

# USA Swimming Speedo Champions Series

HOSTED BY the IU Natatorium  
CENTRAL ZONE SECTIONAL 3  
March 25-28, 2010

Held Under the Sanction of USA Swimming IN10230  
Time Trials IN10231

## DATES

Thursday March 25-Sunday March 28, 2010.

## HOSTED BY:

IU Natatorium

Meet web site:

<http://www.iunat.iupui.edu/2010-speedo-sectionals>

## LOCATION:

Facility: IU Natatorium-IUPUI  
Address: 901 W. New York St.  
Indianapolis, IN 46202  
Phone: (317) 278-2187

## CONTACT INFORMATION

### Meet Directors

Name: Katy Shreve

Phone: (317) 278-2187

Email: [kashreve@iupui.edu](mailto:kashreve@iupui.edu)

(please do not send any zip files to this account. All zip files should be sent to [iunatentries@aol.com](mailto:iunatentries@aol.com) )

### Meet Referee

Name: Dick Duncan

Email: [dickd46@aol.com](mailto:dickd46@aol.com)

Phone: (317) 745-6817

### Local Officials' Coordinator

Name: Lucy Duncan

Email: [lucyuss@aol.com](mailto:lucyuss@aol.com)

Phone: (317) 946-1371

## FACILITY INFORMATION

Competition Pool: One eight-lane 50 meter pool, Kiefer non-turbulent lane markers with custom designed starting blocks and Daktronics electronic timing equipment and scoreboard.

Warm-up Pool: Continuous warm-up and warm-down in 25 yard diving well.

Seating gallery: Open on the west side of the facility only

## SCHEDULE

Registration	Wed.	3:30p-6:30p	Pro Shop Lobby
	Thurs - Sun	6:30a	Pro Shop Lobby
General Meeting	Wed.	7:00 pm	Hospitality
Sect. 3 Coaches	Saturday	After prelims	Hospitality

## WARM-UP & START TIMES

All times are Eastern Daylight Time.

Wed 4:00 pm - 6:45 pm

Thurs-Sat *Warm-up* *Prelims Finals*

6:30-8:45am 9:00am

4:00-5:15pm 5:30pm

Sunday 6:30-8:45am 9:00am

3:00-4:15pm 4:30pm.

## GENERAL MEETING

Coaches should plan to arrive in time for the General Meeting, Wednesday March 24<sup>th</sup> at 7:00 pm in the Hospitality Room. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to attend personally.

There will be a Section 3 coaches meeting on Saturday March 27 immediately after prelims in Hospitality.

## ELIGIBILITY

All swimmers must be current athlete members of USA Swimming.

This meet is open to all athletes registered outside the Central Zone and Section 3 athletes (LE, OH, IN, MI) and Section 1 athletes (IA, IL, MN, ND, SD, WI).

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards are included with this entry information.

Teams may enter an unlimited number of relay-only swimmers. Names of relay-only swimmers must be listed on the original entry.

Swimmers with a disability who have been classified may enter any events at this meet for which they have achieved a national disability championships qualifying time during the qualifying period. Final determination of seeding of swimmers with a disability will be made by the meet referee after consultation with the athletes and their coaches.

## QUALIFYING PERIOD

The qualifying period is from January 1, 2009 thru the entry deadline.

## REGISTRATION

Registration will begin on Wednesday March 24<sup>th</sup> @ 3:30 pm in the IU Natatorium Pro Shop lobby.

Registration will be available 30 minutes prior to warm-ups each day of the meet and will remain open until the end of the final session each day.

Coaches desiring deck passes should be listed on the original entry. Coaches must present their coach

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membership cards at registration in order to receive a deck pass.

Each swimmer must be under the direct supervision of a coach. Swimmers whose coaches are not present will have a coach assigned to them at registration.

## ENTRY LIMITS and BONUS EVENTS

**Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet, and in no more than 3 individual events per day.

**Bonus Events:** Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events so that the total of individual events (time standards plus bonus swims) does not exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events may be entered at their actual time or at NT. Please be certain to check the box indicating "bonus" for each event that is a bonus entry.

## MEET FORMAT

This meet will be conducted in long-course meters. It is a 4-day meet. Relays and distance freestyles will be conducted as timed finals. In all other events, the top 24 swimmers from preliminaries will advance to finals where Bonus, Consolation, and Championship heats will be contested in all events.

A ready room/area will be provided for finals each evening so the top 8 finalists in individual events, including distance timed finals, may march out together to the blocks.

