

# USA Swimming Speedo Champions Series

HOSTED BY the IU Natatorium  
CENTRAL ZONE SECTIONAL 3  
March 26-29, 2009

Held Under the Sanction of USA Swimming IN09211  
Time Trials IN09212

## DATES

Thursday March 26-Sunday March 29, 2009.

## HOSTED BY:

IU Natatorium

Meet web site:

[www.iunat.iupui.edu/sectionals.html](http://www.iunat.iupui.edu/sectionals.html)

## LOCATION:

Facility: IU Natatorium-IUPUI  
Address: 901 W. New York St.  
Indianapolis, IN. 46202  
Phone: (317) 274 - 3363

## CONTACT INFORMATION

### Meet Directors

Name: Sarah Eller

Phone: (317) 274-3363

Email : [seeller@iupui.edu](mailto:seeller@iupui.edu)

(please do not send any zip files to this account, all zip files should be sent to [iunatentries@yahoo.com](mailto:iunatentries@yahoo.com))

### Meet Referee

Name: Lucy Duncan

Email: [lucyuss@aol.com](mailto:lucyuss@aol.com)

Phone: (317)946-1371

### Local Officials' Coordinator

Name: Lucy Duncan

Email: [lucyuss@aol.com](mailto:lucyuss@aol.com)

Phone: (317)946-1371

## FACILITY INFORMATION

Competition Pool: One eight-lane 50 meter pool, Kiefer non-turbulent lane markers with custom designed starting blocks and Daktronics electronic timing equipment and scoreboard.

Warm-up Pool: Continuous warm-up and warm-down in 25 yard diving well.

Seating gallery: Open on the west side of the facility only

## SCHEDULE

Registration	Wed.	3:30p-6:30p	Pro Shop Lobby
	Thurs - Sun	6:30a	Pro Shop Lobby
General Meeting	Wed.	7:00 pm	Hospitality
Sect. 3 Coaches	Saturday	After prelims	Hospitality

## WARM-UP & START TIMES

All times are Eastern Daylight Time.

Wed 4:00 pm - 6:45 pm

Thur-Sat *Warm-up* *Prelims Finals*

7am -8:45am 9:00am

4:00-5:15pm 5:30pm

Sunday 7am -8:45am 9:00am

3:00-4:15pm 4:30pm.

## GENERAL MEETING

Coaches should plan to arrive in time for the General Meeting, Wednesday March 25<sup>th</sup> at 7:00 pm in the Hospitality Room. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to attend personally.

There will be a Section 3 coaches meeting on Saturday March 28 immediately after prelims in Hospitality.

## ELIGIBILITY

All swimmers must be current athlete members of USA Swimming.

This meet is open to all athletes registered outside the Central Zone, Section 3 athletes (LE, OH, IN, MI) and Section 1 athletes (IA, IL, MN, ND, SD, WI).

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards are included with this entry information.

Teams may enter an unlimited number of relay-only swimmers. Names of relay-only swimmers must be listed on the original entry.

Swimmers with a disability who have been classified may enter any events at this meet for which they have achieved a national disability championships qualifying time during the qualifying period. Final determination of seeding of swimmers with a disability will be made by the meet referee after consultation with the athletes and their coaches.

## QUALIFYING PERIOD

The qualifying period is from January 1, 2008 thru the entry deadline.

## REGISTRATION

Registration will begin on Wednesday March 25<sup>th</sup> @ 3:30 pm in the IU Natatorium Pro Shop lobby.

Registration will be available 30 minutes prior to warm-ups each day of the meet and will remain open until the end of the final session each day.

Coaches desiring deck passes should be listed on the original entry. Coaches must present their coach

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membership cards at registration in order to receive a deck pass.

Each swimmer must be under the direct supervision of a coach. Swimmers whose coaches are not present will have a coach assigned to them at registration.

## ENTRY LIMITS and BONUS EVENTS

**Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet, and in no more than 3 individual events per day.

**Bonus Events:** Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events so that the total of individual events (time standards plus bonus swims) does not exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events may be entered at their actual time or at NT. Please be certain to check the box indicating "bonus" for each event that is a bonus entry.

## MEET FORMAT

This meet will be conducted in long-course meters. It is a 4-day meet. Relays and distance freestyles will be conducted as timed finals. In all other events, the top 24 swimmers from preliminaries will advance to finals where Bonus, Consolation, and Championship heats will be contested in all events.

