

**CAST**  
**Turkey Trot**  
**November 23, 2019**

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming.  
**Sanction #IN20116**
- HOST:** Connersville Area Swim Team (CAST)  
Website: [www.connersvilleareaswimteam.com](http://www.connersvilleareaswimteam.com)
- LOCATION:** Connersville Senior High School Natatorium, 1100 Spartan Drive Connersville, IN 47331
- FACILITY:** The facility contains a 6 lane 25 yard pool with turbulent control lane markers. The pool has a minimum depth of a 4' 1" and is eligible for use with starting blocks in a manner prescribed by USA Swimming. The competition course has not been certified in accordance with 104.2.2C(4). Each lane is equipped with Daktronics electronic timing system. Digital watches are used as backup. Bleacher spectator seating is provided.
- ELIGIBILITY:** Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of November 23, 2019 shall determine the swimmer's age for the entire meet. **Indiana Swimming does not process on-site memberships.**
- RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.  
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 may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- Any swimmer entered in the meet, must be certified by a USA Swimming-Member coach as being proficient in performing a racing start or start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
- Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the President of CAST.

The water depth at the start end of the pool is 12 feet. The water depth at the turn end of the pool is 4 feet. Any start in the shallow end will begin in the water.

A complete schedule of lanes and times for all warm-ups, which must be adhered to by all participants, will be posted at the meet.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Coaches and Officials **MUST** display their current USA Swimming coach credential or Deck Pass to gain access. The meet referee and/or Meet Director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if the coach does not comply or card is no longer valid/current.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in the USA Swimming rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

**ENTRIES:**

Please submit Entry File using Hy-Tek's Team Manager, Team Unify or similar through email to the Entry Chair.

All fees will be due at the start of the meet.

All times not entered in short course yards will be converted to short course yards by Hy-Tek's Meet Manager.

Any club with 5 or more swimmers with individual events **MUST** submit an entry file, or pay a \$50 data input fee.

A printed copy of your entry is not necessary as the electronic data (i.e. the Hy-Tek file) will be considered **CORRECT**.

Enter each swimmer with their first and last names with middle initial, age, date of birth and USA number.

We will accept "No times."

**ENTRY LIMITS:**

Swimmers may enter Four (4) individual events per day plus relays. Entries submitted with an individual entered in more events than allowed will be placed in the first events entered in numerical order. If a swimmer is cut because of a

timeline problem. they may be placed back into the meet if there is a scratch.  
**CAST reserves the right to limit the number of swimmers in any one or more events to maintain a reasonable length of the meet. In the event that entries are limited, CAST will return the entry fees to the club(s) whose swimmers are not allowed to compete in the specific event(s). Otherwise, THERE WILL BE NO REFUNDS.**

**ENTRY FEES:** \$4.00 per individual event  
\$6.00 per relay  
There is a \$2.00 per swimmer surcharged assessed by Indiana Swimming.  
Deck entries will be accepted at the discretion of the Meet Director if the meet is not filled. Entry fee for deck entries is \$8.00 for an individual and \$12.00 for a relay

All entry fees must be paid prior to the start of the meet payable to: ***Connersville Area Swim Team.***

**DEADLINE:** Entries will be accepted starting October 27, 2019 .

Entry deadline is November 16, 2019 .

Updates to an existing entry may be submitted up until November 19, 2019 .

**ENTRY CHAIR:** Lyndsie Kemker  
P.O. Box 936  
Connersville, IN 47331  
765-265-8910  
ldkemker16@gmail.com

**MEET DIRECTOR:** Jessica Wells  
765-265-4942  
jessicawells81@gmail.com  
Any necessary phone calls to the meet entry chair or meet director must be limited to those made by either the coach or the club official submitting the entry.

**CHECK-IN:** All swimmers **MUST** check in 45 minutes prior to the start of the session. Failure to do so may cause the swimmer to be scratched for the day. Sign-in sheets will be posted outside the pool area.  
**SIGN-IN SHEETS WILL BE TAKEN DOWN AT 8:15 A.M. SATURDAY.**

**MEET TIMES:** Saturday morning session: Warm-ups 7:45 a.m.- 8:45 a.m.  
Meet Begins 9:00 a.m.  
Saturday afternoon session: warm-ups begin not before noon. Meet will begin 15 minutes after warm-ups end, but will not begin before one p.m.

**AWARDS:** Individual Events 1<sup>st</sup>-6<sup>th</sup>  
Relay Events 1<sup>st</sup>-3<sup>rd</sup>

For scoring purposes, Saturday 10U events will score 6U, 7-8, 9-10, 11-12, and 13 & over age groups separately.

