



2025 INDIANA SWIMMING AGE GROUP LONG COURSE CHAMPIONSHIPS

Sponsored by SPEEDO

July 24-27, 2025

Sanctioned by USA and Indiana Swimming #IN25301



TABLE OF CONTENTS

| | | | |
|--------------------------|-------------------|-------------------------------|--------------------|
| Deadline Checklist | 1 | Meet Conduct | 7 |
| General information | 2 | Event Order | 9 |
| Facility Information | 4 | Time Standards | 10 |
| Entering the Meet | 5 | Summary of Entries (Required) | 12 |
| Meet Procedures & Format | 6 | | |

DEADLINE CHECKLIST

| DATE | TIME - DEADLINES (Eastern) | DESCRIPTION |
|--|---|---|
| Friday, July 18 | 11:59 pm | <u>Entry deadline</u> – all entries must be submitted through the online entry form |
| Monday, July 21 | 11:59 pm | <u>New qualifier deadline/entry modification deadline</u> – new teams/unattached swimmers qualifying for the first time between Friday, July 18 and Monday, July 21, and any changes to entries submitted before the entry deadline must submit entries through the online entry form |
| Wednesday, July 23 | 7:30 pm | Virtual Coaches Technical Meeting – link will be emailed |
| First session team/unattached swimmer competes | One hour prior to the start of the session | All fees including any fines due to late entry shall be tendered no later than one hour prior to the start of the first session in which a team/athlete is competing, or the entire team will be scratched. |
| Thursday, July 24 | 1 hour prior to start of Timed Final session | Scratch deadline for all 13-14 Timed Final Events |
| Friday, July 25 | 1 hour prior to start of Friday Preliminary session | Scratch deadline for Friday events AM swim declaration deadline for 11-12 200 Backstroke and 400 Freestyle and 13-14 400 IM. Positive check-in for all Friday Relays |
| | 1 hour prior to start of 10 & Under session | Scratch deadline for all Friday 10 & Under events |
| | 30 minutes after start of Friday Finals session | Scratch deadline for Saturday events Positive check in deadline for all Saturday relays AM swim declaration deadline for 11-12 200 Breaststroke and 13-14 400 Freestyle. Positive check-in deadline for all Saturday relays |
| Saturday, July 26 | 1 hour prior to start of 10 & Under session | Scratch deadline for all Saturday 10 & Under events |
| | 30 minutes after start of Saturday Finals session | Scratch deadline for Sunday events Positive check in deadline for 13-14 800 Freestyle and all Sunday relays AM swim declaration deadline for 11-12 200 Butterfly |
| Sunday, July 27 | 1 hour prior to start of 10 & Under session | Scratch deadline for all Sunday 10 & Under events |
| | End of meet | Pick up any individual and team awards before leaving |

GENERAL INFORMATION**HOST**

Flashes Aquatics
www.inswimming.org

FACILITY

IU Natatorium
 901 West New York Street
 Indianapolis, IN 46202

POOL CERTIFICATION

- The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- Water depth range on start end 1-3m from wall: 9'-10'
- Water depth range on turn end 1-3m from wall: 9'-10'

TIME ZONE

All times are local: Eastern Time.

MEET DIRECTORS

Becky Hull
 260-417-4060
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John Sincroft
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ENTRY CHAIRPERSON

Dalton Herendeen
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MEET REFEREE

Crystal Loudermilk
caloudermilk@gmail.com
 615-812-9707

ADMINISTRATIVE REFEREE

Troy Tricker
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 317-340-9995

OFFICIALS

- To officiate, one must complete the online Officials application on the Indiana Swimming website. This is located on the Officials page.
- All Officials will be selected by the Indiana Officials Committee.
- This meet has been approved as a 'Qualifying Meet' for all N2 and N3 position evaluations. Please include your evaluation request on the online Officials application.

RULES

Current USA Swimming, including MAAPP (Minor Athlete Abuse Protection Policy), and Indiana Swimming rules will govern this meet.

