



**2011 CENTRAL ZONE 14 & UNDER AND SENIOR
OPEN WATER CHAMPIONSHIPS
INDIANAPOLIS, IN – MONDAY, AUGUST 8**



**2011 CENTRAL ZONE OPEN WATER CHAMPIONSHIPS
14 & UNDER AND SENIOR COMPETITIONS**

*Eagle Creek Reservoir Beach
Indianapolis, IN
Monday, August 8, 2011
Indianapolis observes Eastern Daylight Time.*

The IU Natatorium site for the 2011 Central Zone 14 & Under Championships and the Franklin Community High School site for the 2011 Central Zone Senior Championships are co-hosting the 2011 Central Zone Open Water Championships at Eagle Creek Park in Indianapolis.

Meet entries may be submitted by LSC only for the 14 & Under competition and by teams only for the Senior competition.

Throughout this document, references to “LSC” apply to the 14 & Under Zone open water competition; “team” applies to the 15 & Over Zone open water competition.

Separate entries from individuals will not be accepted for either competition; entries from clubs/teams will not be accepted for the 14 & Under competition.

SANCTION: Sanctioned by *Indiana Swimming*, on behalf of USA Swimming.
Open Water Event: #IN11280

RULES: Current USA Swimming rules will govern the Meet. Please see Part Seven of the USA Swimming Rules and Regulations for a complete list of Open Water Rules.
Open Water – *Group start in water by age group* with a beach finish. Swimmers will be accompanied by lifeguards on kayaks or body boards as well as safety personnel in canoes/row boats and officials on pontoon boats.

PARTICIPATING TEAMS: 14 & Under Competition: Illinois, Indiana, Iowa, Lake Erie, Michigan, and Ohio
Senior Competition: Club Teams from Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin

SPONSORED BY: USA Swimming and the USA Swimming Central Zone Committee.

HOSTED BY: Co-Hosted by Indiana Swimming, Indian Creek Aquatic Club, and Franklin Regional Swim Team

MEET DIRECTORS:	14 & Under Competition	15 & Over Competition
	Arlene McDonald 114 Forest Knoll Lane Fishers, IN 46037 317-442-2166 arlenemcd@aol.com	Brad Smith 105 Dunn Drive Trafalgar, IN 46181 317-850-1689 bsmith@nhj.k12.in.us

OFFICIALS: Referee: Lucy Duncan
235 Poplar Grove Drive
Avon, IN 46123
lucyuss@aol.com
317-946-1371



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MEET SITE:

OPEN WATER – The open water competition will be held at Eagle Creek Reservoir (7840 West 56th Street; Indianapolis, IN 46254) on the northwest side of Indianapolis. Eagle Creek park is easily accessible from both I-65 and I-465 (northbound) and is about a 20-minute drive from the IU Natatorium and Downtown Indianapolis. **There is a \$5.00 entry fee into the park per vehicle (\$10 per bus).**

- When traveling from Downtown Indianapolis, take I-65 North to the Lafayette Road exit. Turn right (north) onto Lafayette Road to 56th Street. Turn left (west) onto 56th Street. Park entrance will be on the right side of 56th Street shortly after the Colts complex. Turn right (north) into park and follow signs to the beach.
- When traveling from the Indianapolis International Airport area, go north on I-465 to the 56th Street exit. Turn left (west) onto 56th Street. Park entrance will be on right side of 56th Street shortly after the Colts complex. Turn right (north) into the park and follow signs to the beach.
- When traveling southbound on either I-65 or I-465, take the 71st Street exit. Turn left (west) onto 71st Street. 71st Street ends at the north entrance to the park. Enter the park and follow the signs to the beach. (Note: There is no exit at 56th Street when southbound on I-465.)

