



Welcome to the 2008 Central MegaZone Swimming Championships!

Indiana Swimming and the IU Natatorium are the proud co-hosts of the 2008 Central MegaZone Championships. 100% of the generated income from this meet will be donated to the IU Natatorium renovation and restoration fund to insure that Central Zone swimmers will have the opportunity to compete in this world-class, historical venue for many decades to come.

All Great Racers Come to Indy in August of 2008!

THEME:

In keeping with the spirit of the 2008 Olympics which will kick off in Beijing during the week of the MegaZone Championships, the theme for this event is *MegaZone USA – Capture the Dream!*

Each day will have a separate designation to celebrate the overall theme. Teams and spectators are encouraged to participate in this celebration according to the following schedule:

- **Wednesday, August 6: TEAM SPIRIT;** Music: Van Halen *Right Now*; Attire: Team Uniforms
- **Thursday, August 7: SURFIN USA;** Music: Beach Boys *Surfin' USA*; Attire: Surfer, Hawaiian Dress
- **Friday, August 8: ROCK USA;** Music: John Mellencamp *R.O.C.K. in the USA*; Attire: Rocker Dress
- **Saturday, August 9: PROUD USA;** Music: Lee Greenwood *Proud To Be an American*; Attire: Red/White/Blue
- **Sunday, August 10: TEAM SPIRIT;** Music: Queen *We will Rock You/ We are the Champions*; Attire: Team Uniforms

SANCTION:

This event is sanctioned by Indiana Swimming on behalf of USA Swimming.

Sanction # IN08234 - pool events.

Sanction # IN08240 - open water events

RULES:

Current USA Swimming rules will govern the meet.
Open Water – Group start by age group

PARTICIPATING TEAMS:

The following Central Zone LSCs will be competing in this event: Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin.

Meet entries must be submitted by LSCs only.

Separate entries from individuals or clubs will not be accepted.

HOSTS:

The 2008 MegaZone Championship is being co-hosted by Indiana Swimming, Inc. and the IU Natatorium on the Campus of IUPUI with support from the Indiana High School Athletic Association, Indy SwimFit (Masters), Indy Synchro, Indy Starz Diving, and the Indiana Sports Corporation.

MEET DIRECTORS:

Arlene McDonald
114 Forest Knoll Lane
Fishers, IN 46037
317-442-2166
arlenemcd@aol.com

Julie McKenney
IU Natatorium
1901 W. New York St.
Indianapolis, IN 46202
317-274-6785
jmckenne@iupui.edu

OFFICIALS:

Meet Referee: Lucy Duncan
IN Officials' Chair: Hal Paul

MEET SITE:

Pool Events: The pool events will be held at the Indiana University Natatorium on the Campus of IUPUI located at 901 West New York Street, Indianapolis, IN 46202.

The Natatorium houses three pools that will be in use throughout the MegaZone Championships.

- Competition Pool: Eight-lane, 50-meter pool with Kiefer non-turbulent lane markers and custom designed starting blocks. Daktronics electronic timing equipment and scoreboard.
- Instructional Pool: Six-lane, 50-meter pool with custom designed starting blocks.
- Diving Well: Seven-lane, 25-yard pool



2008 MegaZone – Capture the Dream!

IU Natatorium – August 6-10, 2008

Open Water: The open water competition will be held at Eagle Creek Reservoir (7840 West 56th Street, Indianapolis, IN 46254) on the northwest side of Indianapolis. Eagle Creek park is easily accessible from both I-65 and I-465 (northbound) and is about a 20-minute drive from the IU Natatorium and Downtown Indianapolis. **There is a \$5.00 entry fee into the park per vehicle (\$10 per bus).**

OPEN WATER:

The open water races will be swum at Eagle Creek Reservoir with all swims beginning and ending in the beach area. This lake course is an oval with a turn-around at the half-way point of each distance. The course runs parallel to the beach and utilizes the United States Rowing Association buoy field. There is a large spectator area on the beach with ample nearby parking. Swimmers and spectators will have access to an adjacent bathhouse and concession area. A professional timing and scoring company will facilitate accurate and timely results. Swimmers will be given electronic chips in their registration packets at the site to be worn during their races. The following distances will be swum by each age group:

- 10 & Under: ½ mile
- 11-12: 1 Mile
- 13-14: 1½ Miles
- 15-18: 2 Miles

MEET SCHEDULE:

(Indianapolis observes Eastern Daylight Time.)

Pre-Meet Days: Monday & Tuesday, Aug. 4 & 5

The IU Natatorium will be available on Monday and Tuesday, August 4 & 5, for team or individual practices. Any team practices for these days must be scheduled in advance with Ed Merklin at emerklin@iupui.edu. The facility is available to the public for open swims from 5:30 AM – 8:00 PM at no charge for individual zone participants.