## ENTRY FEES

Individual Events:	\$ 8.50
Relay Events:	\$20.00
Time Trial Events same as above	
Surcharges:	\$5.00
Breakdown of Surcharges:	
Section 3 - OME Fee	\$2.00
Indiana Swimming Fee	\$1.50
Facility Fee	\$1.50

Make checks payable to Indiana University

## ENTRY PROCEDURES

Entries may be submitted using USA Swimming's Online Meet Entry system at [www.usaswimming.org](http://www.usaswimming.org). Entries will be accepted beginning February 1<sup>st</sup> through March 16<sup>th</sup> at 6 PM. Confirmation of your entry using OME will be confirmed via email. If you do not receive an email confirmation, contact the meet director. Bring all communications with you in the event of a problem. After events are entered, times can be modified, but events cannot be deleted after they have been paid for.

## IF NOT ENTERING ON OME:

**Email and paper entries will be accepted with a \$20 administrative fee for individuals entering and a \$100 fee for teams.** The event file for Team Manager (TM) may be downloaded from meet website <http://www.iunat.iupui.edu/2010-speedo-sectionals>. You may also contact [kashreve@iupui.edu](mailto:kashreve@iupui.edu) to email you a copy.

A Hy-Tek Team Manager entry file must be received by **Tuesday, March 16<sup>th</sup> at 6pm**. Entry times should be noted with L, S, Y, or NT. **Do not convert times in TM.** Any bonus events must be appropriately indicated by checking the "bonus" box in TM. Swimmers with a disability should be included in the original entry in the events that they are going to swim, even if they will be swimming events during the conduct of different events.

Hard copy and entry fees must be received by the **Thursday, March 18<sup>th</sup> at 6 p.m.** Send entries to Name, Address, Phone, email, fax. The hard copy is the final word in any disputes involving entries.

Be sure that the contact information (specifically email address) is correct in the Team Manager setup. The meet host will generate an email list from the TM file information.

**March 16<sup>th</sup> 6:01 pm – Sunday, March 21<sup>st</sup> 11:00 pm**  
**Entry process (after OME closes)**

Swimmers who achieve qualifying times after March 16 and before Monday, March 22, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent in to [iunatentries@aol.com](mailto:iunatentries@aol.com) by 11pm, **Sunday, March 21, 2010** – do not send a revised entry file attachment. **Proof of time must be brought to the meet.**

**A team who has inadvertently missed entering a swimmer and/or an event may do so after the 3/21/10 deadline by paying the following fee:**  
\$100 Administrative Fee (per team)  
Double the entry fee per individual event and/or relay event

**This may be completed until 15 minutes after the completion of the General Meeting which is the same as the scratch deadline for the first day of the meet.**

**All information, including proof of time and fees must be included/paid by the deadline of 15 minutes after the completion of the General Meeting.**

A **psych sheet** will be sent via email to all entered clubs by Friday, March 19, 2010. Teams are responsible for reviewing the psych sheet for errors and for proof of time (\*) or registration problems (#). Bonus events will be noted with a "B" next to the time on the psych sheet.

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## PROOF OF TIME

Only if your club does not use the preferred method of OME or if you override a time not in the SWIMS database all times must be pre-verified (pre-proven). Please send all individual and relay proof of times to your following LSC by Wednesday, March 17th. All Times must be pre-proved.

### Lake Erie Swimming:

Pam Cook  
301 Rockledge Dr.  
Bay Village OH 44140  
440-808-9192  
[pamswim@aol.com](mailto:pamswim@aol.com)

### Ohio Swimming:

Mark Davis  
148 Goldengate Dr.  
Centerville OH 45459  
937-620-0232  
[davism4@muohio.edu](mailto:davism4@muohio.edu)

### Indiana Swimming:

Lynn Kinstler  
201 S Capitol Ave, Suite 410  
Indianapolis IN 46225  
317-237-5780  
[lynn@inswimming.org](mailto:lynn@inswimming.org)

### Michigan Swimming:

Jan Cartmill  
PO Box 1784  
Midland MI 48641-1784  
Phone: 989-631-4955  
Fax: 989-631-4977  
Cell: 231-690-5847  
[JBCartmill@hughes.net](mailto:JBCartmill@hughes.net)

Times not proven will be flagged on the psych sheet (\*). If no proof of time is provided to the LSC Representative by the 7:30am on Monday March 22<sup>nd</sup>, the swimmer will be scratched from the event.

