

**CENTRAL ZONE CHAMPIONSHIPS**  
**Pool – Friday-Sunday, August 6-8, 2010 / Open Water – Monday, August 9, 2010**  
**Lincoln NE**

**CONGRATULATIONS ON YOUR SWIMMER MAKING A ZONE CUT (AAA)!!!**

Your swimmer can be a part of Team IN and compete in the Central Zone Championships. This is different from the Mid-States Quad meet in January annually as we are limited on number of entries, therefore, there is a selection process from the AA applications received. **There is no selection process for Zones!** Just have the cuts (page 4) and enter via below instructions and your swimmer can swim!! We'll try to cover everything you need to know to make the whole process as detailed and smooth as possible.

Here's the steps to take:

1. You MUST submit an **online entry application** to let us know what event(s) to enter for your swimmer – Visit [www.inswimming.org](http://www.inswimming.org) and click on the ONLINE ENTRY PROCESS for the Team IN Zone. The online system will remain up until Tuesday, July 27 – 5pm. Applicable entries received after deadline will be assessed a \$20 late fee.
  - We will pull your swimmer's best time from our databases, so it's not required that you include entry times. However, it's helpful to include NON-CONFORMING times (SCY) as well as the date and location of the meet.
  - Preference is that a parent enter so that we can get a family email address for any reminders or additional announcements. If a club coach submits the entry, it will be accepted. We hope that the coach either forwards all information to the swimmer household OR submits swimmer household email upon entry.
  - Please note page 3 of this information document for the ORDER of EVENTS and be aware of the maximum entries allowed as we do NOT over-enter and scratch down once the final entry has been made. You can over-enter online, but must finalize the events by Tuesday, July 27 – 5 pm deadline. .
  - **UPDATES** – If your swimmer makes new events/cuts at Age Group State, please send an updated entry via the online system clarifying the events/entry times you are entering.
  - **RELAYS** –Relays are determined by SWIMS/IN database reports. Some relays are subject to Zone performances and are at the discretion of the Team IN coaching staff.
  - **Indiana Swimming pays for all entry fees.**
  - 10 & U swimmers have Timed Finals ONLY in the afternoons (Central Zone rule)
  - **NO-SHOWS:** If you miss your event or do not show, the swimmer is OUT of the rest of that day's events (including relays) and has to DECLARE THEIR INTENTION TO SWIM in the rest of their events with the Administrative Judge.
    - Day one Head Coach must know of your intention to not show up THE DAY BEFORE the first day of swimming, by 5pm.
    - Day Two, the Head Coach must know by 5pm the day before the swim if the swimmer will not be swimming the event, same procedure applies.
    - Day Three, again the Head Coach must know by 5pm the day before the swim if the swimmer will not be swimming the event. The swimmer is out the rest of the meet including relays.
    - Penalty for "no show" at FINALS - OUT THE REST OF THE MEET, NO RELAYS
    - INDIANA SWIMMING PENALTIES TO BE APPLIED: A "NO SHOW" swim for Team Indiana will be assessed a \$5 charge for each swim missed as we paid your entry fee of \$5 for that event to the host!

Complete and submit the **CODE OF CONDUCT/MEDICAL RELEASE FORM** AND the **\$10 Team IN Zone fee** by Sunday of Age Group State or Senior State! Make check payable to Indiana Swimming.

2. Order your **Team IN outfitting** as soon as your swimmer has at least one qualifying event cut and you know you are attending. The outfitting information can be found [www.inswimming.org/2010zones.html](http://www.inswimming.org/2010zones.html) Basic package is minimum for each Team IN participant. Order deadline is Tuesday, July 27– 5pm to ensure event delivery. You will be ordering from Circle City Swimwear

<b>Hotels</b> –	Comfort Suites Lincoln East	402-325-8800
	Candlewood Suites Lincoln	402-420-0330

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**Lincoln NE**

**TEAM INDIANA STAFF**

Team Manager: Emily Kowalski  
[usaswimski@aol.com](mailto:usaswimski@aol.com)

John	Newhouse	Head Coach	THT	<a href="mailto:Jnewhouse98@yahoo.com">Jnewhouse98@yahoo.com</a>
Kyle	Smith		PPSC	<a href="mailto:Coachkyle33@hotmail.com">Coachkyle33@hotmail.com</a>
Don	Cozad		PRO	<a href="mailto:ymcadon@kconline.com">ymcadon@kconline.com</a>
Bill	Spilman		NASA	<a href="mailto:bmspilman@yahoo.com">bmspilman@yahoo.com</a>
Melanie	Pulley		GCAT	<a href="mailto:coachmelqcat@yahoo.com">coachmelqcat@yahoo.com</a>

