



ACST AquaSprints Invitational

February 12 -14 2010

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming.
Sanction# IN10156
- HOST:** Avon Community Swim Team
8103 East US Hwy 36 #232
Avon, IN 46123
- FACILITY:** Avon High School Natatorium
7575 E Co. Rd. 150 S
Avon, IN 46123
- Eight-lane 25-yard pool, with separate diving well for warm up/warm down; seating for 550 spectators; Colorado V electronic timing system with 8-lane Colorado display board uses Hy-Tek Meet Manager for Windows software.
Avon High School campus is a 100% tobacco free facility.
- PARKING:** Free parking will be available in the parking lot on the west side of the high school. Please enter through Door 31 on the west side of the school.
- MEET FORMAT:** The meet will be timed finals format with one session Friday night and two sessions on Saturday and Sunday
- ACST reserves the right to limit the number of entries and any event to achieve a 4-hour maximum timeline. Refunds will be provided for any entries limited. No team will be broken if entry limits are applied. The Meet Entry Chair will notify all accepted teams of any limited events.
- ENTRY LIMITS:** Each swimmer will be limited to 5 Individual events per day & 2 Relays.
- ELIGIBILITY:** Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of February 12, 2010 shall determine the swimmers age for the entire meet.
- DEADLINE:** Entries will be accepted starting December 14, 2009 at 8am. The Entry Deadline will be January 25, 2010 at 5pm. Any entries arriving after 5:00 p.m. Friday January 25, 2010 will be considered deck entries and are subject to that fee. Deadline may be extended if the meet is not full. All entries must arrive via e-mail (preferred method), US mail, or other parcel carrier. No hand deliveries will be accepted.
- MEET ENTRY CHAIR:** Brad McPhail
8103 East US Hwy 36 #232
Avon, IN 46123
entrychair@acstswim.org
- INQUIRIES:** Direct all **ENTRY** inquiries to the Entry Chair.
- All other inquiries may be directed to the Meet Director:
- Michael Moore
8103 East US Hwy 36 #232
Avon, IN 46123
moore@acstswim.org
317-796-6186

RULES:

Current USA Swimming and Indiana Swimming rules will govern this meet.

Please pay special attention to:

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. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Swimwear:

EFFECTIVE OCTOBER 1, 2009 - USA Swimming Swim Suit Rule (102.9.1 B):

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 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.

Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of February 12, 2010 shall determine the swimmer's age for the entire meet.

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.

ENTRY FEES:

The entry fee for all events is as follows:

Individual \$4.00

Relays \$6.00

There will be a \$1.50 per swimmer surcharge (which will be paid back to Indiana Swimming).

All checks should be made payable to **Avon Community Swim Team**. Please send only **ONE** check per team.

Deck entries of \$8.00 per event may be allowed at the discretion of the Meet Director and Meet Referee.

ENTRY FORMAT:

Hy-Tek Team Manager meet entry files will be accepted by e-mail, which is the preferred entry method. A confirmation entry list will be emailed back to the person who sent the email entry. All team entries larger than 5 swimmers must be submitted in Hy-Tek file format. Team entries larger than 5 swimmers not in electronic Hy-Tek format will be charged a \$50.00 administration fee. Be sure to age-up swimmers before completing the entry.

AWARDS:

Ribbons for places 1-16. Age group categories for awards will be 6-under, 7, 8, 9, 10, 11,12,13,14 and 15 & over. Please note:

13-14 and Open will swim together but will be scored as separate age groups.

Points will be awarded for the top 16 places in each event per standard scoring:

Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Individual high point awards will be given to the top 3 swimmers in each age group.

Coaches should pick up awards at the end of the meet.

No awards will be mailed.

HOSPITALITY:

A hospitality area will be available for coaches, officials and volunteers.

Concessions:

A full concession stand will be available during all five sessions

ADMISSION: Admission will be "FREE" for this event.
Only swimmers, coaches, meet volunteers and officials will be allowed on deck.
Parents **will be** allowed on deck for the 1650 event as each swimmer **must** provide a counter and timer for his/her swim.

SALES: Kast-A-Way Swimwear will be on-site for all your swimming needs.

PSYCH SHEETS: Psych sheets will be available for purchase at the meet for \$5.

T-Shirts: T-shirts are available for preorder see attached form

SIGN IN: **Positive sign-in will be utilized for this meet.**

Officials: **All USA Swimming certified officials are welcomed and encouraged to officiate.** Please provide the names of any officials interested in participating, along with day(s) and session(s) available, and a contact phone number.

FACILITY NOTES: Avon High School has been very gracious to our swim club in allowing us to use their facilities. It is important that all people attending this meet, whether it is swimmers, coaches, or spectators, treat this facility with the utmost care. The following rules will be strictly enforced:

1. Keep all trash picked up (swimmers and teams in particular).
2. Do not go, or let children go, in any unauthorized areas. This means any place other than the lobby or seating areas.