**For Swimmers entered after March 16<sup>th</sup> and before 11pm Sunday March 21, proof of time must be provided before the scratch deadline. If No proof to time is provided, the swimmer will be scratched from the event.**

The responsibility of proving times lies with the entering club. Host will submit a meet backup or a list of times to be proved to each participating LSC Designee by noon Wednesday March 17, 2010. Host will accept LSC office verification of all individual entries entered by ORIGINAL deadline. Any entries received by the NEW CUT deadline will have to provide proof at meet. (See paragraph above).

Acceptable verifications for any individual events not pre-proven through LSC office AND all relay proofs 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.

**Verification / Proof-of-Time must be in accordance with the type of time entered (LCM, SCY, or SCM).** Clubs are responsible for presenting any results they wish to use, and may send copies along with their hard copy.

## TIME TRIALS

Time trials will be conducted for swimmers participating in the meet and will start 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday and Sunday. If, however, on any day, preliminary sessions end less than 45 minutes before the start of finals warm-ups, time trials will not be conducted on that day. On a given day, time trial events must be included in the individual event limit of three (3). Sign up for time trials will be taken at the head table up to 1 hour prior to the end of the preliminary session.

Fees: individual events-\$8.50, relays-\$20.00.

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## MEET CONDUCT

### Rules

The meet will be conducted according to USA Swimming rules and regulations.

### Seeding

Seeding order: Long Course Meters, Short Course Meters, Short Course Yards, NT. Eight lanes will be used at finals.

### Scratch Rule

National scratch procedures (207.7.9) will be observed. Additionally, a non-refundable \$100.00 fine will be assessed to a club for each swimmer failing to compete in Sunday finals without scratching, except as noted in 207.5.9E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Wednesday, at the General meeting, and at the head table thereafter.

Check-in will be available at Registration, at the General Meeting, and at the head table thereafter.

### Scratch Deadlines

National scratch procedures will be observed. The scratch box will be located at the head table.

Thursday's events: 15 minutes after the conclusion of the General Meeting on Wednesday March 24<sup>th</sup>.

All others days' events: 6 pm the prior evening

The money for scratched events is NOT refundable.

Coaches/swimmers that have events requiring a positive check-in (relays and distance freestyle) may check-in via email to Katy Shreve [kashreve@iupui.edu](mailto:kashreve@iupui.edu) if they will not be arriving prior to the applicable scratch deadline for that event.

## RELAYS AND RELAY CHECK-IN PROCEDURE

Positive check-in for relays is required. Relays must be checked-in prior to the scratch deadline in order to be seeded. Only two relays can score from each team.

All relays are timed finals. All 400 Free relays and 800 Free relays will be swum in finals. The 800 Free Relays will be swum fastest to slowest. There will be a 10 minute break before the start of the men's 800 free relay. The 400 Free Relay will be swum as the 2 fastest heats of Women, then the 2 fastest heats of Men. Relays will alternate Women and Men after the first 2 heats of each.

The top 2 heats of the 400 medley relays will be swum in the finals session, all other heats will swim in the prelims session. Teams not wanting to swim the relay during the final session should declare on the

check-sheet that they will swim in prelims by Saturday–6:00 pm.

Relay cards will be available at the head table during warm-up each morning. Coaches must list swimmers' first and last names and swimming order on the card and return the cards to the scorer's table one hour prior to the projected relay start time. The cards may be changed up until the relay swim.

## DISTANCE FREESTYLE

Entrants in the 800 and 1500 meter freestyle must check in prior to the scratch deadline in order to be seeded. If a swimmer fails to check-in by applicable deadline(s), they will only be allowed to swim IF there is an empty lane (no new heat will be created).

Thursday distance swimmers (W800/M1500) not wanting to swim the event during the final session should declare they will swim in prelims by Wednesday 15 minutes after the conclusion of the General Meeting.

Sunday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Saturday–6:00 pm. Check-in will be available at the registration table prior to the General Meeting, at the General Meeting, and at the head table after the General Meeting.

Thursdays distance events (W800/M1500) will be swum fastest to slowest alternating women and Men. The fastest heat of W800 and M1500 will swim in finals.

Sundays distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of the women's 1500 and the men's 800 will be swum in Sunday finals. Any swimmers who enter the women's 1500 or the men's 800 should declare at check-in that they do not wish to swim the event in the finals session by writing a P for prelim on the check-in sheet next to their names. Swimmers should anticipate that many people seeded ahead of them may opt out of finals and should also indicate with a P that they do not wish to swim the event at finals.

