – ZSC
Website: www.srstate.zionsvilleswimclub.org

MEET DIRECTOR

Jane Mitchell kumitch4@sbcglobal.net

Dave Smith dasmith@1985@sbcglobal.net

MEET REFEREE

Hal Paul
hpaul1053@insightbb.com
Officials Chair - Indiana Swimming

- Host club is responsible for solicitation of Deck Officials
- All Assigned Officials selected by the Official's Committee
- Senior State Championships have been approved as a 'Qualifying Meet' for all N2 & N3 position evaluations. Any official desiring to be evaluated for recertification or initial evaluation of their N2 or N3 certifications needs to submit a Request for Evaluation prior to the meet to Barb Chambers - bchambers@franklincollege.edu

FACILITY

IU Natatorium, 901 W. New York, Indianapolis, IN

ENTRY CHAIRPERSON

Scott Ingram
Address: 19007 Eagletown Rd., Westfield, IN 46074
Phone: 317-217-9389
Email: singram@omnicityusa.com

Online entry form located on Indiana Swimming web site
www.inswimming.org

CHARGES

Heat Sheets

- Psych Sheet - \$10
- Prelim Heat sheets - \$3
- Finals Heat Sheet - \$1

Admissions

- \$15 all session
- \$5 all day
- \$3 prelims
- \$3 finals
- Ages 12 & Under Free

Parking

- Prices are determined by the IUPUI Parking Services. Neither the meet host nor the Natatorium staff has any influence on these fees.

SEATING / ATHLETE AREAS

Deck Seating Capacity

The deck has ample seating for each session's swimmers.

Spectator Seating Capacity

The West Concourse will be available for spectator seating. There is a Handicap accessible area on the West Concourse.

Athlete Entrance

Athletes enter and exit the pool level via the wide stairs near the elevators. There is a security desk at the bottom of the stairs where athlete credential will be checked in order to permit deck access.

ACCIDENTS

All accidents resulting in injury are to be reported to the meet directors who must complete and submit a Report of Occurrence form.

RUBDOWNS

Rub downs (which use oil or lotion) shall not be permitted on deck. Host club will clearly designate an area where rubdowns are permitted. Rubdowns using oils or other lotions are permitted only in that designated area. 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 valid and current USA Swimming membership cards at all times. The meet referee or designate will inspect all coach and official credential display and/or deny deck access if the credential is unacceptable. No other persons except those specifically authorized by the host club as meet workers or support personnel will be permitted on the deck. The meet director or designated meet marshal will ask any unauthorized persons to leave the deck.

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.
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 main concourse hallway, concession area, and seating areas.
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 through IUPUI

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



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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 10) 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 Thursday, March 12 – 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, March 5 by 11:59 pm**
All Entries due via the Online Entry Form located at www.inswimming.org.
- Saturday, March 6 by 11:59 pm**
Host will send a Final Entry Report and Exception report (if any) back to entering club/unattached swimmer via e-mail.
- Monday, March 8 by 11:59 pm**
All exceptions / modifications / deletions due back to host.

Entries must be submitted through the Online Entry Form on or before Friday, March 5 -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.

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, March 6 - 11:59 pm. Entering clubs have until Monday, March 8 @ 11:59 PM to address their exceptions.

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, 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.

Any entries/ modifications after Monday March 9 @ 11:59 PM will be subject to the late entry fees.

Note: Exceptions (Reports) do not include Proof of Time verification. See section below on **Verification**

LATE ENTRY

Clubs/unattached swimmers that neglected to enter an event(s) by Friday, March 5 – 11:59 pm can enter up to 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, March 8 - 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 standard in SWIMS will be notified via e-mail/or may check the Clerk of Course table at the meet.

Club 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.

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 19 - 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.



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VERIFICATION / PROOF OF TIME (Cont'd)

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 faxed (317.237.5783) to the Indiana Swimming office no later than Wed, March 10 @ Noon.