1<sup>st</sup> place Individual High Point Medallions will be awarded to both boys and girls for each age group: 6U, 7-8, 9-10, 11-12, and 13 & Over.

**FINAL RESULTS:** Final results will be provided through Hy-Tek Meet results file will be emailed to the email address noted for the entry chair on page 6 of this packet.

**ADDITIONAL:** Heat Sheets will be for sale.  
Concession stand will be available.  
No glass containers are allowed in the pool area.  
Locker rooms with showers and restrooms are available.  
There is no smoking allowed anywhere on the CHS Campus.  
CAST will not be responsible for lost or stolen items.

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Order of Events

Morning session warm-ups 7:45 a.m.-8:45 a.m. Meet begins at 9 a.m.

Girls	Age Group	Event	Boys
1	8 & U	100 Medley Relay	2
3	11-12	200 Medley Relay	4
5	8 & U	50 Freestyle	6
7	11-12	100 Freestyle	8
9	8 & U	25 Butterfly	10
11	11-12	50 Butterfly	12
13	8 & U	25 Backstroke	14
15	11-12	50 Backstroke	16
17	8 & U	25 Freestyle	18
19	11-12	200 IM	20
21	8 & U	25 Breast	22
23	11-12	50 Breast	24
25	8 & U	25 Free	26
27	11-12	50 Free	28
29	8 & U	100 Free Relay	30
31	11-12	200 Free Relay	32

Afternoon session warm-ups not before noon with meet beginning 15 minutes after warm-ups ending, but not before 1 p.m.

Girls	Age Group	Event	Boys
33	9-10	200 Medley Relay	34
35	13 & Over	200 Medley Relay	36
37	9-10	100 Free	38
39	13 & Over	100 Free	40
41	9-10	50 Butterfly	42
43	13 & Over	100 Butterfly	44
45	9-10	50 Butterfly	46
47	13 & Over	100 Back	48
49	9-10	200 IM	50
51	13 & Over	200 IM	52
53	9-10	50 Breast	54
55	13 & Over	100 Breast	56
57	9-10	50 Free	58
59	13 & Over	50 Free	60
61	9-10	200 Free Relay	62
63	13 & Over	200 Free Relay	64

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**Summary of Entries**

Please supply the information requested below and mail with your Entry Forms and check to the Entry Chairperson. Make check payable to:

**CONNERSVILLE AREA SWIM TEAM**

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Number of Swimmers Entered: Girls \_\_\_\_\_ + Boys \_\_\_\_\_ = Total \_\_\_\_\_

Number of Girls Individual Entries \_\_\_\_\_ x \$4.00 ea. = \$ \_\_\_\_\_

Number of Boys Individual Entries \_\_\_\_\_ x \$4.00 ea. = \$ \_\_\_\_\_

Total Number of Relay Entries \_\_\_\_\_ x \$6.00 ea. = \$ \_\_\_\_\_

Number of Swimmers \_\_\_\_\_ x \$2.00 ea. IN Swimming Athlete Surcharge = \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

How would you like to receive your results:

\_\_\_\_\_ Meet Manager Backup (emailed)

\_\_\_\_\_ Team Manager .cl2 file (emailed)

\_\_\_\_\_ All of the above

Email address to send above to: \_\_\_\_\_

Club Official Submitting Entry:

Coaches Names:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State/Zip Code \_\_\_\_\_

**Release and Hold Harmless Agreement**

*This form must be included with your entries and payment*

In consideration of being permitted to participate in the swim meet, club, and its swimmers, coaches, parents, members, and volunteers hereby release and forever discharge Connersville Area Swim Team, USA Swimming, Indiana Swimming, Connersville High School, Fayette County School Corporation, the respective directors, officers, agents, employees, members, successors, and assigns of each of them, and all other persons or entities in any way connected with the 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 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 Connersville Area Swim Team, USA Swimming, Indiana Swimming, Connersville High School, Fayette County School Corporation, the respective 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 or 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 its swimmers, coaches, parents, members and volunteers to the terms hereof.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 201\_

Signature \_\_\_\_\_

Connersville Area Swim Team

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In order for our meet to run as smoothly as possible, we would like to solicit your help in identifying officials from your club who might be willing to work at the meet. We are in need of an admin official, starter, and S&T officials. We will be contacting them regarding their availability . Thank you for your help.

CLUB NAME \_\_\_\_\_

Officials name/level

Telephone number

Email

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