



Welcome to the 2009 Central Zone Championships

Indiana Swimming, the city of Noblesville, and Noblesville Swim Club would like to welcome you to the 2009 Central Zone and Open Water Championships at the Forest Park Aquatics Center (Noblesville, IN) and South Harbour Club House, Morse Reservoir. Noblesville Swim Club is proud to represent the city of Noblesville and the state of Indiana in this outdoor championship event. We wish all athletes to get in the "ZONE" and *"catch the wave"* enroute to a successful and rewarding Zone Championship Experience.

*****Meet entries may be submitted by LSC only.*****
*****Separate entries from individuals or clubs will not be accepted.*****

Host & Sanction

This event is hosted by Noblesville Swim Club under sanction by Indiana Swimming on behalf of USA Swimming. The following sanction numbers apply:

- Sanction # IN09316 - competition pool events
- Sanction # IN09315 - open water events

Rules

- Current USA Swimming rules will govern this meet.
- Open Water – group start in water by age group.

Participating Teams

The following Central Zone LSCs will be competing in this event: Arkansas, Indiana, Illinois, Lake Erie, Ohio, Oklahoma, and Ozark.

Meet Sponsors

This meet is sponsored by USA Swimming and USA Central Zone Committee.

Meet Directors

Competition Pool	Open Water
Ed Parrish, Noblesville Swim Club 18877 Hewes Court Noblesville, IN 46062 317 997 1995 ed.parrish1@gmail.com	Mark Van Allen, Washington Township Swim Club swimdadmrv@aol.com

Officials

- Meet Referee – Eliot Van Velzen
- Head Marshall – Glen Olberding





**CENTRAL ZONE
CHAMPIONSHIP MEET**
AUGUST 6-9, 2009
NOBLESVILLE, IN 46060



Meet Site
Competition Pool

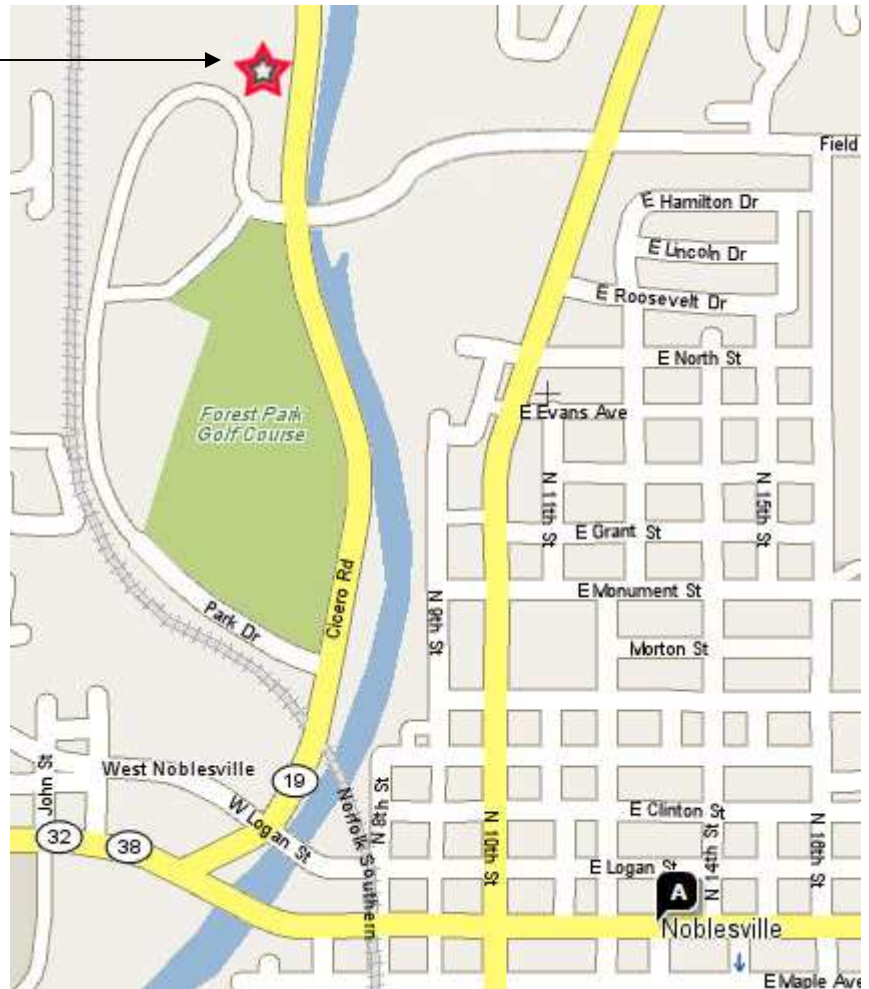
Forest Park Aquatic Center
Forest Park
1077 Cicero Road
Noblesville, IN 46062
317 773 4649
forestparkpool.org

