



CATCH THE LAST WAVE INVITATIONAL

Timed Final and Time Trial Long Course Meet July 15 -- 17, 2011

North Central High School, Indianapolis, IN

www.wtscswim.org

Contact Information:

- A. Co-meet Directors: Karen Hamilton and Paul Hayden -- MeetDirector@wtscswim.org
- B. Meet Entry Chair: Bridget Parker -- MeetEntry@wtscswim.org
- C. WTSC Head Coach: Matthew Papachronis -- capstone22@hotmail.com

Communications: WTSC will communicate only with your club's coaches and/or designated representatives. Parents should not contact the Co-Meet Directors, Meet Entry Chair or WTSC Coaching Staff. Please seek any additional information from your coach or team representative.

Enter one of four ways: To give team/swimmers numerous opportunities to swim a championship meet qualifying time, you may enter the meet in any of the following ways:

- 1. Invitational:** Enter meet as a traditional Timed Finals Invitational.
- 2. Invitational, enter the Time Trials at the Meet:** Teams enter meet same as traditional invitational, but do not enter swimmers to maximum events per day. This allows entry into Time Trial events at meet if qualifying time is not achieved in the same event earlier that day.
- 3. Pre-enter Time Trial Events:** Treat the meet as a Prelims/Finals format and pre-enter the Time Trial events before the meet. This guarantees two swims a day in two events.
- 4. Time Trials Only:** Any USA Swimming registered athlete may enter the Time Trials whether or not the swimmer's team is entered. Swimmers may pre-enter or enter at meet.

Note: Events swum in Timed Finals competition during the day will be repeated in the evening Time Trials. Indiana Swimming will accept splits for shorter distances swum as the beginning portion of a longer event as a qualifying time for an Indiana Swimming Sanctioned Championship Meet.

Format: Current USA Swimming and Indiana Swimming rules will govern this meet unless otherwise noted. All events will be swum as Long Course Meters, Timed Finals. The competition course has been certified in accordance with 104.2.2C (4) and such certification is on file with USA Swimming.

Sanction: The WTSC Catch the Last Wave Invitational is sanctioned by USA Swimming. USA Swimming has sanctioned the meet under sanction number: IN11282 and IN11287 (Time Trial). Per USA Swimming Rules 202.3.2 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. 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 must start each race from the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The Meet Director or Meet Referee will assist any athlete attending the meet without a member coach in making arrangements for such supervision. Fifteen minute courtesy rests will be given by the Referee only after a timely request from the Coach and at the Referee's discretion only if the rest will not unduly lengthen the meet.

Location: North Central High School Natatorium, 1801 E. 86th Street, Indianapolis, IN 46240.

Directions: Take I465 to the north side of Indianapolis. Exit on either Meridian Street or Keystone Avenue and travel south to 86th Street. Go east (left) from Meridian or west (right) from Keystone on 86th. There is a stoplight at the entrance to the school campus immediately opposite the Northview Shops; turn south. North Central High School will be on your left. Enter door #24 to the rear of the building. A variety of nearby hotels (see Hotel Partners at the end of this meet letter) and

restaurants can accommodate all tastes and budgets. Shopping includes: The Northview Shops, Nora Plaza, The Fashion Mall at Keystone Crossing, Castleton Square Mall, and Glendale Plaza. Ten minutes south of the pool you'll find the village of Broad Ripple featuring numerous restaurants, pubs, shops and art galleries as well as the Central Canal and Monon Trail.

Free parking is available in adjacent lots.

