



2024 Pride of the Westside Invitational
Hosted by Westside Indianapolis Swim Team
May 17th-19th



- SANCTION:** The meet is sanctioned by USA and Indiana Swimming.
Sanction Number: #IN24258
- FACILITY:** Ben Davis High School Natatorium
1200 N Girls School Road, Indianapolis, IN 46214
The Ben Davis Natatorium is an 8-lane, 50-meter facility (two 8-lane, 25-yard competition pools and a bulkhead area). Depth at the starting end is 4.5 feet; depth at the turn end of the competition pool is 5.5 feet. Lane 8 will be kept open throughout the meet for warm-up and cool-down.
- Swimmer camping will be available on deck.
- The competition pool has not been certified in accordance with 104.2.2C(4).
- PARKING:** Free parking is available in the parking lot adjacent to the tennis courts. Please remember to not leave any valuables inside your vehicle; WIST and Wayne Township are not responsible for any lost or stolen items.
- MEET DIRECTOR:** Keith Gast (coachkgast@gmail.com) 812-406-5583
- ENTRY CHAIR:** Kevin Gast (kevinjgast17@gmail.com) 812-406-7405
- ENTRY OPEN:** Entries will be accepted beginning Wednesday, May 1st and accepted through Friday, May 10th or until the timeline is full.
- MEET REFEREE:** Gena Dreessen
- ELIGIBILITY:** Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of May 17th, 2024, shall determine each swimmer's age for the meet. Indiana Swimming does not process on-site registrations.
- MEET FORMAT:** This meet will be timed finals format with one session each day of the meet.
- WIST reserved the right to limit in any event to achieve a 4 hour



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maximum timeline. The meet entry chair will notify all accepted teams of those events limited or reduced from the original entry.

ENTRY LIMITS: Each swimmer will be limited to 4 events per day and 10 total for the weekend.

ENTRY FEES: Each individual event is \$5.00. There will be a \$20.00 per swimmer facility surcharge. There will not be any admissions charges.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

According to USA Swimming Rule 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.

Coaches must display their USA Swimming coach credential to gain deck access when arriving. The meet referee or meet director may ask for coach credentials and deny access if the coach does not comply.

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.

SCORING: Scoring will be standard 16 place scoring. 8 & Under events will be scored separately from 9-10 events. 13-14 events will be scored separately from 15 & Over events.

AWARDS: Ribbons will be awarded for the top 8 in all scored events.

FINAL RESULTS: Final results will be available on Meet Mobile and will be emailed to teams after the meet.

SCHEDULE: Friday evening warm-ups: 4:30pm
Friday meet start: 5:30pm



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Saturday/Sunday warm-ups: 8:00am
Saturday/Sunday meet start: 9:00am

CONCESSIONS: There will be a concession stand available for drinks and snacks.

SPECTATORS: There is no charge for spectators to enter.

MEET PROGRAM: There will not be heat sheets printed for spectators. Heat sheets will be available online through Meet Mobile.

WARM-UPS: We will assign lanes for warm-ups. Lane 8 will be open throughout the meet for warm-up and cool-down.

OFFICIALS: If any teams are able to provide an official please provide their name and email address to the meet director.

FACILITY NOTE: Teams are responsible for the actions of their athletes. Please remind athletes to treat the facility with respect. Westside Indianapolis Swim Team and Wayne Township are not responsible for any lost or stolen items.

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.



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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 Risk
Assumption**

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 being exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against 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 Indiana Swimming 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 with exposure,



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infection, and/or spread of COVID-19 related to participation in this competition.

Sessions and Order of Events:

Warm-Ups: 4:30pm			
Meet Start: 5:30pm			
<i>Girls</i>	<i>Friday PM</i>		<i>Boys</i>
1	10 & U 200 IM		2
3	11-12 200 IM		4
5	13 & O 400 IM		6
7	10 & U 200 FR		8
9	11-12 400 FR		10
11	13 & O 400 FR		12

Warm-Ups: 8:00am			
Meet Start: 9:00am			
<i>Girls</i>	<i>Saturday AM</i>		<i>Boys</i>
13	11-12 200 FR		14
15	13 & O 200 FR		16
17	10 & U 50 BR		18
19	11-12 50 BR		20
21	13 & O 200 BR		22
23	10 & U 100 FL		24
25	11-12 100 FL		26
27	13 & O 100 FL		28
29	10 & U 50 BK		30
31	11-12 50 BK		32
33	13 & O 200 BK		34
35	10 & U 100 FR		36
37	11-12 100 FR		38
39	13 & O 100 FR		40

Warm-Ups: 8:00am			
Meet Start: 9:00am			
<i>Girls</i>	<i>Sunday AM</i>		<i>Boys</i>
41	13 & O 200 IM		42
43	10 & U 50 FR		44
45	11-12 50 FR		46
47	13 & O 50 FR		48
49	10 & U 100 BR		50
51	11-12 100 BR		52
53	13 & O 100 BR		54
55	10 & U 100 BK		56
57	11-12 100 BK		58
59	13 & O 100 BK		60
61	10 & U 50 FL		62
63	11-12 50 FL		64
65	13 & O 200 FL		66
67	13 & O 1500 FR		68