Any questions can be emailed to Team Manager Emily Kowalski [usaswimski@aol.com](mailto:usaswimski@aol.com)

**TEAM IN REGISTRATION / TEAM INDIANA PICTURE / TEAM INDIANA PRACTICE**

**Thursday, August 5<sup>th</sup> – Woods Pool – Lincoln NE**

Thursday activities are all **OPTIONAL**. However, if are unable to attend Thursday activities, please send an email to [usaswimski@aol.com](mailto:usaswimski@aol.com) with your availability for relays and for instructions on where to show up on your first day to receive your credential and outfitting if not previously picked up.

**Team Indiana registration / outfitting distribution** 2:15-2:45 pm  
**Team Indiana photo** 3:00 pm (*see page 6 for Team Photo size & pricing info*)  
**Team Indiana practice** 3:30 – 4:30 pm

**Pool Events (Friday – Sunday)**

Woods Pool (Outdoors)  
3200 J St  
Lincoln NE

**Open Water (Monday)**

Branched Oak Lake  
NW 140<sup>th</sup> St.  
Raymond NE

The host is supplying tents for the athletes team seating.  
BRING lots of sunscreen!!

**OFFICIALS**

National certification for officials will be available for this Meet. An officials' meeting will convene one hour prior to the start of each session. If you are interested in being in an "assigned" position, please complete the Zone officials application on the Central Zones website – [www.centralzones.org](http://www.centralzones.org)

**PASTA FEED**

Thursday, August 5, 2010 – 5 – 8 pm  
University of Nebraska's Memorial Stadium – Lincoln NE (2-3 miles from the pool)  
Meal & beverage - \$12 per person  
Advanced Online tickets are most appreciated can be purchased at  
[http://www.nscevents.com/central\\_zone\\_championships](http://www.nscevents.com/central_zone_championships)  
Tickets will also be for sale at the door.

**EVENT MERCHANDISE PRE-SALE**

[http://www.nscevents.com/central\\_zone\\_championships](http://www.nscevents.com/central_zone_championships)

# CENTRAL ZONE ORDER OF EVENTS

## Event Limits:

- 6 individual events (no more than 3 per day)

## POOL EVENTS

FRIDAY, SATURDAY, & SUNDAY

	<u>Warm-Up</u>	<u>Meet Start</u>
AM SESSION	7:00 am	8:40 am
AFTERNOON SESSION	approx. 11:30 am	12:30 pm
FINALS	4:00 pm	5:00 pm

### FRIDAY, AUGUST 6

<u>GIRLS</u>	<u>EVENTS</u> (AM PRELIMS)	<u>BOYS</u>
15	11-12 200 IM	16
29	13-14 400 IM	30
19	11-12 100 Breast	20
17	13-14 100 Breast	18
23	11-12 50 Back	24
21	13-14 200 Freestyle	22
27	11-12 100 Freestyle	28
25	13-14 100 Fly	26
31	11-12 200 Fly (TIMED FINALS)	32
13	13-14 800 Free (TIMED FINALS)	14
<b>(AFTERNOON TIMED FINALS)</b>		
1	10 & U 50 Breast	2
3	10 & U 100 Free	4
5	10 & U 50 Fly	6
7	10 & U 200 Free Relay	8
<b>(CONSOLATION FINALS &amp; FINALS)</b>		
9	13-14 200 Free Relay	10
11	11-12 200 Free Relay	12
13	13-14 800 Free (Fastest Heat)	14
15	11-12 200 IM	16
17	13-14 100 Breast	18
19	11-12 100 Breast	20
21	13-14 200 Freestyle	22
23	11-12 50 Back	24
25	13-14 100 Fly	26
27	11-12 100 Freestyle	28
29	13-14 400 IM	30
31	11-12 200 Fly (Fastest Heat)	32

### SATURDAY, AUGUST 7

<u>GIRLS</u>	<u>EVENTS</u> (AM PRELIMS)	<u>BOYS</u>
41	11-12 400 Medley Relay	42
43	13-14 400 Medley Relay	44
49	11-12 50 Fly	50
51	13-14 200 IM	52
53	11-12 50 Free	54
55	13-14 50 Free	56
57	11-12 200 Breast (TIMED FINALS)	58
59	13-14 200 Breast	60
61	11-12 100 Back	62
63	13-14 100 Back	64
65	11-12 400 Free	66
67	13-14 400 Free	68
<b>(AFTERNOON TIMED FINALS)</b>		
33	10 & U 200 IM	34
35	10 & U 100 Back	36
37	10 & U 50 Free	38
39	10 & U 100 Breast	40
<b>(CONSOLATION FINALS &amp; FINALS)</b>		
45	11-12 200 Medley Relay	46
47	13-14 200 Medley Relay	48
49	11-12 50 Fly	50
51	13-14 200 IM	52
53	11-12 50 Free	54
55	13-14 50 Free	56
57	11-12 200 Breast (Fastest Heat)	58
59	13-14 200 Breast	60
61	11-12 100 Back	62
63	13-14 100 Back	64
65	11-12 400 Free	66
67	13-14 400 Free	68

