



- SANCTION:** Sanctioned by Indiana Swimming, on behalf of USA Swimming. Sanction Number IN11266 for Pool Events.
- RULES:** Current USA Swimming and Central Zone rules will govern the meet.
- PARTICIPATING LSCs:** Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Midwestern, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, And Wisconsin
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee
- HOSTED BY:** Franklin Regional Swim Team (FRST) and Indian Creek Aquatic Club (ICAC)
Meet website: www.frst.us
- MEET DIRECTORS:**
- | | |
|--|--|
| Brett Findley (FRST)
1163 Devonshire East Dr Apt J
Greenwood, IN 46143
(317) 946-6777
fcswimcoach@yahoo.com | Brad Smith (ICAC)
105 Dunn Drive
Trafalgar, IN 46181
(317) 850-1689
bsmith@nhj.k12.in.us |
|--|--|
- OFFICIALS:** Referee: Dick Duncan
317.745.6817
dickd46@aol.com
- MEET SITE:** Franklin Community High School
2600 Cumberland Drive
Franklin, IN 46131
- FACILITY:** The Franklin Community High School Aquatic Center is an indoor, 8 lane 50 meter pool.
- The competition pool conforms to USA Swimming Rules and Regulation – 2010 Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2.C(3).
 - Competition pool: 8-lane, 50 meter pool, 5ft depth at the start end, and varies from 5ft to 12ft depth at the turn end.
 - Warm-up/Warm-down will be at the discretion of the meet referee.
 - Coaches are responsible for their swimmers' conduct. Failure of coaches to control their swimmers' actions may result in permanent expulsion from the area.
 - Daktronics timing system with touch pads will be used with two 8-lane readout scoreboards
 - Locker Rooms will be available
 - Seating is available for 750 spectators, handicapped accessible

MEET SCHEDULE: Franklin, Indiana, observes Eastern Daylight Time (EDT).
All times listed in this document are local times.

	PRELIMS		FINALS	
	Warm-ups	Start	Warm-ups	Start
Thursday	7:00 am	9:00 am	4:00 pm	5:30 pm
Friday	7:00 am	9:00 am	4:00 pm	5:30 pm
Saturday	7:00 am	9:00 am	4:00 pm	5:30 pm
Sunday	7:00 am	9:00 am	4:00 pm	5:30 pm

- The main competition pool will be reserved for the last 60 minutes of warm-ups for swimmers competing in that day's events.
- At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.



- CLUB REGISTRATION:**
- Registration will be held in the Franklin Community High School Aquatic Center lobby on Wednesday, August 3, from 1 p.m. to 6 p.m. (EDT) Note: This registration period is for club managers/coaches only; swimmers do not need to register individually with the meet host. Clubs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.
- SAFETY/WARM-UP PROCEDURES:**
- USA Swimming warm-up procedures will be followed.
 - Coaches must be in control of their swimmers during their warm-up periods.
 - Feet-first entry will be enforced.
 - The main competition pool will be reserved for the last 60 minutes of warm-up for swimmers competing in that day's events.
 - A schedule of warm-up procedures and times will be distributed at registration, posted throughout the venue and regularly announced. Warm-ups will be monitored by the Meet Referee or his special designees.
 - Flagrant violation of these announced procedures may result in disqualification for unsportsmanlike conduct.
- CLUB/UNATTACHED ATHLETE REPRESENTATIVE:**
- All athletes must have a representative at the General Meeting. Further, all athletes must have a USA Swimming member coach supervising them while on deck. This includes warm ups. If an athlete is unable to secure a coach, then the meet host will work with the athlete to have a coach assigned. This coach will also be the liaison between the athlete and the meet host.
- ATHLETE CONDUCT:**
- CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the Club does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s).
 - Each Club's representative must have these documents available to the host at all times.
 - The Code of Conduct will be enforced.
- ELIGIBILITY:**
- A. Membership: All athletes (unattached or attached) and clubs must be regular (not seasonal) USA Swimming members and must be registered in an LSC within the Central Zone.
 - B. Swimmer's Age: Swimmer must be 15 years or older on the first day of the pool competition.
 - C. 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.
 - D. Qualifying Time/Eligibility:
 - Swimmers must have achieved a 15-16 National AAA time (LCM, SCM, SCY) between the July 1, 2009 and Sunday, July 31, 2011.
 - Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM).
 - Swimmers who are 15-18 years old and have achieved an individual event qualifying time for the USA Swimming Summer Junior Nationals, USA Swimming Summer Nationals or US Open shall not be eligible to compete in that particular stroke and distance, including relay events.