A ready room/area will be provided for finals each evening so the top 8 finalists in individual events, including distance timed finals, may march out together to the blocks.

## ENTRY FEES

Individual Events: \$ 8.50  
Relay Events: \$20.00  
Time Trial Events same as above  
Surcharges: \$3.50

### Breakdown of Surcharges:

Central Zone Sectional Fee	\$1.00
Indiana Swimming Fee	\$1.50
Facility Fee	\$1.00

Make checks payable to Indiana University

## ENTRY PROCEDURES

Entries may be submitted using USA Swimming's Online Meet Entry system at [www.usaswimming.org](http://www.usaswimming.org). Entries will be accepted beginning February 1<sup>st</sup> through March 17<sup>th</sup> at 6 PM. Confirmation of your entry using OME will be confirmed via email. If you do not receive an email confirmation, contact the meet director. Bring all communications with you in the event of a problem. After events are entered, times can be modified, but events cannot be deleted after they have been paid for.

## IF NOT ENTERING ON OME:

**Email and paper entries will be accepted with a \$20 administrative fee for individuals entering and a \$100 fee for teams.** The event file for Team Manager (TM) may be downloaded from meet website [www.iunat.iupui.edu/sectionals.html](http://www.iunat.iupui.edu/sectionals.html). You may also contact Sarah Eller at [seeller@iupui.edu](mailto:seeller@iupui.edu) to email you a copy.

A Hy-Tek Team Manager entry file must be received by **Tuesday, March 17<sup>th</sup>, 6pm**. Entry times should be noted with L, S, Y, or NT. **Do not convert times in TM.** Any bonus events must be appropriately indicated by checking the "bonus" box in TM. Swimmers with a disability should be included in the original entry in the events that they are going to swim, even if they will be swimming events during the conduct of different events.

Hard copy and entry fees must be received by the **Thursday, March 19<sup>th</sup> at 6 p.m.** Send entries to Sarah Eller, 901 W. New York St, Indianapolis, IN 46202. The hard copy is the final word in any disputes involving entries.

Be sure that the contact information (specifically email address) is correct in the Team Manager setup. The meet host will generate an email list from the TM file information.

## March 17 6:01 pm – Sunday, March 22 11:00 pm Entry process (after OME closes)

Swimmers who achieve qualifying times after March 17 and before Monday, March 23, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent in a written form via email to [junatentries@yahoo.com](mailto:junatentries@yahoo.com) by 11pm, **Sunday, March 22, 2008** – do not send a revised entry file attachment. **Proof of time must be brought to the meet.**

A **psych sheet** will be sent via email to all entered clubs by Friday, March 20, 2008. Teams are responsible for reviewing the psych sheet for errors and for proof of time (\*) or registration problems (#). Bonus events will be noted with a "B" next to the time on the psych sheet.

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March 26-29, 2009

## PROOF OF TIME

Only if your club does not use the preferred method of OME or if you override a time not in the SWIMS database all times must be pre-verified (pre-proven). Please send all individual and relay proof of times to your following LSC by Wednesday, March 18th. All Times must be pre-proved.

### Lake Erie Swimming:

Pam Cook  
301 Rockledge Dr.  
Bay Village OH 44140  
440-808-9192  
[pamswim@aol.com](mailto:pamswim@aol.com)

### Ohio Swimming:

Mark Davis  
148 Goldengate Dr.  
Centerville OH 45459  
937-620-0232  
[davism4@muohio.edu](mailto:davism4@muohio.edu)

### Indiana Swimming:

Lynn Kinstler  
201 S Capitol Ave, Suite 410  
Indianapolis IN 46225  
317-237-5780  
[lynn@inswimming.org](mailto:lynn@inswimming.org)

### Michigan Swimming:

Jan Cartmill  
PO Box 1784  
Midland MI 48641-1784  
Phone: 989-631-4955  
Fax: 989-631-4977  
Cell: 231-690-5847  
[JBCartmill@hughes.net](mailto:JBCartmill@hughes.net)

Times not proven will be flagged on the psych sheet (\*). If no proof of time is provided to the LSC Representative by the 7:30am on Thursday March 26<sup>th</sup>, the swimmer will be scratched from the event.

**For Swimmers entered after March 17<sup>th</sup> and before 11pm Sunday March 22, proof of time must be provided before the scratch deadline. If No proof to time is provided, the swimmer will be scratched from the event.**

The responsibility of proving times lies with the entering club. Host will submit a meet backup or a list of times to be proved to each participating LSC Designee by noon Wednesday March 18, 2008. Host will accept LSC office verification of all individual entries entered by ORIGINAL deadline. Any entries received by the NEW CUT deadline will have to provide proof at meet. (See paragraph above).

