

**LAWRENCE SWIM TEAM**  
**2020 DAY OF POWER Invite**  
**Sunday, February 23<sup>rd</sup>, 2020**  
**www.LawrenceSwimTeam.Org**

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN20208.  
Time Trial sanction #IN20209
- LOCATION:** Lawrence North High School  
7802 North Hague Road  
Indianapolis, IN 46256
- FACILITY:** **Competition Pool:** 8-lane 25-yard pool with a depth ranging from 7' – 14'9", 6" turbulence control lane markers, Daktronics electronic timing system with touch pads, backup buttons, ten lane read out scoreboard and printout. *The competition course has not been certified in accordance with rule 104.2.2C(4).*  
**Warm-Up Pool:** Continuous warm-up and warm-down in 4-lane 25-yard pool with a depth of 4'2" – 5'. Entry into the warm-up pool is feet first.  
  
Seating for spectators is available. **This is a no smoking facility and campus.** 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 the doors at ENTRANCE #11 ONLY.** 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.
- RULES:** Current USA Swimming and Indiana Swimming rules will govern this meet including MAAPP.. USA Swimming Rules 202.5.3 - 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 swimmers 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 must 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. ”*  
  
**Swim Suit Legislation:**  
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.  
  
Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.  
  
Deck changes are prohibited.  
  
Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches area, 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 Program Operations Vice Chair.

**MEET FORMAT:** 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. At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke. There may be a **5-15 minute break** following relays, prior to additional individual events to allow appropriate rest for the swimmers.

**ELIGIBILITY:** Swimmers age as of February, 23rd, 2020 will determine eligibility for age group events. Swimmer(s) must be registered with USA Swimming to be accepted into this meet.

**ENTRY PROCEDURE:** **On or BEFORE 5:00 PM EST Monday Feb. 10th 2020** submit your entry via **email only** in a USA Swimming approved SDIF file format (any file recognized by Hytek's Meet Manager) to **lstentries@gmail.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 Thursday, February 20th, 2020). Please send officials sheets, check for payment of all entry fees, and executed hold harmless agreement (included in this packet) to the Entry Chair 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.*

Enter each swimmer with their full first name, last name, age and correct USA Swimming ID number. 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.

**ENTRY** A swimmer may compete in **a maximum of 5 individual events a day**. 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. **THIS INCLUDES TIME TRIAL EVENTS.**

**TIME TRIALS** There WILL BE a Time Trial session offered *after* the morning and afternoon sessions. Time Trials will run as needed up to a max of 45 minutes to complete requested. (See Time Trial Letter)

**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 FEES:** Fees are \$5.00 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 \$2.00 INDIANA SWIMMING SURCHARGE FEE PER ATHLETE.**

**ENTRY CHAIR:** Please follow "Entry Procedure" section and mail only those items requested to: **lstentries@gmail.com**

**ENTRY DEADLINE:** **5:00 PM EST Monday, February, 10<sup>th</sup>, 2020**  
Teams not accepted will be notified by 10 PM EST Wednesday, February 12th, 2020. The entry deadline will be extended if the meet is not full.

**CHANGES, ADDITIONS AND CORRECTIONS:** Coaches should double-check their entries before submission. No additions, or corrections will be accepted after 11:59AM on Thursday, February 20th, 2020. 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, as NEW ADDITIONS; CHANGES WILL NOT BE ACCEPTED. New additions will be accepted only if they do not extend the meet beyond the mandated time limit.

**CLERK OF COURSE:** A Clerk of Course will be provided for the 8 & Under events only. It will be located on the southeast corner of the pool deck. 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. **THIS IS A PRE-SEEDED MEET.**

**AWARDS:** Ribbons will be awarded for the top 1-8 places in each individual and relay event. Coaches are responsible for picking up their own teams awards in the control room prior to leaving the meet. **No Awards for Open Races.**

**COACHES & OFFICIALS:**

All coaches and officials on deck must have a **current 2020 registration** with USA Swimming. **Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck 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 coach does not comply or card is no longer valid/current.** 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 day's session.

We would appreciate the help of any team's **USA Swimming Officials.** Please have them contact the Meet Referee if they are interested in helping.

**MEET DIRECTOR:** Sarah Burns s.m.burns@comcast.net 317-696-7735

**MEET REFEREE:** Corey Franklin

**“HOT HEATS”** There will be “Hot Heats” during the meet to encourage fun, fast swimming. Listen to the announcer during the meet for these randomly selected heats.

**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 HEAT sheets.

**CAMPING:** There will be swimmer camping available on deck.

**LOCKER ROOMS:** There are two sets of locker rooms available for use during the meet. One set is located in the hallway leading to the pool. The other set is located in the vending machine area next to the swimmer camping section. Signs will be posted. Swimmers are responsible for their own valuables.

