



LAWRENCE SWIM TEAM
2010 BEARCAT INVITATIONAL
FEBRUARY 26-28, 2010
www.LawrenceSwimTeam.com

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #: **IN10202**
- LOCATION:** Lawrence North High School
7802 North Hague Road
Indianapolis, IN 46256
- FACILITY:** Fourteen-lane 25 yard pool (10 lanes will be used for meet competition, 4 lanes will be used for continuous warm-up and warm-down), 6" turbulence control lane markers, Daktronics automatic timing system with touch pads, backup buttons, ten lane read out scoreboard and printout. Seating for spectators is available. **This is a no smoking facility and campus. Individuals who wish to smoke must do so inside of their vehicle or off-site.** As guests of the high school, we would like to remind all participants and spectators to leave a clean facility at the end of each session.
- PARKING:** **All parking will be in the southwest parking lot. Spectators, athletes, coaches and officials are to enter the building through DOORS #11 and #12. There will be no parking on the north side of the building, and there will be no entry into the school from the north. This will be strictly enforced. Please be sure to inform your parents, coaches, and officials to park in the southwest parking lot only.**
- FORMAT:** Current USA Swimming and Indiana Swimming rules will govern this meet.
USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision. All events will be swum as Short Course Yards, timed finals. LST reserves the right to employ fly-over starts if it is deemed necessary to complete the session(s) within the requirements of Indiana Swimming rules.
- EFFECTIVE (OCTOBER 1, 2009) USA Swimming Swim Suit Rule (102.9.1 B) wording shall be added to all meet letters:**
- 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 knees, and 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.**
- ENTRY DATE ACCEPTANCE:** Entries will not be accepted prior to Monday, February 1, 2010.
- ENTRY DEADLINE:** **8:00 PM EST Friday, February 12, 2010**
Teams not accepted will be notified by 10 PM EST Saturday February 13, 2010. The deadline will be extended if the meet is not full.

ENTRY CHAIR: Please follow "Entry Procedure" section and mail only those items requested to:

Brad Osborne
9875 Lakewood Drive East
Indianapolis, IN 46280-1912
Cell: 317-590-7514
Brad@BradOsborne.com

MEET DIRECTORS: Dianne Weiss dianneweiss@comcast.net 317-590-5986
Michelle Tabesh metgraphic@aol.com 317-490-7527

ENTRY FEES: Fees are \$4.00 per individual event/\$6.00 per relay. Deck entries, if accepted, will be \$8.00 for individual events and \$12.00 for relays. ALL SANCTIONED MEETS MUST CHARGE A \$1.50 INDIANA SWIMMING SURCHARGE FEE PER ATHLETE.

ENTRY PROCEDURE: On or before 8:00 PM EST February 12, 2010 submit your entry via **email only** in a USA Swimming approved SDIF file format (any file recognized by Hytek's Meet Manager) to brad@bradosborne.com . When your team is accepted into the meet, LST will email back to the designated individual an entry report for your team. Carefully check this report and alert LST of any errors or variances by email as soon as possible. (Deadline for changes is 11:59AM on Monday, February 22, 2010). Please send officials sheets, check for payment of all entry fees, and executed hold harmless agreement (included in this packet) to the address listed above so it will be received the DAY BEFORE THE MEET BY 5:00 PM EST or deliver to the pool prior to the start of the meet. *Any team who does not make payment of their entry fees or file a hold harmless release will have the entire team scratched unless prior arrangements have been made with the entry chairperson.*

Current and correct USA Swimming ID numbers must be supplied with the entry for every swimmer. No times and non-conforming times will be accepted, but will be seeded slowest behind conforming times. NOTE: Please keep the original entry report sent to you by LST along with all subsequent entry reports notifying you of changed or updated entries. These are the official record of your team's entry. No other information will be considered if there is an entry error or discrepancy. No refunds or changes will be made to your team's entry due to your failure to review the reports sent you by LST.

ACCEPTANCE CRITERIA: If the meet is over-entered, LST has sole discretion to determine which entries to accept. In exercising its discretion, LST will consider: - Prior participation in LST swim meets - Teams will not be broken - Number of officials provided by team - Balance of age groups and gender in entry - Level of competition - Geographic location

ENTRY LIMITATIONS: A swimmer may compete in a **maximum of 4 individual events a day**. If a swimmer is entered in more than 4 events per day, the entry will be made by number order of events starting with event #1 until the limit is satisfied. Friday evening events will be limited, if necessary. If cuts to any event are made LST will refund those events to the participating club. No updates to Friday night entry times will be accepted after the cut-off times are announced. If the Friday night time-line permits, the host team may add heats in limited events solely for host team swimmers that do not meet cut off times. Cut-off times will be emailed to participating clubs on or before Thursday, February 25, 2010. Cut-off times will also be posted on the LST Web site at www.LawrenceSwimTeam.com. LST also reserves the right to limit the number of entries in select events to comply with the 4 hour Indiana and USA Swimming rule.