Pool Events: Wednesday-Sunday, Aug. 6 - 10

The pool events will be conducted over a period of 4 ½ days (Aug. 6-10). Swimmers 13 & Over will be competing in a prelims/finals format, with the fastest 3 heats (24 swimmers) qualifying from the morning prelims to compete in the evening finals. The 800 freestyle, 1500 freestyle, and all relays will be conducted in a timed finals format. The 13-14 and 15-18 400 freestyle and 400 medley relays will be swum in a special session on Wednesday evening,

August 6. Competition for swimmers ages 12 & Under will be conducted as timed finals during separate afternoon sessions.

13-14 and 15-18 400 Relays: Wed., August 6:

- The 13-14 and 15-18 400 freestyle and 400 medley relays will be swum in a separate session on Wednesday evening, August 6.
- All pools will be reserved for the 13-14 and 15-18 relay participants exclusively from 5:30 – 6:00 PM with assigned warm-up lanes by team.
- Wednesday evening's relay competition session begins at 6:15 PM.

Preliminary Sessions for 13-14 and 15-18:

- 6:00 – 6:45 AM: Competition pool, instructional pool, and diving well open for general warm-ups (coach-supervised)
- 6:45 – 7:30 AM: LSC warm-ups in assigned lanes in competition and instructional pools with pool assignment rotated daily
- 7:30 – 7:45 AM: Competition Pool Lanes 2-7 Sprint; Lanes 1 & 8 Pace
- The morning preliminary sessions will begin at 8:00 AM.

Finals Sessions for 13-14 and 15-18:

- 4:30 – 5:30 PM: The instructional pool will be open for general warm-ups for athletes competing in the evening session only.
- 5:15 – 5:30 PM: Competition Pool open with lanes 2-7 Sprint; Lanes 1 & 8 Pace (open only to athletes competing in the evening finals session)
- The evening finals sessions begin at 5:45 PM with the exception of Sunday evening finals which will begin at 5:15 PM.
- There will be three (3) heats of each individual event swum in the evening session with the exceptions of the 800 and 1500 freestyles. The top two seeded heats of both the 800 and 1500 freestyles will swim in the evening session as combined 13-18 events.
- With the exception of the Wednesday evening relay session, there will be no relays swum during the finals sessions.

Timed Finals for 10 & U and 11-12:

- 12:45 – 1:15 PM: One-third of the LSCs will warm up in the instructional pool.

2008 MegaZone – Capture the Dream!
IU Natatorium – August 6-10, 2008

- 1:15 – 1:45 PM: Of the remaining LSCs, half will warm up in the instructional pool and half in the competition pool.
- 1:15 – 1:45 PM: Competition Pool Lanes 1-3 Sprint
- The pool assignments and times for warm-up will be determined by the number of 12 & Under swimmers entered from each LSC. Warm-up times and locations will rotate each day.
- The afternoon timed finals sessions will begin at 2:00 PM.

Additional Pool Event Information:

- Due to the uncertainty of the size of each team, final warm-up schedules will be distributed in the coaches' packets and discussed at Wednesday's general meeting.
- The diving well will remain open during all sessions for cool-down by swimmers competing in that session.
- The instructional pool will be open for coach-supervised swimmers from 7:45 AM until 12:30 PM, 1:45 PM until 4:30 PM, and from 5:30 PM until 7:00 PM each competition day.
- Chase starts will be used for all preliminary sessions and for the 12 & Under afternoon timed finals sessions.
- At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

Open Water Events: Wednesday, August 6

The open water events will be conducted according to the following schedule:

Session I: Open Water Schedule for Swimmers Ages 13 & Over	6:30 AM: Registration & Check-In 7:00 – 7:30 AM: Warm-Up 7:30–7:45 AM: Participant Clinic 8:00 AM: First Race Begins 10:00 AM: Awards
Session II: Open Water Schedule for Swimmers Ages 12 & Under	8:00 AM: Registration & Check-In 8:30 – 9:00 AM: Warm-Up 9:00– 9:15 AM: Participant Clinic 9:30 AM: First Race Begins 10:45 AM: Awards

The number of waves in each race will be determined by the number of entries.

The open water venue will not be available for practice by participants prior to the Wednesday, August 6, warm-up sessions.

TEAM REGISTRATION:

Registration will be held at the Indiana University Natatorium on the East and West Concourses from 10:30 AM until 4:15 PM on Wednesday, August 6, according to the schedule listed in the table below. The coaching staff for each team should schedule its arrival to register during these hours. This registration period is for team managers/coaches only; **swimmers do not need to register individually with the meet host.** However, each team is encouraged to inform its swimmers in advance of exactly when and where the team will assemble at the venue prior to Wednesday's scheduled practice time.

The following schedule will be observed for team registration, pictures, and practice on Wednesday.