ORDER OF EVENTS

PRELIMINARY		ORDER OF EVENTS		FINAL	
WOMEN	EVENT	MEN	WOMEN	EVENT	MEN
<i>Warm-Ups: 8:00-9:15 am</i>		FRIDAY EVENTS		<i>Warm-Ups: Not before 3:30</i>	
<i>Meet Starts: 9:30 am</i>				<i>Meet Starts: Not before 5:00</i>	
3	400 Individual Medley	4	**1	1000 Freestyle	**2
5	100 Freestyle	6	3	400 Individual Medley	4
7	200 Backstroke	8	5	100 Freestyle	6
9	100 Breaststroke	10	7	200 Backstroke	8
*11	400 Medley Relay	*12	9	100 Breaststroke	10
**1	1000 Freestyle	**2	*11	400 Medley Relay	*12
<i>Warm-Ups: 8:00-9:15 am</i>		SATURDAY EVENTS		<i>Warm-Ups: Not before 3:30</i>	
<i>Meet Starts: 9:30 am</i>				<i>Meet Starts: Not before 5:00</i>	
13	200 Butterfly	14	13	200 Butterfly	14
15	50 Freestyle	16	15	50 Freestyle	16
17	200 Breaststroke	18	17	200 Breaststroke	18
19	500 Freestyle	20	19	500 Freestyle	20
21	100 Backstroke	22	21	100 Backstroke	22
**23	800 Free Relay	**24	**23	800 Free Relay	**24
<i>Warm-Ups: 8:00-9:15 am</i>		SUNDAY EVENTS		<i>Warm-Ups: Not before 3:00</i>	
<i>Meet Starts: 9:30 am</i>				<i>Meet Starts: Not before 4:30</i>	
27	200 Individual Medley	28	**25	1650 Freestyle	**26
29	200 Freestyle	30	27	200 Individual Medley	28
31	100 Butterfly	32	29	200 Freestyle	30
*33	400 Free Relay	*34	31	100 Butterfly	32
**25	1650 Freestyle	**26	*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 1000 and 1650 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, swimming fastest to slowest.



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2010 TIME STANDARDS

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

WOMEN			SENIOR	MEN		
SCY	LCM	SCM		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 LOCAL TIME
- NO LANE ASSIGNMENTS WILL BE MADE FOR 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

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

Finals Warm-up Schedule

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

Sun		
3:00* – 4:00 pm	All Lanes	General Warm-up; NO DIVING!
4:00 – 4:15 pm	Lanes 2 & 7 Lanes 1 & 8 Lanes 3 - 6	Sprint Lanes – racing starts from starting end only. Swim one way. Walk back. Pace Lanes General Warm-up; NO DIVING!
4:15 pm	Clear Pool	coaches meeting
4:30 pm	MEET STARTS	

*Warm-ups will start not earlier than:

- 3:30 pm Friday and Saturday
- 3:00 pm on Sunday

RULES

- Current USA Swimming & Indiana Swimming rules will govern.
- **USA Swimming Rules 202.3.2 - ..USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.**
- **Swimsuit Rule: EFFECTIVE (OCTOBER 1, 2009) USA Swimming Swim Suit Rule (102.9.1 B)**
 - In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1.

- All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knee, for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.
- No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

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 1000, 1650 Freestyle and all relays. The distance freestyle (1000 & 1650) and the 800 Free Relays will be swum on a timed final basis in the prelims with heats fastest to slowest. The fastest heat of women and fastest heat of men will swim in the finals. 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 events, regardless of reason, must be made at the Scratch Table by:

- Friday Events: 8:30 am Friday morning
- 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 be scratched from any individual events on succeeding days unless that swimmer or the swimmer's 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, 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 Saturday and Sunday prelims.

SEEDING OF INDIVIDUAL EVENTS

In individual events other than the 1000 & 1650, the swimmer is assumed to be swimming unless he/she has been scratched.

Entrants in the 1000/1650 freestyle must check in 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: Short Course Yards - Short Course Meters – Long Course Meters (YSL). **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 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 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 is notified in 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 a 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. Please submit Relay cards to the Administrative Referee or Host Club's designated person by 9:00 AM the day of the Relay. 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

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).

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



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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 to 20 places as follows:

52-46-44-42-40-38-36-34-30-26-24-22-20-18-16-14-10-6-4-2

College and club Teams will be scored in separate divisions

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.



2010 INDIANA SWIMMING SENIOR SHORT COURSE CHAMPIONSHIPS

March 12-14, 2010
Sanction #IN10180



TIME TRIAL INFORMATION

March 13 & 14, 2010
Sanction #IN10181

Time Trials will be offered between Preliminaries and Finals on Saturday and Sunday at the Senior State Championship Meet.