Requirements and Conditions for Sanction: USA Swimming rules 202.4 and 202.5.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason or injuries to anyone during the conduct of the event.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

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 in making arrangements for such supervision, but it is the swimmer's responsibility to make 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.

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.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and open ceiling locker-rooms) any time athletes, coaches, officials and/or spectators are present.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Safe Sport 360: The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants 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 833-5US-SAFE (833-587-7233) 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.

**INDIANA SWIMMING BROADCAST POLICY AND IMAGE
AUTHORIZATION**

Broadcast Statement

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of Indiana Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Indiana Swimming and the meet host under the conditions authored by Indiana & USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Indiana Swimming competition to promote such competition.

On Deck Image Recording

Videotaping and Photography on deck during this event is only allowed by approved USA Swimming member coaches, media, webcasting staff and host photographer in their professional capacities or volunteers assigned by the meet host if so designated to do so. No photographic or video images shall be recorded from behind the starting block or in any area where athletes are in a vulnerable position.

FACILITY INFORMATION

PARKING

Parking fees are determined by the IU Indianapolis Parking Services and subject to change without notice. The meet host, Indiana Swimming, and the Natatorium staff have no influence on parking prices or procedures.

Currently, the charge is \$7 each time the garage is entered.

Payment is by credit card ONLY.

NATATORIUM ENTRANCE

The Natatorium may be entered from the parking garage or from the west entrance on University Boulevard.

SPECTATOR SEATING

Both concourses will be available for spectator seating. There are handicap accessible areas.

RESULTS

Live results and Meet Mobile will be available. These are considered unofficial results and are provided as a courtesy only.

The Natatorium has adopted a green policy. Results will no longer be posted in the concourse.

CONCESSIONS

Concessions are available in the concourse. Indiana Swimming and Natatorium staff have no control over the availability or cost of items, nor the hours of operation.

LOST AND FOUND

The host team is not responsible for items left at the facility.

FACILITY NOTES

All swimmers, coaches, officials, and spectators are asked to please treat this facility like it was their own. Anyone caught abusing the building/facility will be asked to leave the meet immediately.

- This is a smoke, tobacco and vaping free facility.
- IU Indianapolis is a Smoke Free campus.
- Keep all trash picked up.
- Spectators, coaches, and athletes are to remain out of any unauthorized areas.
- No radios, bells, balls, or any other device that will be an inconvenience will be allowed.
- No posting signage/banners on ANY PAINTED SURFACES.
- Vandalism will not be tolerated. Any individual caught vandalizing will be asked to leave for the remainder of the meet.

CHARGES

Psych and Heat Sheets

Available electronically for free on the event website.

Admissions

All Session Pass: \$40

All Day Pass: \$15

Single session: \$12

12 & Under: Free

COACH AND ATHLETE DECK ACCESS

Athlete Entrance and Exit

Athletes enter & exit the pool level via the wide stairs at the east end of the Natatorium near the elevators/parking garages.

DECK SEATING CAPACITY

Deck bleachers will be available for teams to use. There is ample deck seating.

CREDENTIALS / DECK ACCESS

Due to USA Swimming insurance, only swimmers, credentialed coaches and officials, and meet volunteers will be allowed on deck. There are no exceptions.

In compliance with Natatorium policy, all coaches, officials and volunteers are required to show a valid government-issued picture ID to attain access to the deck level at this event. To receive meet packets and gain deck access, all coaches will be required to display valid and current USA Swimming membership cards or Deck Pass. Officials will be required to show their USA Swimming certification cards. This will be strictly enforced. The meet referee and/or meet directors reserve the right to deny access to anyone not in compliance.

ACCIDENTS

All accidents resulting in injury are to be reported to the meet directors. The on-line USA Swimming Report of Occurrence form must also be submitted.

Medical personnel, lifeguards and AED devices will be available to athletes participating in the meet.

ENTERING THE MEET

All entries and updates must be made through the online entry system that is located on the Spring Championships page at www.inswimming.org.

