

2022 FRST MEET OF FALL

FRANKLIN REGIONAL SWIM TEAM

October 21-23, 2022

SANCTION:	This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN23040
HOST:	Franklin Regional Swim Team Zach Dewitt 3966 Berkshire Ln. Martinsville, IN, 46151
FACILITY:	Franklin Community High School 2600 Cumberland Drive Franklin, IN 46131 An eight-lane 50 meter pool configured as 2 eight-lane 25 yard pools with seating for 750 spectators; Daktronics timing system with touch pads will be used with two 8 lane readout scoreboards FRST intends to run the open mile in the south pool concurrently to the 9 & Under events being run in the north pool on Sunday. FRST, however, does reserve the right to change lane configuration based on entries. Swimmer 'camping' will be on deck and in designated areas. The competition course has not been certified in accordance with 104.2.2C(4). The pool depth ranges from 5'0" to 4'0" feet.
Meet Referee	David Schotting (DavidSchotting@gmail.com).
Meet Directors	Paul Stockett (stockett@frstswimming.com)
MEET ENTRY CHAIR:	Paul Stockett 3966 Berkshire Ln. Martinsville, IN, 46151 entries@frstswimming.com
OFFICIALS:	The Franklin Regional Swim Team will need the help of your **USA Swimming Officials.** If you have officials that are willing to help at our meet, please reach out to David Schotting (DavidSchotting@gmail.com) or complete this interest form

MEET FORMAT:	The meet will be timed finals format with three sessions on Saturday and Sunday respectively. This meet will be using non-traditional age groups as follows: 7 & Under, 8-9 Year Olds, 10-11 Year Olds, 12-13 Year Olds, and 14 & Over. FRST reserves the right to limit the number of entries and any event to achieve a 4-hour maximum timeline. No team will be broken if entry limits are applied. The Meet Entry Chair will notify all accepted teams of any limited events and will refund the fees for those events limited or reduced from the original entry.
ELIGIBILITY:	Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of October 21, 2022 shall determine the swimmer's age for the entire meet.
ENTRY LIMITS:	Each swimmer will be limited to 4 events per session and 5 a day..
ENTRY FEES:	The entry fee for all individual events is $5.00. There will be a $2.00 per swimmer surcharge (which will be payable back to Indiana Swimming). All checks should be made payable to **Franklin Regional Swim Team**. Please send only ONE check per team. Deck entries of $10.00 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.
ENTRY DEADLINE:	No entries will be accepted before entries open. Any entries arriving before entries open will not be processed until all entries received during the entry period are processed and the entry deadline has passed. Any entries arriving after the entry deadline 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. Changes, updates, corrections (including entry times) will be accepted via email only the modification deadline**. FRST reserves the right to determine which teams' entries are accepted. FRST Reserves the right to limit the number of entries in all events to keep the timeline manageable. FRST will try to accommodate all entered teams until the meet is considered at capacity. *Entries Open:* **Monday, September 26, 2022, 8:00 AM** *Entries Close:* **Friday, October 7, 2022, 5:00PM** *Adjustment Deadline:* **Monday, October 17, 2022 5:00PM**
CLERK OF COURSE:	There will be a Clerk of Course for 9 and Under events ONLY.
AWARDS:	Ribbons for places 1st-8th in individual events for 13 & Under swimmers and No ribbons for 14&Older. Age group categories for awards will be 7-under, 8-9, 10-11, 12-13. No awards for open events. Points will be awarded for the top 16 places in each event per standard scoring (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) for individual events. Coaches should pick up awards at the end of the meet. **No awards will be mailed.**
CONCESSIONS:	Food Trucks or a concession stand will be made available to athlete and spectators. A hospitality area will be available for coaches, officials and volunteers.
ADMISSION:	The following admission options will be available (Children 10 & Under are free): 1 Session Pass - $6.00