Due to USA Swimming insurance requirements, **only** swimmers, coaches, officials, and volunteers are allowed on deck. **There can be no exceptions!**

The Avon Community Swim Team will have security people roaming the deck and locker room areas. If any swimmer, coaches, or spectators is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition.

In order to alleviate wet stairs and ramps in the spectator area of the pool, the following safety rules are being implemented:

All swimmers should keep gear, towels and clothing in the section opposite the spectator area of the pool. If the swimmer is too young to observe this policy, parents should keep those items and take them to the swimmer at the bottom of the stairs when their events are completed.

Please do not allow wet swimmers into the stands.

Avon High School campus is a 100% tobacco free facility.

WARM-UPS:

Friday Evening	5:00-5:45 p.m.
Saturday morning	7:00-7:45 a.m.
Saturday afternoon	Not before 12:30 p.m.
Sunday morning	7:00 – 7:45 am
Sunday afternoon	Not before 12:30 p.m.

Order of Events
Friday Night Session
 Warm-ups 5:00-5:45pm
 Start 6:00pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	13-14 200 Medley Relay	2
3	10 & Under 200 IM	4
5	11-12 200 IM	6
7	13 & Over 400 IM	8
9	10 & Under 200 Freestyle	10
11	13-14 200 Free Relay	12
13	11-12 500 Freestyle	14
15	13 & Over 500 Freestyle	16

Saturday Morning Session
 Warm-ups 7:00-7:45am
 Start 8:00am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
17	13 & Over 200 Freestyle	18
19	11 Year Old 200 Freestyle	20
21	12 Year Old 200 Freestyle	22
23	13 & Over 100 Breaststroke	24
25	11 Year Old 100 Breaststroke	26
27	12 Year Old 100 Breaststroke	28
29	13 & Over 100 Backstroke	30
31	11 Year Old 50 Backstroke	32
33	12 Year Old 50 Backstroke	34
35	13 & Over 50 Freestyle	36
37	11 Year Old 50 Freestyle	38
39	12 Year Old 50 Freestyle	40
41	13 & Over 100 Butterfly	42
43	11 Year Old 100 Butterfly	44
45	12 Year Old 100 Butterfly	46
47	13 & Over 200 IM	48
49	11-12 200 Free Relay	50
51	13-14 400 Free Relay	52
53	Open 400 Free Relay	54

Saturday Afternoon Session

Warm-ups 12:30 – 1:15pm

Start 1:30pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
55	6 & Under 50 Freestyle	56
57	7 Year Old 50 Freestyle	58
59	8 Year Old 50 Freestyle	60
61	9 Year Old 50 Freestyle	62
63	10 year Old 50 Freestyle	64
65	6 & Under 100 Butterfly	66
67	7 Year Old 100 Butterfly	68
69	8 Year Old 100 Butterfly	70
71	9 Year Old 100 Butterfly	72
73	10 year Old 100 Butterfly	74
75	6 & Under 50 Breaststroke	76
77	7 Year Old 50 Breaststroke	78
79	8 Year Old 50 Breaststroke	80
81	9 Year Old 50 Breaststroke	82
83	10 year Old 50 Breaststroke	84
85	6 & Under 100 Backstroke	86
87	7 Year Old 100 Backstroke	88
89	8 Year Old 100 Backstroke	90
91	9 Year Old 100 Backstroke	92
93	10 year Old 100 Backstroke	94
95	10 & Under 200 Freestyle Relay	96

Sunday Morning Session

Warm-ups 7:00-7:45am

Start 8:00am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
97	13 & Over 200 Backstroke	98
99	11 Year Old 100 Backstroke	100
101	12 Year Old 100 Backstroke	102
103	13 & Over 200 Breaststroke	104
105	11 Year Old 50 Breaststroke	106
107	12 Year Old 50 Breaststroke	108
109	13 & Over 100 Freestyle	110
111	11 Year Old 100 Freestyle	112
113	12 Year Old 100 Freestyle	114
115	13 & Over 200 Butterfly	116
117	11 Year Old 50 Butterfly	118
119	12 Year Old 50 Butterfly	120
121	13-14 400 Medley Relay	122
123	Open 400 Medley Relay	124
125	11-12 200 Medley Relay	126
127	13 & Over 1650 Freestyle	128