- ELIGIBILITY (CON'T):**
- Swimmers who are 19 & over and have achieved an individual event qualifying time for the USA Summer Nationals or US Open shall not be eligible to compete in that particular stroke and distance, including relay events.

- Bonus Events:

# of Qualified Events	# of Bonus Events
1	2
2	1
3+	0

- RELAY ENTRIES:**
- A. Each entering club is responsible for relay entries.
 - B. Include relay-only swimmers in the On-Line Meet Entry (OME).

- ENTRY LIMITS:**
- A. Swimmers may enter no more than three (3) individual events per day.
 - B. Each Club is limited two (2) relays per relay event. Include relay-only swimmers in OME.
 - C. No limit exists on the number of swimmers that a Club may enter in an individual event.

- ENTRY RESPONSIBILITY:**
- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Senior Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
 - B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

ENTRY FEES:

\$8.00 per individual pool event
 \$16.00 per relay
 \$1.00 per swimmer Central Zone surcharge
 Make check payable to: Indian Creek Aquatic Club.

ENTRY CHAIRMAN:

Send entries to: Brad Smith
 105 Dunn Drive
 Trafalgar, IN 46181
 (317) 850-1689
bsmith@nhj.k12.in.us

- ENTRY DEADLINE:**
- A. This meet will be using USA Swimming On-Line Meet Entry at: www.usaswimming.org/ome
 - Entries may be submitted on-line beginning June 7, 2011 (12:01 EDT) and must be completed by Sunday, July 31, 2011 at 11:59 pm EDT.
 - The Club will be required to pay for online entries with Visa, MasterCard, American Express, or Discover.
 - To pay by check please contact entry chair, Brad Smith, for payment instructions.
 - The Club will be sent a confirmation email at the completion of the online meet entry.
 - A Club may update their OME entry at any time before the deadline.



- ENTRY DEADLINE (CON'T):**
- Once an entry has been completed and paid for, the entries may not be deleted. Additional entries will be accepted until the entry deadline.
 - Bring all communications to the meet in case of problems with your entries.
 - Secondary entries for times achieved between the initial entry deadline and the Monday prior to the meet must be entered between Monday, August 1 at 6:00am EDT to 6:00pm EDT.
- B. There will be no deck entries at this meet.
- ENTRY PROCEDURES:**
- A. For relay only swimmers, included on OME.
- B. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.
- PROTESTS:**
- All protests shall be handled in accordance with Articles 207.12.4 A-F and 207.12.5 of the USA Swimming Rule Book.
- SEEDING/CONDUCT:**
- A. Conduct:
- Preliminary/Finals format except 800, 1500 Freestyle and relay events shall be timed finals with only the fastest heat at finals.
- B. Seeding Order:
- First – Conforming times (LCM)
 - Second – Non-conforming times (SCM then SCY)
- C. Finals:
- There will be 3 heats at finals.
 - The top 8 fastest swimmers from the preliminary heats shall advance to the A final; the next 8 fastest from the preliminary heats shall advance to the B final; and the remaining 8 fastest swimmers from the preliminary heats who are 15-18 years old shall compete in the C final.
- D. Distance Freestyle:
- The fastest heat of 800 and 1500 Free shall be swum in finals. All remaining heats of the 800 shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men. All remaining heats of the 1500 shall be swum in the preliminary session, swimming slowest to fastest, alternating women and men with the fastest heat finishing one hour prior to finals.
- E. Relays:
- The top two heats of relays will swim at finals. All remaining heats shall swim at the end of the preliminary session fastest to slowest alternating women and men.
 - Exception: For the 800 Free Relay, only the fastest heat for women and men shall swim at finals.
- SCRATCHES/CHECK-IN**
- A. All individual events will conform to USA Swimming National Scratch Procedure Guidelines (207.12.6 A-E). A coach or a swimmer may declare a false start.
- B. Scratch Deadline: A scratch box will be available at registration, the General Meeting, and throughout all meet sessions.
- All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.