Signup: Between 9:30 a.m. and 11:00 a.m. on the West Spectator Concourse. Entry fees are due at the time of registration. Swimmers must supply their own timers.

Please remember that each time trial swim counts toward the swimmer's three event per day limit if they are entered in the meet.

Fill out a separate entry form for each swim. Forms will be available at the sign-up table. The completed cards must be returned along with a payment of \$5 per event (plus a \$1.50 surcharge per athlete if not already in the meet) by 11:00 to the west concourse table. Swimmers will be allowed on deck @ 11:30 for warm-ups. Time Trials will start within 15 minutes of the end of the Preliminary Session.

Make checks payable to Zionsville Swim Club.

ORDER OF TIME TRIAL EVENTS (Host will combine events wherever possible)

1	50 Freestyle
2	50 Breaststroke
3	50 Backstroke
4	50 Butterfly
5	100 Freestyle
6	100 Breaststroke
7	100 Backstroke
8	100 Butterfly
9	200 Freestyle
10	200 Breaststroke
11	200 Backstroke
12	200 Butterfly
13	200 Individual Medley
14	400 Individual Medley
15	500 Freestyle



2010 INDIANA SWIMMING SENIOR SHORT COURSE CHAMPIONSHIPS

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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 Thursday, March 12)

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: Zionsville Swim Club Thank you.

Send to: Scott Ingram
19007 Eagletown Rd
Westfield, IN 46074

NAME OF CLUB _____ CODE _____

Number of swimmers (and alternates) entered:

Indiana Swimming Men: _____ X \$ 6.00 = _____
Surcharge (\$5) + Nat (\$1)

Women: _____ X \$ 6.00 = _____

Number of Men's individual entries: _____ X \$ 5.00 = _____

Number of Women's individual entries: _____ X \$ 5.00 = _____

Number of Relay entries: _____ X \$ 6.00 = _____

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 the host club 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 club and Indiana Swimming, USA Swimming, 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 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 include?

<input type="checkbox"/>	Entries in Writing (only if applicable)
<input type="checkbox"/>	Check for entries and surcharges
<input type="checkbox"/>	I have read the scratch rules and understand all of them.
<input type="checkbox"/>	Relay Entry Forms (only if applicable)
<input type="checkbox"/>	This completed form



2010 INDIANA SWIMMING SENIOR SHORT COURSE CHAMPIONSHIPS

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INDIANAPOLIS HOTEL INFORMATION

Special rates for this meet have been negotiated at the five partner hotels profiled below. All are conveniently located and in close proximity to the Indiana University Natatorium. Please do not call the hotels directly as you will be unable to obtain the negotiated event rate. For your convenience and to obtain the hotels' event rates, reservations can be made at any of the five partner hotels in one of the following ways depending on the needs of your team:

- If your reservation is for five or more rooms, please call the Housing Department of the Indianapolis Convention & Visitors Association at 317-684-2573 between the hours of 8:30 AM and 5:00 PM (Eastern Time), Monday – Friday. A friendly representative will help book your hotel reservation and provide other local information that may assist your team during its stay here in Indianapolis.
- If your reservation is for less than five rooms, you can make your reservation at any of the three partner properties using our convenient online reservation system. Please click on the hotel link on the event web site at srstate.zionsvilleswimclub.org or on the Indiana Swimming web site at www.inswimming.org and follow the instructions.
- Please note: The reservation system will be activated on Monday, January 25, 2010 Please plan to make your reservation after that date. Thank you!

SENIOR STATE PARTNER HOTELS

University Place Conference Center and Hotel

Conveniently located on the Campus of IUPUI
Rate: \$139.00 per night plus tax & parking

Courtyard by Marriott Downtown

New property opening in February near IUPUI Campus
Part of the new JW Marriott Complex at the Intersection of West and Washington
Rate: \$129 plus tax & parking

SpringHill Suites Downtown

New property opening in February near IUPUI Campus
Part of the new JW Marriott Complex at the Intersection of West and Washington
Rate: \$129 plus tax & parking

Fairfield Inn & Suites Downtown

New property opening in February near IUPUI Campus
Part of the new JW Marriott Complex at the Intersection of West and Washington
Rate: \$119 plus tax & parking

Courtyard by Marriott at the Capitol

Conveniently located at 320 North Senate
Near the IUPUI Campus
Rate: \$129 plus tax & parking