Acceptable verifications for any individual events not pre-proven through LSC office AND all relay proofs are official results from: USA Swimming sanctioned or approved meets: College, High School, Junior High, YWCA or YMCA Meets sanctioned by their respective governing organizations.

**Verification / Proof-of-Time must be in accordance with the type of time entered (LCM, SCY, or SCM).** Clubs are responsible for presenting any results they wish to use, and may send copies along with their hard copy.

## TIME TRIALS

Time trials will be conducted for swimmers participating in the meet and will start 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday and Sunday. If, however, on any day, preliminary sessions end less than 45 minutes before the start of finals warm-ups, time trials will not be conducted on that day. On a given day, time trial events must be included in the individual event limit of three (3). Sign up for time trials will be taken at the head table up to 30 minutes prior to the end of the preliminary session.

Fees: individual events-\$8.50, relays-\$20.00.

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March 26-29, 2009

## MEET CONDUCT

### Rules

The meet will be conducted according to USA Swimming rules and regulations.

### Seeding

Seeding order: Long Course Meters, Short Course Meters, Short Course Yards, NT. Eight lanes will be used at finals.

### Scratch Rule

National scratch procedures (207.7.9) will be observed. Additionally, a non-refundable \$100.00 fine will be assessed to a club for each swimmer failing to compete in Sunday finals without scratching, except as noted in 207.5.9E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Tuesday, at the General meeting, and at the head table thereafter.

Check-in will be available at Registration, at the General Meeting, and at the head table thereafter.

### Scratch Deadlines

National scratch procedures will be observed. The scratch box will be located at the head table.

Thursday's events: 15 minutes after the conclusion of the General Meeting on Wednesday March 25<sup>th</sup>.

All others days' events: 6 pm the prior evening

The money for scratched events is NOT refundable. Coaches/swimmers that have events requiring a positive check-in (relays and distance freestyle) may check-in via email to Sarah Eller- [seeller@iupui.edu](mailto:seeller@iupui.edu) if they will not be arriving prior to the applicable scratch deadline for that event.

## RELAYS AND RELAY CHECK-IN PROCEDURE

Positive check-in for relays is required. Relays must be checked-in prior to the scratch deadline in order to be seeded. Only two relays can score from each team.

All relays are timed finals. All 400 Medley relays and 800 Free relays will be swum in finals. The 2 fastest heats of Women, then the 2 fastest heats of Men. Relays will alternate Women and Men after the first 2 heats of each.

All 400 free relays will be swum in the prelim session.

Relay cards will be available at the head table during warm-up each morning. Coaches must list swimmers' first and last names and swimming order on the card and return the cards to the scorer's table one hour prior to the projected relay start time. The cards may be changed up until the relay begins.

## DISTANCE FREESTYLE

Entrants in the 800 and 1500 meter freestyle must check in prior to the scratch deadline in order to be seeded. If a swimmer fails to check-in by applicable deadline(s), they will only be allowed to swim IF there is an empty lane (no new heat will be created). Thursday distance swimmers (W800/M1500) not wanting to swim the event during the final session should declare they will swim in prelims by Wednesday 15 minutes after the conclusion of the General Meeting.

Sunday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Saturday-6:00 pm. Check-in will be available at the registration table prior to the General Meeting, at the General Meeting, and at the head table after the General Meeting.

Thursdays distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of W800 and M1500 will swim in finals.

Sundays distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of the women's 1500 and the men's 800 will be swum in Sunday finals.

Any swimmers who enter the women's 1500 or the men's 800 should declare at check-in that they do not wish to swim the event in the finals session by writing a P for prelim on the check-in sheet next to their names. Swimmers should anticipate that many people seeded ahead of them may opt out of finals and should also indicate with a P that they do not wish to swim the event at finals.

## READY ROOM

A ready room/area will be provided each evening for the Championship heat in all individual events and the top-seeded heat of distance freestyles. Swimmers should report to the ready room 10 minutes prior to the start of their event so that they may march to the starting blocks together.

## LENGTH OF SESSION:

If the length of a session is determined to be too long the meet director may request some bonus event swims to be swum at the end of each session and before time trials. This will be posted on the web by Tuesday March 24<sup>th</sup>.