Getting to Noblesville...

- From the North – US31 South to State Road 32 East.
- From the South – I465 to I69 North. I69 North bear right onto State Road 37 North to State Road 32 West.
- From the East – I70 or I74 West to I465 North. I465 North to I69 North. I69 North bear right onto State Road 37 North to State Road 32 West.
- From the West – I70 or I74 East to I465 North. I465 North bear right onto I465 East. I465 East to I69 North. I69 North bear right onto State Road 37 North to State Road 32 West.

In Noblesville -

Located ~1.0 miles North of State Road 32 (Connor Street) West of State Road 19 (Cicero Road). There are 2 entry points into the park: North and South entrance. The entry point closest to the pool is the North entry.



Facility

Competition Pool

Located in the heart of Noblesville just outside the "old downtown" is Forest Park. The central icon is the Forest Park Aquatics Center featuring a newly-lined and heated outdoor 10-lane, 50-meter pool. Adjacent to the pool is a diving well for warm-ups. Pool starting depth is 5'6" with a turn depth of 4'6". Locker room and shower facilities are located on the immediate left upon entry to the facility. Concessions are available for purchase as well as a variety of on-site equipment and specialty vendors. The facility is handicap accessible with ramps at the main entry as well as reserved seating.

In the case of inclement weather, arrangements have been made with Fishers High School as an alternative competition site.

Please note that the competition pool is not certified. Assuming that a national record is achieved, Noblesville Swim Club will obtain certification within 6-weeks following the meet.



2009 Central Zone...catch the wave!





**CENTRAL ZONE
CHAMPIONSHIP MEET**
AUGUST 6-9, 2009
NOBLESVILLE, IN 46060



Open Water

Morse Reservoir
South Harbour Club House
1156 S. Harbour Dr.
Noblesville, IN 46062

Getting to Noblesville...

- From the North – US31 South to State Road 32 East.
- From the South – I465 to I69 North. I69 North bear right onto State Road 37 North to State Road 32 West.
- From the East – I70 or I74 West to I465 North. I465 North to I69 North. I69 North bear right onto State Road 37 North to State Road 32 West.
- From the West – I70 or I74 East to I465 North. I465 North bear right onto I465 East. I465 East to I69 North. I69 North bear right onto State Road 37 North to State Road 32 West.

In Noblesville –

~2.6 Miles Northwest of State Road 32. Follow State Road 38 West for 1.7 miles. Turn right at South Harbour Drive. The club house is located .9 miles on the right.



Open Water

North of Noblesville resides Morse Reservoir. Morse offers an array of boating and recreational opportunities. The Southeast shore will be the site for the Open Water Events. The event will be an in-water start and beach finish. The actual start will be located just outside the South Harbour Club House. This course is an up and back course with turnarounds at various locations determined by the event distance. The course runs parallel to the west channel of reservoir and will utilize turnaround buoys and intermittent buoys to mark the course. There is a spectator area on the beach (please bring lawn chairs for seating) with club house and on street parking. Swimmers and spectators will have access to bathroom facilities. 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
- 15-18: 2 Miles



2009 Central Zone...catch the wave!





Theme

For the 2009 Zone Meet, the coaches and athletes are encouraged to participate in our Hawaiian theme. Like the waves that crash the shores of Maui, so do those of Central Zone 2009! Catch and a ride the Central Zone wave into a weekend that spans 3 decades: '70s, '80s, and '90s.