QUALIFYING PERIOD

Times must be achieved from January 1, 2024 thru Modification deadline on July 21, 2025

ELIGIBILITY

- All swimmers, coaches, and officials must have an ID # registered with Indiana Swimming, USA Swimming rule 202.5. ISI will not process any on-deck registrations at this meet
- Swimmer's age as of the first day of the meet will determine their age for the entire competition.
- Swimmers with a disability wishing to compete in these championships must submit the [Inclusion of Swimmers with Disabilities](#) form before the deadlines listed in the document.
- ISI will reimburse entry fees for swimmers registered with an Outreach membership after the event.

ENTRY LIMITS

- Swimmers may enter an unlimited number of events but may swim no more than 6 (12 & U) or 7 individual events (13- 14 ONLY) for the meet and no more than 3 individual events per day. Relay swims do not count toward the daily or meet total of individual events.

ENTRY FEES

- \$23.50 athlete surcharge (includes all relay only swimmers and alternates, \$16 to meet host/\$5.00 to Indiana Swimming/\$1.00 to Ancillary Fund/\$1.50 Natatorium surcharge)
- \$7.00 per individual event entry
- \$8.00 per relay entry

The total amount of all fees due, including any fines incurred due to late entry for all swimmers and events entered, shall be tendered no later than one hour prior to the start of the first session in which the team/athlete is competing or the entire team will be scratched from the meet. The Summary of Entries form (page 12) can either be emailed or included with payment.

No refunds shall be issued for events scratched after the entry deadline.

ENTRY DEADLINE/ASSOCIATED DATES

It is the responsibility of the entering team/unattached swimmer to heed deadlines and be responsible for the accuracy of team entries. Times must be submitted in the course in which they were swum and may not be converted.

Prior to running an eligibility report or entering athletes in Team Manager/Unify, check the box in Meet set-up/Eligibility rules "enforce qualifying times".

Please include with your entry the names of all the relay swimmers plus any/all alternates' names, USA Swimming numbers, and ages.

▪ Friday, July 18 by 11:59 pm (Eastern Time)

All entries due via the online entry form located on the Summer Championship page at www.inswimming.org. All teams/unattached swimmers with qualifying times prior to this deadline must submit an entry by this deadline. Entries after this date will be considered late and subject to the late entry fees. The only exception is a team/unattached swimmer who achieves a qualifying time between the Friday entry deadline and the Monday modification deadline.

▪ Saturday, July 19 by 11:59 pm (Eastern Time)

Host will send a final entry report and exception report (if any) back to entering team/unattached swimmer via e-mail.

▪ Monday, July 21 by 11:59 pm (Eastern Time)

Entering teams must address their exceptions and submit final entries, including any modifications. Any modifications can be made to the initial entry, including event changes, add/remove swimmers, and relay additions/removal/changes.

LATE ENTRY

Teams/unattached swimmers, including relay only swimmers, who neglect to enter an event by the Friday, July 18, 11:59 pm entry deadline can enter up to one hour before the start of the first session of the meet on Thursday, July 24. Late entries will be subject to the one-time \$100 late entry fee plus \$14 per individual event and \$16 per relay. A team/unattached swimmer entered late may not make a change after entry.

Teams/unattached swimmers, including relay only swimmers, who's initial entry was submitted by the entry deadline but wish to make changes after the Monday, July 21, 11:59 pm modification deadline may make changes until the late entry deadline of one hour prior to the start of the first session on Thursday, July 24, but will be assessed the one-time \$100 late entry fee and the modified events will be charged the late entry event fees of \$14 per individual event and \$16 per relay.

OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first event entered until the maximum has been attained and scratched from all remaining events.

The coach and swimmer must recognize and accept the responsibilities and the extra obligations if they want to enter extra events.

VERIFICATION / PROOF OF TIME

Indiana Swimming will verify all entries via SWIMS after the entry deadline. Any entry times that cannot be proven in the qualifying period through SWIMS will require submission of proof through the online [proof submission form](#) by Tuesday July 22 at 12:00 pm EST or to the Meet Referee at the meet before the applicable scratch deadline. Any unproven times will result in the swimmer being scratched from the event.