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March 26-29, 2009

## WARM-UP PROCEDURE

Specific details of warm-ups will be posted on the pool deck and included in the coaches' packets, which will be distributed at the General Meeting. A 25-yard warm-up pool will be available for warm-up and warm-down before, during, and after the meet. Pace and circle swimming only will be allowed in the warm-up pool.

The pool is available at 7 am all days

## SCORING

The Meet will score 20 places.

26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1

Relays will score double.

## AWARDS

Medals for 1st-8<sup>th</sup> will be awarded in individual and relay events. Awards for the 400 free relay will be given out during the morning heats of the Women's 1500/Men's 800.

Awards will be presented to the top five teams in each of the following categories: Combined, Men's, Women's.

Awards will be presented for Men's and Women's individual high point.

## ADMISSION/HEAT SHEETS

All-Sessions Pass: \$20.00

Daily Prelims: \$3.00 adults /6-12 yrs \$2.00

Finals: \$4.00 adults /6-12 yrs \$2.00

Children under 6 are free

Psych sheets and heat sheets will be available for sale at the meet.

## NATIONAL CHAMPIONSHIP CERTIFICATION

This meet has been approved as a national championship certification meet. Assigned officials may obtain new national championship certification at the stroke and turn level only, regardless of the position assigned. Any currently certified national championship official may renew their national championship certification at the highest level previously attained by working at least four sessions of the meet at the stroke and turn position or in any assigned position. There will be required officials briefings one hour before each session. Officials interested in officiating at the meet please visit the central zone web site [www.centralzones.org](http://www.centralzones.org)

## UNPAID FINES

Host will send a notification of fine for failure to compete without scratching to the offending club listing the amount owed, purpose of the fine, directions for payment, and payment deadline (which may include a penalty if not paid by deadline). A copy of this notification will also be sent to the current Sectional Chairman. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meets until the amount has been paid.

## FINE APPEAL PROCESS

Club may appeal the fine and/or penalty by submitting a written notice to the current Chairman, Mark Davis ([davism4@muohio.edu](mailto:davism4@muohio.edu)). The Chairman will appoint a hearing body made up of one representative from each of the Section 3 LSC's plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

## LOCKER ROOMS

Locker rooms will be available on the east and west sides of the competition pool deck.

## PARKING

Parking for this event, Friday-Sunday, will be available in the parking garage that is attached to the Natatorium. Parking on Thursday will be directed to the Vermont Street Garage. Parking Rates will be \$4.00/day. Coaches and officials will have the option to purchase an all session pass on Wednesday and Thursday for \$14.45.

## COACHES/OFFICIALS SOCIAL

Specifics of the social will be made available at the general meeting.

## HOSPITALITY

Coaches, officials, and volunteer hospitality will be located at the south end of the pool deck, behind the diving well.

## VENDOR:

Adolph Kiefer and Assoc.

1 - 800 - 323 - 4071

[www.keifer.com](http://www.keifer.com)

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March 26-29, 2009

## ORDER OF EVENTS

*Please note that HOST is now on Eastern Daylight Time*

Coaches may request a break so a swimmer has 12 minutes between individual swims at finals.

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
<b>Warm-Ups: 7:00-8:45 am EDT</b>		<b>Thursday EVENTS</b>		<b>Warm-Ups: 4:00-5:15 pm EDT</b>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
2	200 Backstroke	3	1	800 Freestyle ***	
4	50 Freestyle	5	2	200 Backstroke	3
7	200 Breaststroke	8	4	50 Freestyle	5
1	800 Freestyle***			1500 Freestyle ***	6
	1500 Freestyle ***	6	7	200 Breaststroke	8
<b>Warm-Ups: 7:00-8:45 am EDT</b>		<b>Friday EVENTS</b>		<b>Warm-Ups: 4:00-5:15 pm EDT</b>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
9	200 Freestyle	10	9	200 Freestyle	10
11	100 Butterfly	12	11	100 Butterfly	12
13	400 I.M.	14	13	400 I.M.	14
*15	800 Free Relay	*16	*15	800 Free Relay	*16
<b>Warm-Ups: 7:00-8:45 am EDT</b>		<b>Saturday EVENTS</b>		<b>Warm-Ups: 4:00-5:15 pm EDT</b>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
17	100 Backstroke	18	17	100 Backstroke	18
19	400 Freestyle	20	19	400 Freestyle	20
21	100 Breaststroke	22	21	100 Breaststroke	22
23	200 Butterfly	24	23	200 Butterfly	24
*25	400 Medley Relay	*26	*25	400 Medley Relay	*26
<b>Warm-Ups: 7:00-8:45 am EDT</b>		<b>Sunday EVENTS</b>		<b>Warm-Ups: 3:00-4:15 pm EDT</b>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 4:30 pm EDT</i>	
27	200 I.M.	28	27	200 I.M.	28
31	100 Free	32	****29	1500 Freestyle	
**33	400 Free Relay	**34		800 Freestyle	****30
****29	1500 Freestyle		31	100 Free	32
	800 Freestyle	****30			

