



ACST AquaSprints

February 10 -12 2012

SANCTION: This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction # **IN12143**

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

COMPITION POOL: Seating for 550 spectators.
Eight-lane 25-yard pool that is four (4) feet at start end and six (6) feet at the turn end. There is a separate diving well for warm up/warm down during competition. ACST uses Colorado V electronic timing system with 8-lane Colorado display board and Hy-Tek Meet Manager for Windows software to time and score the meet. The competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4).

PARKING: Free parking will be available in the parking lot on the **South** side of the high school. Please enter through Gate 22, **Door 21** on the South side of the school. (map page 6)
For those who have attended a meet at AHS before this is a change.

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 in any one or more events 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.

The Open 1650-yard freestyle will be seeded fastest to slowest. Swimmers competing in the 1650 and or 500 will need to provide their own counter (the person, not the equipment).

At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

ENTRY LIMITS: Each swimmer will be limited to 4 individual events per day plus 1 relay.

ELIGIBILITY: Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of February 10, 2012 shall determine the swimmers age for the entire meet.
*** Indiana Swimming does not process on-site athlete registration.

DEADLINE: Entries will be accepted starting: December 20, 2011. Entry deadline will be January 27, 2012 at 5pm. Any entries arriving after 5:00 p.m. Friday January 27, 2012 will be considered deck entries and are subject to that fee. The 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.

** If you do not receive an acknowledgement email within 48 hours please follow up to ensure we have received your file.

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

CONCESSIONS: A full concession stand will be available on Saturday and Sunday during all four sessions, with limited drinks available on Friday night.

ADMISSION: There will be a \$5 per session or \$12 for the weekend fee which will include a Psych Sheet. There will be a limited number of Heat Sheets available for purchase.

SALES: Power Teamwear will be on-site Saturday and Sunday for all your swimming needs.

SIGN IN: **Positive sign-in will be utilized for this meet. Please highlight your name to mark yourself present. Failure to sign-in will jeopardize your opportunity to swim that session.**

RELAYS: Relay cards must list each swimmer's full name competing in the relay (improperly filled out relay cards may result in the relay failing to swim). Include alternates if appropriate. Relay cards shall be turned in to the Entry Chair 30 minutes prior to the start of Friday's 1st event and 1 hour after the start of each of the following sessions. Relays are assumed to be swum unless a coach marks SCRATCH on the relay card and turns it in to the Entry Chair.

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 facility 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.

START TIMES:

Friday night:

Warm up: 5:00-5:45 p.m.
Sign-in close: 5:30 p.m.
Relay cards due: 5:30 p.m.
Meet Starts: 6:00 p.m.

AM Sessions:

Warm up: 7:00-7:45 a.m.
Sign-in close: 7:20 a.m.
Meet Starts: 8:00 a.m.
Relay cards due: 9:00 a.m.

PM Sessions:

Warm up: Immediately following the end of the morning session, but not before 11:00 a.m.
Sign-in close: 20 minutes following the start of the PM warm up session
Meet Starts: Meet will begin one hour after warm-ups, but not before 12:00 p.m.
Relay cards due: 1 hour following the start of the session

ACST AquaSprints

Order of Events

Friday Night Session

Warm-ups 5:00-5:45pm

Start 6:00pm

Swimmers must provide their own counters for the 500 Free events.

<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	Open 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	11-12 200 Freestyle	20
21	13 & Over 100 Breaststroke	22
23	11-12 100 Breaststroke	24
25	13 & Over 100 Backstroke	26
27	11-12 50 Backstroke	28
29	13 & Over 50 Freestyle	30
31	11-12 50 Freestyle	32
33	13 & Over 100 Butterfly	34
35	11-12 100 Butterfly	36
37	13 & Over 200 IM	38
39	11-12 200 Free Relay	40
41	Open 400 Free Relay	42

Saturday Afternoon Session

Warm-ups will begin immediately following the morning session but not before 11:00

Start not before 12:00pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
43	8 & Under 50 Freestyle	44
45	9-10 50 Freestyle	46
47	8 & Under 100 Butterfly	48
49	9-10 Year Old 100 Butterfly	50
51	8 & Under 50 Breaststroke	52
53	9-10 50 Breaststroke	54
55	8 & Under 100 Backstroke	56
57	9-10 Year Old 100 Backstroke	58
	----- 10 minute break -----	
59	10 & Under 200 Freestyle Relay	60

ACST AquaSprints

Order of Events

Sunday Morning Session

Warm-ups 7:00-7:45am
Start 8:00am

Swimmers must provide their own counters for the 1650 event.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
61	13 & Over 200 Backstroke	62
63	11-12 100 Backstroke	64
65	13 & Over 200 Breaststroke	66
67	11-12 50 Breaststroke	68
69	13 & Over 100 Freestyle	70
71	11-12 100 Freestyle	72
73	13 & Over 200 Butterfly	74
75	11-12 50 Butterfly	76
77	Open 400 Medley Relay	78
79	11-12 200 Medley Relay	80
	----- 10 minute break -----	
81	Open 1650 Freestyle	82

Sunday Afternoon Session

Warm-ups will begin immediately following the morning session but not before 11:00
Start not before 12:00pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
83	8 & Under 100 Freestyle	84
85	9-10 100 Freestyle	86
87	8 & Under 50 Butterfly	88
89	9-10 50 Butterfly	90
91	8 & Under 100 Breaststroke	92
93	9-10 100 Breaststroke	94
95	8 & Under 50 Backstroke	96
97	9-10 Year Old 50 Backstroke	98
	----- 10 minute break -----	
99	10 & Under 200 Medley Relay	100

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 (prior to the light) into Avon High School along the East side of Avon High School

Be aware of new speed bumps

Athletic Entrance to Pool is on East end of pool on the South side of the school.