SPECIAL NOTE:

In late summer, Indiana lakes sometimes experience an outbreak of blue-green algae. The meet hosts will maintain contact with the Indiana State Board of Health for constant monitoring of the level of blue-green algae at Eagle Creek Reservoir. Should it be determined that unsafe conditions exist on Monday, August 8, these open water championships will be moved indoors to the Indiana University Natatorium on the Campus of IUPUI, the site of the pool events for the 2011 Central Zone 14 & Under Championships.

Should a change in venue to the Natatorium become necessary, teams will be notified at their respective Zone Championship sites and be provided with a revised schedule for Monday morning.

**OPEN WATER
COURSE:**

The open water races will be swum at Eagle Creek Reservoir beach. All races will begin and end in the beach area adjacent to the rowing tower with an in-water start and a beach finish.

This lake course is an oval with a turn-around at the half-way point of each distance. The course runs parallel to the beach and utilizes the United States Rowing Association buoy field. There is a large spectator area on the beach with ample nearby parking. Swimmers and spectators will have access to an adjacent bathhouse and concession area. A professional timing and scoring company will facilitate accurate and timely results. Swimmers will be given electronic chips in their registration packets at the site to be worn during their races. The following distances will be swum by each age group:

- 10 & Under: ½ mile
- 11-12: 1 Mile
- 13-14: 1½ Miles
- 15 & Over: 5 Kilometers



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TIMING SYSTEM: The meet hosts have contracted with Rock Solid Results, Inc. to provide electronic timing and scoring for these championships. Swimmers will wear electronic chips that will activate at the start of each race (wave) and record each swimmer’s time as he/she crosses a mat located on the beach.

OPEN WATER EVENTS SCHEDULE: **Open Water Events: Monday, August 8, 2011**
Indianapolis observes Eastern Daylight Time.
The open water events will be conducted according to the following schedule:

Session I: Open Water Schedule for Swimmers Ages 13 & Over	6:30 AM: Registration & Check-In 7:00 – 7:30 AM: Warm-Up 7:30–7:45 AM: Participant Clinic 8:00 AM: First Race Begins Awards will be presented after the completion of the 13 & over races.
Session II: Open Water Schedule for Swimmers Ages 12 & Under	8:00 AM: Registration & Check-In 8:30 – 9:00 AM: Warm-Up 9:00– 9:15 AM: Participant Clinic 9:30 AM: First Race Begins Awards will be presented after the completion of the 12 & under races.

- The number of waves in each race will be determined by the number of entries.
- Swimmers must attend the Participant Clinic to be able to compete in these championships.
- The open water course will not be available for participants prior to the Monday, August 8, warm-up sessions.
- Public hours for the beach area only are Noon to 6:00 PM on Thursday – Saturday and noon to 5:00 PM on Sunday.

SAFETY/WARM-UP PROCEDURES:

A. Different colored swim caps will be issued to athletes in each age group and gender so that Meet Management can monitor swimmers’ progress through the course.

B. The course will be patrolled by qualified personnel.

LSC REPRESENTATIVE: Each LSC/team must have a representative to act as a liaison between the LSC/team and the Meet Director. That person will be identified to the Meet Director at Registration/Check-in.

ATHLETE ATTITUDE: CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the LSC/team does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s). Each LSC/team representative must have these documents available to the host at all times. The Code of Conduct will be enforced.



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ELIGIBILITY:

- A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.
- B. Swimmer’s Age: Age of swimmer on Monday, August 8, 2011, shall be the age for this competition.
- C. Qualifying Time/Eligibility: Qualification times shall be the National A time for the longest freestyle pool event for the age offered at the Zone Championship Meet, OR the swimmer must qualify for and be entered in a pool event at the current Zone Championship Meet, whether in an individual event or relay event.