### SUNDAY, AUGUST 8

<u>GIRLS</u>	<u>EVENTS</u> (AM PRELIMS)	<u>BOYS</u>
77	11-12 400 Free Relay	78
79	13-14 400 Free Relay	80
83	11-12 200 Back (TIMED FINALS)	84
85	13-14 200 Back	86
87	11-12 50 Breast	88
89	13-14 100 Free	90
91	11-12 200 Free	92
93	13-14 200 Fly	94
95	11-12 100 Fly	96
81	13-14 1500 Free (TIMED FINALS)	82
<b>(AFTERNOON TIMED FINALS)</b>		
69	10 & U 200 Medley Relay	70
71	10 & U 200 Free	72
73	10 & U 50 Back	74
75	10 & U 100 Fly	76
<b>(CONSOLATION FINALS &amp; FINALS)</b>		
81	13-14 1500 Free (Fastest Heat)	82
83	11-12 200 Back (Fastest Heat)	84
85	13-14 200 Back	86
87	11-12 50 Breast	88
89	13-14 100 Free	90
91	11-12 200 Free	92
93	13-14 200 Fly	94
95	11-12 100 Fly	96

## OPEN WATER

### MONDAY, AUGUST 9

#### OPEN WATER PLAN: (CDT)

7:30 am	Registration/Check-in
8:30 am	Clinic for ALL Participants
9:00 am	Warm-up
9:45 am	Swimmer Briefing
10:00 am	Competition starts-age groups will be staggered.

