

**2023 LCB'S New Year's Splash
PRELIMINARIES & FINALS**
Lake Central Barracudas
January 20, 21 & 22 2023

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming.
Sanction #IN
- HOST:** Lake Central Barracudas
- POOL:** Lake Central Aquatic Center, 8400 Wicker Ave, St. John, Indiana 46373
- FACILITY:** Two-10 lane 25-yard pools with ten 7.5-foot wide lanes with non-turbulent lane markers. Starting depth is 8.0 ft. We will have 10 lanes for constant warm-up/cool down. Colorado 6 Time System will be used. Balcony spectator seating is available.
- The competition course has not been certified in accordance with rule 104.2.2C(4).
- PARKING:** Free parking will be available. Please park in front of the Aquatic Center (Blue Lot). Please enter through **Door C**
- RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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 may assist the member 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 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Coaches must constantly display their USA Swimming coach credential or deck pass for deck access. 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.

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

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present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

ELIGIBILITY: Swimmer(s) must be registered with USA Swimming to be accepted into this meet. These registration numbers must accompany entry. Age as of January 20, 2023, shall determine the swimmer's age for the meet. Indiana Swimming does not process on-site registrations. All swimmers must be registered with USA Swimming. These registration numbers must accompany entry.

MEET FORMAT: **All Friday events are timed finals.** All 10 & Under and 8 & Under events will be swum as timed finals on Saturday and Sunday. Preliminaries will be conducted on Saturday and Sunday mornings for the 11-12, 13-14, and Open Age groups. There will be consolation and championships finals heats (Top 20) on Saturday and Sunday for the 11-12, 13-14, and Open age groups.

If a swimmer misses his or her event, the swimmer will be declared a "no show" and will not be placed in any other heat to make-up the swim. "Fly-over" starts may be used for all events.

POSITIVE CHECK-IN Positive check-in means, "I am here and I intend to swim." There will be positive check-in for each session. Check-in will close 45 minutes before the session start time. Positive check-in sheets will be located in the on the glass windows in the lobby. Signs will be posted. Swimmers not checked in will be scratched. There will be no positive check-in for Saturday and Sunday finals sessions.

ENTRIES: Enter swimmers with their full first name, last name, age, and USA Swimming number on the entry. All times must be submitted in Short Course Yards (SCY) and completed to the hundredth of a second. Converted times should use the Hy-Tek Time Converter.

Each swimmer in the 11-12, 13-14, and Open age groups will be limited to three (3) individual events and one (1) relay per day. 8 & Under and 10 & Under swimmers will be limited to five (5) individual events and one (1) relay per day. If an entry is submitted with an individual entered in more events than allowed, the entry will be made by order of events

LCB reserves the right to determine which teams' entries to accept. Among the items LCB will consider when making these determinations are: not breaking teams; the number of officials and volunteers provided by the team; balance of age group and gender in entry; level of competition; and geographic location.

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LCB reserves the right to limit the number of entries in all events to keep the timeline manageable. There will be refunds for swimmers cut out of events.

ENTRY FEES: All entry fees must be paid by Friday, January 20, 2023. Please make check payable to Lake Central Barracudas. Timed final events are \$5.00 each and prelims/finals are \$6.00 each. There is also a \$2.00 per swimmer, per meet, Indiana Swimming surcharge

DECK ENTRIES: Deck entries will be accepted if the meet is not filled only as new additions. **CHANGES WILL NOT BE ACCEPTED.** Entry fee for deck entries is \$10.00 per prelim/finals event and \$8.00 per timed final event.

SCORING: Places 1st through 10th: 24-21-20-19-18-17-16-15-14-13
Places 11th through 20th: 11-9-8-7-6-5-4-3-2-1
Relays score double.

ENTRY Procedure Entries will be accepted starting Monday, December 26, 2023 at 8:00 AM. The entry deadline is 11:59 PM ET on Friday, January 16, 2023 or when the meet is full. Teams not accepted will have their entries returned as soon as possible, but no later than Tuesday, January 17, 2023 via email or US Postal depending on the form of entry.

Any accepted team entries may be updated until 5:00 PM on Monday, January 18, 2023. Updated times must be received via email. No phone updates will be accepted.

Mail entries and fees to the Entry Chairperson:

LCB'S New Year's Splash Entries
c/o Lake Central Barracudas
14215 W. 94th Pl
St. John, Indiana 46373
219-689-8074
Email: coachjeff@lcbswim.com

FINAL RESULTS: One complimentary copy will be provided to all teams. Final results will also be posted on the LCB website at www.lcbswim.com.