Sunday Afternoon Session

Warm-ups 12:30 – 1:15pm

Start 1:30pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
129	6 & Under 100 Freestyle	130
131	7 Year Old 100 Freestyle	132
133	8 Year Old 100 Freestyle	134
135	9 Year Old 100 Freestyle	136
137	10 year Old 100 Freestyle	138
139	6 & Under 50 Butterfly	140
141	7 Year Old 50 Butterfly	142
143	8 Year Old 50 Butterfly	144
145	9 Year Old 50 Butterfly	146
147	10 year Old 50 Butterfly	148
149	6 & Under 100 Breaststroke	150
151	7 Year Old 100 Breaststroke	152
153	8 Year Old 100 Breaststroke	154
155	9 Year Old 100 Breaststroke	156
157	10 year Old 100 Breaststroke	158
159	6 & Under 50 Backstroke	160
161	7 Year Old 50 Backstroke	162
163	8 Year Old 50 Backstroke	164
165	9 Year Old 50 Backstroke	166
167	10 year Old 50 Backstroke	168
169	10 & Under 200 Medley Relay	170



ACST AquaSprints

T-Shirt Order Form

\$13.00 preorder/\$15 day of event

- ◆ Place your order early to ensure that we have your size
- ◆ Swimmers' names will be on the back
- ◆ Pay by check or cash at swim meet
- ◆ We will have a limited supply of shirts available at the meet

Please mail or email information **by January 25** to:

ACST

C/o AquaSprints Gear

8103 East US Hwy 36, #232

Avon, IN 46123

Email information to (gearsales@acstswim.org)

Swimmer name: _____

Swim Team: _____

Address/City/Zip Code: _____

Phone number: _____

Sizes:	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL	Adult XXL(+ \$1)
Quantity:							

Insert 2010 T-shirt design here.

Hotel, Travel and Restaurant Information

Directions

From Indianapolis: I 465 I-465 is under construction on the Westside of Indy plan accordingly

Take I465 on the west side of Indianapolis
 Take Exit 12 Rockville Road (US Hwy 36) and go west
 Turn Left (South) on Dan Jones Road (County Road 800 East)
 Turn Right (West) onto Oriole Drive (County Road 150 South)
 Turn left into Avon High School Enter on West side of Avon High School
 Athletic Entrance to Pool is on West end of school. **Use Door #31**

From 170

Take Exit 66 US Hwy 267 in Plainfield
 Go North on Hwy 267 to US Hwy 40
 Turn Left (West) on US Hwy 40
 Turn Right (North) on Dan Jones Road (County Road 800 East)
 Turn Left (West) onto Oriole Drive (County Road 150 South)
 Turn left into Avon High School Enter on West side of Avon High School
 Athletic Entrance to Pool is on West end of school. **Use Door #31**

Restaurant & Hotel Guide – Avon Indiana

Hotel	Address	Phone
AVON		
Super 8 Motel	8229 East US Hwy 36	272-8789
PLAINFIELD		
Amerihost	6105 Cambridge Way	838-9300
Comfort Inn	6107 Cambridge Way	839-9600
Days Inn	2245 East Hadley Road	839-5000
Hampton Inn	2244 East Hadley Road	839-9993
Holiday Inn Express	6296 Cambridge Way	839-9000
Homewood Suites by Hilton	2264 East Hadley Road	839-1900
Lee's Inn & Suites	6010 Gateway Drive	837-9000
Restaurants		
Arby's	7868 East US Hwy 36	272-8759
Blimpie's Subs & Salads	7900 East US Hwy 36	272-4044
Bob Evans	7649 East US Hwy 36	272-5841
Burger King	8042 East US Hwy 36	272-0413
Cazuela's Mexican	10224 East US Hwy 36	271-7225
Charbono's	128 North State Rd. 267	272-1900
Chick-Fil-A	10791 East US Hwy 36	271-7760
China Buffet	120 North State Rd. 267	272-8888
Dairy Queen	7515 East US Hwy 36	271-9193
Domino's Pizza	5201 East US Hwy 36	745-7686
Donato's Pizza	10372 East US Hwy 36	273-4400
Fazoli's	7930 E. US Highway 36	272-7989
Frost Bite	7025 West Galen Dr.	272-2483
Great Wall	7990 East US Hwy 36	272-2888
Hungry Howie's Pizza	7722 East US Hwy 36	272-1801
Jimmy John's	8107 East US Hwy 36	272-5540
Kentucky Fried Chicken	7518 East US Hwy 36	272-5322
Koyo Japanese Steakhouse	7840 East US Hwy 36	272-3099
La Hacienda	7481 East US Hwy 36	272-6855
Longhorn Steakhouse	10107 East US Hwy 36	271-5200
McCallister's Deli	9140 Rockville Road	273-9400
McDonald's	10747 East US Hwy 36	271-8530
McGilvery's Pub & Eatery	8187 East US Hwy 36	272-4880
O'Charley's	10416 East US Hwy 36	209-9245
Olive Garden	10243 East US Hwy 36	273-0889
On The Border	10299 East US Hwy 36	271-9160
Outback Steak House	9140 Rockville Road	209-8007
Panera Bread	55 South Raceway Rd.	273-8820
Papa Joe's Junior	Avon Station Center	272-6501
Papa John's Pizza	116 North State Rd. 267	272-6880
Penn Station	8246 Rockville Road	209-7366
Pizza King	8100 East US Hwy 36	272-1701
Quizno's Oven Baked Subs	10240 East US Hwy 36	209-1979
Red Lobster	10189 East US Hwy 36	271-4906
Starbuck's	10861 East US Hwy 36	273-1860
Steak-N-Shake	10625 East US Hwy 36	271-0402
Subway	7585 East US Hwy 36	272-7359
Taco Bell	8080 East US Hwy 36	271-6762
Texas Roadhouse	10340 East US Hwy 36	209-9352
Wendy's	10565 East US Hwy 36	209-0397
Wendy's	5201 East US Hwy 36	745-0292
White Castle	10705 East US Hwy 36	271-7637