**SCRATCHES/CHECK-IN
(CON'T):**

Day	Time	Scratch
Wednesday, August 4	15 min. after conclusion of General Meeting	Thursday Events
Thursday, August 5	6:00 pm (EDT)	Friday Events
Friday, August 6	8:00 am (EDT)	Friday Relays
Friday, August 6	6:00 pm (EDT)	Saturday Events
Saturday, August 7	8:00 am (EDT)	Saturday Relays
Saturday, August 7	6:00 pm (EDT)	Sunday Events
Sunday, August 8	8:00 am (EDT)	Sunday Relays

- C. Entrants in the 800 and 1500 free must check in and confirm their intention to compete before the scratch deadline for that day's events in order to be seeded.
- D. Relay cards designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of the swim.
- E. Scratching from Finals.
 - a. USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
 - b. Clubs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim.
 - c. All funds shall remain with the meet host.
 - d. Failure on the part of the Club to pay imposed penalties shall result in barring from future Central Zone Championships.

TIME TRIALS:

Time Trials will be offered at the discretion of the Meet Referee, time permitting.

- Time Start: (15 minutes after the conclusion of Prelims)

Sequence of Events: Thursday – Thurs-Fri-Sat-Sun

Friday – Fri-Sat-Sun-Thurs

Saturday – Sat-Sun-Thurs-Fri

Sunday – Sun-Thurs-Fri-Sat

Distance events – the day swum in the meet, time permitting

Time Trial specifics:

- Swimmers will be limited to two time trials total for the entire meet.
- Time trials will count toward the three-event limit per day.
- Time trials will conclude 90 minutes before the start of finals.
- The fee is \$10 per event payable to: Indian Creek Aquatic Club
- Each swimmer must provide his/her own timer.
- Sign-up deadline is 10:00 am each day.
- On the final day of the meet, time trials are at the discretion of the Meet Referee.

SCORING:

A. Individual Pool, and Open Water events:

20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

B. Relay events:

40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2



- SWIMMER INTRODUCTIONS:**
- A. C Finals will be announced in the water
 - B. B Finals will be announced before the race.
 - C. A Finals will be paraded and announced before the race.
- AWARDS:**
- A. Individual Pool Events:
 - 1-8 place: medals with neck ribbons
 - B. Relay events:
 - 1-3 place: medals with neck ribbons
 - C. Team Awards:
 - 1-3 combined points: trophies
 - 1-3 Women and Men: trophies
 - D. Awards ceremony: Awards will be given at the conclusion of every other Men's final with relays awarded at the end of the session. Athletes will report to the Awards Staging Area and paraded to podiums.
- GENERAL ADMISSION TICKETS:**
- Cost for General Admission will be as follows:
- \$30 all session pass
 - \$50 all session pass+ (includes all heat sheets and meet program)
 - \$8 daily admission
 - 8&Unders will be admitted free of charge
 - Parking is free.
- MEET PROGRAM/FINAL RESULTS:**
- Meet Program costs will be as follows:
- \$10.00 Meet Program
 - \$4.00 Prelim Heat Sheets
 - \$1.00 Finals Heat Sheets
 - \$10.00 Final Results, paper copy or disk.
- GENERAL MEETING:**
- A pre-meet General Meeting is scheduled for Wednesday, August 3, at 6:30 p.m. (EDT), at Franklin Community High School Classroom K122 (adjacent to aquatic center lobby) for all coaches and Team representatives.
- Meet procedures and meet information will be discussed.
 - Members of the Meet Committee will be identified.
 - No deviation from the published Meet Information may occur without 100% agreement by Club representatives in attendance.
 - Warm-up lanes and times will be assigned at this meeting.
 - Any proposed changes or deviation from the published Meet Information must be submitted prior to the General Meeting to the Meet Referee Central Zone Championship Meet Coordinator (*Tina McCauley* mccauley_t@shaker.org) and the Central Zone Directors for further consideration.
- OFFICIALS INFORMATION:**
- The meet is an Officials Qualifying Meet under the National Officials Certification Program. See the Central Zone website (www.centralzone.org) for the Application to Officiate and the Officials Qualifying Meet Application. N2, initial N3 and final N3 evaluations will be available for eligible officials. Please see the USA Swimming web site Volunteers/Officials/Certification section to view the latest procedures regarding evaluation and certification. Officials Briefing Sessions are one (1) hour before the start of each session and will cover stroke rules, assignments of officials, jurisdiction, etc. All officials must be present for the briefings.
- A. Officials Meetings
 - Initial Briefing: Thursday, August 4, 7:30a (EDT) (before the initial session)
 - Further Briefings: Will convene one hour before the start of each session.