WEDNESDAY, AUGUST 6			
LSC	REGISTRATION	PICTURES	PRACTICE
IN	10:30 – 11:30 AM	1:20 PM	11:30AM-12:30PM
IL	10:30 – 11:30 AM	11:40 AM	12:30 – 1:30 PM
OH	11:00 AM – Noon	12:05 PM	12:30 – 1:30 PM
MV	11:30 AM – 12:30 PM	12:30 PM	1:30 – 2:30 PM
WI	11:55 AM –12:55 PM	12:55 PM	1:30 – 2:30 PM
MI	12:45 – 1:45 PM	1:45 PM	2:30 – 3:30 PM
MN	1:00 – 2:00 PM	2:10 PM	2:30 – 3:30 PM
LE	1:30 – 2:30 PM	2:30 PM	3:30 – 4:30 PM
IA	1:45 – 2:45 PM	2:45 PM	3:30 – 4:30 PM
MW	2:00 – 3:00 PM	3:00 PM	3:30 – 4:30 PM
SD	2:15 – 3:15 PM	3:15 PM	3:30 – 4:30 PM
AR	2:30 – 3:30 PM	3:30 PM	4:30 – 5:30 PM
ND	2:45 – 3:45 PM	3:45 PM	4:30 – 5:30 PM
OK	3:00 – 4:00 PM	4:00 PM	4:30 –5:30 PM
OZ	3:15 – 4:15 PM	4:15 PM	4:30 – 5:30 PM

Each team's seating area will be located on the same concourse as its registration location based on these assignments:

East Concourse: North Dakota, Oklahoma, Iowa, Lake Erie, Ozark, Wisconsin, Minnesota, and Illinois

West Concourse: South Dakota, Midwestern, Arkansas, Michigan, Ohio, Missouri, and Indiana



2008 MegaZone – *Capture the Dream!*
IU Natatorium – August 6-10, 2008

Following each team's registration period, team members will assemble in either the east or west spectator stands (based on the concourse designations on page 3) for their team pictures. Signs will be posted indicating each team's assembly area in the stands. Weather permitting, pictures will be taken outside.

ADDITIONAL REGISTRATION DAY INFORMATION:

- 12:30 PM – 4:45 PM: Entry Chair available at head table to answer entry questions
- 5:00 PM: General Meeting for all Head Coaches and/or Team Managers in the Hospitality Room at the Natatorium
- 5:30 – 6:00 PM: Pools open for warm-ups for participants in the 13-14 and 15-18 400 free relay and 400 medley relay
- 6:00 PM: Opening Ceremonies
- 6:15 PM: Start of Wednesday evening relay session

SAFETY/WARM-UP PROCEDURES:

Pool Events: The safety procedures of USA Swimming, including feet-first entries, will be followed. Coaches must be in control of their swimmers at all times during warm-up periods.

Open Water Events: Different colored swim caps will be issued to athletes in each age group so that meet management can monitor swimmers' progress throughout the course. The course will be patrolled by qualified safety personnel.

LSC REPRESENTATIVE:

Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Directors. It is recommended that these persons NOT be the LSC's Head Coach. These designated representatives must be identified to the Meet Director either on the meet entries or at the General Meeting on Wednesday, August 6.

ATHLETE ATTITUDE:

Code of Conduct and Medical Release sample forms are included in this Meet Information (pages 17-19). If the LSC does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s). Each LSC's representative must have these documents available for the Host at all times. The Code of Conduct will be enforced.

ELIGIBILITY:

- A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.
- B. Swimmer's Age:
 - Age of swimmer for pool competition shall be as of the first day of the pool competition (Wednesday, August 6).
 - Age of swimmer for open water competition shall be as of the day of the open water competition (Wed., Aug. 6).
- C. Qualifying Time/Eligibility Pool
 - Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between the first day of the first Zone Meet of the previous year and the entry deadline date for the present meet.
 - Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter the time they have actually achieved, annotating that it is short course yards (SCY) or short course meters (SCM).
 - Swimmers who achieve individual event cuts for the following meets prior to the Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events:
 - 1) Short Course National Championships
 - 2) Summer National Championships
 - 3) Summer US Open
 - 4) Junior National Championships
 - Each LSC may enter two (2) 12 & Under and two (2) 13-18 swimmers with a disability who are not required to have achieved the qualifying time standards for their age group/events.
 - If the LSC has no qualifiers in an event for the 10 & Under or 11-12 age groups, the LSC may enter one (1) swimmer in that event. If an LSC has fewer than two (2) qualifiers in an event for the 13-14 or 15-18 age groups, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at no time (NT). These entries

2008 MegaZone – *Capture the Dream!*
IU Natatorium – August 6-10, 2008

must be submitted with the original entry.

- D. Qualifying Time/Eligibility Open Water
- Qualification times shall be the national A time for the longest freestyle pool event for the age offered at the Zone Championship Meet, OR
 - The swimmer must qualify for and be entered in a pool event at the current Zone Championship Meet, whether in an individual event or a relay event.
- E. Note: Qualifying standards for the 15-18 age group will be the National 15-16 or 17-18 times (AAA - pool; A - open water), whichever is the slower of the two standards.