- **Thursday, 06 Aug 2009**
Open Water Swim at South Harbour Club House, Morse Reservoir; 1970's attire
- **Friday, 07 Aug 2009**
Forest Park Aquatics Center; music and attire - 1970's
- **Saturday, 08 Aug 2009**
Forest Park Aquatics Center; music and attire - 1980's
- **Sunday, 09 Aug 2009**
Forest Park Aquatics Center; music and attire - 1990's

Meet Schedule

Pool Events (all times are Eastern Daylight Time)

Age Groups 13-14 and 15-18:

- * Prelims for 13-14 and 15-18: Warm-up 7:00 AM – 8:00 AM with assigned lanes in the competition pool. 8:00 AM – 8:35 AM sprint lanes 2 – 9, and pace lanes 1 and 10. Continuous general warm-up will take place in the diving well. Meet starts at 8:45 AM.
- * Finals Friday, Saturday, Sunday: Warm-up will start at 4:00 PM. The first 35 minutes will be general warm-up with no assigned lanes. The following 15 minutes, sprint lanes will be lanes 2 – 9, and pace lanes 1 and 10. Meet starts at 5:00 PM.
- * Warm-ups may be split for the preliminary sessions (if split, then each warm-up session shall be a minimum of 40 minutes)
- * Warm-ups for finals will start as indicated or at the conclusion of the 12 & Under session.
- * Finals will begin one hour after the start of warm-up.

Age Groups 10 & Under and 11-12:

- * Timed finals for 10 & Under, 11-12: Warm-up at the conclusion of the AM session, The first 35 minutes will be general warm-up with no assigned lanes. The following 15 minutes, sprint lanes will be lanes 2 – 9, and pace lanes 1 and 10.
- * Session will begin one hour after the start of warm-up.

Note: Estimated start times for the 12 & Under sessions will be posted on the Central Zone link at <noblesvilleswim.com> by 6:00 PM Wednesday (05 Aug 2009) and at the venue. 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.

Open Water Events (all times are Eastern Daylight Time)

- 7:00 AM, Registration/Check-in
- 7:45-8:15 AM, Clinic for All Participants
- 8:15-9:00 AM, Warm up
- 9:15 AM, Competition starts (may be staggered for age groups).

The open water venue will not be available for practice by participants prior to the Thursday, August 6, warm-up session.





Team Registration / Practice Session / Photo Schedule

Registration will be held at the Forest Park Aquatics Center Registration Booth on Thursday (06 Aug 2009) beginning 12:30 PM in shelter 5. The shelter will be marked at the park entrance. All teams should schedule their arrival to register during these hours. Photos will be taken on the bleachers on the West side of the pool deck. Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue. A schedule for evening social events will be distributed at registration.

LSC	Registration	Picture	Practice
Indiana	12:30 PM – 1:30 PM	1:45 PM	2:00 PM – 3:00 PM
Illinois	1:00 PM – 2:00 PM	2:15 PM	2:30 PM – 3:30 PM
Lake Erie	1:30 PM – 2:30 PM	2:45 PM	3:00 PM – 4:00 PM
Ohio	2:00 PM – 3:00 PM	3:15 PM	3:30 PM – 4:30PM
Arkansas	2:30 PM – 3:30PM	3:45 PM	4:00 PM – 5:00 PM
Ozark	3:00 PM – 4:00 PM	4:15 PM	4:30 PM – 5:30 PM
Oklahoma	3:30 PM – 4:30 PM	4:45 PM	5:00 PM – 6:00 PM

Safety / Warm-up Procedures

Pool events: All USA Swimming safety procedures will be followed at all times. With the exception of sprint lanes, feet first entry is required. An announcement will be made when the warm-up period has started, and when the pool is to be cleared. Coaches must be in control of their swimmers during their warm-up periods.

Open Water events: Different colored swim caps will be issued to athletes in each age group so that Meet Management can monitor swimmers' progress through the course. The course will be patrolled by qualified personnel.

