

Sugar Creek Swim Club Penguin Plunge Invitational

January 8-10, 2016

This meet is sanctioned by USA Swimming and Indiana Swimming, Inc. Sanction #IN16025
Dual sanctioned by Indiana Masters for USMS, Inc. Sanction #166-S001

Host Club: Sugar Creek Swim Club (SCSC)

Location: The Crawfordsville Aquatic Center at Crawfordsville High School
1129 South SR 47
Crawfordsville, IN 47933-8201

Crawfordsville is on Eastern Standard Time.

Directions: The facility is located approximately 1/2 mile southwest of downtown Crawfordsville.

If you are coming from the Indy area: Follow I-74 West to Exit 34, SR 231 South (Many hotels are near this exit.) *This road is re-named Washington Street as you drive through downtown Crawfordsville. Turn RIGHT on South Boulevard at the National Guard Armory. Bear LEFT onto Highway 47 (toward Waveland); Crawfordsville High School will be on your left in 1/2 mile. The Aquatic Center is located on the right hand side of the building.

If you are coming from the Lafayette area: Follow SR231 South. Then use the directions after the * from above.

Facilities: A 50-meter by 25 Yard pool with non-turbulent lane lines. Pool depth in the competition area ranges from 7'-14'. Competition will be conducted in an 8-10 lane 25-yard course based on meet entries. Up to five 25-yard lanes plus five 20-yard lanes will be available for continuous warm-up/warm-down. The competition course not been certified in accordance with 104.2.2C(4). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Facility is equipped with a Colorado automatic timing system with touch pads, backup buttons, and 10-lane readout scoreboard. Swimmer camping will be available in the auxiliary gym adjacent to pool deck. A concession stand will be open during the meet. Kast-A-Way Swimwear will provide swimwear and equipment sales.

Spectators: Per USA Swimming Rules and insurance regulations only athletes, registered coaches, certified officials volunteering to officiate and meet volunteers are allowed on the pool deck. Balcony seating for 500 spectators, parents and family members overlooks the pool. **Due to limited seating and out of respect for all spectators SCSC requests that stadium seats, folding chairs, coolers and other large items not be taken into the balcony.** These can be set up in the auxiliary gymnasium area.

Spectator Admission Fees: Adults - \$5 per day, \$12 entire meet;
Children under the age of 12 - Free of charge

Meet Directors: Susan Malott and Brian Bennett

Eligibility: Swimmers must be currently registered with USA Swimming and or USMS, and their registration numbers must accompany the entry to be accepted into this meet. Age as of January 8, 2016 (January 10 for USMS swimmers) will determine the swimmer's age for the entire meet.

Rules: Current USA Swimming and Indiana Swimming rules will govern this meet.
USA Swimming Rules 202.5.2- 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 shall assist the athlete in making arrangements for such supervision. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or

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must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Coaches **MUST** constantly display their current USA Swimming coach credential to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming rule 205.101.1. 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, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Entry Deadline: Entries will not be accepted prior to **8:00am on Monday, December 7, 2015**. All entries must be received by **8:00pm on Wednesday, December 23, 2015**. If the meet is not full, SCSC reserves the right to extend the deadline. Teams will be notified of acceptance within 72 hours at the email or phone number of the official supplying the entry. **If you are not notified within 3 business days after submitting your entry, please contact the entry chair.** Team entry reports will be sent via e-mail from the Meet Entry Chair to each team for coach verification of entry.

Entry Limit: Each swimmer may compete in up to 4 individual events and 1 relay per day. Any swimmer exceeding the limit will be entered in events each day until the limit is met, events thereafter will be dropped.

Friday evening events may be limited to the top 30 swimmers in each event. The only exception is the 1650, which may be limited to the top 30 swimmers, men and women combined. Those teams whose swimmers do not make cut-off will receive a refund for entry fees for that event. A psych sheet for Friday evening's events will be sent to the contact listed on the team summary report and posted on the SCSC website www.scscswim.org by 12:00 Noon on Tuesday January 5, 2016.

SCSC reserves the right to limit overall entries and/or entries in specific events, alter the order of events and/or sessions in order to achieve a reasonable timeline. In the event that the meet is full, teams will be accepted based on the following criteria: competitiveness, geographic diversity, participation in previous SCSC meets, officials provided, and timeliness of entries.

Deck Entries: If in the judgment of the Meet Director, deck entries will not delay the meet, they will be accepted up until the sign-in sheets are taken down (45 minutes prior to the beginning of the session). If accepted, Deck Entry fees will be double the regular fees.