ENTRY

RESPONSIBILITY:

- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship 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:

\$20.00 per open water event
 For the 14 & Under competitions, please make check payable to Indiana Swimming.
 For the 15 & Over competition, please make check payable to Indian Creek Aquatic Club

ENTRY CHAIRMEN:

Send entries to:

14 & Under Competition	15 & Over Competition
Patty Hance c/o Indiana Swimming 201 South Capitol Avenue; Suite 410 Indianapolis, IN 46225 317-773-3341 Fax: 317-237-5783 pat_hance@bysnet.com	Brad Smith 105 Dunn Drive Trafalgar, IN 46181 317-850-1689 bsmith@nhj.k12.in.us

ENTRY DEADLINE:

- A. Open Water entries must be submitted to the appropriate host entry chairperson (14 & Under or 15 & Over) electronically by Noon Tuesday, August 2, 2011. The hard copy (electronic) of the open water entries must accompany the LSC/team entry file. It is the responsibility of each LSC/team to verify entry times, receipt and readability of any entries, and submission of entry by Noon Tuesday, August 2, 2011. The host entry chair must confirm the receipt of entries by email or follow-up phone call to the LSC/team entry chair as soon as the entry email is opened.



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- B. Each LSC/team shall receive a Hy-Tek team entry report, including an exception report of the LSC/team entries, via e-mail by 6 p.m. Tuesday, August 2. Any corrections to the original entries should be formatted in a new entry file and sent to the host entry chair via email by Noon on Wednesday, August 3. Justification of the exception report should be included in a word document or PDF file. Entry fees are due before the start of the General Meeting prior to Pool competition. No new swimmers may be added to LSC/team entries after the Wednesday, August 3, Noon deadline. Any corrections or updates after Noon on Wednesday shall go to the Eligibility Jury.
- C. There will be NO on-site entries at this meet.**

ENTRY PROCEDURES:

- A. For the 14 & Under open water competition, LSCs must submit their Open Water entries as one team, using the LSC as the club designation. All LSC individual entries shall be consolidated and submitted as one entry. For the 15 & Over open water competition, participating teams shall submit their open water entries. Separate entries from individuals will not be accepted. The LSC/team entry chair shall verify times and eligibility before submitting entries to host.
- B. Each LSC/team must identify, on the official entry form, the name of the LSC/team and the name, address and telephone number, and email of the person in charge of entries for that LSC/team.
- C. Each swimmer entry must include first and last name, age as of Monday, August 8, 2011, and complete USA Swimming registration number.

ELIGIBILITY PROTESTS:

- Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
- A. All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form proscribed by the Zone and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
- B. Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the day of the meet. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
- C. Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
- D. The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

SEEDING/CONDUCT:

- All swimmers must report to the registration area before they swim to receive timing chip, body marking, cap, and wave number.
- Please make sure that fingernails and toenails are trimmed and all jewelry and watches are removed prior to the morning registration.



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- There will be no penalty for scratching; there will be no refund of entry fees.
- Athletes must notify the Clerk of Course and return their timing chips if they decide to scratch from their event after completing registration.
- No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed.
- Swimmers will start in the water and finish on the beach.
- Each age group and gender will start separately.
- Colored caps will indicate age group and gender.

**DISQUALIFICATION
PROCEDURES:**

- A. First Infringement: a yellow flag and a card bearing the swimmer's number shall be raised by the Referee to indicate and to inform the swimmer that he/she is in violation of the rules.
- B. Second Infringement: a red flag and a card bearing the swimmer's number shall be raised by the Referee to indicate and to inform the swimmer that he/she is, for the second time, in violation of the rules. The swimmer shall be disqualified. He/She must leave the water immediately and be placed in an escort craft and take no further part in the race. The Referee may disqualify a swimmer without prior warning if in his opinion the action of the swimmer is deemed to be unsportsmanlike.

TIME LIMITS:

All swimmers must finish within 30 minutes of the first swimmer in their wave in order to place or score points.

ABANDONMENT:

Where emergency conditions require a race to be halted before it is completed, the race shall be restarted at the earliest possible time and the full distance completed. A Meet Committee will be convened if indicated.