RELAY ENTRIES:

The LSC must coordinate relay entries. Determination of the swimmers composing the relays is at the discretion of the LSC.

ENTRY LIMITS:

- A. 12 & Under swimmers may enter no more than (6) individual events (excluding the Open Water event) of which no more than five (5) may occur on any given day.
- B. 13 & Over swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day. This six (6) event limit is unique to the MegaZone; the limit for two-site Zone Championship meets is five (5).
- C. Each LSC may enter two (2) relays per relay event.
- D. No limit exists on the number of qualifying swimmers that an LSC may enter in an individual event.

ENTRY FEES:

- \$5.00 per individual pool event
- \$20.00 per open water event
- \$10.00 per relay

Make checks payable to Indiana Swimming.

ENTRY CHAIRMAN:

Send entries to Gary Haley
c/o Indiana Swimming
201 South Capitol Avenue
Suite 410
Indianapolis, IN 46225
317-237-5780
Fax: 317-237-5783
Email: gtsunrd@aol.com

ENTRY DEADLINE:

- A. Pool and Open Water entries shall be submitted to the host entry chairperson electronically using SDIF compatible file by **6:00 PM Monday (Eastern Daylight Time), August 4.** However, please email entries earlier if possible. The hard copy of the meet and open water entries and other meet information including *Swimmers with a Disability Entry Form* and *Meet Staff* (pages 15 & 16) must be received by fax or email by **1:00 PM (Eastern Daylight Time) on Tuesday, August 5.** It is the responsibility of each LSC to verify receipt and readability of any entries sent by email or fax with a follow-up contact to the host entry chair. There will be no deck entries for pool events.
- B. Additional entries for the Open Water events will be accepted until 5:00 PM (Eastern Daylight Time) on Tuesday, August 5.
- C. Each LSC will receive a preliminary report via email by Noon Tuesday, August 5. Any corrections to the original entries should be submitted to the entry chair as soon as possible or with the entry chair at the head table between 12:30 and 4:45 PM on Wednesday, August 6. Entry fees are also due during this time. No new swimmers may be added to LSC entries after the Monday 6:00 PM deadline. No corrections will be accepted after the start of the meet on Wednesday evening. All times are Eastern Daylight Time.

ENTRY PROCEDURES:

- A. The LSC must submit its pool and open water entries as one team, using the **LSC** as the club designation. All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted.



2008 MegaZone – *Capture the Dream!*

IU Natatorium – August 6-10, 2008

- B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address, telephone number, and email of the person in charge of entries for that LSC.
- C. Each swimmer entry must include first and last names, age as of the first day of the meet, and complete USA Swimming registration number. Relay-only swimmers must be included on the entry form with all information required for individual event swimmers.
- D. Entries for swimmers with a disability should be sent on the separate entry form (pages 14 & 15) indicating preference for seeding.
- E. Team Entries will be posted on the event website www.allgreatracers.com by Noon Tuesday.

ELIGIBILITY PROTEST:

Eligibility protests shall be conducted in accordance with Article 102.11 of the USA Swimming Rules and Regulations.

SEEDING/CONDUCT:

- A. **Conduct:** Pool Events – conducted over a period of 4 ½ days.
 - 13-14 and 15-18: Preliminaries/Finals format with the fastest three (3) heats advancing to finals except the 800 and 1500 freestyles and relays, which will be timed finals. Finals order will be C-Finals, B-Finals, and A-Finals.
 - 10 & Under and 11-12: Timed Finals
 - Chase starts will be used for all preliminary sessions and for the 11-12 and 10 & Under afternoon sessions. When using chase starts, swimmers start from both ends of the pool with the second swimmer entering the water as the previous swimmer finishes his/her race on the opposite end of the pool.
- B. **Seeding Order:**
 - First: Conforming Times (LCM)
 - Second: Non-Conforming Times (SCM then SCY)
 - Third: Non-Qualifying Times (NT)
- C. **Distance Freestyle:**
 - 800 and 1500 freestyles will be timed finals with the fastest two seeded heats

of women and fastest two seeded heats of men swimming in finals.

- All other 800 and 1500 freestyle heats will be swum in the preliminary session, swimming fastest to slowest, alternating women and men.
- Swimmers 13-18 will be combined for swimming and scored separately as 13-14 and 15-18 for the 800 and 1500 freestyle events.

D. Relays:

- 13-14 and 15-18 relays will be timed finals, swum on Wednesday (400s) and during prelims on Thursday through Sunday as published in the Order of Events.
- 10 & Under and 11-12 relays will be timed finals, swum during the afternoon sessions as published in the Order of Events.