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SCHEDULE (All times are Eastern Standard Times)

**Session I (Open Session)**

**Warm-ups: 7:30 am**  
**Meet begins: 8:30 am**

Girls Event #	Event Description	Boys Event #
1	Open 200 Free Relay	2
3	Open 200 IM	4
5	Open 200 Free	6
7	Open 100 Fly	8
9	Open 200 Breaststroke	10
11	Open 100 Back	12
13	Open 100 Free	14
15	Open 200 Fly	16
17	Open 100 Breaststroke	18
19	Open 200 Back	20
21	Open 50 Free	22
23	Open 200 Medley Relay	24

**Session Two (12 & Under Session)**

**Warm-Ups: NOT BEFORE 12:30 pm**  
**Meet Start: NOT BEFORE 1:30 pm**

25	10 & Under 200 Medley Relay	26
27	11-12 200 Medley Relay	28
29	8 & Under 25 Free	30
31	10 & Under 50 Free	32
33	11-12 50 Free	34
35	12 & Under 100 Breaststroke	36
37	8 & Under 25 Fly	38
39	10 & Under 50 Fly	40
41	11-12 50 Fly	42
43	12 & Under 100 Back	44
45	8 & Under 25 Back	46
47	10 & Under 50 Back	48
49	11-12 50 Back	50
51	12 & Under 100 Fly	52
53	8 & Under 25 Breaststroke	54
55	10 & Under 50 Breaststroke	56
57	11-12 50 Breaststroke	58
59	12 & Under 100 Free	60
61	10 & Under 200 Free Relay	62
63	11-12 200 Free Relay	64

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**2020 Lawrence Swim Team Open Time Trial**

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction
- ENTRY PROCEDURE:** This is a deck-seeded Time Trial. Each swimmer should sign-up at the time trial table located in the Natatorium hallway.
- ENTRY FEES:** Individual Entries, \$5.00, Relays, \$6.00. ALL SANCTIONED MEETS MUST CHARGE A \$2.00 INDIANA SWIMMING SURCHARGE FEE PER ATHLETE

- 101. Girls 50 Butterfly
- 102. Boys 50 Butterfly
- 103. Girls 50 Backstroke
- 104. Boys 50 Backstroke
- 105. Girls 50 Breaststroke
- 106. Boys 50 Breaststroke
- 107. Girls 50 Freestyle
- 108. Boys 50 Freestyle
- 109. Girls 100 Butterfly
- 110. Boys 100 Butterfly
- 111. Girls 100 Backstroke
- 112. Boys 100 Backstroke
- 113. Girls 100 Breaststroke
- 114. Boys 100 Breaststroke
- 115. Girls 100 Freestyle
- 116. Boys 100 Freestyle
- 117. Girls 100 Individual Medley
- 118. Boys 100 Individual Medley
- 119. Girls 200 Butterfly
- 120. Boys 200 Butterfly
- 121. Girls 200 Backstroke
- 122. Boys 200 Backstroke
- 123. Girls 200 Breaststroke
- 124. Boys 200 Breaststroke
- 125. Girls 200 Freestyle
- 126. Boys 200 Freestyle
- 127. Girls 200 Individual Medley
- 128. Boys 200 Individual Medley
- 129. Girls 500 Freestyle
- 130. Boys 500 Freestyle
- 131. Girls 400 Individual Medley
- 132. Boys 400 Individual Medley

**Events will be combined to save time and space by gender, length, and stroke.**

- 1. Time Trial Events will have their own numbers.**
- 2. Time Trial Sign-Ups will be taken beginning at 7:45am- 30 minutes prior to the end of the afternoon session.**
- 3. We will offer a 30 minute warm-up period for those entered in time trials.**
- 4. Swimmers must not exceed the five (5) Events per day Rule.**

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SUMMARY OF ENTRIES for DAY of POWER only (Time Trial is Deck-Entered)

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:**        **LST Entries**  
                         **lstentries@gmail.com**

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

Total Swimmers Entered:                    \_\_\_\_\_ x **\$ 2.00 each** IN Swimming Athlete Surcharge = \_\_\_\_\_

Number of girls' individual events:        \_\_\_\_\_ x **\$ 5.00 each** = \_\_\_\_\_

Number of boys' individual events:        \_\_\_\_\_ x **\$ 5.00 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 \_\_\_\_\_, 202\_\_.

SIGNATURE \_\_\_\_\_

PRINTED NAME \_\_\_\_\_

POSITION \_\_\_\_\_

Did you include:

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