LSC Representation

Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these individuals NOT be the LSC Head Coach. These designated individuals must be identified to the Meet Director either with the meet entries or at the General Meeting on the Thursday prior to the start of the meet.

Swimsuit Legislation

Please note that USA Swimming Swimsuit Legislation will be in effect, and not the Indiana Swimming legislation. Specifically, Article 102.9.1 regarding swimwear for the 12 & Under group will be in effect.

- Swimsuits worn for all 12 and Under age group defined competition shall not cover the neck, extend past the shoulder, not past the knee.
- Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate.
- The Referee shall have the authority to bar offenders from the competition until they comply with the rule.
- An exemption to Article 102.9.1 must be submitted to the Chair of the USA Swimming Rules and Regulations Committee. It will be the responsibility of the swimmer to provide a copy of the waiver to the Referee prior to the beginning of the meet.





Athlete Attitude

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

Eligibility

- A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.
- B. Swimmer's Age:
 - a. Age of swimmer for pool competition (07 Aug 2009) shall be as of the first day of the pool competition.
 - b. Age of swimmer for open water competition (06 Aug 2009) shall be as of the day of the Open Water competition.
- C. Qualifying Time/Eligibility:
 - a. *Pool:*
 - * Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between the first day of the first Zone Meet of the previous year and the entry deadline date for the present Meet.
 - * 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 achieve individual event cuts for the following meets prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
 - 1) Short Course National Championships
 - 2) Summer National Championships
 - 3) Summer US Open
 - 4) Summer Junior National Championships
 - * Each LSC may enter two (2) 12 & Under and two (2) 13-18 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.
 - * If the LSC has no qualifiers in an event for the 10 & Under or 11-12 age groups, the LSC may enter one (1) swimmer in that event. If an LSC has fewer than two (2) qualifiers in an event for the 13-14 or 15-18 age groups, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at no time (NT). These entries must be submitted with the original entry.
 - b. *Open Water:*
 - * 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.

Note: Qualifying standards for the 15-18 age group will be the National 15-16 or 17-18 times (AAA-pool: A-open water), whichever is the slower of the two standards.





Relay Entries

The LSC must coordinate relay entries. Determination of the swimmers composing the relays is at the discretion of the LSC. List relay-only swimmers on the appropriate form and submit with entries.

Entry Limits

- A. 12 and under swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than five (5) may occur on any given day.
- B. 13 and over swimmers may enter no more than five (5) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.
- C. Each LSC may enter two (2) relays per relay event.
- D. No limit exists on the number of swimmers that an LSC may enter in an individual 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

- \$5.00 per individual pool event
 - \$20.00 per open water event
 - \$10.00 per relay
- Make checks payable to: Noblesville Swim Club

Entry Chairperson

Send all entries to:

Patty Hance
17333 Cherry Tree Road
Noblesville, IN 46062
317 773 3341; FAX 317 219 0608
entries@noblesvilleswim.com

Entry Deadline

- A. Pool and Open Water entries shall be submitted to the host entry chairperson electronically using SDIF compatible file by 6 pm Monday (03 Aug 2009). The hard copy (fax or electronic) of the pool and open water entries and other meet information including Swimmers with a Disability Entry Form and Meet Staff must be received by 6 pm Tuesday (04 Aug 2009). It is the responsibility of each LSC to verify all entry times and receipt and readability of any entries sent by email or fax with a follow-up phone call or email to the host entry chair.
- B. Each LSC shall receive a preliminary report of its team entries via e-mail by Noon Tuesday (04 Aug 2009). Any corrections to the original entries must be submitted to the entry chair via email or fax by Noon on Wednesday (05 Aug 2009). Entry fees are due before the start of the General Meeting. No new swimmers





may be added to LSC entries after the Monday (03 Aug 2009) 6 pm entry deadline. No corrections or updates will be accepted after Noon on Wednesday (05 Aug 2009).

- C. There will be no deck or on site entries at this meet.

