



2017 SPEEDO SECTIONALS AT INDIANAPOLIS

Hosted by Indiana Swimming, Inc.

CENTRAL ZONE SECTIONAL 3 - LCM

March 30 – April 2, 2017

Held Under the Sanction of USA Swimming & Indiana Swimming # IN17148

Time Trials # IN17199



DATES

Thursday, March 30 - Sunday, April 2, 2017

Wednesday, March 29 - Afternoon: Team Warm-Ups

HOSTED BY Indiana Swimming

Event Website: www.inswimming.org

Click on the Events tab at the top of the home page and scroll down to the Speedo Sectionals page.

LOCATION

Facility: Indiana University Natatorium

Address: 901 West New York Street
Indianapolis, IN 46202

Phone #: 317-274-3518

Website: www.iunat.iupui.edu

TIME ZONE

Indianapolis is in the Eastern Time Zone. All times referenced in this document are Eastern Time.

CONTACT INFORMATION

Meet Directors

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Kyle Smith

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Meet Referee

Edgar Caraballo

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Zone Officials' Chair

Anne Lawley

513-405-3805

6lawley6@gmail.com

Entry Chairperson

Tracey Heidecker

812-455-6236

meetentry@heideckers.us

Sectional Chairperson

Cindy Virdo

cvirdo@aol.com

RULES

Current USA Swimming rules will govern this meet.

Conditions of Sanction: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Coaches MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The Meet Director and/or Meet Referee reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

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.

All competitors in this meet must wear only one swimsuit in one or two pieces except as provided in USA Swimming rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Deck changes are prohibited.

It is understood and agreed that USA Swimming and Indiana Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

FACILITY INFORMATION

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Where a moveable bulkhead is used, course measurement of the lane in which a record is set (American, US Open, or National Age Group Records) must be confirmed at the conclusion of the session during which the time was achieved.

Competition Pool: Indoor, 50-meter pool with a depth ranging from 9'-10'. Competitor lane lines with custom designed starting blocks, Colorado electronic timing equipment, and Daktronics scoreboard.

Warm-Up Pool: Continuous warm-up and warm-down in seven-lane, 25-yard diving well with a depth of 17'.

Seating Gallery: The west spectator concourse will be open for seating 90 minutes before the start of each competition session. This seating gallery has a capacity of approximately 2,300 which includes a handicapped seating platform. All seating is general admission and available on a first-come basis. Saving of seats is prohibited. Please see page 5 for pre-sale ticket information.

Locker Rooms: There are four athlete locker rooms on the deck level of the natatorium, one of each gender on both the east and west deck areas. Swimmers must provide their own locks; Indiana Swimming is not responsible for lost or stolen items. There are two dry restrooms of each gender, one on each side of the diving well, for the exclusive use of adult participants. Additional restrooms are located on the upper concourse of the facility.



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Parking: Ample parking will be available in the attached Natatorium Sports Garage at \$6 per entry, credit or debit card only. Coaches only may pre-order five-day parking permits for the Natatorium Sports Garage through OME for \$35 (limited number available). These permits allow unlimited entry and exit in the garage and will be available for pick-up at registration. Prices and parking locations are determined by IUPUI Parking Services and are subject to change.

Concessions: University concessions are available on the upper concourse of the natatorium during competition sessions. The host has no control over the items available nor does the host receive any revenue from the sale of concession items.

Participant Hospitality: Coaches, officials, and volunteers will have access to the hospitality room located on the deck level of the facility accessible through a hallway behind the diving towers. Menus and meal changeover times will be posted. There will also be an athlete hospitality area on the southwest corner of the deck near the diving well. All participants are invited to these areas during the venue hours of operations.

Venue Rules & Procedures:

- Deck access is restricted to competing athletes, registered coaches, officials, and meet volunteers, all of whom must present their event credentials at the east deck entrance upon each entry. No parents, spectators, or members of the general public will be allowed on deck except at the request of meet officials or the meet director.
- In compliance with Indiana University policy, all coaches, officials, and volunteers are required to show a valid government-issued picture ID along with their event credential to gain deck access.
- First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck. An athletic trainer, provided by Hendricks Regional Health Sports Medicine, will be available in the East Control Room during all venue hours of operation.
- Ample team seating is available on the bleachers surrounding the pool deck and in the diving well area. Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions and overnight for cleaning. Participants can also gain access into the spectator stands by presenting their event credential.
- Please keep all trash picked up in your area and stay away from restricted areas. If a swimmer is found in a restricted area, the swimmer will be asked to leave the facility and may be pulled from the remainder of the meet.

- Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of this meet.
- IUPUI is a smoke-free campus.

SCHEDULE - All times are Eastern Time.

Registration: March 29 – April 2

- Wednesday: 12-7pm - *Upper Concourse*
- Thurs.-Sun: 7am-End of Finals - *Bottom of Deck Entry Stairs*

Warm-Ups, Start Times, & Meetings

Wednesday, March 29

- Open Warm-Up: 1-7pm
- General Meeting: 5pm- *Hospitality Room*

Thursday-Saturday, March 30 – April 2

- Prelim Warm up: 6-8:50am
- Competition: 9am
- Finals Warm up: 4-5:15pm
- Competition: 5:30pm

Saturday, April 1

Section 3 Coaches Meeting: *After Prelims- Hospitality Rm*

Sunday, April 2:

- Prelim Warm up: 6-8:50am
- Competition: 9am
- Finals Warm Up: 3-4:15pm
- Competition: 4:30pm

GENERAL MEETING

Coaches should plan to arrive in time for the General Meeting, Wednesday, March 29, at 5:00 pm in the Hospitality Room. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to personally attend. There will be a Section 3 Coaches meeting on Saturday, April 1, immediately after prelims in the Hospitality Room.

ELIGIBILITY

This meet is open to all current athlete members of USA Swimming registered both inside and outside the Central Zone. There is no limit on the number of accepted athletes outside the Central Zone. Indiana Swimming does not process on-site memberships. Age as of March 30 shall determine the swimmer's age for the entire meet.

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards are included with this meet information. Please see page 8.

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



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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. Coaches and/or athletes must notify the referee at the time of entry so the swimmer may be seeded properly prior to the psych sheet being published.

QUALIFYING PERIOD

The qualifying period is from January 1, 2016, through the entry deadline.

REGISTRATION

Registration will begin on Wednesday, March 29, 2017, at 12 pm on the upper concourse of the natatorium. Registration will be available at 7am each day of the meet at the bottom of the stairs at the east deck entry and will remain open until the end of the finals session each day.

All coaches desiring deck passes should be listed on the deck credential page in OME. Coaches must present their valid coach membership cards or valid Deck Pass app screen, along with a photo ID, at registration in order to receive deck passes and the coach packet.

Each swimmer on deck at any time must be under the direct supervision of a USA Swimming member coach. Swimmers whose coaches are not present should arrange in advance for an assigned coach and plan to arrive at registration with that coach in order to obtain athlete meet credentials.

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 including time trials.

Bonus Events: Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims 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 a NT. Please be certain to check the box indicating "bonus" for each event that is a bonus entry. When entering a NT, OME time must be entered as 59:59.59. There are no bonus time standards for this meet.

MEET FORMAT

This meet will be conducted in long course meters and is a 4-day competition with prelims and finals sessions each day. Relays and distance freestyles will be conducted as timed finals. In all other events, four heats of swimmers from preliminaries will advance to finals where A, B, C, and D

heats will be contested in those events. The A and B finals will consist of the top 16 swimmers from prelims. The C finals will be the next 8 fastest 18 & Under athletes while the D finals will be the next 8 fastest 16 & Unders. If there are not enough 16 & Under athletes to fill the D final, that heat can be filled with 18 & Unders seeded in any available lanes. Finals heats will be swum in this order: D, C, B, A. The Section reserves the right to flight prelims based on entries and timelines.

ENTRY FEES

Individual Events: \$ 15.00
Relay Events: \$ 25.00
Time Trial Events: \$ 15.00

Surcharges: \$ 17.00

Breakdown of Surcharges

Section 3 – OME Fee:	\$ 2.50
LSC Surcharge Fee:	\$ 2.00
Central Zone Sectional Fee:	\$ 1.00
Facility Surcharge/Rent:	\$11.50

ENTRY PROCEDURES

Entries must be submitted using USA Swimming's Online Meet Entry system at www.usaswimming.org. Entries will be accepted beginning Wednesday, February 1, 2017, through Tuesday, March 21, 2017, at 6:00 pm Eastern time. Please bring all communications with you to the meet in the event of a problem. After events are entered, times can be modified until OME closes on March 21, but events cannot be deleted after you have checked out.