Facility: Please note the following regarding the facilities:

- A. The natatorium will use one 50-meter competition pool with 10 lanes and Keifer-McNeil non-turbulent lane markers. Competition will take place in eight lanes equipped with a Colorado electronic timing system. Remaining lanes will be used for continuous warm-up and warm-down. The water depth of the pool from the west end to a distance beyond five meters is a constant six feet, and from the east end to a distance past five meters the depth is 14'6". At a point beyond five meters from the ends, the bottom slopes up to a water depth of 4'6" for a middle portion of the pool. Spectator seating will be provided (one side only). Swimmers are asked to **only** take competition swim gear, towels and fluids on deck. Please refrain from bringing food, backpacks, chairs, blankets and pillows on deck. Please keep the majority of personal belongings in camping area.
- B. No posters, placards, signs or banners may be taped to any painted surface. These items may be taped to any tiled surface. Teams caught violating this rule will be subject to damages payable to the NCHS Natatorium.
- C. **No camping on deck or in the spectator seating area.**
- D. No smoking anywhere in facility
- E. No flash photography during starts
- F. No balloons
- G. Only swimmers competing in current session, coaches of entered teams, and officials and volunteers working in current session will be allowed on deck. No other persons are allowed on deck at any time
- H. Please keep all trash picked up
- I. Do not go, or let children go, in unauthorized areas. This means any place other than the lobby, seating area, steps to seating area, pool deck and Auxiliary Gymnasium. Other corridors, class rooms, and the Main Gymnasium are off limits. All children not competing in the Meet must be accompanied by an adult at all times.

Camping: Camping will be available inside in a designated area by the performing arts classrooms. Outside camping will also be available in a designated courtyard near the entrance to the Natatorium. Teams are welcome to bring team tents. Swimmers are asked to take only competition swim gear, towels and fluids on deck. Please keep personal belongings such as food, backpacks, chairs, blankets and pillows in camping areas.

Concessions: WTSC will offer a variety of snacks and meals throughout the meet.

Hotel Partner: Marriott (See end of meet letter for more information.)

Swimmer Eligibility: The swimmer's age as of July 15, 2011 will determine eligibility for age group events. Current and correct Swimming ID numbers must be supplied with entry for every swimmer. (Foreign athletes not currently registered with USA Swimming should submit the registration number assigned to them by their country's FINA member organization.) Athletes without proper registration will be denied participation in this meet.

Meet Rules:

USA Swimming Supervision Rules: (202.3.2) 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 will assist the athlete without a member coach in making arrangements for such supervision.

USA Swimming Swimsuit Rules: (102.9.1 B) Competitors must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. Swimsuits shall be made from textile materials. For men, the swimsuit should not extend above the navel nor below knees, and for women, shall not cover the neck, extend past shoulder, nor extend below the knee. The referee has the authority to bar offenders from the competition until they comply with the rule.

USA Swimming Competition Pool Rules: The water depth of the pool from the west end to a distance beyond five meters is a constant six feet, and from the east end to a distance past five meters the depth is 14'6". At a point beyond five meters from the ends the bottom slopes up to a water depth of 4'6" for a middle portion of the pool.

Coach Eligibility: Coaches on deck must be registered USA Swimming coaches and **MUST** constantly display their USA Swimming coach's credentials to gain deck access. The meet referee reserves the right to ask the coach to display their credentials or deny deck access if the coach does not comply with the request.

Meet Entry:

- A. Entry Acceptance Date: Entries will not be accepted prior to 12:01 AM EST on June 20, 2011.

- B. **Entry Deadline:** Entries must be in before 8:00 PM EST on June 30, 2011. Teams not accepted will be notified by 8:00 PM EST on July 1, 2011. The meet entry deadline may be extended if the meet is not full.
- C. **Entry Procedures:** Entries will **only** be accepted via the internet. On or before 8:00 PM EST on June 30, 2011 submit your entries via the internet in a USA Swimming approved SDIF file format (any file type recognized by Hytek's Meet Manager) by following the procedure outlined below:
1. Create a standard meet entry file on your computer (CL2, HY3, SDIF, or SD3) Files may be either zipped or unzipped. Teams without access to Team Manager or other appropriate software should contact the Meet Entry Chair.
 2. Submit the file to the Meet Entry Chair via email.
 3. Within twenty-four hours (if not immediately) you should receive an e-mail confirming your entry. If not, please contact the Meet Entry Chair at MeetEntry@wtscswim.org.
1. Please report any technical problems immediately to the Meet Entry Chair at MeetEntry@wtscswim.org. Your team will not be penalized or rejected from the meet if you experience technical difficulties unless you do not report the technical difficulty immediately to the Meet Entry Chair.