Swimmers' names must be circled or highlighted on results.

Acceptable verifications are official results in PDF form from:

- USA Swimming sanctioned or approved meets;
- College, High School, Junior High, YWCA or YMCA meets sanctioned by their respective governing organizations;
- Websites (provided host address is printed on the copy);
- Meet Mobile or Live Results with visible meet and date headers;
- Verification slips, time cards, timing system tapes or photocopies of such which are referee signed and dated.

- Official results from USA Swimming meets must be printed with either host team's name or IU INDIANPOLIS Natatorium on each page.

Relays cannot be pre-proven. Any relay time entered slower than the qualifying standard after the modification deadline will be seeded at the qualifying standard. Any team's relay that fails to meet the qualifying standard or is disqualified in the competition will have to provide proof of time for all relays in that event. Proofs requests will be sent to teams after the meet and any unproven relays will be assessed a \$100 non-refundable fee due to Indiana Swimming. A swimmer's name and time may only be used once per event to prove a relay time.

MEET PROCEDURES & FORMAT

WARM-UP PROCEDURES

The warm-up for the preliminary sessions will be split into two 30-minute sessions separated by age group. Swimmers in the 13-14 age group will have the first warm-up and swimmers in the 11-12 age group will have the second warm up. Following the split warm-up period, there will be a 20-minute open session for all swimmers where the diving well and lanes 4 and 5 will be open for general warm-up, lanes 1 and 8 in each competition pool will be reserved for pace, and lanes, 2, 3, 6 and 7 in each competition pool will be reserved for one-way sprints.

| DAY | 13-14 | 11-12 | OPEN SESSION |
|----------|--------------|--------------|--------------|
| THURSDAY | 2:30 PM | XX | 3:30 PM |
| FRIDAY | 6:30-7:00 AM | 7:00-7:30 AM | 7:30-7:50 AM |
| SATURDAY | 6:30-7:00 AM | 7:00-7:30 AM | 7:30-7:50 AM |
| SUNDAY | 6:30-7:00 AM | 7:00-7:30 AM | 7:30-7:50 AM |

A 10 & Under warm-up schedule will be posted at the meet. Marshals will be monitoring and enforcing warm-up procedures.

FORMAT

This meet will be run in Modified Championship Meet Format with preliminaries, consolation finals, and championship finals for the 11-12 and 13-14 age groups. All 10 & Under events will be timed final. Relays, 11-12 200 strokes,

11-12 and 13-14 400 Freestyles, 13-14 400 IM, and 13-14 800 and 1500 Freestyles will be conducted as timed final with the top 8 seeded swimmers not declaring a preliminary swim by the appropriate scratch deadline competing in the finals session. The remaining heats will be contested in the preliminary sessions. The 1500 Freestyles will be conducted as a timed final event during the Thursday night timed final session.

Fly-over starts will be used in the preliminary sessions.

Distance event swimmers must provide their own lap counter. Lap counters that do not have deck access via their coach card or athlete status will not be allowed on deck until 15 minutes prior to the distance event start time(s) and must exit the deck immediately following the swim. These counters must sign in and out at the deck entrance security table.

Backstroke ledges will be available for use by all age groups (10 & Under, 11-12 and 13-14). Coaches are responsible for instructing their swimmers on proper use including locking the ledge in place and proper foot placement in contact with the wall. During warmups, a coach must be present when the swimmer is using the backstroke ledge. Officials and timers will not assist due to other responsibilities.

A 12-15-minute courtesy rest between the athlete's heats (not events) shall be given for swimmers in consecutive events. Requests for the courtesy rest must be made by the coach or swimmer to the meet referee prior to the swimmer's first of the consecutive events

MEET CONDUCT

RULES

The meet will be conducted in accordance with USA Swimming and Indiana Swimming rules and regulations.

PRE-SCRATCH TIMELINES

Pre-scratch timelines for prelim sessions will be posted on the Summer Championship page at www.inswimming.org on Wednesday, July 23, 2025. Timelines posted are only approximations to be used for general planning purposes. The actual meet session timelines may vary from what is posted. Athletes and coaches are responsible to adhere to all meet deadlines and competition/event starting times.