The OME system processes payment by credit card and will accept Visa, MasterCard, American Express, and DiscoverCard. Upon payment, a confirmation email providing a receipt and summary of the events entered will be returned. Entries are not in the meet until payment has been processed; please be sure to check out properly. If you have technical questions regarding OME, please contact Jaime Lewis at USA Swimming (jlewis@usaswimming.org). If you have event-related questions, please contact the meet entry chair.

ENTRY PROCESS AFTER OME CLOSES**

(All times are Eastern Time.)

Tuesday, March 21, 6:01 pm - Sunday, March 26, at 11pm

Swimmers who achieve qualifying times after March 21, 2017, and before Monday, March 27, 2017, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent to *Entry Chair Tracey Heidecker* (meetentry@heideckers.us) by 11pm on Sunday, March 26. Do not send a revised entry file attachment. **Proof of time must be brought to the meet along with a valid USA membership card and payment.**



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LATE ENTRIES**

A team who has inadvertently missed entering a swimmer and/or an event may do so after the March 21, 2017, deadline by paying the following fees:

- **\$100.00 Administration Fee (per team)**
- **Double the entry fee per individual event and/or relay event**
- **Must be done no later than 15 minutes before the March 29 General Meeting with proof of time; no entries will be taken after that time.**

**All entry/administrative fees for late entries or qualifying times achieved after OME closes are due to the meet entry chair 15 minutes prior to the start of the General Meeting on Wednesday (4:45pm). Payment must be either in cash or check made payable to Indiana Swimming. No credit cards for entry fees will be accepted on site.

A **psych sheet** will be sent via email to all entered clubs by Friday, March 24, 2017. 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.

PROOF OF TIME

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

If you override a time not in the SWIMS database, please send proof of time to the meet entry chair. Contact information is below:

Meet Entry Chair:
Tracey Heidecker
8945 Calvin Circle
Newburgh, IN 47630
meetentry@heideckers.us
Phone: 812-455-6236

Times not proven will be flagged on the psych sheet (*). **Proof of time must be provided before the scratch deadline for that event. If NO proof of time is provided, the swimmer will be scratched from the event.**

The responsibility of proving times lies with the entering club. Verification / Proof of Time must be accordance with the type of time entered (LCM, SCY, SCM).

TIME TRIALS

Time trials will be available for swimmers participating in the meet starting 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday, and Sunday as time permits. Events from the current day will be swum first, with events for subsequent days following in order. Time trials will be limited to 1 hour. Time trials for events

800m and longer will be limited to one day. Teams will be informed of the distance time trial event day at Wednesday's General Meeting. If 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); time trial swims count toward a swimmer's limit of six (6) events for the meet. Sign up for time trials will be taken at the clerk of course next to the head table until 10:30am each day.

Fees: Individual Events: \$15.00; Relays: \$25.00
Time trial fees are payable only in cash or check made payable to Indiana Swimming.

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 (207.11.6) 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 207.11.6 E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Wednesday, at the General Meeting, and at the clerk of course thereafter.

Check-in for events requiring positive check-in will be available at Registration, at the General Meeting, and at the clerk of course thereafter.

Thursday's events: 15 minutes after conclusion of the General Meeting on Wednesday, March 29

All other days' events: 6:00 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 [entry chair Tracey Heidecker at \[meetentry@heideckers.us\]\(mailto:meetentry@heideckers.us\)](mailto:entry_chair Tracey Heidecker at meetentry@heideckers.us) if they will not be arriving prior to the applicable scratch deadline for that event.

RELAYS

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 Free Relays and 800 Free Relays will be swum in finals. The 800 Free Relays will be swum fastest to slowest. There will be a 10-minute break before the start of the women's and men's 800 Free Relay events. The 400 Free Relay will be swum as the 2 fastest heats of women, then the 2 fastest heats of men. Those relays will then alternate women and men, fastest to slowest, after the first 2 heats of each.



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The 200 Free Relay and 200 Medley Relay will be swum in prelims in event order (women then men) slowest to fastest. On Sunday, all heats of the 400 Medley Relay will be swum in the prelims session in event order (women then men), slowest to fastest.

Relay cards will be available at the clerk of course during warm-up each morning. Coaches must list swimmers' first and last names and swimming order on the cards and return the cards to the clerk of course one hour prior to the projected relay start time. The cards may be changed up until the relay swim.