SCORING:

Open Water events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
(scored separately from the Pool events)

AWARDS:

- A. 14 & Under Open Water Competition: Individual Open Water events: 1-8 place: medals with neck ribbons; 9-16 place: ribbons
- B. 15 & Over Open Water Competition: Individual Open Water events: 1-8 place: medals with neck ribbons
- C. Team Awards: Open Water events: 1st place combined points

**OPEN WATER
AWARDS:**

The awards ceremony for the open water events will be conducted according to the schedule on page 2 of this document.

**GENERAL ADMISSION
TICKETS:**

There is a \$5.00 per car and \$10 per bus admission fee at Eagle Creek Park. There is no additional charge for parking or for viewing the event.

MEET PROGRAM:

Open Water Psych Sheet – \$1.00

FINAL RESULTS:

Final results will be announced and posted at the venue. After the meet, results can be found on the event web site at www.AllGreatRacers.com

REFRESHMENTS:

Limited refreshments will be available for swimmers and spectators. It is suggested that swimmers and spectators provide their own favorite refreshments.



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- WARM-UP:** There will be a small warm-up/warm-down area between the beach and dock. Swimmers may be in this area only when it is being supervised by lifeguards.
- SPECTATORS:** Spectators will view the races from the lawn near the beach area. There are a limited number of picnic tables available. Spectators are advised to bring their own lawn chairs and blankets for comfort
- HOTEL INFORMATION:** Hotel information for 14 & Under participants can be found on the event web site at www.AllGreatRacers.com
Hotel information for 15 & Over participants can be found on the event website at www.FRST.us
- TEAM SOCIAL
ACTIVITY:** 14 & Under Open water swimmers may participate in their team’s social on Thursday evening, August 4 at Lucas Oil Stadium. To purchase tickets and receive more information, please contact your LSC Zone coach or contact.
- OPEN WATER ZONE
APPAREL:** Open Water Zone apparel will be on sale at in a designated location at Eagle Creek Park Beach on Monday, August 8.

OPEN WATER EVENTS
Monday, August 8, 2011

- OW 110 & Under – .5 MileOW 2
OW 3 11-12 – 1 Mile.....OW 4
OW 513-14 – 1.5 MileOW 6
OW 7 15 & Over – 5 KilometersOW 8



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**CENTRAL ZONE CHAMPIONSHIP MEET
PERMISSION AND RELEASE SAMPLE FORM**

LSC _____

I hereby give my permission for _____

(Please Print Name of Swimmer)

to accompany the _____ LSC TEAM to: _____

on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the _____, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____
(Signature of Parent or Guardian)

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and others in charge, should know about the swimmer: _____

Physician's Name: _____ (_____) _____
(Please Print) Phone Number

Name of Parent or Guardian: _____
(Please Print)

Address: _____
Street City State Zip

Telephone Day: (_____) _____ Evening: (_____) _____

Phone during meet competition: (_____) _____ (cell/pager/etc)



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CENTRAL ZONE CHAMPIONSHIP MEET
GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and LSC staff members must have signed a “Code of Conduct.” This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the “sample” LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states “...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming.”

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
 - A. The name and LSC of the person(s) who committed the offense;
 - B. The name and means of contacting the person(s) who were affected by the violation;
 - C. The nature and details of the violation;
 - D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
 - A. The Representative of the host LSC;
 - B. The person(s) who committed the offense;
 - C. The LSC General Chairman of the person(s) who committed the offense;
 - D. The LSC Representative of the person(s) who committed the offense;
 - E. The person(s) whom the violation affected;
 - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.



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**CENTRAL ZONE CHAMPIONSHIP MEET
CODE OF CONDUCT –SAMPLE FORM**

LSC _____

SAMPLE: The LSC shall use this form if there is no “Code of Conduct” form used by your LSC.

PURPOSE: The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual’s responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: _____ Date: _____
Signature

Please Print Name

Parent/Guardian _____ Date: _____
Signature

Please Print Name