Summary Page

Please complete the requested information below and mail with your entry forms and check.
Make check payable to **Avon Community Swim Team or ACST.**

Club Name: _____ Club Code: _____

Indiana Swimming Athlete Surcharge: # Boys _____ + # Girls _____ X \$1.50 = _____

Number of Boy's IEs: _____ X \$4.00 = _____

Number of Girl's IEs: _____ X \$4.00 = _____

Number of Relays _____ X \$6.00 _____

Club Official Submitting entry: _____ Coaches Names: _____

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone #: _____

Email: _____

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 himself, his successors and assigns, hereby releases and forever discharges the host club (ACST) Avon Community Swim Team and its Board of Directors, 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 the host club (ACST), (FRST), USA Swimming, Avon Community School Corporation, Franklin Community School Corp. 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 of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event

Executed this _____ day of _____, 2009.

Signature of Club Official or Coach: _____

Printed Name of Signature: _____

You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please print the name of your spokesperson:

Entry Method: _____ Email _____ Disk

Results:

How would you like your results communicated:

_____ Hard Copy (snail mail or .pdf file emailed)

_____ Meet Manager Backup (emailed)

_____ Team Manager .c12 file (emailed)

_____ All of the above

Email address to send above to: _____

Did you include:

_____ Check

_____ Hard copy of entries

_____ I have read the entry letter and understand it

OFFICIALS VOLUNTEER SHEET

If you have officials coming, please let us know. We will appreciate the help from your Officials for any sessions!

NAME	Phone	E-mail	LEVEL	FRI PM	SAT AM	SAT PM	SUN AM	SUN PM

If your team has a Coordinator of Officials, please send:

Name _____

E-mail _____

USA Swimming Meet Evaluation Form

Meet: ACST AquaSprints Date: February 12-14, 2010 Location: Avon High School

Please complete and return to the Head Table:

		Low	1	2	3	4	High
1. Pre-planning							
Pre-meet information			()	()	()	()	
Packets			()	()	()	()	
Hotels and Proximity			()	()	()	()	
Maps			()	()	()	()	
Transportation (cost/convenience)							
a. airlines			()	()	()	()	
b. car rental			()	()	()	()	
2. Facilities/General		Low	1	2	3	4	High
Parking			()	()	()	()	
Registration			()	()	()	()	
Restrooms and dressing			()	()	()	()	
Swimmers' rest areas			()	()	()	()	
Public Address System			()	()	()	()	
Spectator Seating			()	()	()	()	
Warm up/down facilities			()	()	()	()	
3. Facilities/Competition Pool		Low	1	2	3	4	High
Pace Clocks			()	()	()	()	
Scoreboard/timing equipment/computer			()	()	()	()	
Lighting			()	()	()	()	
Ventilation (indoor pools)			()	()	()	()	
Water conditions			()	()	()	()	
Starting system			()	()	()	()	
Pool set-up (deck space, media, etc.)			()	()	()	()	
4. Officials		Low	1	2	3	4	High
Meet referee			()	()	()	()	
Assistant referee(s)			()	()	()	()	
Administrative Coordinator			()	()	()	()	
Starter (s)			()	()	()	()	
Announcer(s)			()	()	()	()	
Chief judge(s)			()	()	()	()	
Stroke/Turn Judging			()	()	()	()	
Take Off Judging			()	()	()	()	
Clerk of Course			()	()	()	()	
5. General Appraisal		Low	1	2	3	4	High
Meet administration			()	()	()	()	
Hospitality			()	()	()	()	
Awards			()	()	()	()	
Safety Procedures			()	()	()	()	
Rate the overall success of the meet			()	()	()	()	
Rate the overall smoothness of the meet			()	()	()	()	

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

Signed: _____ (optional)

() Swimmer () Coach () Official () Other

Position _____

Title _____

Club _____