

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

- SANCTION:** This meet is sanctioned by USA Swimming, Inc. and Indiana Swimming, Inc. with the Indiana Sanction #IN10332
- SPONSOR:** Northwest Indiana Swim Conference
- LOCATION:** LaPorte High School, 602 F Street, LaPorte, IN, 46350
- FACILITIES:** **Eight (8)** lane, 25 yard pool with starting blocks, non-turbulent lane markers and automatic timing system with back up timer per lane. Bleacher seating in pool area. Adjacent locker rooms, concessions are available. The competition course has not been certified in accordance with 104.2.2C(4). Depth at start end is 5 ft and 3ft 6 in at turn end.
- RULES:** Current USA Swimming and Indiana Swimming Rules will govern this meet. Please pay special attention to the starting procedures: 102.14.4 & 5 (page All swimmers must compete in their own age group, including relays. All events will be timed finals. 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 the warm up, competition, and warm down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

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.

- ELIGIBILITY:** Swimmers must be registered with USA Swimming to be accepted into the meet. Age as of July 9, 2010, shall determine the swimmer's age for the entire meet. This meet is open only to members of clubs of the Northwest Indiana Swim Conference.

A cutoff of 10% over the Divisional time standard is in effect for events 200 yards or longer. Proof of achievement is required for missed cuts. If proof cannot be shown, there will be a \$5.00 fine, if paid before the end of the meet; or a \$6.00 fine after the meet. If the fee is not paid within 30 days, the offending club will be assessed an additional fine of \$50.00. The club and swimmer will be suspended if the fine is not paid within 60 days.

**TIMES ENTERED SLOWER THAN THE CUTS WILL NOT BE ACCEPTED!
PLEASE DO NOT ALLOW YOUR TEAM MANAGER TO CONVERT TIMES!
SWIMMERS THAT ARE UNATTACHED ON THE FIRST DAY OF THE MEET
WILL NOT BE ENTERED!**

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

ENTRY LIMITS: Swimmers are limited to one (1) individual event on Friday and three (3) individual events and one (1) relay on both Saturday and Sunday. Host team reserves the right to combine or rearrange events to stay within the 4 hour rule, but will break out scores into their separate age groups. Teams will be notified of changes

ENTRY FORMS: All teams entering the meet should submit their entry on a Hy-Tek disk with a printout of their entries including name, age, and USA#. Printouts will be the final answer in any disputes. E-mail entries will be accepted, to make the deadline, with a hard copy to follow in the mail. Teams with 3 swimmers or less may use email alone.

NOTE: *Make certain that all entries are clearly legible on all forms as required.*

This is a **POSITIVE CHECK-IN** meet. **Swimmers must check in with their own coaches and the coaches will be responsible for turning in scratches.** Sign in sheets must be turned in 15 minutes into your teams warm up to enter scratches, seed meet and print out paperwork. **PLEASE BE ON TIME!**

ENTRY DEADLINE: ENTRIES MUST BE IN THE HANDS OF THE ENTRY CHAIRMAN BY 6:00 P.M. on Friday, June 25, 2010. Entries will be accepted starting June 11, 2010.

Entry Chairman:	Kyle Smith coachkyle33@hotmail.com	Meet Director:	Brooke Christ BCHRIST@centier.com
------------------------	---------------------------------------	-----------------------	--------------------------------------

WARM UPS & START TIMES: **Friday** All Ages Timed Final Warm Up: 5:00 p.m. Start: 6:30 p.m.

Saturday & Sunday

10 & U Timed Finals Warm Up: 7:00 a.m. Start: 8:30 a.m.

11 & Over Timed Finals Warm Up: At noon or immediately after the morning session whichever is later
Start: Meet starts 1½ hours later.

NOTICE: We will have warm ups split into three 25 min. sessions with the last 15 for general warm up & sprints in assigned lanes. Warm ups will be assigned according to preference, distance, and team size but not necessarily in that order.

If you have a preference for warm ups, please indicate it with your entry. The host club has the final decision in assigning warm ups and lanes. You will receive notification with your heat sheets.

COACHES MEETING: The coaches meeting will begin at the end of the third scheduled warm up session during the last 15 minute general warm up with the meet beginning immediately following. At least one representative from each team must be present at the meeting.