# 2010 ZONE CUTS

## POOL EVENTS - AAA

### OPEN WATER - A in longest zone age group offered freestyle event

Qualifying Period: August 6, 2009 – Entry Deadline for applicable meet

GIRLS			EVENTS	BOYS		
13-14	11-12	10 & U	LCM	10 & U	11-12	13-14
29.79	30.99	33.49	50 FR	33.29	29.79	27.79
1:04.49	1:07.39	1:14.49	100 FR	1:13.69	1:05.49	1:00.49
2:19.09	2:24.49	2:41.89	200 FR	2:38.09	2:21.99	2:11.29
4:50.29	5:04.69	Not offered	400 FR	Not offered	4:59.89	4:37.59
9:53.99	Not offered	Not offered	800 FR	Not offered	Not offered	9:36.89
18:56.49	Not offered	Not offered	1500 FR	Not offered	Not offered	18:16.09
Not offered	35.79	39.59	50 BK	39.69	35.19	Not offered
1:11.39	1:15.49	1:26.19	100 BK	1:25.09	1:15.69	1:08.19
2:33.49	Not offered	Not offered	200 BK	Not offered	Not offered	2:27.29
Not offered	38.59	43.89	50 BR	44.09	38.99	Not offered
1:21.59	1:25.59	1:36.79	100 BR	1:36.79	1:24.19	1:14.59
2:55.99	Not offered	Not offered	200 BR	Not offered	Not offered	2:46.89
Not offered	33.29	37.69	50 FLY	36.99	32.69	Not offered
1:10.09	1:14.99	1:26.29	100 FLY	1:25.29	1:13.49	1:05.09
2:34.19	Not offered	Not offered	200 FLY	Not offered	Not offered	2:25.49
2:37.19	2:44.79	3:02.19	200 IM	3:01.69	2:42.39	2:28.89
5:30.99	Not offered	Not offered	400 IM	Not offered	Not offered	5:15.79
20:39.79	5:32.39	2:58.49	Open Water	2:52.39	5:27.09	19:55.69
13-14	11-12	10 & U	SCY	10 & U	11-12	13-14
26.29	27.09	29.59	50 FR	29.19	26.19	24.09
56.99	57.79	1:05.39	100 FR	1:04.59	57.39	52.69
2:02.69	2:08.19	2:21.79	200 FR	2:19.29	2:04.89	1:54.79
5:23.49	5:38.49	Not offered	500 FR	Not offered	5:34.29	5:07.29
11:06.99	Not offered	Not offered	1000 FR	Not offered	Not offered	10:38.39
18:31.19	Not offered	Not offered	16500 FR	Not offered	Not offered	17:39.39
Not offered	31.09	34.59	50 BK	34.59	30.49	Not offered
1:02.79	1:07.29	1:14.39	100 BK	1:14.09	1:05.59	58.89
2:14.99	Not offered	Not offered	200 BK	Not offered	Not offered	2:06.69
Not offered	34.59	38.19	50 BR	38.39	33.79	Not offered
1:11.19	1:15.09	1:24.49	100 BR	1:23.79	1:13.29	1:06.09
2:32.89	Not offered	Not offered	200 BR	Not offered	Not offered	2:23.29
Not offered	29.69	33.39	50 FLY	33.09	29.09	Not offered
1:02.19	1:06.29	1:16.49	100 FLY	1:15.69	1:04.59	57.59
2:16.29	Not offered	Not offered	200 FLY	Not offered	Not offered	2:08.59
2:17.89	2:24.39	2:40.39	200 IM	2:40.09	2:21.79	2:08.59
4:51.29	Not offered	Not offered	400 IM	Not offered	Not offered	4:35.49
20:12.19	6:09.29	2:36.39	Open Water	2:31.89	6:04.69	19:15.69
13-14	11-12	10 & U	SCM	10 & U	11-12	13-14
28.99	29.99	32.69	50 FR	32.29	28.99	26.69
1:02.99	1:03.89	1:12.29	100 FR	1:11.39	1:03.49	58.19
2:15.49	2:21.69	2:36.59	200 FR	2:33.89	2:17.99	2:06.89
4:43.19	4:56.29	Not offered	400 FR	Not offered	4:52.59	4:28.99
9:43.69	Not offered	Not offered	800 FR	Not offered	Not offered	9:18.69
18:24.69	Not offered	Not offered	1500 FR	Not offered	Not offered	17:33.29
Not offered	34.39	38.19	50 BK	38.29	33.69	Not offered
1:09.39	1:14.29	1:22.19	100 BK	1:21.89	1:12.39	1:04.99
2:29.19	Not offered	Not offered	200 BK	Not offered	Not offered	2:19.99
Not offered	38.29	42.19	50 BR	42.49	37.39	Not offered
1:18.59	1:22.89	1:33.39	100 BR	1:32.59	1:20.99	1:12.99
2:48.89	Not offered	Not offered	200 BR	Not offered	Not offered	2:38.39
Not offered	32.79	36.89	50 FLY	36.59	32.09	Not offered
1:08.69	1:13.19	1:24.49	100 FLY	1:23.69	1:11.39	1:03.69
2:30.59	Not offered	Not offered	200 FLY	Not offered	Not offered	2:22.09
2:32.39	2:39.59	2:57.29	200 IM	2:56.89	2:36.69	2:22.09
5:21.89	Not offered	Not offered	400 IM	Not offered	Not offered	5:04.39
20:05.09	5:23.19	2:52.79	Open Water	2:47.89	5:19.19	19:08.99

# CENTRAL ZONE CHAMPIONSHIPS – AUGUST 6-9, 2010

## Lincoln NE

### CODE OF CONDUCT

As an Indiana Swimming team athlete, I recognize and agree to conform to this Code of Conduct at all times while representing Indiana Swimming and:

#### PART I - CODE OF CONDUCT

- \* To conduct myself so as to be a worthy team athlete and/or staff member.
- \* To follow the Indiana Swimming and the USA Swimming Rules.
- \* To conduct myself in a manner so as to earn the respect and confidence of others.
- \* To act/conduct myself with dignity & with respect for others and the property of others.
- \* To dress in a manner suitable to my position as a representative of Indiana Swimming.
- \* To be a responsible goodwill ambassador between the sport of swimming and the public.
- \* To promote positive high team spirit and morale.
- \* To strive to do my best, and encourage all team members to do the same.
- \* To deal justly, kindly, impartially, and intelligently with all my fellow team members.
- \* To do my very best to bring the highest possible credit and regard to myself, my team, Indiana Swimming and to the sport of swimming.
- \* The use of any of the below is strictly **FORBIDDEN**:
  - alcoholic beverages,
  - fireworks
  - tobacco products, and
  - drugs (other than those prescribed by my physician)
- \* Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
- \* My membership on Team Indiana is a privilege and I personally acknowledge those responsibilities associated with it.