- OFFICIALS INFORMATION (CON'T):** B. Uniform
- Officials will wear white polo shirts and white shoes for all sessions. Khaki trousers or skirts will be worn for all sessions. Khaki shorts are acceptable, but it is preferred that they not be worn at Finals sessions. Meet polo may be provided for Finals sessions.
- VOLUNTEERS:** Officials from visiting clubs are encouraged and welcome. Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.
- REFRESHMENTS:** Athlete refreshments available on deck will follow the national protocol to insure safety.
- WEDNESDAY WARM-UP:** A general warm-up time will be available on Wednesday from 1pm to 6pm. Coaches are responsible for conducting the warm-up and the safety of their swimmers.
- CONCESSIONS:** Concessions will be available in the aquatic center lobby. A variety of items including healthy choices will be available.
- OPEN WATER:** The Central Zone Senior Open Water Competition will be held in conjunction with the Indianapolis Age-Group Central Zone Championships on Monday, August 8, 2011 at the Eagle Creek Reservoir, 7840 W. 56th Street, Indianapolis, Indiana (NW side of Indianapolis). Meet Info can be found at www.frst.us and www.allgreatracers.com. There is a separate entry for the open water event.
- DIRECTIONS:** Please see enclosed maps and directions (pg 10). Also visit meet website at www.frst.us for more information
- HOTEL, RESTAURANT, AND ENTERTAINMENT INFORMATION** Please visit the www.frst.us site for all updated information pertaining to hotels, restaurants, and things to do in the Franklin/southside of Indianapolis area.



SCHEDULE OF EVENTS

THURSDAY

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
3	100 Freestyle	4
5	200 Breaststroke	6
7	200 Backstroke	8
1	800 Freestyle*	2
*All remaining heats, fastest to slowest alternating women/men.		
CONSOLATION & CHAMPIONSHIP FINALS		
1	800 Freestyle fastest heat	2
3	100 Freestyle	4
5	200 Breaststroke	6
7	200 Backstroke	8

Friday

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
9	100 Breaststroke	10
11	200 Freestyle	12
13	400 Individual Medley	14
15	100 Butterfly	16
17	4 x 100 Freestyle Relay*	18
*All remaining heats, fastest to slowest alternating women/men.		
CONSOLATION & CHAMPIONSHIP FINALS		
9	100 Breaststroke	10
11	200 Freestyle	12
13	400 Individual Medley	14
15	100 Butterfly	16
17	4 x 100 Freestyle Relay fastest 2 heats	18



Saturday

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
19	400 Freestyle	20
21	100 Backstroke	22
23	200 Butterfly	24
25	4 x 200 Freestyle Relay*	26
*All remaining heats, fastest to slowest alternating women/men.		
CONSOLATION & CHAMPIONSHIP FINALS		
19	400 Freestyle	20
21	100 Backstroke	22
23	200 Butterfly	24
25	4 x 200 Freestyle Relay fastest heat	26

Sunday

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
27	200 Individual Medley	28
31	50 Freestyle	32
33	4 x 100 Freestyle Relay*	34
29	1500 Freestyle**	30
*All remaining heats, fastest to slowest alternating women/men.		
**All remaining heats, slowest to fastest alternating women/men.		
CONSOLATION & CHAMPIONSHIP FINALS		
27	200 Individual Medley	28
29	1500 Freestyle fastest heat	30
31	50 Freestyle	32
33	4 x 100 Freestyle Relay fastest two heats.....	34



FRANKLIN COMMUNITY HIGH SCHOOL

2600 Cumberland Drive
Franklin, Indiana
317-738-5711

From US 31

From US31, turn west onto Commerce Drive. There is a traffic light at the Commerce Drive intersection. It is just north of the Wal-Mart and Lowe's. There is a Kentucky Fried Chicken on the corner. Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed to the athletic parking lot. Enter the building through door #14.

I-65 from the North

Exit I-65 at the Whiteland exit (exit 95) and head west to US 31 South. Go south on US 31 until you reach Commerce Drive. There is a stoplight at Commerce Drive (There is an Aaron's Rental and a Kentucky Fried Chicken on the corners). Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed north into the athletic parking lot. Enter the building through Door #14.

I-65 from the South

Exit I-65 at the Franklin exit (exit 90) and head west to US 31 North. Go north on US 31 until you reach Commerce Drive. There is a stoplight at Commerce Drive (There is an Aaron's Rental and a Kentucky Fried Chicken on the corners). Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed north into the athletic parking lot. Enter the building through Door #14.