Entry Procedures

- A. The LSC must submit its Pool and Open Water entries as one team, using the LSC as the club designation. All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. LSC entry chair shall verify times before submitting entries to host.
- B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.
- C. Each swimmer entry must include first and last name; age as of the first day of the Meet; and complete USA Swimming registration number. For relay only swimmers, the Relay-Only Swimmer Entry Form must be included with the entry.
- D. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.
- E. Team Entries will be posted on the Central Zone link at <noblesvilleswim.com> by Noon Tuesday (04 Aug 2009).

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 last night of the championships. 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.

Conduct / Seeding

- A. **Conduct:** Pool Events:
 - * 13-14 and 15-18 – Preliminary/Finals format except 800 and 1500 Free and relays which will be timed finals. The consolation heat shall precede the championship heat.
 - * 10 & Under and 11-12 – Timed Finals.
 - * Fly-over starts will be used for the prelim sessions and the 12 & Under sessions.
- B. **Seeding Order:**
 - First – Conforming times (LCM)
 - Second – Non-conforming times (SCM then SCY)
 - Third – Non-qualifying times (NT)





C. Distance Freestyle:

- * 800 and 1500 Free shall be timed finals with the fastest seeded heat of women and fastest seeded heat of men swimming in finals.
- * All other 800 and 1500 heats shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men.
- * Swimmers 13-18 shall be combined for swimming and scored separately as 13-14 and 15-18 for the 800 and 1500 Free events.

D. Relays:

- * 13-14 and 15-18 relays will be timed finals, swum during the finals on Friday and Saturday and in the preliminary session on Sunday.
- * 10 & Under and 11-12 relays will be timed finals, swum during the afternoon sessions.

Scratches / Check-In

- A. All individual events will conform to USA Swimming National Scratch Procedure Guidelines (207.12.6 A-E). There is no penalty for failure to compete in a timed final event. 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.
 - a. Scratch deadline for the events on 07 Aug 2009 shall be 15 minutes after the conclusion of the General Meeting.
 - b. Scratch deadline for the events on 08 Aug 2009 shall be 30 minutes after the start of 07 Aug 2009 evening finals session (5:30 PM).
 - c. Scratch deadline for the events on 09 Aug 2009 shall be 30 minutes after the start of 08 Aug 2009 evening finals session (5:30 PM).
- C. Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to 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. Only coaches may make changes to 11-12 and 10 & Under relays.
- E. Scratching from Finals.
 - a. USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
 - b. LSCs 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 LSC to pay imposed penalties shall result in barring from future zone championships.





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
- C. Open Water events will be scored separately from the Pool events.

Swimmer Introductions

- A. Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
- B. Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
- C. 12 & Under Finals swimmers' names will be announced while swimmers are competing in the water for all but the fastest heat. Swimmers' names for the fastest heat will be announced prior to the start of the race while swimmers are behind the blocks.

Awards

- A. All open water awards will be presented at the completion of the open water events.
- B. Individual Pool and Open Water events:
1-8 place: medals with neck ribbons
9-16 place: ribbons
- C. Relay events: 1-3 place: medals with neck ribbons
4-8 place: ribbons
- D. High Point Award: 1-3 for boys and girls in each age group for pool events only.
- E. Team Awards –
Pool events: 1-3 combined points.
Open Water events: 1st place combined points.
- F. Awards ceremony: an awards schedule will be given at the General Meeting. Athletes will be notified by the announcer to report to the award podium. At the podium, a host meet representative will place them in the appropriate order. The athletes will position themselves on the podium to receive their award. Upon receipt, the announcer will state their name. Open Water awards will be awarded at the end of the session.

Note:

** 12 & Under: May be awarded at the end of each stroke series or at the end of the session, but shall not interfere with the continuous running of the timed finals events.*

** 13 – 18: Shall be presented at the end of each stroke series (13-14, 15-18).*

Deck Passes

Deck Passes for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes.





General Admission Tickets

Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes – strictly an admission pass.