PRE-SCRATCH TIMED FINALS PRELIMS PSYCH SHEET

A pre-scratch prelims Psych Sheet for timed final and relay events. This shall be posted on Indiana Swimming website, on the Wednesday prior to the meet. This is to be used for planning purposes, as scratches will alter the final seeding. The top 8 submitted 800/1500 Freestyle times not designated as a prelim swim will swim in finals. Swimmers seeded in the top 16 are asked to declare an intention to swim in preliminary heats if desiring to do so.

COACH SCRATCH BOX RESPONSIBILITY

All scratches for individual events, regardless of reason, must be made at the Scratch Table by:

| | |
|-----------------------|---|
| Thursday Timed Finals | 1 hour prior to the start of the Thursday Timed Final session |
| Friday Prelims | 1 hour prior to the start of the Friday prelims session |
| Saturday Prelims | 30 minutes after the start of the Friday finals session |
| Sunday Prelims | 30 minutes after the start of the Saturday finals session |
| 10 & Under Sessions | 1 hour prior to the start of the 10 & Under session |

Coaches must sign their names on the Scratch Forms.

The money for scratched events is not refundable.

OVER ENTRIES

Failure to scratch by appropriate deadlines will result in swimmer being entered in consecutive events, beginning with the first until the maximum has been attained and scratched from all remaining events.

SEEDING OF INDIVIDUAL EVENTS

Seeding order: Long Course Meters-Short Course Meters- Short Course Yards (L-S-Y). Times must be submitted in the course in which they were swum and may not be converted.

In individual events other than the 800 and 1500 Freestyles, the swimmer is assumed to be swimming unless he/she has been scratched.

Entrants in timed final events that have the top 8 seeded swimmers competing in finals not requiring positive check in (11-12 and 13-14 400 Freestyle, 13-14 400 IM, and 11-12 200 strokes) may declare a preliminary swim with the Clerk of Course prior to the applicable scratch deadline. Swimmers who

are ranked in the top 16 are asked to note their preference for a preliminary swim in these events.

Per USA Swimming rule 207.11.7, entrants in the 800 and 1500 Freestyles must check in with the Clerk of Course and confirm their intention to compete before the scratch deadline for the event to be seeded. During check-in for the 800 and 1500 Free, entrants must designate a preference to swim the event during prelims by marking an AM next to their name. Individuals failing to check-in may present themselves to the Meet Referee or his/her designee requesting to swim and may be placed only as there are existing open lanes in the slowest heat per gender.

After the Psych Sheet is published to the ISI website on Wednesday July 23, any swimmer entering as a late entry shall not be seeded in the top 8 of the entered event. The swimmer will be seeded by their entry time, but no higher than 9th place.

SCRATCH PROCEDURES – INDIVIDUAL EVENTS

National scratch procedures, USA Swimming rule 207.11.6, will be observed. Additions and modifications are noted below.

Preliminary Heats

In all events where preliminary heats are necessary and in any timed final event for the 11-12 and 13-14 age groups, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance with the above deadline will be barred from all further individual events of that day. This does not bar an individual who has qualified earlier in the session for a consolation or championship final from swimming in that final. The application of this penalty shall pertain to the order in which the event/heats are contested, not the numerical order of the events.

Additionally, that swimmer shall be scratched from any individual events on succeeding days unless that swimmer or the swimmer's coach declares the swimmer's intent to swim prior to the close of the scratch box for that day's events, or within 30 minutes of the missed event.

There is no penalty for a missed swim for the 10 & Under age group.

Scratching from Finals

- Swimmers qualifying for and not intending to swim in a consolation or championship final have 30 minutes from the reading of the results to scratch from that final with the Administrative Referee.
- Any swimmer qualifying for the original consolation or championship final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet except as noted in Exceptions below. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
- In the event of a withdrawal or barring of a swimmer from competition in the consolation or championships finals, the Meet Referee shall fill the empty lanes(s), when possible, with the next qualified swimmer(s).