SCRATCHES/CHECK-IN:

- A. All individual events will conform to the USA Swimming National Scratch Procedure Guidelines (207.12.6 A-E). There will be no penalty for failure to compete in a timed final event.
- B. **Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary, and relays.
 - Scratch deadline for First Day's events (Wednesday evening events) will be 15 minutes after the General Meeting.
 - Scratch deadline for Second Day's events (Thursday events) will be 30 minutes after the start of the First Day's evening finals session (6:45 PM Wednesday).
 - Scratch deadline for Subsequent Days' events (Friday – Sunday events) will be 30 minutes after the start of the previous day's evening finals session (6:15 PM).
- C. Entrants in the 800 and 1500 freestyles must check in and confirm their intention to

2008 MegaZone – *Capture the Dream!*
IU Natatorium – August 6-10, 2008

compete prior to the scratch deadline for that day's events in order to be seeded.

- D. Relay cards designating the swimmers' names must be submitted to the Clerk on the day of the relay. Names and order of swimmers may be changed up to the time of the swim. Only coaches may make changes to 11-12 and 10 & Under relays.
- E. Scratching from Finals:
- USA Swimming National Scratch Procedure Guidelines (207.12.6D) will be followed.
 - LSCs that have swimmers competing in Sunday's finals session (A, B, and C finalists) and who fail to scratch will be fined a \$100 penalty per swim.
 - All funds will remain with the meet host.
 - Failure on the part of the LSC to pay imposed penalties will result in barring from future zone championship meets.

SCORING:

All events will be scored to 24 places as follows:

- A. Individual Pool and Open Water Events:
30, 27, 26, 25, 24, 23, 22, 21, 19, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- B. Relay Events: 60, 54, 52, 50, 48, 46, 44, 42, 38, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
- C. Open water events will be scored separately from the pool events.

SWIMMER INTRODUCTIONS:

- A. C-Finals swimmers' names will be announced while the swimmers are in the water.
- B. B-Finals swimmers' names will be announced prior to the start of the race while the swimmers are behind the blocks.
- C. A-Finals swimmers will participate in a parade to the blocks with introductions, including brief bios, either during the parade or behind the blocks.
- D. 12 & Under swimmers' names will be announced while the swimmers are competing in the water for all but the fastest heat. Swimmers' names for the fastest heat will be announced prior to the start of the race while the swimmers are behind the blocks.

AWARDS:

- A. Individual Pool and Open Water Events
- 1-8 Place: Medals with Neck Ribbons
 - 9-16 Place: Overlay Ribbons
 - 17-24 Place: Strip Ribbons
- B. Relay Events
- 1-5 Place: Medals with Neck Ribbons
 - 6-10 Place: Strip Ribbons
- C. High Point Award: 1-3 for boys and girls in each age group for pool events only
- D. Team Awards
- Pool Events: 1-5 Combined Points
 - Open Water Events: 1-3 Combined Points
- E. Awards Ceremonies: Swimmers finishing in places 1-8 and relays finishing in places 1-5 will be recognized on the awards platforms located at the start end of the pool deck.
- 12 & Under awards will be presented at the end of each afternoon session and may take place during the warm-ups for the evening finals sessions.
 - 13-18 awards will be presented in the evening finals sessions either after every four (4), five (5), or six (6) events as outlined in the meet timelines. Timelines with the awards breaks will be in the coaches' packets. These awards breaks will also be published in each evening's heat sheets.
 - Open water awards will be presented at the conclusion of each session as outlined in the table on page 3.

DECK PASSES:

Deck passes for LSC coaches and team managers will be issued to the representative of each LSC at registration according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) and a maximum of fifteen (15) passes.

ADMISSION TICKETS:

- A. Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes, but strictly admissions passes. A suggested use would be for "club" coaches who are not part of the LSC Zone Team Staff.



2008 MegaZone – Capture the Dream!

IU Natatorium – August 6-10, 2008

- B. **All-session reserved** (blue chairbacks) and **all-session general admission** (bleacher seats) will be sold online beginning on March 17 at www.allgreatracers.com for \$55 (reserved) and \$40 (general admission). These prices include a psych sheet and heat sheets for all meet sessions. These packages will also be sold at the venue on Wednesday, August 6. Seats will be assigned on a first-come, first-served basis when the online sales open. Every effort will be made to assign seats in the team seating block.
- C. **Reserved** seat ticket prices for the blue chairback seats are as follows:
- Daily (all 3 sessions): \$12
 - Finals only: \$6
- D. **General admission** ticket prices for the bleacher seats are as follows:
- Daily (all 3 sessions): \$9
 - Finals Only: \$4
 - Children ages 6 and Under will be admitted to the general admission areas free of charge.
- E. Parking fees are determined by IUPUI Parking Services. The meet host has no interest in or influence on those fees.

MEET PROGRAM/FINAL RESULTS:

The cost of the meet programs and final results are as follows:

- \$10.00 Meet Program (includes psych sheet)
- \$4.00 Daily Heat Sheets
- \$1.00 Finals Heat Sheet
- \$10.00 Final Results (paper copy)

The meet program and session heat sheets are included only with the purchase of all-session ticket packages.

