



# 2024 GRIN Short Course State Championship

Saturday, April 20<sup>th</sup>, and Sunday, April 21<sup>st</sup>

Hosted by Indy Aquatic Masters

Sanctioned by GRIN for USMS:



## ***SPECIAL ENTRY PERIOD FOR GRIN MEMBERS ONLY FROM FEBRUARY 1 THROUGH FEBRUARY 10!***

**LOCATION:** IU Natatorium, [901 West New York Street](#), Indianapolis, IN 46202. Hourly parking is available in the Sports Garage visitors section adjacent to the Natatorium and in the Riverwalk Garage across the street from the Sports Garage on Levels 5 & 6. Parking fees are determined by the IUPUI Parking Services and subject to change without notice.

**HOTELS & DINING:** To view a list of nearby hotels, go to [VisitIndy.com](#). Several fast food dining options are located just north of the IU Natatorium at University Blvd and Indiana Ave and University Blvd and 10th street. Starbucks, City Barbeque, Blaze Pizza, Subway, Panda Express, Jimmy Johns, and many others. Free Parking available.

**FACILITY:** The iconic IU Natatorium is located on the campus of IUPUI and has been a fixture in the community since 1982. The IU Natatorium has hosted hundreds of state, regional, national, and international events, including several Olympic Trials. Having just undergone an extensive renovation, the IU Natatorium is poised to be at the forefront of high-level competitive swimming for years to come.

**POOL:** The pool will be set up as 25 short course yards using eight lanes for competition. A short course yards pool will also be available during warmup and competition. If two pools are needed to run the distance events (1000 & 1650), the diving well will be available for warm-up during the distance events only. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. The Colorado electronic timing system along with a Daktronics scoreboard will be used.

**RULES:** Current 2024 U.S. Masters Swimming rules will govern the conduct of this meet.

**ELIGIBILITY:** The meet is open to anyone 18 and older. All entrants must be registered with U.S. Masters Swimming or a member of a World Aquatics-recognized (formerly FINA) National governing body. Each swimmer is eligible to swim a maximum of four (4) individual events PER DAY, excluding relays. This meet is limited to 250 maximum entrants.

**AGE GROUPS:** The swimmer's age is determined as of April 21<sup>st</sup>, 2024. Age categories are 18-24, 25-29, etc.

**REGISTRATION:** [Online registration](#) through Club Assistant. NO PAPER ENTRIES. NO DECK ENTRIES. This meet is limited to 250 entrants. **GRIN-registered members will have an exclusive registration period from 2/1/24 (12:00 am, EST) to 2/10/24 (11:59 pm, EST). All other swimmers may enter the GRIN State meet starting on 2/11/24.** All individual entries will close at 11:59 P.M. EDT on Sunday, April 14. Relay entries open on Monday, April 15<sup>th</sup> and will close Wednesday, April 17, at 11:59 P.M. EDT. Coaches will have the ability to view the roster during online relay registration to build relays. Revisions to relays are permitted the day of the event. Deck entry for relays are permitted for teams submitting less than five (5) total relays per day and must be submitted to the control table by 8:00

am each day. For assistance completing the online registration process, please contact Michelle Harter at [info@indyaquaticmasters.com](mailto:info@indyaquaticmasters.com).

**ENTRY FEES:** Online entry is a \$55 flat fee. Swimmers may compete in up to 4 events per day. **There are NO RELAY entry fees at the 2024 GRIN State meet.**

**RELAYS:** Swimmers may only swim once for each relay event on either a same gender relay (4 Men or 4 Women) or a mixed relay (2 Men and 2 Women). For example, a woman may not swim in the Mixed 200 Medley Relay and the Women's 200 Medley Relay.

**EVENT DEADLINES:** Individual online entries close on **Sunday, April 14, at 11:59 P.M. EDT. Relay entries open Monday, April 15th, and close Wednesday, April 17, at 11:59 P.M. EDT.**

**EVENT SEEDING AND POSITIVE CHECK-IN:** All heats will be seeded slowest to fastest except for the 1000 & 1650. The 1000 and 1650 heats will be seeded fastest to slowest. If there are enough entries, the 1000 & 1650 freestyles may be swum in two pools. All events **MUST** have entry seed times. The 1650 (Sat.) and 1000 (Sun.) require a **positive check-in (in person)** by 7:45am on the day of the event and by 12:00 noon for the 400 IM (Sat.) and 500 (Sun). Failure to check-in before the deadline will result in being scratched from that event. **DISTANCE EVENTS:** The distance events (1650, 1000, 500 free and 400 IM) will be swum COMBINED as MIXED GENDER events, but scored by gender and age group. **We will be limiting the 1000 Freestyle and the 1650 Freestyle to the first 24 men and the first 24 women.**

**WAITLIST for 1000 and 1650:** A waiting list will be available for swimmers who do not make the entry cut-off for the first 24 entries. Swimmers who are moved off the waitlist and entered into an open spot will be notified via email. You may be notified before or after the entry deadline depending on when spots become available.