DISTANCE FREESTYLE

Entrants in the 800m and 1500m Freestyle events 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). Check-in will be available at the registration table prior to the General Meeting, at the General Meeting, and at the clerk of course after the General Meeting.

Thursday distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of the Women's 800 and Men's 1500 will swim in finals. Thursday distance swimmers not wanting to swim the event during the finals session should declare they will swim in prelims no later than 15 minutes after the conclusion of the General Meeting on Wednesday, March 29, by writing a P for prelims on the check-in sheet next to their names.

Sunday's 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 finals. All swimmers who enter the Women's 1500 or the Men's 800 should declare at check-in if they do not wish to swim the event in the finals session by writing a P for prelims on the check-in sheet next to their names no later than Saturday 6pm. Swimmers should anticipate that many people seeded ahead of them may opt out of finals, so all athletes in the W1500 and M800 should indicate with a P if they do not wish to swim the event in Sunday's finals.

All distance events counters must be individuals who are credentialed for this event. Spectators will not be permitted on deck as counters.

READY ROOM

A ready room/area (located on the west pool deck near the diving well) 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 they may march to the starting blocks together.

LENGTH OF SESSION

If the length of a session requires, some bonus event swims may be swum at the end of the session and before time trials. Additionally, the Section reserves the right to flight prelims based on the number of entries and projected length of session. Information regarding this will be posted on the event web site by Friday, March 24.

WARM –UP PROCEDURES

Specific details of warm-ups can be found on page 9 and will be posted on the pool deck and included in the coaches' packets. Meet marshals will be monitoring lane usage based on the published schedule. Participants are expected to comply with all lane control signage and marshal requests.

The 25-yard diving well will be available for warm-up and warm-down during all venue hours of operation (page 2). Pace and circle swimming only will be allowed in the warm-up pool. Signage will designate the use of each lane.

SCORING

The meet will score to 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-8th place will be given in individual and relay events. However, only the top 3 finishers will be presented their medals during the awards ceremonies. All other medals will be distributed to coaches at the clerk of course at the conclusion of finals each evening.

The schedule for the awards ceremonies will be distributed and discussed at the General Meeting.

At the conclusion of the meet, awards will be presented to the top team in each of the following categories: Combined, Men's, Women's.

Awards will also be presented for men's and women's individual high point at the conclusion of the meet.

TICKET & HEAT SHEET SALES

Indiana Swimming will be offering pre-sale tickets at reduced rates for all-session passes from January 15, 2017, until March 15, 2017. Single session tickets and day passes (prelims and finals of the same day) will be sold at the venue. All tickets are for general admission seating (no reserved seating) in the west seating gallery. However, the handicapped seating area is reserved for handicapped guests.

The pre-sale order form for all-session tickets can be found on the Indiana Swimming web site at www.inswimming.org. Click on the Events tab at the top of the home page and scroll down to the Speedo Sectionals page. Pre-sale orders must be received in the Indiana Swimming office by March 15, 2017. Checks or credit cards (no cash) will be accepted for pre-sale orders. Checks should be made payable to Indiana Swimming.



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All tickets sold in the pre-sales will be available for pick-up at the Will Call table at the Natatorium; tickets will not be mailed. Payment for pre-sale orders purchased by credit card will be made at the Will Call table upon arrival.

Pre-Sale Ticket Prices (*include heat sheets)

All-Session Pass: \$40.00*

All-Session Pass Child (6-12): \$20.00

Will-call pick-up and on-site ticket sales will be available on Wednesday, March 29, from 1:00pm – 7:00pm.

On competition days, on-site ticket sales/will-call will begin 90 minutes before the start of each session near the entry door to the west seating gallery. Only cash and credit cards (no checks) will be accepted for on-site sales.

On-Site Ticket Prices

All-Session Pass: \$45.00*

All-Session Child (6-12): \$24.00

Day Pass (prelims & finals of the same day): \$12.00*

Prelims: \$ 7.00 adults/6-12 yrs \$3.00

Finals: \$ 6.00 adults/ 6-12 yrs \$3.00

Children under 6 are free.

*include heat sheets

Heat Sheet Prices

Prelims Heat Sheets: \$3.00

Finals Heat Sheets: \$2.00

OFFICIALS NATIONAL CHAMPIONSHIP CERTIFICATION

The meet is designated as an "Officials Qualifying Meet" under the national certification procedure. Evaluations will be offered through N3 for eligible officials assigned to work the meet. Please see USA Swimming website – Members Resources/Officials Tracking/Certification section to view the latest procedures regarding evaluation and certification.