SCORING: Individual Events: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1
Relays: 32 - 26 - 24 - 22 - 20 - 18 - 14 - 10 - 8 - 6 - 4 - 2

Only two (2) relays per team score.

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

AWARDS: Individual Events: Neck Medals - 1st thru 6th places Ribbons - 7th thru 12th places
Relay Events: Neck Medals - 1st thru 6th places Ribbons - 7th thru 12th places

High Point team trophy in each age group:
Boys: 8 & Under, 9-10, 11-12, 13-14, 15 & Over
Girls: 8 & Under, 9-10, 11-12, 13-14, 15 & Over

Overall High Point team trophy, Second and Third place team trophies

SPECIAL NOTES: Coaches **MUST** constantly display their USA Swimming coaches credentials to gain deck access. The meet referee reserves the right to ask for a coach to display credentials and / or deny deck access if the coach does not comply.

Host team will run and man a Clerk of the Course for all 10 & Under events.

NO CHANGING OF EVENTS WILL BE PERMITTED. INDIVIDUAL LATE CHARGES / ADDITIONS WILL BE ACCEPTED BETWEEN THE ADDITIONS / CORRECTIONS DEADLINE AND 5 P.M. OF THE FIRST DAY OF THE MEET, IF ACCOMPANIED BY A \$50 LATE FEE.

MEET DEADLINES:

Entries are due by Friday, June 25, 2010 by 6:00 p.m. along with your preferences for warm up session (1st, 2nd, or 3rd).

Psych sheets will be sent out by Monday, June 28, 2010 for your review.

Any changes / additions / deletions will be due by Saturday, July 3, 2010 by 6:00 p.m.

The FINAL Psych Sheet will be then sent out by Sunday, July 4, 2010 for your review.

Any new alterations to team entries will need to be accompanied by a \$50 late fine and will only be accepted up until 5 p.m. the first day of the meet.

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

ORDER OF EVENTS

FRIDAY EVENING

BOYS	CUT	AGE GROUP	EVENT	CUT	GIRLS
1	3:46.32	10 & U	200 YD Individual Medley	3:41.70	2
3	3:19.92	11 - 12	200 YD Individual Medley	3:14.88	4
5	6:19.26	13 - 14	400 YD Individual Medley	6:31.86	6
7	5:53.58	15 & O	400 YD Individual Medley	6:30.66	8
9	3:22.44	10 & U	200 YD Freestyle	3:18.06	10
11	7:49.74	11 - 12	500 YD Freestyle	7:43.92	12
13	7:00.06	13 - 14	500 YD Freestyle	7:12.90	14
15	6:32.88	15 & O	500 YD Freestyle	7:07.32	16

SATURDAY MORNING

BOYS	CUT	AGE GROUP	EVENT	CUT	GIRLS
17		10 & U	50 YD Butterfly		18
19		8 & U	25 YD Freestyle		20
21		10 & U	100 YD Backstroke		22
23		8 & U	100 YD Individual Medley		24
25		10 & U	50 YD Breaststroke		26
27		8 & U	25 YD Backstroke		28
29		10 & U	100 YD Butterfly		30
31		8 & U	100 YD Medley Relay		32
33		9 - 10	200 YD Medley Relay		34

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

SATURDAY AFTERNOON

BOYS	CUT	AGE GROUPS	EVENT	CUT	GIRLS
35		11 - 12	100 YD Freestyle		36
37	2:36.36	13 - 14	200 YD Freestyle	2:42.54	38
39	2:23.16	15 & O	200 YD Freestyle	2:38.22	40
41		13 - 14	50 YD Butterfly		42
43		11 - 12	50 YD Backstroke		44
45		13 - 14	100 YD Breaststroke		46
47		15 & O	100 YD Backstroke		48
49		11 - 12	100 YD Breaststroke		50
51	2:56.87	13 - 14	200 YD Backstroke	3:05.01	52
53	3:07.32	15 & O	200 YD Breaststroke	3:25.91	54
55	2:56.21	11 - 12	200 YD Freestyle	2:53.68	56
57		13 - 14	50 YD Freestyle		58
59	2:42.90	15 & O	200 YD Individual Medley	2:59.95	60
61		11 - 12	50 YD Butterfly		62
63	3:00.06	13 - 14	200 YD Butterfly	3:10.73	64
65		15 & O	100 YD Butterfly		66
67		11 - 12	200 YD Medley Relay		68
69		13 - 14	200 YD Medley Relay		70
71		15 & O	400 YD Medley Relay		72