Entry Fees: Individual Events: \$4.00 (Deck Entry \$8.00); Relay Events: \$6.00 (Deck Entry \$12.00); an additional \$2.00 Indiana Swimming surcharge will be collected per athlete.

Entry Format: E-mail entries will be accepted for this meet. The Team Manager Entry Export file should be e-mailed to: **sdowd@cville.k12.in.us**. Times should be submitted in Short Course Yards. **Please note that we are offering both 8 & under and 10 & under events at this meet. They are scheduled for different sessions. Swimmers 8 years old and younger who choose to compete in 10 & under events (not including Friday evening) will NOT be scored separately.**

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The following items need to be received by the meet director prior to the start of the meet:

- Completed team summary report (included in this packet)
- Executed release and hold harmless form (included in this packet).
- Check for payment of all entry fees. Please make check out to Sugar Creek Swim Club.

You may mail forms to: Sarah Dowd, Entry Chair
Crawfordsville Aquatic Center
One West Athenian Drive
Crawfordsville, IN 47933
Work (765) 364-3247 Cell (765) 414-5951

Positive Sign-In: A positive sign-in procedure will be used. Swimmers must sign-in no later than 45 minutes prior to the start of each session. Any swimmer not signed-in 45 minutes prior to the start of the session will be scratched from that session. Once a swimmer has been scratched, they will be allowed to swim only if the event has an empty lane(s) available in the first heat. Additional heats will not be added.

Seeded heat sheets, with scratched swimmers removed, will be printed, posted in the Aquatic Center, hallway and Auxiliary Gym, and given to the coaches of each team.

Clerk of Course: Eight and under swimmers need to report to the Clerk of the Course to learn their lane assignments and line up to swim their events. For all other events, there will be no Clerk of the Course.

Seeded heat sheets, with scratched swimmers removed, will be posted in the Aquatic Center, hallway and Auxiliary Gym, and given to the coaches of each team prior to the start of each session. They may also be available for sale at the concession stand

It is the swimmer's responsibility to appear at the correct starting platform ready to swim in time for the start of his/her heat.

Scoring: Individual scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points. Relays shall score double the individual event point value. For all OPEN events, except for relays, throughout the weekend, scoring will be apportioned by the following age groups: 14 & Under and 15 & Over. For Friday evening's 10 & Under events ONLY, scoring will be apportioned by the following age groups: 8 & Under and 9-10. All other 10 & Under events will NOT be scored separately.

Awards: Medals will be given for 1st through 3rd place in individual events. Ribbons will be awarded to 4th through 16th places in individual events and for 1st through 3rd places in relays.

Individual High point Awards will be awarded to the top scorer in each of the following Age Groups by Gender: 8 & Under, 9-10, 11-12, 13-14, 15 & Over.

Trophies will be awarded to the top 3 visiting teams.

Volunteers: SCSC welcomes any officials who would like to assist during the meet. Please indicate how many officials your team can provide during the meet with your entry!

In addition, SCSC welcomes any volunteers from other teams that would like to assist as timers. If you are interested in helping out, please go to our website www.scscswim.org to sign-up.

Web Page: Information regarding this meet, including Friday night event limits, live results and final results will be posted on the SCSC web site at www.scscswim.org. Hotel information may also be posted at this web site.

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ORDER OF EVENTS

Friday Evening: January 8, 2016: Pool opens for warm-up at 4:15 PM. Meet starts at 5:30 PM.

	Women's Events		Men's Events	
(top 30 each event)	1	10 & under 200 Freestyle	2	(top 30 each event)
(top 30 each event)	3	11-12 500 Freestyle	4	(top 30 each event)
(top 30 each event)	5	OPEN 500 Freestyle	6	(top 30 each event)
(top 30 each event)	7	10 & Under 200 IM	8	(top 30 each event)
(top 30 each event)	9	11-12 200 IM	10	(top 30 each event)
(top 30 each event)	11	OPEN 400 IM	12	(top 30 each event)
(top 30 combined)	13	OPEN 1650 Freestyle*	14	(top 30 combined)

*Swimmers will need to provide their own timer and lap counter for the 1650

Saturday Morning: January 9, 2016: Pool opens for warm-up at 7:00 AM. Meet starts at 8:00 AM.