GENERAL MEETING:

A pre-meet General Meeting is scheduled for Wednesday, August 6, at 5:00 PM in the Hospitality Room at the IU Natatorium and is required for all head coaches and/or team managers. Meet procedures and meet information will be discussed. Members of the Meet Committee will be identified. No deviation from this meet information may occur without unanimous agreement by all designated LSC representatives. Warm-up lanes and times will be discussed at this meeting.

OFFICIALS' MEETING:

National certification for officials will be available for this meet. Officials' meetings will convene one hour prior to the start of each session in the designated Officials' Briefing Room at the IU Natatorium. Applications to officiate may be found on the Central Zone website at www.centralzones.org. Officials attire will consist of navy pants/skirts and white shirts/blouses, with white shoes.

The meet referee is: Lucy Duncan
235 Poplar Grove Drive
Avon, IN 46123
317-946-1371
lucyuss@aol.com

VOLUNTEERS:

Timers and officials from visiting LSCs are encouraged and welcome. Please indicate names and contact information of interested persons when entries or submitted. Volunteers can also express interest by contacting Michele DeLuna by June 1 at michele@inswimming.org.

REFRESHMENTS:

For the convenience of spectators, there will be concession areas open on the main concourse and in the AquaZone area (gymnasium) of the Natatorium throughout the event including the registration day, Wednesday, August 6. The meet host has no influence on the cost or variety of the available concessions.

WEDNESDAY TEAM WARM-UPS & PICTURES:

Please see the table and information on page 3 of this document for Wednesday warm-up and team picture times and locations.

ATHLETE SEATING:

Credentials for the 13 & Over and 12 & Under athletes will be color coded. Athletes will only be allowed on deck during their respective competition sessions.

- Deck: On-deck bleachers, assigned by team, will be available for competing athletes during each session.
- During sessions when athletes are not competing, athletes are required to sit in the LSC team area in the spectator stands. Athletes will be admitted free of charge into

2008 MegaZone – *Capture the Dream!*
IU Natatorium – August 6-10, 2008

the spectator stands by presenting their meet credentials at the entry doors.

HOTELS:

Hotel room options are available for online registration at the event site www.allgreatracers.com. For team room blocks and questions, please call 317-684-2573 or email housing@indianapolis.org.

OTHER INFORMATION:

- For the convenience and enjoyment of spectators, signs will be posted designating suggested seating areas for each LSC. The only reserved seating will be those tickets purchased in the blue chairback sections of the Natatorium.
- There will be an AquaZone with concessions and vendors located in the gymnasium off the upstairs spectator concourse.
- Wireless Internet service will be available throughout the venue for participants and spectators at a fee of \$10 for the duration of the event. Registration and payment for this service should be done at the Natatorium Pro Shop located in the AquaZone.
- Each team will have a “help desk” location behind its team seating area on the East or West Concourse at which team uniforms and/or team information will be distributed. Each LSC will designate a liaison who will be responsible for staffing the help desk and posting its hours. The liaison should be available at the help desk at least one hour prior to the team registration time on Wednesday, August 6, to assist with early arriving swimmers.
- Throughout the event, the Central Zone will be recognizing an All-Central Zone Team of qualifying athletes whose names are submitted by their LSCs. To be eligible for this honor, an athlete must be nominated by his/her “home” LSC and meet one of the following criteria:
 1. Have set two or more individual Central Zone records (in any age group)

2. Have swum a Central Zone Championship time that was ranked #1 nationally for that season
3. Have been a Central Zone Championship meet participant who has gone on to qualify for one or more of these USA Swimming teams: Junior National Team, Senior National Team, USA Olympic Team
4. If an LSC has no automatic qualifiers based on #1-3, the LSC will nominate one male and one female athlete to represent the LSC on the All-Time Central Zone Team.

It is the responsibility of each LSC to perform the required research before identifying and nominating its automatic qualifiers.

- Coaches & Officials Social: There will be a social for coaches and officials on Friday evening, August 8, after the evening finals session. More information will be available at the general meeting.
- Event Website: Be sure to visit the event website at www.allgreatracers.com frequently for the latest meet information and announcements.



