

**2010 CISC SHORT COURSE CONFERENCE CHAMPIONSHIPS**  
**FEBRUARY 12-14, 2010**  
**Hosted by Lawrence Swim Team**  
[www.LawrenceSwimTeam.com](http://www.LawrenceSwimTeam.com)

- SANCTION: This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #: **IN10203**
- LOCATION: Lawrence North High School  
7802 North Hague Road  
Indianapolis, IN 46256
- FACILITY: Fourteen-lane 25 yard pool (8-10 lanes will be used for meet competition based on meet entries, 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.**
- ENTRY DATE ACCEPTANCE: Entries will not be accepted prior to Monday, January 18, 2010.
- ENTRY DEADLINE: **8:00 PM EST Friday, February 5, 2010**  
At the discretion of the entry chair, late entries may be accepted.
- 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](mailto:Brad@BradOsborne.com)

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

ENTRY FEES: Fees are \$2.00 per individual event/\$5.00 per relay. Deck entries, if accepted, will be \$4.00 for individual events and \$10.00 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 Friday, February 5, 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](mailto: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 8, 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.

ENTRY LIMITATIONS: A swimmer may compete in **a maximum of 4 individual events and 1 relay each day of the meet**. 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 11, 2010. Cut-off times will also be posted on the LST Web site at [www.LawrenceSwimTeam.com](http://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 Friday, February 12, 2010 will determine eligibility for age group events. Swimmer(s) must be registered with USA Swimming to be accepted into this meet.

**Informational Note:** Additional language to clarify that 12 & under swimmers participating in senior events are not subject to this provision is not needed because of the following articles:  
Rule 205.4: AGE GROUP ELIGIBILITY - *A swimmer must compete in the age group events corresponding to the swimmer's age except when competing in consolidating events, mixed classification events and in events combined by the referee.*  
Rule 204.2: SENIOR ELIGIBILITY – *All registered swimmers are eligible to compete in the Senior Class.*

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 8, 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: Medals will be given for 1<sup>st</sup> through 8<sup>th</sup> place in individual events. Ribbons will also be awarded to 9<sup>th</sup> through 16<sup>th</sup> in individual events. Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place in relay events. Trophies will be awarded to the top 3 overall teams. 10 & Under individual events will be scored separately into 8 & Under and 9-10 age groups. 10 & Under relay events will be scored into the 9-10 age group. The 1650 will also be scored separately for 13-14 and 15 & Over age groups.

TEAM VOLUNTEER COMMITMENTS: Lawrence Swim Team will host the meet, and provide the meet directors, entry chair, volunteers for head table, head timer, awards, concessions and hospitality responsibilities. They are not required to supply the timers and marshals whom the other member teams must supply.

**Each visiting team must supply the following for each session:**  
4 Timers (assuming 8 lane use)  
2 Officials

**The following are the additional Winter SCY Championship Meet team assignments:**  
Clerk of Course (2-3 individuals) – SCSC  
Awards Help (2-3 individuals) – BA  
Back-Up Timers (2-3 individuals) – ZSC  
Deck Marshalls (2-3 Individuals) - MVA

**Please complete the attached Volunteer Commitment Form and submit to Dianne Weiss by fax (317-723-3448) or email ([dianneweiss@comcast.net](mailto:dianneweiss@comcast.net)) by Monday, February 8, 2010.**

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).

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.

CAMPING: There will be no camping on deck during the meet. Deck monitors will be enforcing this policy. Camping will be permitted in designated areas outside the pool area. **Announcing of events will occur in the main pool area and the designated camping areas only.**

VENDORS: 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 & ORDER OF EVENTS**

Friday Evening:	Warm-ups: 4:45-5:45PM Meet begins: 6:00PM	
Saturday & Sunday Session I:	Warm-ups: 7:00-8:15AM Meet begins: 8:30AM	11-12/13-14/15 & Over
Saturday & Sunday Session II:	Warm-ups: not before 12:30PM Meet begins: not before 1:30PM	10 & Under

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

**Friday Evening  
Warms-Up 4:45-5:45PM  
Meet begins 6:00PM**

<b>Women's Event #</b>	<b>Event Description</b>	<b>Men's Event #</b>
1	11-12 200Y IM	2
3	13-14 400Y IM	4
5	15 & Over 400Y IM	6
7	11-12 500Y Free	8
9	13-14 500Y Free	10
11	15 & Over 500Y Free	12

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**Saturday AM 11& Over Timed Finals- Session I  
Warm-ups 7:00-8:15AM  
Meet begins 8:30AM**