Women's Events		Men's Events
15	11-12 200 Freestyle	16
17	9-10 50 Butterfly	18
19	11-12 50 Butterfly	20
21	9-10 100 Breaststroke	22
23	11-12 100 Breaststroke	24
25	9-10 50 Backstroke	26
27	11-12 50 Backstroke	28
29	9-10 50 Freestyle	30
31	11-12 50 Freestyle	32
33	9-10 200 Medley Relay	34
35	11-12 200 Medley Relay	36

Saturday Afternoon, January 9, 2016: Warm-up begins immediately after the conclusion of the morning session but no earlier than 12:00 pm. Meet starts one hour after the start of warm-up.

Women's Events		Men's Events
37	OPEN 200 IM	38
39	8 & under 100 IM	40
41	OPEN 100 Butterfly	42
43	8 & under 25 Butterfly	44
45	OPEN 200 Backstroke	46
47	8 & under 50 Backstroke	48
49	OPEN 100 Breaststroke	50
51	8 & under 25 Breaststroke	52
53	OPEN 200 Freestyle	54
55	8 & under 50 Freestyle	56
57	OPEN 200 Medley Relay	58
59	8 & under 100 Medley Relay	60

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Sunday Morning, January 10, 2016: Pool opens for warm-up at 7:00 AM. Meet starts at 8:00 AM.

Women's Events		Men's Events
61	9-10 100 Freestyle	62
63	11-12 100 Freestyle	64
65	9-10 50 Breaststroke	66
67	11-12 50 Breaststroke	68
69	9-10 100 Backstroke	70
71	11-12 100 Backstroke	72
73	9-10 100 Butterfly	74
75	11-12 100 Butterfly	76
77	9-10 200 Free Relay	78
79	11-12 200 Freestyle Relay	80

Sunday afternoon, January 10, 2016: Warm-up begins immediately after the conclusion of the morning session but no earlier than 12:00 pm. Meet starts one hour after the start of warm-up.

Women's Events		Men's Events
81	OPEN 100 Freestyle	82
83	8 & under 25 Freestyle	84
85	OPEN 200 Breaststroke	86
87	8 & under 50 Breaststroke	88
89	OPEN 100 Backstroke	90
91	8 & under 25 Backstroke	92
93	OPEN 50 Freestyle	94
95	8 & under 100 Freestyle	96
97	OPEN 200 Butterfly	98
99	8 & under 50 Butterfly	100
101	OPEN 200 Freestyle Relay	102
103	8 & under 100 Freestyle Relay	104

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PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

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MASTERS SWIMMER ENTRY FORM

Name _____ USMS Number _____

Birthdate _____ Club Name/Code _____

Events entered and entry times

Phone Number _____ Email Address _____

Please include a copy of the form below (Summary of Entries) with this form when submitting your entry.

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Summary of Entries

Please supply the information requested below and mail with check to the SCSC Entry Chairperson. Make check payable to Sugar Creek Swim Club.

Club Name: _____ Club Code: _____
Number of entered swimmers: Boys ___ + Girls ___ = _____ x \$2.00 each Indiana Swimming Surcharge = _____
Number of Boy's individual entries _____ x \$4.00 = _____
Number of Girl's Individual entries _____ x \$4.00 = _____
Total Number of Relay entries _____ x \$6.00 = _____
Total Amount Enclosed = _____

Club Official Submitting Entry:

Name: _____
Street Address: _____
City/State/Zip: _____
Phone: _____
Email address: _____

Coaches' Names:

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned for him/herself, his successors and assigns, hereby releases and forever discharges Sugar Creek Swim Club, its Board of Directors, Crawfordsville Aquatic Center, USA Swimming, and each of their respective officers, agents, employees, members, successors and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned shall indemnify and hold harmless Sugar Creek Swim Club, USA Swimming, Crawfordsville Aquatic Center, and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 20____

Signature of Club Official or Coach

Indiana Swimming Rule: Person who has signed above is responsible for any fines imposed upon the club.

Team Spokesperson: You may have 1 designated spokesperson for your team to talk to the referee or Clerk of Course. The coach would be the logical choice. Our designated team spokesperson is _____

Results in the form of a Team Manager Export will be e-mailed to the person completing this entry. That same file, a Meet Manager Back-up file and an Adobe Acrobat copy of the printed results will be posted to the SCSC website.

In which format(s) would you like to receive results from this meet?

- _____ Hard Copy (snail mailed OR .html file emailed)
- _____ Meet Manager Backup (Emailed)
- _____ Team Manager .cl2 file (Emailed)
- _____ ALL of the above

Email address to send above to: _____