- Where the consolation final has not yet been contested and there is a known withdrawal or barring from the championship final, the Referee shall re-seed the consolation and championship finals, filling all lanes in the championship final, inserting alternates into the consolation final. An open lane in the consolation final will be filled with an available alternate without reseeding. Alternates must report to the deck referee prior to the start of the event to be placed into an open lane.
- SUNDAY ONLY: No-shows or not scratching according to the rules by the appropriate deadlines (Exceptions for failure to compete), for a consolation or championship final will result in a \$50 fine per swimmer regardless of the number of events missed that finals session. The fine shall be assessed to the swimmer. Host team will forward violations to the ISI office. ISI office will notify violators and collect fines. ISI office will send \$25 per fine collected back to host team.

Exceptions for Failure to Compete

No penalty shall apply for failure to withdraw or compete in an individual event if:

- The Referee is notified in the event of illness or injury and accepts the proof thereof.
- A swimmer qualifying for a consolation or championship final race following the preliminaries notifies the Administrative Referee within 30 minutes after announcement of the qualifiers for that final race that he may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.
- It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- A first or second alternate does not report.

RELAYS

Entry Forms

Relay only swimmers and alternates not competing in individual events must appear on the team entry report. No swimmer will be allowed to swim unless his/her name is on the entry report.

Relay Time Standards

The qualifying standards are listed in the Time Standards section. Proof of time shall be the aggregate of any four individual swimmers eligible to compete for your team or an actual attained time by a relay team from your team designated – "A", "B", "C", etc.

Relay Cards

All relay cards must be submitted at least 1 hour before the relay event is scheduled to start.

Relay Seeding

Entrants in all relays must check in at the Clerk of Course and confirm their intention to compete before the scratch deadline for the event to be seeded. During check-in for relays, entrants may designate a preference to swim the event during prelims by marking an AM next to the relay name. The top 8 seeded relays not declaring a preliminary swim will compete in the finals session, with the balance of the relays swimming in prelims, fastest to slowest. Relays failing to check-in may present themselves to the Meet Referee or his/her designee requesting to swim and may be placed only as there are existing open lanes in the slowest heat per gender.

All relays will be swum as timed finals; refer to Meet Format for specifics.

After the Psych Sheet is published to the ISI website on Wednesday July 19, any relay entering as a late entry shall not be seeded in the top 8 of the entered event. The relay will be seeded by their entry time, but no higher than 9th place.

SCORING

Individual events are scored to 16 places as follows:

20-17-16-15-14-13-12-11

9-7-6-5-4-3-2-1

Relay events are scored to 16 places, with points of individual places doubled.

AWARDS

INDIVIDUAL EVENTS: Medals for 1st-8th, Ribbons 9th-16th

RELAY EVENTS: Medals for 1st-8th

In the evening sessions, award ceremonies shall be conducted in a manner that does not excessively delay the meet. An awards schedule will be printed in the finals heat sheets.

During the 10 & Under sessions, awards will be presented after each boys event concludes.

Trophies will be awarded to:

- Each age group boys and girls champion
- Individual high point in each age group and gender
- Overall team trophies 1st-10th place

TIME TRIALS

Time Trials will not be offered.