SATURDAY EVENING

BOYS	CUT	AGE GROUPS	EVENT	CUT	GIRLS
73	22:57.18	OPEN	1650 YD Freestyle	24:04.50	74

There will be a short warm up period immediately following event 72. There will be four (4) heats run of the 1650. 2 heats of girls and 2 heats of boys. If a heat is not full it will be filled by the next qualifying swimmer of either gender. The 1650 will not be counted toward the 3 individual event daily limit. It also will not be a scored event but swimmers will receive awards according to their finish. The 1000 yard split should also be given from the swim. Swimmers should be prepared to supply their own timers (2) and a lap counter.

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

SUNDAY MORNING

BOYS	CUT	AGE GROUP	EVENT	CUT	GIRLS
75		10 & U	100 YD Freestyle		76
77		8 & U	25 YD Breaststroke		78
79		10 & U	50 YD Backstroke		80
81		10 & U	100 YD Breaststroke		82
83		8 & U	25 YD Butterfly		84
85		10 & U	50 YD Freestyle		86
87		8 & U	100 YD Freestyle Relay		88
89		9 - 10	200 YD Freestyle Relay		90

SUNDAY AFTERNOON

BOYS	CUT	AGE GROUP	EVENT	CUT	GIRLS
91		13 - 14	100 YD Freestyle		92
93		15 & O	100 YD Freestyle		94
95		11 - 12	50 YD Freestyle		96
97		13 - 14	100 YD Backstroke		98
99	2:44.77	15 & O	200 YD Backstroke	3:00.61	100
101		13 - 14	50 YD Breaststroke		102
103		11 - 12	100 YD Backstroke		104
105	3:24.48	13 - 14	200 YD Breaststroke	3:30.42	106
107		15 & O	100 YD Breaststroke		108
109		13 - 14	50 YD Backstroke		110
111		11 - 12	50 YD Breaststroke		112
113		13 - 14	100 YD Butterfly		114
115	2:45.65	15 & O	200 YD Butterfly	3:07.65	116
117		11 - 12	100 YD Butterfly		118
119	2:57.20	13 - 14	200 YD Individual Medley	3:05.78	120
121		15 & O	50 YD Freestyle		122
123		11 - 12	200 YD Freestyle Relay		124
125		13 - 14	200 YD Freestyle Relay		126
127		15 & O	400 YD Freestyle Relay		128

**NORTHWEST INDIANA SWIM CONFERENCE
CHAMPIONSHIP MEET
JULY 9-11, 2010**

This form must be completed and returned with all entries.

NAME OF CLUB _____

COACHES _____

Complete name, address, and telephone number of person to be contacted regarding this entry:

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

TELEPHONE _____ EMAIL _____

NUMBER OF SWIMMERS ENTERED BOYS _____

GIRLS _____

TOTAL _____

NWISC will pay \$1.50 Indiana Swimming Surcharge this season.

FINAL RESULTS:

SUMMARY OF ENTRIES PAGE - Please check off all that you would like to receive after meet.

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

_____ Meet Manager Backup (Emailed)

_____ Team Manager .cl2 file (Emailed)

_____ ALL of the above

Email address to send about to: _____

WAIVER

In consideration of the acceptance of this entry, I, intending to be legally bound, hereby consign, waive and release any and all rights and claims for damages which may accrue against United State Swimming, Inc., The Indiana Competitive Swim Corporation, Northwest Indiana Swim Conference, the School Town of LaPorte, the LaPorte Turbos Swim Club, their representatives, employees, directors, officers or successors, for any or all injuries suffered by me or any contestant or representative in said meet as a representative of my Club.

Date: _____ Signature: _____

Coach, Club Rep., Parent (Please circle one)

Please include the following with this summary sheet:

1. Hy-Tek disk and print-out of your team entries
2. List of Officials / Timers who can work
3. Coaches' proof of USA Swimming membership

REMINDER:

All clubs are required to provide 2 timers per session. A penalty of \$20.00 per session will be applied if you do not have 2 timers present by the start of the timers meeting, but it is your responsibility to find replacements, not the host club.