**WARM-UP PROCEDURES:** Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. Two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only at the designated time. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (Rule 102.15.3). Pull-buoys, kick boards, fins, and hand paddles are not allowed in competition or warm-up pools.

**SCORING & AWARDS:** Points will be awarded as follows: individual events: 9-7-6-5-4-3-2-1; relays shall score double the individual event point value. There will be tracker cards available for swimmers to document their results. Swimmers will obtain their result labels to place on the tracker card. Result labels will be posted on the wall near the diving well. No awards will be given.

**RESULTS:** Official results will be posted on [www.GRINswim.org](http://www.GRINswim.org), [indyaquaticmasters.com](http://indyaquaticmasters.com), and [Swimphone.com](http://Swimphone.com).

#### **COMPETITION SCHEDULE:**

7:00 am POOL Open for warm-ups  
7:40 am Designated Sprint Lanes Open  
8:05 am Warm-Up Ends  
**8:15 am Competition Begins**

**SOCIAL:** The social will take place at the beautiful [Victory Field](#) (501 W Maryland St, Indianapolis, IN 46225) for a picnic and baseball game. Enjoy an all-you-can-eat buffet including burgers, hot dogs, pulled chicken, and sides along with unlimited beer and soda beverages. Sit back and enjoy the Indianapolis Indians take on the St. Paul Saints! Parking is available in the White River Park Garage. Tickets are \$40 per person and includes your picnic meal and game ticket. Purchase your social tickets with your online meet entry.

**VOLUNTEERS:** We are looking for volunteers to help run the meet. Hospitality and parking reimbursement included. Please [sign up](#) to volunteer!

**T-Shirt:** A commemorative short sleeve T-shirt is available for \$20 each. T-shirts are unisex sizes. Pre-purchase your shirt by **March 18th** with your online meet entry and pick up at the meet. T-shirts purchased after March 18th are \$30 (includes processing and shipping fees) and can be ordered until Sunday, April 14th. T-shirts ordered after March 18th will be shipped after the meet to the address provided with your online meet entry.

**QUESTIONS:** For questions or additional information, please contact **Michelle Harter** ([info@indyaquaticmasters.com](mailto:info@indyaquaticmasters.com))

### ORDER OF EVENTS

**Saturday, April 20, 2024 - Session 1**  
**Warm-ups start at 7:00 AM**  
**Meet Session starts at 8:15 AM**

#	Sex	Event
1	Women	1650 Y Free
2	Men	1650 Y Free

### **Saturday, April 20, 2024 - Session 2 - After 30-Minute Warmup**

#	Sex	Event
3	Women	200 Y Medley Relay
4	Men	200 Y Medley Relay
5	Women	100 Y IM
6	Men	100 Y IM
7	Women	200 Y Free
8	Men	200 Y Free
9	Women	25 Y Fly
10	Men	25 Y Fly
11	Women	50 Y Breast
12	Men	50 Y Breast
13	Women	100 Y Fly
14	Men	100 Y Fly

### **Saturday, April 20, 2024 - Session 3 - After GRIN Annual Meeting**

#	Sex	Event
15	Women	100 Y Back
16	Men	100 Y Back
17	Women	200 Y Breast
18	Men	200 Y Breast
19	Women	50 Y Free
20	Men	50 Y Free
21	Women	25 Y Breast
22	Men	25 Y Breast
23	Mixed	200 Y Free Relay
25	Women	400 Y IM
26	Men	400 Y IM
27	Women	800 Y Free Relay
28	Men	800 Y Free Relay
29	Mixed	800 Y Free Relay

**Sunday, April 21, 2024 - Session 4****Warm-ups start at 7:00 AM****Meet Session starts at 8:15 AM**

#	Sex	Event
31	Women	1000 Y Free
32	Men	1000 Y Free

**Sunday, April 21, 2024 - Session 5 - After 30-Minute Warmup**

#	Sex	Event
33	Women	200 Y Free Relay
34	Men	200 Y Free Relay
35	Women	50 Y Back
36	Men	50 Y Back
37	Women	25 Y Free
38	Men	25 Y Free
39	Women	200 Y Fly
40	Men	200 Y Fly
41	Women	100 Y Breast
42	Men	100 Y Breast
43	Women	100 Y Free
44	Men	100 Y Free
45	Women	200 Y IM
46	Men	200 Y IM
47	Women	400 Y Free Relay
48	Men	400 Y Free Relay
49	Mixed	400 Y Free Relay
51	Women	25 Y Back
52	Men	25 Y Back
53	Women	50 Y Fly
54	Men	50 Y Fly
55	Women	200 Y Back
56	Men	200 Y Back
57	Mixed	200 Y Medley Relay
59	Women	500 Y Free
60	Men	500 Y Free



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023