<b>Women's Event #</b>	<b>Event Description</b>	<b>Men's Event #</b>
13	11-12 200Y Free	14
15	13-14 50Y Free	16
17	15 & Over 50Y Free	18
19	11-12 50Y Back	20
21	13-14 200Y Back	22
23	15 & Over 200Y Back	24
25	11-12 100Y Fly	26
27	13-14 100Y Fly	28
29	15 & Over 100Y Fly	30
31	11-12 50Y Free	32
33	13-14 200Y Free	34
35	15 & Over 200Y Free	36
37	11-12 100Y Breast	38
39	13-14 100Y Breast	40
41	15 & Over 100Y Breast	42
43*	11-12 200Y Medley Relay	44*
45*	13-14 200Y Medley Relay	46*
47*	15 & Over 200Y Medley Relay	48*
	13 & Over 1650 Free	116**

**Saturday PM 10 & Under Timed Finals – Session II  
Warm-ups not before 12:30PM  
Meet begins not before 1:30PM**

<b>Women's Event #</b>	<b>Event Description</b>	<b>Men's Event #</b>
49	10 & Under 200Y Free	50
51	8 & Under 25Y Fly	52
53	10 & Under 100Y Fly	54
55	10 & Under 50Y Back	56
57	8 & Under 25Y Breast	58
59	10 & Under 100Y Breast	60
61	10 & Under 50Y Free	62
63*	10 & Under 200Y Medley Relay	64*

\*Teams may enter more than one relay, but only one relay per team will score.

\*\*Swum Fastest to Slowest. Swimmers must supply their own counter and timer.

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**Sunday AM 11 & Over Timed Finals- Session I  
Warm-ups 7:00-8:15AM  
Meet begins 8:30AM**

<b>Women's Event #</b>	<b>Event Description</b>	<b>Men's Event #</b>
65	13-14 200Y IM	66
67	15 & Over 200Y IM	68
69	11-12 100Y Back	70
71	13-14 100Y Back	72
73	15 & Over 100Y Back	74
75	11-12 50Y Breast	76
77	13-14 200Y Breast	78
79	15 & Over 200Y Breast	80
81	11-12 100Y Free	82
83	13-14 100Y Free	84
85	15 & Over 100Y Free	86
87	11-12 50Y Fly	88
89	13-14 200Y Fly	90
91	15 & Over 200Y Fly	92
93*	11-12 200Y Free Relay	94*
95*	13-14 200Y Free Relay	96*
97*	15 & Over 200Y Free Relay	98*
115**	13 & Over 1650 Free	

**Sunday PM 10 & Under Timed Finals- Session II  
Warm-ups not before 12:30PM  
Meet begins not before 1:30PM**

<b>Women's Event #</b>	<b>Event Description</b>	<b>Men's Event #</b>
99	10& Under 200Y IM	100
101	10 & Under 50Y Fly	102
103	8 & Under 25Y Back	104
105	10 & Under 100Y Back	106
107	10 & Under 50Y Breast	108
109	8 & Under 25Y Free	110
111	10 & Under 100Y Free	112
113*	10 & Under 200Y Free Relay	114*

\*Teams may enter more than one relay, but only one relay per team will score.

\*\*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 **\$ 2.00 each** = \_\_\_\_\_

Number of boys' individual events: \_\_\_\_\_ x **\$ 2.00 each** = \_\_\_\_\_

Total number of relay entries: \_\_\_\_\_ x **\$ 5.00 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

**2010 CISC SHORT COURSE CHAMPIONSHIP TEAM VOLUNTEER COMMITMENT FORM**

This form should be submitted to Dianne Weiss by fax (317-723-3448) or email

[\(dianneweiss@comcast.net\)](mailto:dianneweiss@comcast.net) no later than Monday, February 8, 2010.

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

Volunteer Coordinator: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please print names legibly

Session	Officials	Timers	
<b>Friday Evening</b>	1.	1.	3.
	2.	2.	4.
<b>Saturday AM</b>	1.	1.	3.
	2.	2.	4.
<b>Saturday PM</b>	1.	1.	3.
	2.	2.	4.
<b>Sunday AM</b>	1.	1.	3.
	2.	2.	4.
<b>Sunday PM</b>	1.	1.	3.
	2.	2.	4.

**Additional Volunteers**

Session	Name/Position	Name/Position	Name/Position
<b>Friday Evening</b>			
<b>Saturday AM</b>			
<b>Saturday PM</b>			
<b>Sunday AM</b>			
<b>Sunday PM</b>			