Fees: (See entry limitations below)

\$4.00 per Individual Entry into a Timed Finals Event

\$5.00 per Deck Entry or Time Trial Event

\$1.50 Surcharge per swimmer regardless of status as meet participant or time trial swimmer

Note: All fees should be paid via check made payable to WTSC

- No fee refunds for missed events, no-shows, scratches, disqualifications, or event cancellations.
- WTSC will refund entry fees for heat-limited events.
- Spectators not volunteering will be charged admission.
- Volunteers not working the current session will be charged admission.
- Volunteer Timers and Officials - No Admission Charge - Report to Pool Deck.

Entry Limitations: Swimmers limited to five individual events per day. If entered in more than five, entry will be made by number order of events starting with event #1 until the limit is satisfied. **Events may be limited.** (See below)

Please note: The event limits apply to the aggregate number of swims per swimmer per day regardless of whether they are Invitational Events, Time Trials events, or a combination of both. Coaches are asked to carefully consider these entry limits when entering this meet to allow their swimmers the best possible combination of swims for each individual swimmer and their needs.

Timeline Management: WTSC reserves the right to limit select events during any or all sessions if deemed necessary to complete session(s) within requirements of Indiana Swimming rules. Please note that Time Trials sessions are not bound by any time limit rule.

1. Fees will be refunded for any swimmer cut from any event(s).
2. No time updates or additional entries to limited events will be accepted after cuts are announced. No swimmers will be added to fill empty lanes in limited events.
3. WTSC acknowledges and reminds participating clubs that this is a pre-seeded meet. Scratches occurring after seeding is complete may result in empty lanes.
4. Empty lanes in non-limited events will be filled at the sole discretion of the Meet Referee and Meet Director.
5. WTSC swimmers will not be subject to the entry limitations. WTSC swimmers slower than other swimmers cut from an event may swim.
6. Swimmers who missed any cuts due to an entry error that was not reported to WTSC prior to the deadline for changes will not be added to limited events
7. Failure by a coach or parent to determine if a swimmer has been cut is no excuse. Swimmers who have been cut may not swim.
8. WTSC reserves the right to employ chase starts to control the timeline if deemed necessary to complete session(s) within the requirements of Indiana Swimming rules.
9. If the Meet Director determines a need to adjust an earlier or later start time for warm-ups or competition to coincide with the requirements of maximum session lengths, team representatives will be informed via e-mail.

Changes, Additions and Corrections: Coaches should double-check their entries before submission. No additions, changes or corrections will be accepted after July 8, 2011. Additions after this date may be accepted as deck entries. These entries may be disallowed if, at the sole discretion of the Meet Director, they will unduly extend the meet.

Deck Entries: for the Timed Finals portion of the Meet will be accepted only from coaches and will NOT be seeded. Deck entries will only be accepted to swim in empty lanes in the slowest heat. Additional heats at beginning of each event will be added to accommodate Deck Entries only if, at the sole discretion of the Meet Director, they will not unduly extend the meet.

Time Trial Entries: will be accepted from coaches, parents and swimmers. The four-hour limit does not apply to the Time Trial event and all swimmers entered will be afforded a chance to swim. Time Trials entries will be accepted following the on-line procedures outlined above. Once the Meet Entry deadline has passed, Time Trial entries will be taken at the meet until one hour prior to the beginning of the Time Trial session. Time Trial entries are limited to five swims per day and apply to any combination of Time Trial Events and Timed Finals Events from earlier in the day.

Seeded Heat Sheets: Seeded Heat Sheets will be posted on deck immediately before start of each session. Swimmers are responsible for being at the correct starting platform in time for the start of his/her heat. There will be no Clerk of Course.

Distance Events: Lap counters (the person, not the device) and timers will not be provided by WTSC for the 1500 and 800-meter events. Swimmers must provide one timer (mandatory) and one lap counter (optional).