AWARDS: Ribbons will be awarded for 1st – 20th place in all individual events for only 8 & Under, 9-10, and 11-12, & 13-14 age groups. Medals will be awarded for 1st – 3rd place in all relay events. High point awards (winner and runner-up) in all age groups (8-Under, 9-10, 11-12, 13-14).
AWARDS WILL NOT BE MAILED.

SCHEDULE: *Please note:* All Times Are Central Daylight Time.

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Friday, January 20, 2023

The pool will not open before 4:15 PM on Friday afternoon.

10 & Under, 11-12, 13-14 & Open Age Groups

Warm-Ups Start Not Before 5:00 PM

Meet Starts Start Not Before 6:00 PM

Saturday, January 21, 2023 and Sunday, January 22, 2023

11-12, 13-14 & Open Age Group Prelim / Finals

Prelim Warm-Ups Start Not Before 7:00 AM

Prelims Start Not Before 8:00 AM

Finals Warm-Ups Start Not Before 4:30PM (Sunday Not Before 4:00 PM)

Finals Start Not Before 5:30PM (Sunday Not Before 5:00 PM)

8-Under & 10-Under Age Group Timed Finals

Warm-Up Start Not Before 12:00 Noon

Meet Starts Not Before 1:00 PM

Lane assignments will be posted around the pool. Coaches are encouraged to cover check-in, scratch, and meet procedures with their new swimmers and parents. **NO PARENTS ARE ALLOWED ON THE POOL DECK.** *This is an insurance requirement of USA Swimming.*

CONCESSIONS: Concessions will be available at the concession stand outside the pool.

ADMISSION: An admission of \$5.00 per person for each session will be charged. There will also be an all-day pass sold for \$10.00 and an all-weekend/all-session pass will be sold for \$20.00 (this will only be offered on Friday). Children 10 and under are free.

MEET PROGRAMS: Meet Programs (Psych Sheets and/or Heat Sheets) will be available for purchase.

WARM-UPS: Warm-up lanes will be assigned. Check the website at www.lcbswim.com and your coach's packet for lane assignments. A complete schedule of lanes and times for all warm-up procedures must be adhered to by all participants and will be also posted at the facility during the meet.

MEET DIRECTOR: Jeff Kilinski
coachjeff@lcbswim.com

MEET REFEREE: Chris Cailles-847-343-4958

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OFFICIALS: LCB will need the help of your USA Swimming Officials. If you have a member that is in charge of your officials, please provide his/her name and email address on the entry summary form where requested.

USA SWIMMING SUIT RULES: 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.

FACILITY NOTE: The Lake Central Aquatic Center is one of the most beautiful high 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:

- Keep all trash picked up (swimmers and teams in particular).
- 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.
- **NO SMOKING OR TOBACCO IS PERMITTED IN THE BUILDING.**

The Lake Central Barracudas will have security people patrolling the deck and locker room areas. Anyone caught abusing the building or facility, will be asked to leave the facility immediately and barred from further competition.

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ORDER OF EVENTS – FRIDAY, January 20

Girls	Evening Session Warm-Ups Start Not Before 5:00 PM Meet Starts Not Before 6:00 PM	Boys
1	10 & Under 200 Individual Medley	2
3	11-12 200 Individual Medley	4
5	13-14 400 Individual Medley	6
7	Open 400 Individual Medley	8
9	10 & Under 200 Freestyle	10
11	11-12 500 Freestyle	12
13	13-14 500 Freestyle	14
15	Open 500 Freestyle	16

ORDER OF EVENTS – SATURDAY, January 21

Girls	Morning Session Warm-Ups Start Not Before 7:00 AM Meet Starts Not Before 8:00 AM	Boys
17	11-12 200 Freestyle	18
19	13-14 200 Freestyle	20
21	Open 200 Freestyle	22
23	11-12 100 Breaststroke	24
25	13-14 100 Breaststroke	26
27	Open 100 Breaststroke	28
29	11-12 100 Backstroke	30
31	13-14 100 Backstroke	32
33	Open 100 Backstroke	34
35	11-12 50 Butterfly	36
37	13-14 200 Butterfly	38
39	Open 200 Butterfly	40
41	11-12 50 Freestyle	42
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46
47	11-12 200 Medley Relay	48
49	13-14 200 Medley Relay	50
51	Open 200 Medley Relay	52
53	Open 1650 Freestyle	