Cost for all weekend is \$30.00 (meet program included)

Cost for all day admission (including finals) is \$8.00 (6 & under are free)

Parking is free

Meet Program / Final Results

\$10.00 meet program (psych sheet with time standards and information about local restaurants)

\$4.00 daily heat sheets

\$1.00 finals heat sheets each session

\$10.00 final results, paper copy or disk

General Meeting

A pre-meet General Meeting is scheduled for Thursday at 6:00p.m., at shelter 5 for all coaches and LSC 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 unanimous agreement by all designated LSC representatives.

* Warm-up lanes and times will be assigned at this meeting.

Officials' Meeting

This meet has been designated as an Officials Qualifying Meet (AFQ) for all N2 positions, N3 Stroke and Turn, and N3 re-certifications (and initial in other positions). An officials' meeting will convene one hour prior to the start of each session in the designated Officials meeting area. Applications to officiate and obtain national certification may be found on the Central Zone website at www.centralzones.org. Attire will consist of navy shorts/pants/skirts and white shirts/blouses with white shoes.

The meet referee is:

Eliot Van Velzen
154 Wellington Parkway
Noblesville, IN 46060
(317) 770-0589
eliot.vanvelzen@gmail.com

Volunteers

Timers and officials from visiting LSCs are encouraged and welcome. Please indicate the names of interested persons when entries are submitted or identify volunteers prior to the meet entry deadline. Contact Tim Clark at volunteers@noblesvilleswim.com.

Refreshments / Vendor Village

The Forest Park concessions stand will be open throughout the meet. In addition, vendors will be on site for equipment and other purchases.

Team Seating

Athlete credentials are required to access the pool deck. Team seating will be marked and blocked. The pool deck will be patrolled by a deck marshal to ensure compliance.





Hotel Information

Access the Noblesville Swim Club home page at <noblesvilleswim.com>. A link under "Upcoming Events" will take you to the Central Zone Championship. Hotel information will be posted.

Other Information

- Noblesville Swim Club has created a page that provides more detail about Central Zones. Access the Noblesville Swim Club home page at <noblesvilleswim.com>. A link under "Upcoming Events" will take you to the Central Zone Championship.
- Opening ceremony will take place Friday morning for all athletes. Attendance not required.
- A social hour for all athletes will take place Thursday night.
- An overall best dressed award (based on daily theme) will be given to one swimmer or coach per session.





SCHEDULE OF EVENTS

- - DAY 1 - -

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
31.....	15-18 400 Individual Medley.....	32
33.....	13-14 400 Individual Medley.....	34
19.....	15-18 100 Breaststroke	20
21.....	13-14 100 Breaststroke	22
23.....	15-18 200 Freestyle.....	24
25.....	13-14 200 Freestyle.....	26
27.....	15-18 100 Butterfly	28
29.....	13-14 100 Butterfly	30
17.....	combined 13-18 800 Freestyle timed finals	18
AFTERNOON TIMED FINALS		
1.....	11-12 50 Breaststroke	2
3.....	10 & Under 50 Breaststroke	4
5.....	11-12 100 Freestyle.....	6
7.....	10 & Under 100 Freestyle.....	8
9.....	11-12 50 Butterfly	10
11.....	10 & Under 50 Butterfly	12
13.....	11-12 400 Freestyle.....	14
15.....	11-12 400 Medley Relay.....	16
CONSOLATION & CHAMPIONSHIP FINALS		
17.....	combined 13-18 800 Freestyle fastest heat	18
19.....	15-18 100 Breaststroke	20
21.....	13-14 100 Breaststroke	22
23.....	15-18 200 Freestyle.....	24
25.....	13-14 200 Freestyle.....	26
27.....	15-18 100 Butterfly	28
29.....	13-14 100 Butterfly	30
31.....	15-18 400 Individual Medley.....	32
33.....	13-14 400 Individual Medley.....	34
35.....	15-18 400 Free Relay	36
37.....	13-14 400 Free Relay	38