SWIMMER ELIGIBILITY: Swimmers age as of February 26, 2010 will determine eligibility for age group events. Swimmer(s) must be registered with USA Swimming to be accepted into this meet.

COACHES & OFFICIALS:	All coaches and officials on deck must have a current 2010 registration with USA Swimming. ALL coaches and officials will be required to display their USA Swimming credentials for deck access and while on deck. The Meet Referee reserves the right to ask a coach or official to display their credentials or deny deck access if a coach or official does not comply or the card is not valid. Coaches' information packets will be distributed to the club coach upon their arrival at the meet. A Coaches and Officials meeting will be held before the start of each session.
CHANGES ADDITIONS AND CORRECTIONS:	Coaches should double-check their entries before submission. No additions, or corrections will be accepted after 11:59AM on Monday, February 22, 2010. Entries accepted after this date may be accepted only if time permits and will be treated as deck entries.
DECK ENTRIES:	Deck entries will be accepted from coaches ONLY. They will be accepted only if they do not extend the meet beyond the mandated time limit. Deck entries will be accepted only after the check-in sheets have been taken down, the heats have been seeded and there is an empty lane in the slowest heat. No heats will be added to accommodate deck entries.
CLERK OF COURSE:	Will be provided for the 8 & Under events only. Seeded heat sheets will be posted at multiple locations on the pool deck. It is the swimmers responsibility to appear at the correct starting block ready to swim his/her event. Failure to show without just cause will result in the swimmer being scratched from his/her next event.
CHECK IN/ SCRATCH:	This is a positive sign in meet. Positive sign-in means "I'm here. I intend to swim." To sign in positively circle the swimmer's name. To scratch an event, "X" through that event number. Sheets will be taken down 45 minutes prior to the start of the session.
AWARDS:	Team trophies will be awarded for the top three positions (Host team not eligible.) High point awards will be given to the top 3 male and female individuals in each age division. Medals will be awarded for the top 3 places in each individual and relay event and ribbons will be awarded for places 4-16 in individual events and for the 4-8 positions in relays. Events will be scored as 8 & Under, 9-10, 13 & 14 and OPEN. (Note 10 & under Events will be scored as 8 & Under and 9-10)
CONCESSIONS, HEAT SHEETS, ADMISSIONS:	Concessions will be available at the meet in the upstairs section only. PLEASE NOTE THAT NO FOOD OR DRINK WILL BE PERMITTED ON DECK AT ANY TIME. LST reserves the right to charge for admissions and for psych sheets.
DISTANCE EVENTS:	Lap counters (the person, not the device) and timers will not be provided by the host club for the 1650 or 1000. Swimmers must provide one timer (mandatory) and one lap counter (optional).
CAMPING:	There will be no camping on deck or in the spectator seating area during the meet. Deck monitors and seating area monitors will be enforcing this policy. Camping will be permitted in designated areas <u>outside</u> the pool area. Announcing of events will occur in the main pool area and the designated camping areas only.
VENDORS:	Several vendors will be available at the meet including Circle City Swimwear to handle all of your goggle and swim suit needs.

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SCHEDULE

Friday Evening:	Warm-ups: 5:00-5:45PM Meet begins: 6:00PM	
Saturday & Sunday Session I:	Warm-ups: 7:00-8:00AM Meet begins: 8:15AM	OPEN/10&Under
Saturday & Sunday Session II:	Warm-ups: Not before 12:00PM Meet begins: not before 1:00PM	11-12/13-14
Sunday Session III:	Warm-ups: Not before 5:00PM Distance Events to Start no later than 5:15PM	

Lane assignments and procedures will be posted, and safety rules for warm-ups will be enforced.

**Friday Evening
Warms-Up 5:00-5:45PM
Meet begins 6:00PM**

Women's Event #	Event Description	Men's Event #
1	10 & Under 200Y IM	2
3	11-12 200Y IM	4
5	OPEN 400Y IM	6
7	10 & Under 200Y Free	8
9	11-12 500Y Free	10
11	OPEN 500Y Free	12

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**Saturday AM - Session I
Warm-ups 7:00-8:00AM
Meet begins 8:15AM**

Women's Event #	Event Description	Men's Event #
13	OPEN 200Y IM	14
15	8 & U 25Y Breast	16
17	10 & U 100Y Breast	18
19	OPEN 200Y Breast	20
21	10 & U 50Y Back	22
23	OPEN 100Y Back	24
25	10 & U 50Y Fly	26
27	OPEN 200Y Fly	28
29	8 & U 25Y Free	30
31	10 & U 100Y Free	32
33	OPEN 100Y Free	34
35	10 & U 200Y Medley Relay	36
37	OPEN 200Y Medley Relay	38