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Girls	Afternoon Session	Boys
	Warm-Ups Start Not Before 12:00 Noon Meet Starts Not Before 1:00 PM	
55	8 & Under 25 Freestyle	56
57	10 & Under 50 Freestyle	58
59	8 & Under 25 Breaststroke	60
61	10 & Under 50 Breaststroke	62
63	8 & Under 50 Backstroke	64
65	10 & Under 100 Backstroke	66
67	8 & Under 50 Butterfly	68
69	10 & Under 100 Butterfly	70
71	8 & Under 100 Freestyle	72
73	10-Under 200 Medley Relay	74
75	8-Under 100 Medley Relay	76

Girls	Finals Session (Top 20 in Each Event)	Boys
	Warm-Ups Start Not Before 4:00 PM Meet Starts Not Before 5:00 PM	
17	11-12 200 Freestyle	18
19	13-14 200 Freestyle	20
21	Open 200 Freestyle	22
23	11-12 100 Breaststroke	24
25	13-14 100 Breaststroke	26
27	Open 100 Breaststroke	28
29	11-12 100 Backstroke	30
31	13-14 100 Backstroke	32
33	Open 100 Backstroke	34
35	11-12 50 Butterfly	36
37	13-14 200 Butterfly	38
39	Open 200 Butterfly	40
41	11-12 50 Freestyle	42
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46

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ORDER OF EVENTS – SUNDAY, January 22

Girls	Morning Session (Session #3) Warm-Ups Start Not Before 7:00 AM Meet Starts Not Before 8:00 AM	Boys
77	13-14 200 Individual Medley	78
79	Open 200 Individual Medley	80
81	11-12 50 Breaststroke	82
83	13-14 200 Breaststroke	84
85	Open 200 Breaststroke	86
87	11-12 100 Butterfly	88
89	13-14 100 Butterfly	90
91	Open 100 Butterfly	92
93	11-12 50 Backstroke	94
95	13-14 200 Backstroke	96
97	Open 200 Backstroke	98
99	11-12 100 Freestyle	100
101	13-14 100 Freestyle	102
103	Open 100 Freestyle	104
105	11-12 200 Free Relay	106
107	13-14 200 Free Relay	108
109	Open 200 Free Relay	110
	Open 1650 Freestyle	112

Girls	Afternoon Session Warm-Ups Start Not Before 12:00 Noon Meet Starts Not Before 1:00 PM	Boys
113	8 & Under 100 Individual Medley	114
115	10 & Under 50 Backstroke	116
117	8 & Under 25 Backstroke	118
119	10 & Under 100 Breaststroke	120
121	8 & Under 50 Breaststroke	122
123	10 & Under 100 Freestyle	124
125	8 & Under 50 Freestyle	126
127	10 & Under 50 Butterfly	128
129	8 & Under 25 Butterfly	130
131	10 & Under 200 Free Relay	132
133	8 & Under 100 Free Relay	134

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Girls	Finals Session (Top 20 in Each Event) Warm-Ups Start Not Before 3:30 PM Meet Starts Not Before 4:30 PM	Boys
77	13-14 200 Individual Medley	78
79	Open 200 Individual Medley	80
81	11-12 50 Breaststroke	82
83	13-14 200 Breaststroke	84
85	Open 200 Breaststroke	86
87	11-12 100 Butterfly	88
89	13-14 100 Butterfly	90
91	Open 100 Butterfly	92
93	11-12 50 Backstroke	94
95	13-14 200 Backstroke	96
97	Open 200 Backstroke	98
99	11-12 100 Freestyle	100
101	13-14 100 Freestyle	102
103	Open 100 Freestyle	104

**GENERAL
INFORMATION:**

Each team is responsible for its own valuables.
Each coach is responsible for the conduct of their team.
Only swimmers and coaches will be allowed in the deck area, except during the 500 Free, at which time a designated timer and counter will be allowed on deck to help with that event.

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FEE SUMMARY

This summary form must be completed and returned with all entry fees.

1. Individual entry sheets
2. Check for entries made payable to: **Lake Central Barracudas**
3. This completed summary form.