-- DAY 2 --

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
MORNING PRELIMS		
59.....	13-14 200 Individual Medley.....	60
61.....	15-18 200 Individual Medley.....	62
63.....	13-14 50 Freestyle.....	64
65.....	15-18 50 Freestyle.....	66
67.....	13-14 200 Breaststroke	68
69.....	15-18 200 Breaststroke	70
71.....	13-14 100 Backstroke.....	72
73.....	15-18 100 Backstroke.....	74
75.....	13-14 400 Freestyle.....	76
77.....	15-18 400 Freestyle.....	78
AFTERNOON TIMED FINALS		
39.....	11-12 200 Individual Medley.	40
41.....	10 & Unders 200 Individual Medley.	42
43.....	11-12 100 Backstroke.....	44
45.....	10 & Under 100 Backstroke	46
47.....	11-12 50 Freestyle.....	48
49.....	10 & Under 50 Freestyle.....	50
51.....	11-12 100 Breaststroke	52
53.....	10 & Under 100 Breaststroke	54
55.....	11-12 200 Free Relay.	56
57.....	10 & Under 200 Free Relay.....	58
CONSOLATION & CHAMPIONSHIP FINALS		
59.....	13-14 200 Individual Medley.	60
61.....	15-18 200 Individual Medley.....	62
63.....	13-14 50 Freestyle	64
65.....	15-18 50 Freestyle	66
67.....	13-14 200 Breaststroke	68
69.....	15-18 200 Breaststroke	70
71.....	13-14 100 Backstroke.....	72
73.....	15-18 100 Backstroke.....	74
75.....	13-14 400 Freestyle.....	76
77.....	15-18 400 Freestyle.....	78
79.....	13-14 400 Medley Relay.....	80
81.....	15-18 400 Medley Relay.....	82





-- DAY 3 --

<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
MORNING PRELIMS		
83.....	13-14 200 Medley Relay	84
85.....	15-18 200 Medley Relay	86
111.....	13-14 200 Backstroke.....	112
113.....	15-18 200 Backstroke.....	114
115.....	13-14 100 Freestyle.....	116
117.....	15-18 100 Freestyle.....	118
119.....	13-14 200 Butterfly	120
121.....	15-18 200 Butterfly	122
87.....	13-14 200 Free Relay.....	88
89.....	15-18 200 Free Relay.....	90
109.....	combined 13-18 1500 Freestyle timed finals	110
AFTERNOON TIMED FINALS		
91.....	11-12 200 Medley Relay	92
93.....	10 & Under 200 Medley Relay.....	94
95.....	11-12 200 Freestyle.....	96
97.....	10 & Under 200 Freestyle.....	98
99.....	11-12 50 Backstroke	100
101.....	10 & Under 50 Backstroke	102
103.....	11-12 100 Butterfly	104
105.....	10 & Under 100 Butterfly	106
107.....	11-12 400 Free Relay.....	108
CONSOLATION & CHAMPIONSHIP FINALS		
109.....	combined 13-18 1500 Freestyle fastest heat	110
111.....	13-14 200 Backstroke.....	112
113.....	15-18 200 Backstroke.....	114
115.....	13-14 100 Freestyle.....	116
117.....	15-18 100 Freestyle.....	118
119.....	13-14 200 Butterfly	120
121.....	15-18 200 Butterfly	122

Open Water Events

Girls	Event	Boys
OW 1	10 & U ½ Mile	OW 2
OW 3	11-12 1 Mile	OW 4
OW 5	13-14 1 ½ Mile	OW 6
OW 7	15-18 2 Miles	OW 8





**CENTRAL ZONE CHAMPIONSHIP PROCEDURES
FOR
INCLUSION OF SWIMMERS WITH DISABILITIES**

1. Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.
2. Each LSC may select two swimmers with disabilities age 12 and under and two swimmers age 13-18 in any manner deemed appropriate. Examples of selection criteria and procedures are available from the Central Zone Director.
3. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. No special awards are necessary.
4. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
5. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 freestyle with the 9-10 age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
6. It is the responsibility of the USA Swimming Disability Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.