2008 MEGAZONE POOL COMPETITION – ORDER OF EVENTS

DAY 1 - SCHEDULE OF EVENTS – WEDNESDAY, AUGUST 6

Session 1 - EVENING TIMED FINALS: 6:15 PM

GIRLS	EVENTS	Boys
1	13-14 400M Freestyle Relay	2
3	15-18 400M Freestyle Relay	4
5	13-14 400M Medley Relay	6
7	15-18 400M Medley Relay	8

DAY 2 -SCHEDULE OF EVENTS – THURSDAY, AUGUST 7

Session 2 - MORNING PRELIMS: 8:00 AM

GIRLS	EVENTS	Boys
23	13-14 100M Freestyle	24
25	15-18 100M Freestyle	26
27	13-14 100M Backstroke	28
29	15-18 100M Backstroke	30
31	13-14 100M Breaststroke	32
33	15-18 100M Breaststroke	34
35	13-14 100M Butterfly	36
37	15-18 100M Butterfly	38
19	13-14 200M Freestyle Relay	20
21	combined 13-18 800M Freestyle – fastest 2 heats swum in finals	22

Session 3 - AFTERNOON TIMED FINALS: 2:00 PM

GIRLS	EVENTS	Boys
9	11-12 100M Freestyle	10
11	10-U 100M Freestyle	12
13	11-12 200M Individual Medley	14
15	10-U 200M Individual Medley	16
17	11-12 400M Freestyle Relay	18

Session 4 - A, B, & C FINALS: 5:45 PM

GIRLS	EVENTS	Boys
21	combined 13-18 800M Freestyle - fastest 2 heats	22
23	13-14 100M Freestyle	24
25	15-18 100M Freestyle	26
27	13-14 100M Backstroke	28
29	15-18 100M Backstroke	30
31	13-14 100M Breaststroke	32
33	15-18 100M Breaststroke	34
35	13-14 100M Butterfly	36
37	15-18 100M Butterfly	38

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 IU Natatorium – August 6-10, 2008

DAY 3 -SCHEDULE OF EVENTS – FRIDAY, AUGUST 8

Session 5 - MORNING PRELIMS: 8:00 AM

GIRLS	EVENTS	Boys
55	13-14 200M Backstroke	56
57	15-18 200M Backstroke	58
59	13-14 200M Individual Medley	60
61	15-18 200M Individual Medley	62
63	13-14 400M Freestyle	64
65	15-18 400M Freestyle	66
53	15-18 200M Freestyle Relay	54

Session 6 - AFTERNOON TIMED FINALS: 2:00 PM

GIRLS	EVENTS	Boys
39	11-12 50M Freestyle.	40
41	10-U 50M Freestyle.	42
43	11-12 50M Butterfly	44
45	10-U 50M Butterfly	46
47	11-12 200M Freestyle Relay	48
49	10-U 200M Freestyle Relay	50
51	11-12 400M Freestyle	52

Session 7 - A, B, & C FINALS: 5:45 PM

GIRLS	EVENTS	Boys
55	13-14 200M Backstroke	56
57	15-18 200M Backstroke	58
59	13-14 200M Individual Medley	60
61	15-18 200M Individual Medley	62
63	13-14 400M Freestyle	64
65	15-18 400M Freestyle	66



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IU Natatorium – August 6-10, 2008

DAY 4 -SCHEDULE OF EVENTS – SATURDAY, AUGUST 9

Session 8 - MORNING PRELIMS: 8:00 AM

GIRLS	EVENTS	BOYS
87	13-14 200M Freestyle.	88
89	15-18 200M Freestyle.	90
91	13-14 200M Breaststroke	92
93	15-18 200M Breaststroke	94
95	13-14 200M Butterfly	96
97	15-18 200M Butterfly	98
83	13-14 200M Medley Relay	84
85	combined 13-18 1500M Freestyle – fastest 2 heats swum in finals	

Session 9 - AFTERNOON TIMED FINALS: 2:00 PM

GIRLS	EVENTS	BOYS
67	11-12 200M Freestyle.	68
69	10-U 200M Freestyle	70
71	11-12 50M Breaststroke	72
73	10-U 50M Breaststroke	74
75	11-12 50M Backstroke	76
77	10-U 50M Backstroke	78
79	11-12 200M Medley Relay	80
81	10-U 200M Medley Relay	82

Session 10 - A, B, & C FINALS: 5:45PM

GIRLS	EVENTS	BOYS
85	combined 13-18 1500M Freestyle - fastest 2 heats	
87	13-14 200M Freestyle.	88
89	15-18 200M Freestyle.	90
91	13-14 200M Breaststroke	92
93	15-18 200M Breaststroke	94
95	13-14 200M Butterfly	96
97	15-18 200M Butterfly	98

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IU Natatorium – August 6-10, 2008

DAY 5 -SCHEDULE OF EVENTS – SUNDAY, AUGUST 10

Session 11 - MORNING PRELIMS: 8:00 AM

GIRLS	EVENTS	Boys
115	13-14 50M Freestyle	116
117	15-18 50M Freestyle.	118
119	13-14 400M Individual Medley	120
121	15-18 400M Individual Medley	122
113	15-18 200M Medley Relay	114
	combined 13-18 1500M Freestyle - fastest 2 heats swum in finals	86

Session 12 - AFTERNOON TIMED FINALS: 2:00 PM

GIRLS	EVENTS	Boys
99	11-12 100M Breaststroke	100
101	10-U 100M Breaststroke	102
103	11-12 100M Backstroke	104
105	10-U 100M Backstroke	106
107	11-12 100M Butterfly	108
109	10-U 100M Butterfly	110
111	11-12 400M Medley Relay	112