\* Timed Finals with all relays being swum in the finals session.

\*\* ALL 400 Free Relays will be swum in morning preliminaries.

\*\*\* Thursday distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of each (W800/M1500) will be swum in finals.

\*\*\*\* Sunday distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of each (W1500/M800) will be swum in finals.

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## 2009 Time Standards for all Participants

Qualifying Period: January 1, 2008 through the entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		SCY	LCM
25.29	28.79	50 FREE	22.59	25.89
54.79	1:01.79	100 FREE	48.99	56.39
1:57.89	2:13.09	200 FREE	1:46.89	2:02.89
5:12.09	4:38.79	400/500 FREE	4:48.89	4:19.39
10:44.79	9:37.59	800/1000 FREE	10:03.89	9:06.39
18:00.79	18:26.29	1500/1650 FREE	16:53.89	17:30.99
1:01.49	1:10.79	100 BACK	55.89	1:03.69
2:11.89	2:31.09	200 BACK	1:59.99	2:19.79
1:09.29	1:19.29	100 BREAST	1:02.19	1:12.59
2:29.09	2:50.19	200 BREAST	2:14.99	2:37.39
1:00.09	1:07.89	100 FLY	53.79	1:01.09
2:12.49	2:28.79	200 FLY	2:00.49	2:17.39
2:13.19	2:30.89	200 IM	2:00.59	2:18.89
4:40.49	5:18.79	400 IM	4:19.39	4:58.19
3:43.99	4:11.59	400 FREE RELAY	3:20.99	3:52.99
7:59.99	9:02.99	800 FREE RELAY	7:18.99	8:24.99
4:07.99	4:42.99	400 MEDLEY RELAY	3:44.99	4:19.99

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## **HOUSING INFORMATION**

University Place Conference Center and Hotel

[www.univeristyplace.iupui.edu](http://www.univeristyplace.iupui.edu)

317 - 269 - 9000

Please visit the IU Natatorium web site [www.iunat.iupui.edu](http://www.iunat.iupui.edu) for more details.

## **DIRECTIONS**

### **Interstate 65 (North):**

1. From north take exit 114 and follow West St. (Dr. Martin Luther King Jr. St.) South to Michigan St. and turn right.
2. Turn left on N. University Blvd.
3. Turn left on New York St. and the Natatorium will be on the immediate right

### **Interstate 65 (South):**

1. From south turn on to I-70 west from I-65.
2. Take exit 79A and follow West St. (Dr. Martin Luther King Jr. St.) north to Michigan St.
3. Turn Left on Michigan
4. Turn left on N. University

### **Interstate 70 (West):**

1. Take exit 79A and follow West St. (Dr. Martin Luther King Jr. St.) north to Michigan St.
2. Turn Left on Michigan
3. Turn left on N. University Blvd.
4. Turn left on New York St. and the Natatorium will be on your right.

### **Interstate 70 (East):**

1. From east turn on to I-65 north from I-70 (merge into the far LEFT lane)
2. Take exit 114 to West st. (Dr. Martin Luther King Jr. St.)
3. Turn right onto Michigan St.
4. Turn left on N. University Blvd.
5. Turn left on New York St. the Natatorium will be on the right

### **From the Indianapolis International Airport:**

1. Start out going NE on S. Perimeter Rd toward S. High School Rd, turn Right to stay on S. High School Rd, veer Right toward I-465/I-70, take Airport Expressway (4 miles)
2. Merge onto I-70 E. toward Indianapolis
3. Take the Holt Rd exit, Exit 77
4. Turn Left onto S. Holt Rd, and turn Right onto W. Washington St
5. Turn Left onto N. White River Parkway West Drive
6. Turn Right onto W. New York St
7. IU Natatorium and parking garage will be on your Right, .5 miles