## READY ROOM

A ready room/area will be provided each evening for the Championship heat in all individual events and the top-seeded heat of distance freestyles. Swimmers should report to the ready room 10 minutes prior to the start of their event so that they may march to the starting blocks together.

## LENGTH OF SESSION:

If the length of a session is determined to be too long the meet director may request some bonus event swims to be swum at the end of each session and before time trials. This will be posted on the web by Tuesday March 23<sup>rd</sup>..

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## WARM-UP PROCEDURE

Specific details of warm-ups will be posted on the pool deck and included in the coaches' packets, which will be distributed at the General Meeting. A 25-yard warm-up pool will be available for warm-up and warm-down before, during, and after the meet. Pace and circle swimming only will be allowed in the warm-up pool.

The pool is available at 6:30am all days

## SCORING

The Meet will score 20 places.  
26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1  
Relays will score double.

## AWARDS

Medals for 1st-8<sup>th</sup> will be awarded in individual and relay events.

Awards will be presented to the top three teams in each of the following categories: Combined, Men's, Women's.

Awards will be presented for Men's and Women's individual high point.

## ADMISSION/HEAT SHEETS

All-Sessions Pass: \$20.00  
Daily Prelims: \$3.00 adults /6-12 yrs \$2.00  
Finals: \$4.00 adults /6-12 yrs \$2.00  
Children under 6 are free  
Psych sheets and heat sheets will be available for sale at the meet.

## NATIONAL CHAMPIONSHIP CERTIFICATION

This meet has been approved as a qualifying N2 and N3 certification meet. Requests for evaluation should be submitted to Lucy Duncan - [LucyUSS@aol.com](mailto:LucyUSS@aol.com). There will be a required officials briefings one hour before each session. Officials interested in officiating at the meet please visit the central zone web site [www.centralzones.org](http://www.centralzones.org)

## UNPAID FINES

Host will send a notification of fine for failure to compete without scratching to the offending club listing the amount owed, purpose of the fine, directions for payment, and payment deadline (which may include a penalty if not paid by deadline). A copy of this notification will also be sent to the current Sectional Chairman. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meets until the amount has been paid.

## FINE APPEAL PROCESS

Club may appeal the fine and/or penalty by submitting a written notice to the current Chairman, Mark Davis ([davism4@muohio.edu](mailto:davism4@muohio.edu)). The Chairman will appoint a hearing body made up of one representative from each of the Section 3 LSC's plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

## LOCKER ROOMS

Locker rooms will be available on the east and west sides of the competition pool deck.

## PARKING

Parking for this event will be available in the parking garage that is attached to the Natatorium. Parking Rates will be \$4.00/day. Coaches and officials will have the option to purchase an all session pass on Wednesday and Thursday for \$15.10.

## HOSPITALITY

Coaches, officials, and volunteer hospitality will be located at the south end of the pool deck, behind the diving well.

## VENDOR:

Adolph Kiefer and Assoc.  
1 - 800 - 323 - 4071  
[www.keifer.com](http://www.keifer.com)

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## ORDER OF EVENTS

*Please note that HOST is now on Eastern Daylight Time*

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
<i>Warm-Ups: 6:30-8:45 am EDT</i>		<b>Thursday EVENTS</b>		<i>Warm-Ups: 4:00-5:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
2	200 Backstroke	3	1	800 Freestyle ***	
4	50 Freestyle	5	2	200 Backstroke	3
7	200 Breaststroke	8	4	50 Freestyle	5
1	800 Freestyle***			1500 Freestyle ***	6
	1500 Freestyle ***	6	7	200 Breaststroke	8
			9	800 Free Relay Women *	
<i>Warm-Ups: 6:30-8:45 am EDT</i>		<b>Friday EVENTS</b>		<i>Warm-Ups: 4:00-5:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
10	200 Freestyle	11	10	200 Freestyle	11
12	100 Butterfly	13	12	100 Butterfly	13
14	400 I.M.	15	14	400 I.M.	15
			*16	400 Free Relay	*17
<i>Warm-Ups: 6:30-8:45 am EDT</i>		<b>Saturday EVENTS</b>		<i>Warm-Ups: 4:00-5:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
18	100 Backstroke	19	18	100 Backstroke	19
20	400 Freestyle	21	20	400 Freestyle	21
22	100 Breaststroke	23	22	100 Breaststroke	23
24	200 Butterfly	25	24	200 Butterfly	25
				800 Free Relay Men	*26
<i>Warm-Ups: 6:30-8:45 am EDT</i>		<b>Sunday EVENTS</b>		<i>Warm-Ups: 3:00-4:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 4:30 pm EDT</i>	
27	200 I.M.	28	27	200 I.M.	28
31	100 Free	32	****29	1500 Freestyle	
**33	400 Medley Relay	**34		400 Freestyle	****30
****29	1500 Freestyle		31	100 Free	32
	800 Freestyle	****30	**33	400 Medley Relay	**34

\* Timed Finals with all relays being swum in the finals session.