Session 13 - A, B, & C FINALS: 5:15 PM

GIRLS	EVENTS	Boys
	combined 13-18 1500M Freestyle - fastest 2 heats	86
115	13-14 50M Freestyle	116
117	15-18 50M Freestyle.	118
119	13-14 400M Individual Medley	120
121	15-18 400M Individual Medley	122

2008 MEGAZONE OPEN WATER COMPETITION EVENTS

Prior to the Pool Events on Day 1: Wednesday Morning, August 6*

GIRLS	EVENTS	Boys
OW1	15-18 2 Miles	OW2
OW3	13-14 1 ½ Miles	OW4
OW5	11-12 1 Mile	OW6
OW7	10-U ½ Mile	OW8

*Please see pages 2 & 3 for additional open water information and schedule.



2008 MegaZone – *Capture the Dream!*
IU Natatorium – August 6-10, 2008

**CENTRAL ZONE CHAMPIONSHIP PROCEDURES
FOR
INCLUSION OF SWIMMERS WITH DISABILITIES**

1. Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.
2. Each LSC may select two swimmers with disabilities age 12 and under and two swimmers age 13-18 in any manner deemed appropriate. Examples of selection criteria and procedures are available from the Central Zone Director.
3. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. No special awards are necessary.
4. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
5. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 freestyle with the 9-10 age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
6. It is the responsibility of the USA Swimming Disability Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

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IU Natatorium – August 6-10, 2008

CENTRAL ZONE CHAMPIONSHIP MEET
Sanction # IN08234 – Pool Events
Sanction # IN08240 - Open Water Events
SWIMMERS WITH A DISABILITY ENTRY FORM

Name: _____ Club: _____ LSC: _____

USA Swimming #: _____ Age first day of the meet: _____

Swimmer email address: _____

Swimmer phone #: _____

Name of person completing this form: _____

Email address: _____

Phone #: _____

Please enter events below. The maximum number of events for swimmers 12 and under is six (6) and swimmers 13-18 may enter six (6) events. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Disability-related accommodations: _____

EVENT #	EVENT DESCRIPTION	ENTRY TIME	SEED WITH AGE GROUP (same age, same distance)	SEED WITH DIFFERENT DISTANCE (same age, different distance)	SEED WITH COMPARABLE TIME (younger age, distance depends on entry time)



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IU Natatorium - August 6-10, 2008

CENTRAL ZONE CHAMPIONSHIP MEET STAFF

LSC _____

INSTRUCTIONS: Please complete the information requested and submit with Meet Entries.

COACHING STAFF:

NAME **CELL PHONE** **EMAIL ADDRESS**

Head Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Information

Desk Liaison:

LSC REPRESENTATIVE FOR MEET: (Official contact - LSC/Meet Director)

Name: _____

Cell Phone Number: _____ Email: _____

Alternate: _____

Cell Phone Number: _____ Email: _____

Position on or with LSC Team: _____

Hotel Name/Phone Number during Meet: _____

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IU Natatorium - August 6-10, 2008

CENTRAL ZONE CHAMPIONSHIP MEET
PERMISSION AND RELEASE FORM

LSC _____

I hereby give my permission for _____
(Please Print Name of Swimmer)

to accompany the _____ LSC TEAM to: _____

on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the _____, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

(Signature of Parent or Guardian) Date: _____

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and others in charge, should know about the swimmer:

Physician's Name: _____ (_____) _____
(Please Print) Phone Number

Name of Parent or Guardian: _____
(Please Print)

Address: _____
Street City State Zip

Telephone Day: (_____) _____ Evening: (_____) _____

Phone during meet competition: (_____) _____ (cell/pager/etc)



2008 MegaZone – Capture the Dream!
IU Natatorium – August 6-10, 2008

CENTRAL ZONE CHAMPIONSHIP MEET
GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and LSC staff members must have signed a "Code of Conduct." This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the "sample" LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states "...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming."

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
 - A. The name and LSC of the person(s) who committed the offense;
 - B. The name and means of contacting the person(s) who were affected by the violation;
 - C. The nature and details of the violation;
 - D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
 - A. The Representative of the host LSC;
 - B. The person(s) who committed the offense;
 - C. The LSC General Chairman of the person(s) who committed the offense;
 - D. The LSC Representative of the person(s) who committed the offense;
 - E. The person(s) whom the violation affected;
 - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.

2008 MegaZone – *Capture the Dream!*
IU Natatorium – August 6-10, 2008

**2008 CENTRAL ZONE CHAMPIONSHIP MEET
CODE OF CONDUCT**

LSC _____

SAMPLE: The LSC shall use this form if there is no “Code of Conduct” form used by your LSC.

PURPOSE: The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual’s responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: _____ Date: _____
Signature

Please Print Name

Parent/Guardian _____ Date: _____
Signature

Please Print Name