Note: To be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.

First priority for assigned positions will be given to those seeking certification as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience.

Officials interested in officiating at the meet should visit the Central Zone website (www.centralzones.org) and submit an application.

Officials' Uniforms: Officials are asked to wear white shirts and navy bottoms.

Officials' briefings will be held one hour prior to the beginning of each session in the Officials Meeting Room on the southeast corner of the pool deck near the diving well.

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 the payment deadline (which may include a penalty if not paid by the deadline). A copy of this notification will also be sent to the current Section 3 chairperson Cindy Virdo. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meet until the amount has been paid.

FINE APPEAL PROCESS

Clubs may appeal the fine and/or penalty by submitting a written notice to the current chair Cindy Virdo, cvirdo@aol.com. The chairperson will appoint a hearing body made up of one representative from each of the Section 3 LSCs plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

GENERAL INFORMATION

HOTELS: Indiana Swimming has obtained hotel blocks at various properties conveniently located to the IU Natatorium at preferred pricing. You are encouraged to use our convenient online hotel reservation system that can be accessed at our event website: www.inswimming.org by clicking on the Events tab at the top of the home page and scrolling down to the Speedo Sectionals page. Cut-off dates for most properties are 30 days out from the competition. It is a busy week in Indianapolis. Participants are encouraged to make hotel reservations early. For any questions or assistance with hotel reservations, please contact Arlene McDonald, Co-Meet Director, at indyarlene@gmail.com or 317-442-2166. *Marriott is a proud sponsor of USA Swimming.*

VENDORS: Elsmore Swim Shop will be the official swimwear vendor for this meet and will provide a wide selection of swim apparel and equipment for purchase by participants. Fine Designs will be selling unique event merchandise at their booth on the upper concourse. Plan now to stop by and visit our meet vendors.

WEBCAST: The finals session will be webcast each evening. Visit www.inswimming.org for the link to the webcast. Click on the Events tab at the top of the home page and scroll down to 2017 Speedo Sectionals.



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ORDER OF EVENTS

2017 Speedo Champions Series - Central Region: Section 3

Indiana University Natatorium - Indianapolis, IN

March 30 – April 2, 2017

This is an open competition swum in long course meters.

Please note that HOST is on Eastern Time

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
Warm Ups: 6-8:50am Meet Starts: 9am		Thursday Events		Warm Ups: 4-5:15pm Meet Starts at 5:30pm	
3	200 Backstroke	4	**2	800 Freestyle	
5	50 Freestyle	6	3	200 Backstroke	4
8	200 Breaststroke	9	5	50 Freestyle	6
	200 Freestyle Relay Men	*1		1500 Freestyle	**7
**2	800 Freestyle		8	200 Breaststroke	9
	1500 Freestyle	**7	***10	800 Free Relay Women	
Warm Ups: 6-8:50am Meet Starts: 9am		Friday Events		Warm Ups: 4-5:15pm Meet Starts at 5:30pm	
*11	200 Medley Relay	*12	13	200 Freestyle	14
13	200 Freestyle	14	15	100 Butterfly	16
15	100 Butterfly	16	17	400 I.M.	18
17	400 I.M.	18	****19	400 Free Relay	****20
Warm Ups: 6-8:50am Meet Starts: 9am		Saturday Events		Warm Ups: 4-5:15pm Meet Starts at 5:30pm	
*21	200 Freestyle Relay Women		22	100 Backstroke	23
22	100 Backstroke	23	24	400 Freestyle	25
24	400 Freestyle	25	26	100 Breaststroke	27
26	100 Breaststroke	27	28	200 Butterfly	29
28	200 Butterfly	29		800 Free Relay Men	***30
Warm Ups: 6-8:50am Meet Starts: 9am		Sunday Events		Warm Ups: 3-4:15pm Meet Starts at 4:30pm	
33	200 I.M.	34	33	200 I.M.	34
37	100 Free	38	**35	1500 Freestyle	
*31	400 Medley Relay	*32		800 Freestyle	**36
**35	1500 Freestyle		37	100 Free	38
	800 Freestyle	**36			

* Timed Finals with these relays swum during prelims sessions, slowest to fastest in event order.

** Distance events (800/1500) will be swum fastest to slowest alternating women and men with the fastest heat of each swum in finals.