	All Day Pass - $10.00 All Weekend Pass - $20.00. Heat Sheets will also be available to purchase for $2.00. Heat Sheets will attempt to be made available 10 minutes prior to start of meet in the main atrium.
SALES:	Aquatic outfitting vending will be provided by a local vendor, selling items from suits to goggles. FRST also expects multiple other vendors to be available.
PSYCH SHEETS:	Psych Sheets will be posted to the meet website by Wednesday at noon prior to the start of the meet.
PARKING:	Free parking will be available in the parking lot on the west side of the high school. Parking lot located closest to football field. Please use door #14 (Athletic Entrance) to enter.
FACILITY NOTE:	**Franklin Community High School is a tobacco free facility.** The Franklin High School Aquatic Center is one of the most beautiful high school facilities in the USA. 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. Please keep children supervised at all times. 3. Due to USA Swimming insurance requirements, ONLY swimmers, coaches, officials and volunteers are allowed on deck. There can be no exceptions! 4. No radios, balls, or anything that will be an inconvenience to swimmers, coaches, officials, workers, will be allowed. The Franklin Regional Swim Team will have volunteers roaming the deck and locker room areas. If any swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition.
RULES:	Current USA Swimming and Indiana Swimming rules, including MAAPT, will govern this meet. 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, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 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 within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if a coach or official does not comply or a 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 205.10.1. 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, rest rooms or locker rooms Deck changes are prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.
SAFE SPORT 360:	The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
COVID-19 RISK STATEMENT:	An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Order of Events

Friday October 21, 2022

Session #1
Timed Finals Distance
Warm-Ups @ 4:00 PM*
Meet Starts @ 5:00 PM*

1	14 & Over 500 Freestyle	2
3	10-13 500 Freestyle	4
5	11 & Under 200 Freestyle	6
7	14 & Over 400 IM	8
9	10-13 400 IM	10
11	11 & Under 200 IM	12

Saturday October 22, 2022

Session #2
14 & Overs
Warm-Ups @ 7:00 AM
Meet Starts @ 8:00 AM

13	14 & Over 200 IM	14
15	14 & Over 200 Backstroke	16
17	14 & Over 100 Freestyle	18
19	14 & Over 200 Breaststroke	20
21	14 & Over 100 Butterfly	22

Session #2
Saturday Mid-Day – 9 & Under
Warm-Ups @ 11:00 AM
Meet Starts @ 12:00 PM

23	7 & Under 25 Freestyle	24
25	8-9 50 Butterfly	26
27	7 & Under 50 Butterfly	28
29	8-9 100 Freestyle	30
31	7 & Under 100 Freestyle	32
33	8-9 50 Breaststroke	34
35	7 & Under 50 Breaststroke	36
37	9 & Under 100 Backstroke	38
39	7 & Under 25 Backstroke	40

Session #3
Saturday PM – 10 - 13 Year Olds
Warm-Ups @ 2:00 PM
Meet Starts @ 3:00 PM

41	12-13 200 Freestyle	42
43	10-11 50 Butterfly	44
45	12-13 50 Butterfly	46
47	10-11 100 Freestyle	48
49	12-13 100 Freestyle	50
51	10-11 50 Breaststroke	52
53	12-13 50 Breaststroke	54
55	10-11 100 Backstroke	56
57	12-13 100 Backstroke	58

Sunday October 23, 2022

Session #4
Sunday AM – 14 & Overs
Warm-Ups @ 7:00 AM
Meet Starts @ 8:00 AM

59	14 & Over 50 Freestyle	60
61	14 & Over 200 Butterfly	62
63	14 & Over 100 Backstroke	64
65	14 & Over 200 Freestyle	66
67	14 & Over 100 Breaststroke	68

Session #5
Sunday Mid-Day – 9 & Under
Warm-Ups @ 11:00 AM
Meet Starts @ 12:00 PM

69	9 & Under 100 IM	70
71	7 & Under 50 Backstroke	72
73	8-9 50 Backstroke	74
75	7 & Under 25 Butterfly	76
77	9 & Under 100 Butterfly	78
79	7 & Under 50 Freestyle	80
81	8-9 50 Freestyle	82
83	7 & Under 25 Breaststroke	84
85	9 & Under 100 Breaststroke	86
87	Open 1650 Freestyle	88