- **Swimmer is responsible for retrieval of any awards earned.**
- **Swimmer becomes responsible for event entry fees by failing to swim event.**
- **Swimmers are expected to wear Team IN gear on awards podiums.**
- **Swimmers are expected to stay for the entire session they are swimming. This includes any finals made or relays named.**

#### PART II - VIOLATION OF THE CODE

The Team Indiana coaches and managers have the power to impose penalties for violation of the Code. The penalties include, but are not limited to, the following:

1. The swimmer will be scratched from the meet.
2. The swimmer will be sent home immediately at his own expense.
3. The swimmer will forfeit his privilege of being a member of Team Indiana.

*I hereby agree to abide by the rules of conduct set forth above and acknowledge that, should I violate any provision on the Code, I will be subject to disciplinary actions as set forth in Part II, including suspension.*

ATHLETE NAME (PRINT) \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

I understand there will be at least four (4) coaches in charge and that the coaches and Indiana Swimming will be held harmless of any incidents connected with said activity.

I have read the Indiana Code of Conduct above and understand that my child will be sent home, at my expense, if code is violated.

PARENT NAME (PRINT) \_\_\_\_\_ PARENT SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

### PERMISSION & RELEASE

I hereby give my permission for \_\_\_\_\_ Age \_\_\_\_\_

to participate/accompany Team Indiana to the Central Zone Championships:

Lincoln NE on August 6-9, 2010

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the home LSC, USA Swimming, Indiana Swimming, the meet hosts and facilities, its officers, coaches, chaperons, managers, or any other person(s) in any way connected or associated with the program.

#### MEDICAL AUTHORIZATION FORM

Furthermore, in case of emergency medical attention which may be required, I authorized the Team Indiana coaches/managers/chaperones to act for me according to their best judgement and ability.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

#### MEDICAL INFORMATION

List any medication and dosage the swimmer is now taking: \_\_\_\_\_

Pre-existing conditions (asthma, epilepsy, etc): \_\_\_\_\_

Allergies (including medicines): \_\_\_\_\_

Other pertinent information the coach should know about the swimmer: \_\_\_\_\_

Home Physician's: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

In the event of an emergency, I may be contacted at the telephone numbers and addresses listed below:

PARENT/GUARDIAN \_\_\_\_\_ CELL PHONE \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_ CELL PHONE \_\_\_\_\_

#### **FAMILY EMAIL:**

**Please be sure this is LEGIBLE!**

**SUBMIT THIS NEATLY PRINTED, COMPLETED FORM and \$10 TO TEAM IN MGR PRIOR TO THE MEET**  
 Mail to: **Emily Kowalski – 7001 S Cowan Rd. – Muncie IN 47302**

**CENTRAL ZONE CHAMPIONSHIPS – AUGUST 6-9, 2010**  
**Lincoln NE**

*Jan Wehl Photography*

Action swim and LSC team pictures will be taken by our meet photographer, Jan Wehl. Please contact Jan with any photo-related questions at (402) 431-2398 or email: [jan@wehlphotography.com](mailto:jan@wehlphotography.com).

Action pictures will **only be taken** by parent's request. There is **NO CHARGE** to signup. Just email Jan (or sign up at Jan's table at the meet) providing the following information:

- LSC and swim team name
- Swimmer's name
- Parent's name, email address & phone number

**Please note, if you sign up for action pictures at the meet, you will also need to HIGHLIGHT your swimmer's heats and lanes or no pictures will be taken.**

All pictures will be available for viewing and purchase online in password protected galleries. Once the images are available, each parent will be emailed a password to the parent email address provided. **Passwords will only be provided to email addresses on the parent sign up sheet.**

All galleries will be located at: [www.wehlphotography.com/sports/czones](http://www.wehlphotography.com/sports/czones)

**Photo Prices:** (These prices will be valid through Oct 15, 2010)

- 4x6 \$3.00
- 5x7 \$9.50
- 8x10 \$14.00
- 11x14 \$24.00
- 16x20 \$34.00
- 20x30 \$44.00

All prints are produced by a professional studio lab which hand color corrects each image and prints on heavy professional paper. Two photo finishes are available: Lustre & Metallic. Lustre is the same professional paper and finish you would receive on studio portraits. Metallic is a special finish that will really make a deep blue water color stand out.

**Satisfaction Guarantee:** The pro photography web-host, SmugMug, will process all orders online, via credit card. If you are unhappy with your order for any reason, SmugMug will reprint or refund your order, whichever you prefer by e-mailing: [help@smugmug.com](mailto:help@smugmug.com) within 30 days of receiving your order.

**Photographer Contact:** *Jan Wehl Photography*

Phone: 402-431-2398

[www.wehlphotography.com](http://www.wehlphotography.com)