Mail all of the above to:

Jeff Kilinski
14215 W. 94th Pl
St. John, Indiana 46373
219-689-8074
Email: coachjeff@lcbsswim.com

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____

Number of swimmers entered: Indiana Swimming Surcharge _____ @ \$2.00 = \$ _____

Number of prelims/finals individual entries _____ @ \$6.00 = \$ _____

Number of timed finals individual entries _____ @ \$5.00 = \$ _____

Number of relay entries _____ @ \$8.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Contact Information:

Club Official submitting entry:

Coach's Name:

Name: _____

Address: _____

City: _____

State, Zip: _____

Telephone: _____

Email: _____

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Please indicate the preferred manner of receiving final results:

_____ Hard Copy
_____ Meet Manager Backup (Emailed)
_____ Team Manager .cl2 file (Emailed)
_____ All of the above

Email address to send above to: _____

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 Lake Central Barracudas, and its' Board of Directors, USA Swimming, Lake Central 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 Lake Central Barracudas, USA Swimming, and the Lake Central 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 _____, 2023

Signature of Club Official or Coach _____

Printed Name of Club Official or Coach _____

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Lake Central Barracudas Meet Safety Policy and Procedures – COVID

The safety of our athletes, coaches and families is of the utmost importance. With the current situation in regards to the COVID-19 pandemic, LCB will be adhering to the following COVID-19 Policies and Procedures, as well as those implemented by Lake Central School Corp,. These procedures will be in place during all LCB hosted meets at the Lake Central Aquatic Center.

The following procedures will be implemented for LCB Hosted Meets.

- Max limit of four (4) swimmers per swimming lane, starting from opposite ends (in accordance with USA swimming guidelines).
- Teams will be assigned warm up and locker room time to be able to adhere to social distancing guidelines.
- All swimmers/staff will wear a facemask while in the facility/on the pool deck until they are ready to get into the water.
- Any swimmers/staff member found to have any of the COVID symptoms will be asked to leave the facility.
- Upon entering the facility, all will be required to sanitize hands using provided sanitizers/wipes stationed on a table inside the door. Swimmers & staff will also have their temperature (no higher than 100.4 per CDC Guidelines) and symptoms checked by an LCAC Aquatics Staff member prior to entry into the facility.
- All swimmers and staff members entering the facility will be tracked through coach/official sign in sheets, volunteer check-in sheets, and swimmer check-in sheets on a daily basis.
- The meet will be pre-seeded and coaches will receive a check-in sheet each session to let facility staff know who was in the facility each session.
- All ages will utilize a clerk of course as a means to control how many swimmers are behind the blocks at any time.
- A ready room will be established for the next heat up to get ready without crowding the starting block area.
- A traffic flow pattern will be utilized so the swimmers who just finished and swimmers who are next will not pass each other as they enter or exit the starting block area. Fly-Over starts may be used as well.
- Everyone in the building should maintain at least a 6' social distancing between him or her and anyone else that is not an immediate family member.
- Team will be assigned areas around the pool deck and/or in the adjacent field house for their athletes to camp out.
- Swimmers and staff members will need to provide their own water and water bottle. Use of drinking fountains, by swimmers, is prohibited at this time. If a swimmer needs more water during or before a meet a designated staff member will fill up the water bottle for the swimmer.
- Once a swimmers events are complete they will be asked to dry off, get dressed, and exit the facility promptly

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LOCKER ROOM PROCEDURES

- o Swimmers should arrive to the meet in their swim attire.
- o The use of locker rooms during the meets will be reserved for restroom breaks only, with not more than two (2) patrons in the locker room at any given time. This will be monitored by deck marshals.
- o Nothing should be left in the locker room and should be taken on deck with the swimmer.
- o Showers will not be available.
 - o Swimmers will wear masks at all times while in the locker rooms and will maintain social distancing.
- o Facility staff may limit the number of swimmers or the amount of time a swimmer can be in the locker room at any time to make sure the facility is in compliance with any state or local regulations.
- o Swimmers may change out of their wet swim attire after the meet but will be expected to change/use the restroom quickly and exit the locker room.

HEALTH SCREEN

Facility Staff may conduct a health screen by checking swimmers/coaches/volunteers temperatures and asking about COVID symptoms prior to gaining entry into the facility. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from meet (isolation), and strict guidelines regarding return to meets.

If you had any of the following symptoms in the past 24 hours, please remain at home and do not return to practice until you are symptom free for 24 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches (outside of the normal)
- Sore throat
- New loss of taste or smell

Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before being able to participate in a meet: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test.

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Have you have had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes, to participate in the meet the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.

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.