Session #3
Saturday PM – 10 - 13 Year Olds
Warm-Ups @ 2:00 PM
Meet Starts @ 3:00 PM

89	12-13 200 IM	90
91	10-11 50 Backstroke	92
93	12-13 50 Backstroke	94
95	10-11 100 Butterfly	96
97	12-13 100 Butterfly	98
99	10-11 50 Freestyle	100
101	12-13 50 Freestyle	102
103	10-11 100 Breaststroke	104
105	12-13 100 Breaststroke	106

***Times listed as not before. Times may be adjusted based on entries.**

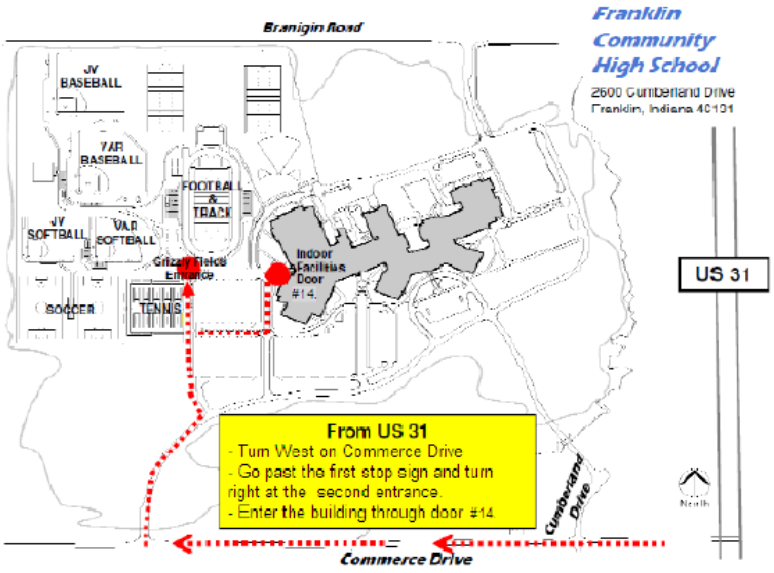
FRANKLIN COMMUNITY HIGH SCHOOL

2600 Cumberland Drive
Franklin, Indiana
317-738-5711

From US 31
From US31, turn west onto Commerce Drive. There is a traffic light at the Commerce Drive intersection. It is just north of the Wal-Mart and Lowe's. There is a Kentucky Fried Chicken on the corner. Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed to the athletic parking lot. Enter the building through door #14.

I-65 from the North
Exit I-65 at the Whiteland exit (exit 95) and head west to US 31 South. Go south on US 31 until you reach Commerce Drive. There is a stoplight at Commerce Drive (There is an Aaron's Rental and a Kentucky Fried Chicken on the corners). Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed north into the athletic parking lot. Enter the building through Door #14.

I-65 from the South
Exit I-65 at the Franklin exit (exit 90) and head west to US 31 North. Go north on US 31 until you reach Commerce Drive. There is a stoplight at Commerce Drive (There is an Aaron's Rental and a Kentucky Fried Chicken on the corners). Head west on Commerce Drive. The high school is just ahead on the north side of the road. Take the second entrance into the school and proceed north into the athletic parking lot. Enter the building through Door #14.



Summary Page

Please complete the requested information below and mail with your entry forms and check. Make check payable to **Franklin Regional Swim Team. If mailing, please mail a check to:**

Zach DeWitt
3966 Berkshire Ln.,
Martinsville, IN, 46151

Club Name: _____ Club Code: _____

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone #: _____

Email: _____

Number of Swimmers: _____Boys + _____Girls = _____Total Athletes
Athlete Surcharge (Number of athletes x $2.00): _____Swimmers @ $2.00= $_____
Number of Individual Entries: _____ _____Events @ $5.00= $_____
Total Amount Enclosed $_____

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 Franklin Regional Swim team, USA Swimming, Franklin Community High School and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim 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 Franklin Regional Swim Team, USA Swimming, and the Franklin Community High School and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses, expenses, damages, demands 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 _____,2022

Signature of Club Official or Coach: _____

Printed Name of Signature: _____