ORDER OF EVENTS

| 13-14 Timed Final Session | | | | |
|---------------------------------|------|-------------------------|--------|------|
| Preliminaries | | THURSDAY | Finals | |
| Girls | Boys | EVENT ORDER | Girls | Boys |
| XX | XX | 13-14 50 Butterfly | 1 | 2 |
| XX | XX | 13-14 G & B 1500 Free # | 3 | 4 |
| XX | XX | 13-14 50 Backstroke | 5 | 6 |
| XX | XX | 13-14 G & B 1500 Free # | 3 | 4 |
| XX | XX | 13-14 50 Breaststroke | 7 | 8 |
| XX | XX | 13-14 G & B 1500 Free # | 3 | 4 |
| 11 & Over Prelim/Final Sessions | | | | |
| Preliminaries | | FRIDAY | Finals | |
| Girls | Boys | EVENT ORDER | Girls | Boys |
| 17 | 18 | 11-12 100 Freestyle | 17 | 18 |
| 19 | 20 | 13-14 200 Freestyle | 19 | 20 |
| 21 | 22 | 11-12 100 Breaststroke | 21 | 22 |
| 23 | 24 | 13-14 100 Breaststroke | 23 | 24 |
| 25 | 26 | 11-12 200 Backstroke* | 25 | 26 |
| 27 | 28 | 13-14 100 Butterfly | 27 | 28 |
| 29 | 30 | 11-12 50 Butterfly | 29 | 30 |
| 31 | 32 | 13-14 400 IM * | 31 | 32 |
| 33 | 34 | 11-12 400 Free * | 33 | 34 |
| 35 | 36 | 13-14 400 Medley Relay* | 35 | 36 |
| Preliminaries | | SATURDAY | Finals | |
| Girls | Boys | EVENT ORDER | Girls | Boys |
| 45 | 46 | 13-14 200 Free Relay * | 45 | 46 |
| 47 | 48 | 11-12 200 Freestyle | 47 | 48 |
| 49 | 50 | 13-14 50 Freestyle | 49 | 50 |
| 51 | 52 | 11-12 100 Butterfly | 51 | 52 |
| 53 | 54 | 13-14 200 Butterfly | 53 | 54 |
| 55 | 56 | 11-12 50 Backstroke | 55 | 56 |
| 57 | 58 | 13-14 100 Backstroke | 57 | 58 |
| 59 | 60 | 11-12 200 Breaststroke* | 59 | 60 |
| 61 | 62 | 13-14 400 Freestyle * | 61 | 62 |
| 63 | 64 | 11-12 200 Medley Relay* | 63 | 64 |
| 65 | 66 | 13-14 200 Medley Relay* | 65 | 66 |
| Preliminaries | | SUNDAY | Finals | |
| Girls | Boys | EVENT ORDER | Girls | Boys |
| XX | XX | 13-14 800 Free* | 75 | 76 |
| 77 | 78 | 11-12 200 IM | 77 | 78 |
| 79 | 80 | 13-14 200 IM | 79 | 80 |
| 81 | 82 | 11-12 100 Backstroke | 81 | 82 |
| 83 | 84 | 13-14 200 Backstroke | 83 | 84 |
| 85 | 86 | 11-12 200 Butterfly* | 85 | 86 |
| 87 | 88 | 13-14 100 Freestyle | 87 | 88 |
| 89 | 90 | 11-12 50 Freestyle | 89 | 90 |
| 91 | 92 | 13-14 200 Breaststroke | 91 | 92 |
| 93 | 94 | 11-12 50 Breaststroke | 93 | 94 |
| 95 | 96 | 13-14 400 Free Relay* | 95 | 96 |
| 97 | 98 | 11-12 200 Free Relay* | 97 | 98 |
| 75 | 76 | 13-14 800 Free* | XX | XX |

| 10 & Under Timed Final Sessions | | |
|---------------------------------|------------------|------|
| FRIDAY | | |
| Girls | EVENT ORDER | Boys |
| 9 | 200 Freestyle | 10 |
| 11 | 50 Backstroke | 12 |
| 13 | 100 Breaststroke | 14 |
| 15 | 50 Butterfly | 16 |
| SATURDAY | | |
| Girls | EVENT ORDER | Boys |
| 37 | 100 Butterfly | 38 |
| 39 | 50 Breaststroke | 40 |
| 41 | 100 Freestyle | 42 |
| 43 | 200 Medley Relay | 44 |
| SUNDAY | | |
| Girls | EVENT ORDER | Boys |
| 67 | 200 IM | 68 |
| 69 | 50 Freestyle | 70 |
| 71 | 100 Backstroke | 72 |
| 73 | 200 Free Relay | 74 |

#The 1500 Freestyle will be swum as a timed final event and will be swum fast to slow on Thursday. *Top Seeded Heat of Girls & Boys will be swum after the 50 Butterfly.** The Second Fastest Seeded Heat of Girls & Boys will be swum after the 50 Backstrokes.