\*\* The top 2 heats of the 400 Medley Relays will be swum in Finals. All other heats will swim in prelims.

\*\*\* Thursday distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of each (W800/M1500) will be swum in finals.

\*\*\*\* Sunday distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of each (W1500/M800) will be swum in finals.

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## 2010 Time Standards for all Participants

Qualifying Period: January 1, 2009 through the entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		SCY	LCM
25.29	28.79	50 FREE	22.59	25.89
54.79	1:01.79	100 FREE	48.99	56.39
1:57.89	2:13.09	200 FREE	1:46.89	2:02.89
5:12.09	4:38.79	400/500 FREE	4:48.89	4:19.39
10:44.79	9:37.59	800/1000 FREE	10:03.89	9:06.39
18:00.79	18:26.29	1500/1650 FREE	16:53.89	17:30.99
1:01.49	1:10.79	100 BACK	55.89	1:03.69
2:11.89	2:31.09	200 BACK	1:59.99	2:19.79
1:09.29	1:19.29	100 BREAST	1:02.19	1:12.59
2:29.09	2:50.19	200 BREAST	2:14.99	2:37.39
1:00.09	1:07.89	100 FLY	53.79	1:01.09
2:12.49	2:28.79	200 FLY	2:00.49	2:17.39
2:13.19	2:30.89	200 IM	2:00.59	2:18.89
4:40.49	5:18.79	400 IM	<i>4:19.39</i>	<i>4:58.19</i>
3:43.99	4:11.59	400 FREE RELAY	3:20.99	3:52.99
7:59.99	9:02.99	800 FREE RELAY	7:18.99	8:24.99
4:07.99	4:42.99	400 MEDLEY RELAY	3:44.99	4:19.99

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## **HOUSING INFORMATION**

University Place Conference Center and Hotel – Special Meet Rate

[www.universityplace.iupui.edu](http://www.universityplace.iupui.edu)

317 - 269 - 9000

Please visit the IU Natatorium web site [www.iunat.iupui.edu](http://www.iunat.iupui.edu) for more details.

## **DIRECTIONS**

### **Interstate 65 (North):**

1. From north take exit 114 and follow West St. (Dr. Martin Luther King Jr. St.) South to Michigan St. and turn right.
2. Turn left on N. University Blvd.
3. Turn left on New York St. and the Natatorium will be on the immediate right

### **Interstate 65 (South):**

1. From south turn on to I-70 west from I-65.
2. Take exit 79A and follow West St. (Dr. Martin Luther King Jr. St.) north to Michigan St.
3. Turn Left on Michigan
4. Turn left on N. University

### **Interstate 70 (West):**

1. Take exit 79A and follow West St. (Dr. Martin Luther King Jr. St.) north to Michigan St.
2. Turn Left on Michigan
3. Turn left on N. University Blvd.
4. Turn left on New York St. and the Natatorium will be on your right.

### **Interstate 70 (East):**

1. From east turn on to I-65 north from I-70 (merge into the far LEFT lane)
2. Take exit 114 to West St. (Dr. Martin Luther King Jr. St.)
3. Turn right onto Michigan St.
4. Turn left on N. University Blvd.
5. Turn left on New York St. the Natatorium will be on the right

### **From the Indianapolis International Airport:**

1. Take Airport Expressway for approx. 1.5 miles and merge onto I-70 E. towards Indianapolis
2. Continue on I-70 E. for approx. 4 miles, and take Exit 79A
3. From the exit, go straight (across West St.) and you will arrive at S. Missouri St.
4. Turn Left (north) onto S. Missouri St.
5. S. Missouri St. will merge into West St. continue traveling North on West St. to Michigan St.
6. Turn Left on Michigan Street
7. Turn Left onto University Blvd.
8. Turn Left onto W. New York Street
9. IU Natatorium and parking garage will be on your Right