Enter thru Gates marked 22 and Use Door #21.

From I70

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) (Speedway Gas on corner)

Turn Left (West) onto Oriole Drive (County Road 150 South)

Turn left (prior to the light) into Avon High School along the East side of Avon High School

Be aware of new speed bumps

Athletic Entrance to Pool is on East end of pool on the South side of the school.

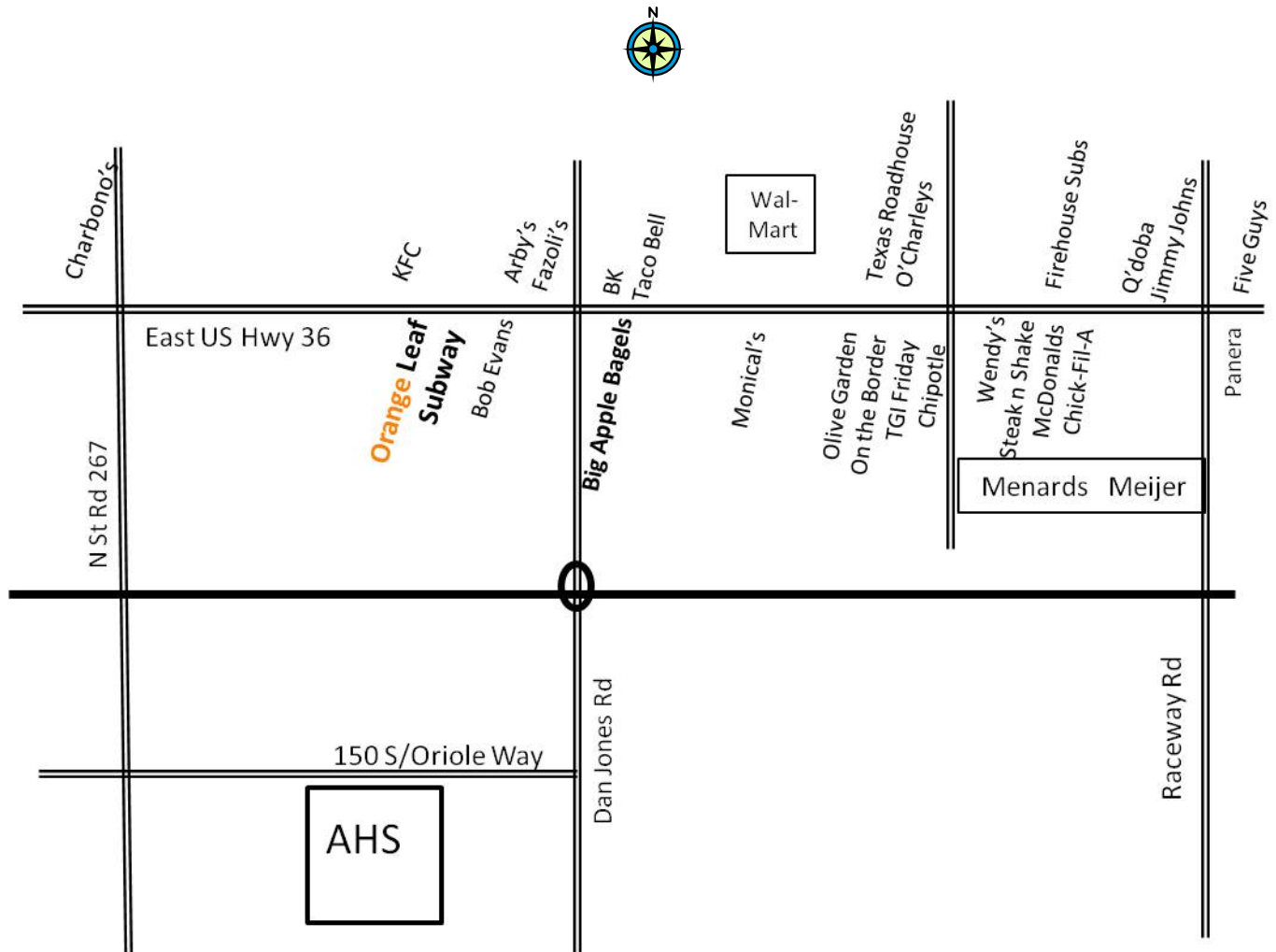
Enter thru Gates marked 22 and Use Door #21.