***Timed finals with these relays swum during finals session, fastest to slowest

**** Timed Finals with these relays swum during the finals sessions; the 2 fastest heats of women, then the 2 fastest heats of men alternating women then men, fastest to slowest, after the first 2 heats of each



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Meet Time Standards

Qualifying Period: January 1, 2016, through the entry deadline for Spring Meet

** For the Spring meet there are no bonus time standards. **

WOMEN		Event	MEN	
SCY	LCM		LCM	SCY
24.99	28.49	50 FREE	25.69	22.39
54.19	1:01.19	100 FREE	55.99	48.59
1:56.69	2:11.89	200 FREE	2:01.89	1:45.89
5:08.99	4:36.09	400/500 FREE	4:16.89	4:46.39
10:38.29	9:31.89	800/1000 FREE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREE	17:20.99	16:43.89
1:00.79	1:10.09	100 BACK	1:03.19	55.39
2:10.59	2:29.69	200 BACK	2:18.59	1:58.79
1:08.59	1:18.59	100 BREAST	1:11.99	1:01.59
2:27.69	2:48.79	200 BREAST	2:36.19	2:13.79
59.49	1:07.29	100 FLY	1:00.59	53.29
2:11.19	2:27.49	200 FLY	2:16.19	1:59.29
2:11.89	2:29.59	200 IM	2:17.69	1:59.39
4:37.69	5:15.99	400 IM	4:55.79	4:16.99
3:41.99	4:09.99	400 FREE RELAY	3:50.99	3:18.99
7:45.99	8:50.99	800 FREE RELAY	8:15.99	7:13.99
4:05.99	4:40.99	400 MEDLEY RELAY	4:17.99	3:42.99
200 Medley and 200 Free Relays use the 400 relay time standards. If you have the cut in the 400 relays, you are eligible for the 200 relays.				



2017 SPEEDO SECTIONALS AT INDIANAPOLIS

Hosted by Indiana Swimming, Inc.

CENTRAL ZONE SECTIONAL 3 - LCM

March 30 – April 2, 2017

Held Under the Sanction of USA Swimming & Indiana Swimming # IN17148

Time Trials # IN17199



WARM-UP SCHEDULE FOR COMPETITION POOL

TIME	LANES	ACTIVITY
<u>PRIOR TO HEATS</u>		
6:00 – 7:30 AM	All Lanes	General Warm-Up; circle swimming only
7:30 – 8:00 AM	Lanes 1,8	Pace Lanes; push off only, circle swimming only
	Lanes 3 - 7	General Warm-Up; circle swimming only
8:00 – 8:50 AM	Lanes 1,8	Pace Lanes; push off only, circle swimming only
	Lanes 2,7	Sprint Lanes; one way only with racing start from starting end of the pool**
	Lanes 3-6	General Warm-Up; circle swimming only **Note: Additional sprint lanes will be opened by meet officials as required in the following order: 3,6,4,5. On Thursday (50 M Free day), Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool.
<u>PRIOR TO FINALS*</u> <i>(The last 60 minutes of warm-ups in the competition pool are reserved for those swimmers competing in that day's finals events)</i> *On Sunday, all warm-up times will be one hour earlier because of 4:30 PM start time.		
Until 4:00 PM*	Lane 1	Pace Lane; push off only, circle swimming only
	Lanes 2 - 8	General Warm-Up; circle swimming only
4:00 – 4:30 PM*	Lanes 1,8	Pace Lanes; push off only, circle swimming only
	Lanes 3 - 7	General Warm-Up; circle swimming only
4:30 – 5:15 PM*	Lanes 1,8	Pace Lanes; push off only, circle swimming only
	Lanes 2,7	Sprint Lanes; one way only with racing start from starting end of the pool**
	Lanes 3-6	General Warm-Up; circle swimming only **Note: Additional sprint lanes will be opened by meet officials as required in the following order: 3,6,4,5. On Thursday (50 M Free day), Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool.

General Considerations:

- 1) Please follow the established schedule. If you believe special circumstances exist, or additional sprint lanes are needed, please contact the officials on deck.
- 2) Coaches should maintain contact with their swimmers as much as practical throughout the warm-up period.
- 3) Swimmers & coaches, please cooperate with marshals regarding procedures.
- 4) In Sprint Lanes, racing start from starting end of the pool (except lane 7 on the day of 50 events) and swim one length only, with turn if desired, and exit from opposite end. Swimmers should not step up on the blocks when a backstroker is preparing to start.