**Saturday PM - Session II
Warm-ups not before 12:00PM
Meet begins not before 1:00PM**

Women's Event #	Event Description	Men's Event #
39	13-14 200Y IM	40
41	11-12 100Y Breast	42
43	13-14 200Y Breast	44
45	11-12 50Y Back	46
47	13-14 100Y Back	48
49	11-12 50Y Fly	50
51	13-14 200Y Fly	52
53	11-12 100Y Free	54
55	13-14 100Y Free	56
57	11-12 200Y Medley Relay	58
59	13-14 200Y Medley Relay	60

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**Sunday AM - Session I
Warm-ups 7:00-8:00AM
Meet begins 8:15AM**

Women's Event #	Event Description	Men's Event #
61	OPEN 200Y Free	62
63	10 & U 50Y Breast	64
65	OPEN 100Y Breast	66
67	8 & U 25Y Back	68
69	10 & U 100Y Back	70
71	OPEN 200Y Back	72
73	8 & U 25Y Fly	74
75	10 & U 100Y Fly	76
77	OPEN 100Y Fly	78
79	10 & U 50Y Free	80
81	OPEN 50Y Free	82
83	10 & U 200Y Free Relay	84
85	OPEN 200Y Free Relay	86

**Sunday PM - Session II
Warm-ups not before 12:00PM
Meet begins not before 1:00PM**

Women's Event #	Event Description	Men's Event #
87	11-12 200Y Free	88
89	13-14 200Y Free	90
91	11-12 50Y Breast	92
93	13-14 100Y Breast	94
95	11-12 100Y Back	96
97	13-14 200Y Back	98
99	11-12 100Y Fly	100
101	13-14 100Y Fly	102
103	11-12 50Y Free	104
105	13-14 50Y Free	106
107	11-12 200Y Free Relay	108
109	13-14 200Y Free Relay	110

**Sunday PM – Session III
Warm-Ups not before 5:00PM
Distance Events to start no later than 5:15PM**

Women's Event #	Event Description	Men's Event #
111	OPEN 1650Y Free*	112
113	OPEN 1000Y Free*	114

*Swum fastest to slowest. Swimmers must supply their own counter and timer.

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SUMMARY OF ENTRIES

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash and make check payable to: **Lawrence Swim Team**.
Thank you.

**Send to: Brad Osborne
9875 Lakewood Drive East
Indianapolis, IN 46280-1912**

CLUB NAME _____ CODE _____

Total Swimmers Entered: _____ x \$ 1.50 each IN Swimming Athlete Surcharge = _____

Number of girls' individual events: _____ x \$ 4.00 each = _____

Number of boys' individual events: _____ x \$ 4.00 each = _____

Total number of relay entries: _____ x \$ 6.00 each = _____

TOTAL AMOUNT ENCLOSED: _____

Club Official Submitting Entry:

Coaches' Names:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Daytime Phone: () _____

Cell Phone: () _____

Email _____

Please indicate what type of meet results you wish to receive:

_____ Hard Copy (snail mailed OR .html/.pdf file emailed)

_____ Meet Manager Backup (Emailed)

_____ Team Manager .cl2 file (Emailed)

_____ ALL of the above

Email address to send above to: _____

Note: No copies of results will be given at the meet; you must have a valid email to receive the results.

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CLUB _____ (“CLUB”)

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, club and its swimmers, coaches, parents, members, and volunteers hereby release and forever discharge Lawrence Swim Team, Inc., its Board of Directors, USA Swimming, Inc., Indiana Swimming, Inc., MSD Lawrence Township, Lawrence North High School, the respective owners, trustees, directors, officers, agents, employees, members, successors and assigns each of them and all other persons or entities in any way connected with sponsoring or holding this swim meet, of and from any all liabilities, claims, demands, actions causes of action, losses, damages or expenses, of whatever kind of character arising out of or in connection with said swim meet and the facilities and personnel for it. Further, club and its swimmers, coaches, parents, members and volunteers shall indemnify and hold harmless Lawrence Swim Team Inc., USA Swimming, Inc., Indiana Swimming, Inc., MSD Lawrence Township, Lawrence North High School, the respective owners, trustees, directors, officers, agents, employees, members, successors, and assigns of each of them and all other persons or entities in any way connected with sponsoring or holding this swim meet, of and from any and all liabilities, claims, demands, actions, causes of action losses, damages or expenses of whatever kind of character, arising out of or in connection with any injury to any person, including death or injury or damage to any property.

The undersigned represents that he/she is authorized by the club, and its swimmers, coaches, parents, members and volunteers to execute, this release and hold harmless agreement on behalf of each of them, binding club, and it swimmers, coaches, parents, members and volunteers to the terms hereof.

EXECUTED THIS _____ DAY OF _____, 2010

SIGNATURE _____

PRINTED NAME _____

POSITION _____

Did you include:

- _____ Check
- _____ Team Manager .cl2 file (Emailed)
- _____ Summary of Entries
- _____ ALL of the above