Restaurant & Hotel Guide - Avon area

Hotels	Address	City	Phone
Super 8 Motel	8229 East US Hwy 36	Avon	272-8789
Marriott Fairfield Inn & Suites	119 Angelina Way	Avon	271-9200
Baymont	6010 Gateway Drive	Plainfield	837-9000
Cambria Suites	6014 Gateway Drive	Plainfield	317-279-2394
Comfort Inn	6107 Cambridge Way	Plainfield	839-9600
Days Inn	2245 East Hadley Road	Plainfield	839-5000
Hampton Inn	2244 East Hadley Road	Plainfield	839-9993
Hampton Inn	9020 Hatfield Drive	Indianapolis	317-856-1000
Hilton Garden Inn	8910 Hatfield Drive	Indianapolis	317-856-9100
Holiday Inn Express	6296 Cambridge Way	Plainfield	839-9000
Homewood Suites by Hilton	2264 East Perry Rd.	Plainfield	839-1900
Food			
Applebee's	9883 East US Hwy 36		209-1692
Arby's	7868 East US Hwy 36	Avon	272-8759
Big Apple Bagels	East US Hwy 36	Avon	272-6944
Bob Evans	7649 East US Hwy 36	Avon	272-5841
Buffalo Wild Wings	9875 East US Hwy 36	Avon	271-9464
Burger King	8042 East US Hwy 36	Avon	272-0413
Charbono's	128 North State Rd. 267	Avon	272-1900
Chick-Fil-A	10791 East US Hwy 36	Avon	271-7760
Chipotle Mexican Grill	10403 East US Hwy 36	Avon	271-1481
Chuck E Cheese	9931 East US Hwy 36	Avon	271-7611
Dairy Queen	7515 East US Hwy 36	Avon	271-9193
Domino's Pizza	5201 East US Hwy 36	Avon	745-7686
Donato's Pizza	10372 East US Hwy 36	Avon	273-4400
Fazoli's	7930 East US Hwy 36	Avon	272-7989
Firehouse Subs	10726 East US Hwy 36	Avon	209-9005
Five Guys Burgers & Fries	9210 Rockville Rd	Avon	271-7377
Frost Bite	7025 West Galen Dr.	Avon	272-2483
Great Wall	7990 East US Hwy 36	Avon	272-2888
Hungry Howie's Pizza	7722 East US Hwy 36	Avon	272-1801
IHOP	10143 East US Hwy 36	Avon	209-9730
Jimmy John's	10942 East US Hwy 36	Avon	209-8282
KFC	7518 East US Hwy 36	Avon	272-5322
La Hacienda	7481 East US Hwy 36	Avon	272-6855
Longhorn Steakhouse	10107 East US Hwy 36	Avon	271-5200
Monical's Pizza	9271 E US Hwy 35	Avon	271-2727
McCallister's Deli	9140 Rockville Road	Avon	273-9400
McDonald's	6856 East US Hwy 36	Avon	272-6926
McDonald's	10747 East US Hwy 36	Avon	271-8530
O'Charleys	10416 East US Hwy 36	Avon	209-9245
Olive Garden	10243 East US Hwy 36	Avon	273-0889
On The Border	10299 East US Hwy 36	Avon	271-9160
Orange Leaf Yogurt	7583 East US Hwy 36	Avon	272-5323
Outback Steak House	9140 Rockville Road	Avon	209-8007
Panda Express	9682 E US Hwy 36	Avon	273-8966
Panera Bread	55 South Raceway Rd.	Avon	273-8820
Papa Joe's Junior	8100 East US Hwy 36	Avon	272-6501
Papa John's Pizza	116 North State Rd. 267	Avon	272-6880
Pizza King	Avon Station Center	Avon	272-1701
Qdoba	10934 East US Hwy 36	Avon	209-8901

Red Lobster	10189 East US Hwy 36	Avon	271-4906
Starbuck's	10861 East US Hwy 36	Avon	273-1860
Steak-N-Shake	10625 East US Hwy 36	Avon	271-0402
Subway	7585 East US Hwy 36	Avon	272-7359
Taco Bell	8080 East US Hwy 36	Avon	271-6762
Texas Roadhouse	10340 East US Hwy 36	Avon	209-9352
TGI Friday's	10367 East US Hwy 36	Avon	271-6782
Wendy's	10565 East US Hwy 36	Avon	209-0397
White Castle	10705 East US Hwy 36	Avon	271-7637
Wings Etc.	55 S Raceway Rd	Avon	273-0850



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 Surcharge	Total Swimmers: _____	X	\$1.50 _____
Individual Events	Number of Girls: _____	X	\$4.00 _____
	Number of Boys: _____	X	\$4.00 _____
Relay Events	Number of Girls: _____	X	\$6.00 _____
	Number of Boys: _____	X	\$6.00 _____
Total Fees for AquaSprints: _____			_____

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), USA Swimming, Avon Community School Corporation, 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 _____, 2012.

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 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 10-12, 2012 Location: Avon High School

Please complete and return to the Head Table:

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