No positive sign-in or scratch deadlines: The meet will be pre-seeded and will be swum as seeded. Coaches who know that a swimmer will be absent are asked to report it to the head table. No-shows will not be penalized and those lanes will be empty during competition. Swimmers cut for timeline management WILL NOT get added back into empty lanes. Events will be re-seeded at the discretion of Meet Director if, in his/her opinion, the number of reported scratches will materially affect timeline.

Scoring and Awards: Ribbons will be awarded for the top 16 places in each individual event. Team high point trophies will be awarded for the top three teams. Ribbons not picked up at the end of the meet will not be mailed. No events will be scored as multi-age events.

Final Results: WTSC will e-mail the designated Club Contact the following results files within three days following the meet: Hytek Meet Manager Back-up (SwmmBkup.zip); Hytek Team Manager Results (CL2); and Text file (Html and / or PDF). WTSC will also be glad to e-mail results files to other addresses upon request.

SCHEDULE:

	Start Time	Age Groups
Morning Warm-ups / ALL DAYS	7:00 AM	13 and Over
Morning Competition / ALL DAYS	8:00 AM	13 and Over
Afternoon Warm-ups / ALL DAYS	Not before 12:00 PM	12 and Under
Afternoon Competition / ALL DAYS	1 hr. after warm-ups start, but not before 1:00 PM	12 and Under
Time Trials Warm-ups / ALL DAYS	Not before 5:00 PM	Open & 12 and Over
Time Trials Competition / ALL DAYS	1 hr. after warm-ups start, but not before 6:00 PM	Open & 12 and Over

FRIDAY AM EVENTS

Warm-ups start 7 am, Competition starts 8 am

Girls	Age	Event	Boys
1	13-14	50 Free	2
3	15 over	50 Free	4
5	13-14	100 Breast	6
7	15 over	100 Breast	8
9	13-14	200 Fly	10
11	15 over	200 Fly	12
13	13-14	50 Back	14
15	15 over	50 Back	16
*17	13-14	1500 Free	*18
*19	15 over	1500 Free	*20

FRIDAY AFTERNOON EVENTS

Warm-ups start not before noon, Competition starts not before 1pm

Girls	Age	Event	Boys
21	11-12	50 Free	22
23	10-under	50 Free	24
25	11-12	100 Breast	26
27	10-under	100 Breast	28
29	11-12	50 Back	30
31	10-under	50 Back	32

FRIDAY TIME TRIAL EVENTS

Warm-ups start not before 5 pm, Competition starts not before 6 pm

Girls	Age	Event	Boys
33	Open	50 free	34
35	Open	100 Breast	36
37	Open	200 Fly	38
39	Open	50 Back	40
*41	12 - Over	1500 Free	*42

NOTE: * Events swum fastest to slowest mixed Girls then Boys heats

SATURDAY AM EVENTS

Warm-ups start 7 am, Competition starts 8 am

Girls	Age	Event	Boys
43	13-14	100 Free	44
45	15 over	100 Free	46
47	13-14	200 IM	48
49	15 over	200 IM	50
51	13-14	100 Fly	52
53	15 over	100 Fly	54
55	13-14	50 Breast	56
57	15 over	50 Breast	58
59	13-14	200 Back	60
61	15 over	200 Back	62
63	13-14	800 Free	64
*65	15 over	800 Free	*66

SATURDAY AFTERNOON EVENTS

Warm-ups start not before noon, Competition starts not before 1 pm

Girls	Age	Event	Boys
67	11-12	100 Free	68
69	10-under	100 Free	70
71	11-12	200 IM	72
73	10-under	200 IM	74
75	11-12	100 Fly	76
77	10-under	100 Fly	78
79	11-12	50 Breast	80
81	10-under	50 Breast	82

SATURDAY TIME TRIAL EVENTS

Warm-ups start not before 5 pm, Competition starts not before 6 pm

Girls	Age	Event	Boys
83	Open	100 Free	84
85	Open	200 IM	86
87	Open	100 Fly	88
89	Open	50 Breast	90
91	Open	200 Back	92
*93	12 - Over	800 Free	*94