**CENTRAL ZONE CHAMPIONSHIP MEET
SANCTION NUMBER XXXXXXXX
SWIMMERS WITH A DISABILITY ENTRY FORM**

Name: _____ Club: _____ LSC: _____
 USA Swimming #: _____ Age first day of the meet: _____
 Swimmer email address: _____
 Swimmer phone #: _____
 Name of person completing this form: _____
 Email address: _____
 Phone #: _____

Please enter events below. The maximum number of events for swimmers 12 and under is six (6) and swimmers 13-18 may enter five (5) events. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Disability-related accommodations: _____

EVENT #	EVENT DESCRIPTION	ENTRY TIME	SEED WITH AGE GROUP (same age, same distance)	SEED WITH DIFFERENT DISTANCE (same age, different distance)	SEED WITH COMPARABLE TIME (younger age, distance depends on entry time)





**CENTRAL ZONE CHAMPIONSHIP MEET
MEET STAFF**

LSC _____

INSTRUCTIONS: Please complete the information requested and submit with Meet Entries.

COACHING STAFF:

Head Coach: _____

Cell Phone: _____ Email: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

Assistant Coach: _____

LSC REPRESENTATIVE FOR MEET: (Official contact – LSC/Meet Director)

Name: _____

Cell Phone number _____ Email _____

Alternate: _____

Cell Phone number _____ Email _____

Position on or with LSC Team: _____

Hotel Name/Phone number during Meet: _____





**CENTRAL ZONE CHAMPIONSHIP MEET
PERMISSION AND RELEASE 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 all medication and dosage the swimmer is taking now:

List any pre-existing conditions (asthma, epilepsy, etc.):

List any allergies (include medicines needed):

Other pertinent information for the coach, and others in charge, that should be 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)





**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.





**CENTRAL ZONE
CHAMPIONSHIP MEET**
AUGUST 6-9, 2009
NOBLESVILLE, IN 46060



**CENTRAL ZONE CHAMPIONSHIP MEET
CENTRAL ZONE MEET EVALUATION**

PLEASE COMPLETE AND RETURN TO LSC CHECK-IN DESK, ANNOUNCER TABLE, OR THE CLERK OF COURSE.

1. Pre-Meet	Low	1	2	3	4	High
Pre-meet information		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team Packets		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Web Site						
a. accessibility		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. information posted on time		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hotels and Proximity		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Maps		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation (cost/convenience)						
a. airlines		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. car rental		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
LSC Team Registration		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
LSC Team Photos		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
General Meeting		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Facilities/General	Low	1	2	3	4	High
Parking (cost/convenience)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Concessions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Restrooms and dressing		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Swimmers' rest areas		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Public Address System (clarity/volume)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spectator Seating		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Warm-up/down facilities		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Facilities/Competition Pool	Low	1	2	3	4	High
Pace Clocks		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Scoreboard/timing equipment/computer		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lighting		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ventilation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Water conditions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Starting system		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pool set-up (deck space, athlete seating, etc)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Officials	Low	1	2	3	4	High
Overall Officiating		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Starter (s)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



2009 Central Zone...catch the wave!





5. General Appraisal	Low	1	2	3	4	High
Meet Administration		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hospitality						
a. Menu		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Proximity to Pool		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Awards		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Safety Procedures		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Athlete Extras						
a. Athlete Social		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Goody Bags		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coach Extras						
Coach Socias		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Vendors	Low	1	2	3	4	High
Meet Apparel (t-shirts, sweatshirts, etc)						
a. Cost		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Design		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. Choices		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pictures						
a. Cost		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Quality		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Open Water	Low	1	2	3	4	High
Location		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Course directions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Check-in and Registration		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Participant Clinic		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Awards		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Officiating		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. Overall Experience	Low	1	2	3	4	High
Total Experience		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Announcer		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Crowd enthusiasm and engagement		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





9. Rate the overall success of the meet

10. Rate the overall smoothness of the meet

Use bottom of sheet to list any general comments you would like to make about this meet.

Signed: _____

Swimmer Coach Official Other

Position: _____

Title: _____





**CENTRAL ZONE CHAMPIONSHIP MEET
RELAY ONLY SWIMMER ENTRY FORM**

List all swimmers who are attending the Zone Meet to only participate in relays only. Swimmers need to be included in your electronic file.

Name	USA #	Age	Relay Events
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