NOTE: * Events swum fastest to slowest mixed Girls then Boys heats

SUNDAY AM EVENTS

Warm-ups start 7 am, Competition starts 8 am

Girls	Age	Event	Boys
95	13-14	200 Free	96
97	15 over	200 Free	98
99	13-14	400 IM	100
101	15 over	400 IM	102
103	13-14	50 Fly	104
105	15 over	50 Fly	106
107	13-14	200 Breast	108
109	15 over	200 Breast	110
111	13-14	100 Back	112
113	15 over	100 Back	114
115	13-14	400 Free	116
117	15 over	400 Free	118

**SUNDAY
EVENTS**

AFTERNOON

Warm-ups start not before noon, Competition starts not before 1 pm

Girls	Age	Event	Boys
119	11-12	200 Free	120
121	10-under	200 Free	122
123	11-12	100 Fly	124
125	10-under	100 Fly	126
127	11-12	100 Back	128
129	10-under	100 Back	130
131	11-12	400 Free	132

SUNDAY TIME TRIAL

EVENTS

Warm-ups start not before 5 pm, Competition starts not before 6 pm

Girls	Age	Event	Boys
133	Open	200 Free	134
135	Open	400 IM	136
137	Open	100 Fly	138
139	Open	200 Breast	140
141	Open	100 Back	142
143	11 - Over	400 Free	144

WASHINGTON TOWNSHIP SWIM CLUB
“Catch the Last Wave” Swim Meet

RELEASE AND HOLD HARMLESS AGREEMENT

CLUB: _____

CLUB CODE: _____

IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE SWIM MEET, CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS HEREBY RELEASE AND FOREVER DISCHARGE WASHINGTON TOWNSHIP SWIM CLUB, USA SWIMMING, INDIANA SWIMMING, NORTH CENTRAL HIGH SCHOOL, THE RESPECTIVE OWNERS, TRUSTEES, DIRECTORS, OFFICERS, AGENTS, EMPLOYEES, MEMBERS, SUCCESSORS AND ASSIGNS OF EACH OF THEM, AND ALL OTHER PERSONS OR ENTITIES IN ANY WAY CONNECTED WITH SPONSORING OR HOLDING THIS SWIM MEET, OF AND FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, ACTIONS, CAUSES OF ACTION, LOSSES, DAMAGES OR EXPENSES, OF WHATEVER KIND OR CHARACTER, ARISING OUT OF OR IN CONNECTION WITH SAID SWIM MEET AND THE FACILITIES AND PERSONNEL FOR IT. FURTHER, CLUB AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS SHALL INDEMNIFY AND HOLD HARMLESS WASHINGTON TOWNSHIP SWIM CLUB, USA SWIMMING, NORTH CENTRAL HIGH SCHOOL, THE RESPECTIVE OWNERS, TRUSTEES, DIRECTORS, OFFICERS, AGENTS, EMPLOYEES, MEMBERS, SUCCESSORS AND ASSIGNS OF EACH OF THEM, AND ALL OTHER PERSONS OR ENTITIES IN ANY WAY CONNECTED WITH SPONSORING OR HOLDING THIS SWIM MEET, OF AND FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, ACTIONS, CAUSES OF ACTION, LOSSES, DAMAGES OR EXPENSES, OF WHATEVER KIND OR CHARACTER, ARISING OUT OF OR IN CONNECTION WITH ANY INJURY TO ANY PERSON, INCLUDING DEATH, OR INJURY OR DAMAGE TO ANY PROPERTY.

THE UNDERSIGNED REPRESENTS THAT HE/SHE IS AUTHORIZED BY THE CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS TO EXECUTE THIS RELESASE AND HOLD HARMELSS AGREEMENT ON BEHALF OF EACH OF THEM, BINDING CLUB, AND ITS SWIMMERS, COACHES, PARENTS, MEMBERS AND VOLUNTEERS TO THE TERMS HEREOF.

EXECUTED THIS _____ DAY OF _____, 2011

SIGNATURE _____

PRINTED NAME _____

POSITION _____