***All remaining heats of the 1500s will be swum fast to slow alternating Girls & Boys Heats after the 50 Breaststroke

The 800 Freestyle will be swum on a timed final basis, with the top 8 seeded swimmers not declaring a preliminary swim competing in the finals session. The remaining heats will be swum fast to slow at the end of the preliminary session, alternating 1 heat of girls with 1 heat of boys.

#Timed final with the top 8 seeded swimmers/teams not declaring a preliminary swim competing in the finals session.

MEET SCHEDULE

| | Preliminaries | | Finals | |
|------------------------|---------------|-------------|--------------------|------------------------|
| | Warm-up | Meet Starts | Warm-up Not Before | Meet Starts Not Before |
| Thursday Timed Final | | | 2:30pm | 4:00pm |
| 10 & Under Timed Final | | | 1:00 pm | 2:00 pm |
| 11 & Over Prelim/Final | 6:30-7:45 am | 8:00 am | 4:00 pm | 5:00 pm |

TIME STANDARDS

Times must have been achieved from January 1, 2024 thru Modification deadline on July 21, 2025

| GIRLS | | | | BOYS | | |
|---------|---------|---------|------------------|---------|---------|---------|
| LCM | SCM | SCY | 9 & under | SCY | SCM | LCM |
| 36.99 | 35.99 | 32.69 | 50 Free | 32.19 | 35.39 | 36.89 |
| 1:23.79 | 1:20.89 | 1:13.59 | 100 Free | 1:12.69 | 1:19.99 | 1:23.09 |
| 3:03.89 | 2:59.19 | 2:42.89 | 200 Free | 2:35.69 | 2:51.29 | 2:56.89 |
| 44.89 | 42.19 | 38.39 | 50 Back | 38.69 | 42.59 | 44.99 |
| 1:37.09 | 1:31.39 | 1:23.09 | 100 Back | 1:22.39 | 1:30.59 | 1:34.89 |
| 49.69 | 47.89 | 43.59 | 50 Breast | 42.89 | 47.19 | 49.99 |
| 1:49.89 | 1:44.79 | 1:35.29 | 100 Breast | 1:35.59 | 1:45.09 | 1:48.89 |
| 42.89 | 41.79 | 37.99 | 50 Fly | 37.09 | 40.79 | 42.19 |
| 1:41.09 | 1:37.89 | 1:28.99 | 100 Fly | 1:27.39 | 1:36.09 | 1:41.19 |
| 3:25.79 | 3:17.99 | 2:59.99 | 200 IM | 2:58.39 | 3:16.19 | 3:20.99 |
| LCM | SCM | SCY | 10 | SCY | SCM | LCM |
| 35.59 | 34.49 | 31.39 | 50 Free | 31.19 | 34.29 | 35.69 |
| 1:20.19 | 1:17.49 | 1:10.49 | 100 Free | 1:09.69 | 1:16.69 | 1:20.29 |
| 2:55.59 | 2:51.19 | 2:35.59 | 200 Free | 2:32.09 | 2:47.29 | 2:52.79 |
| 42.89 | 40.39 | 36.69 | 50 Back | 36.99 | 40.69 | 42.49 |
| 1:32.69 | 1:27.19 | 1:19.29 | 100 Back | 1:19.89 | 1:27.89 | 1:33.29 |
| 48.19 | 45.89 | 41.69 | 50 Breast | 42.39 | 46.59 | 49.99 |
| 1:44.99 | 1:41.09 | 1:31.89 | 100 Breast | 1:33.09 | 1:42.39 | 1:48.89 |
| 40.79 | 39.79 | 36.19 | 50 Fly | 35.89 | 39.49 | 41.59 |
| 1:37.79 | 1:32.49 | 1:24.09 | 100 Fly | 1:24.19 | 1:32.59 | 1:41.19 |
| 3:17.09 | 3:09.59 | 2:52.39 | 200 IM | 2:51.99 | 3:09.19 | 3:20.99 |
| LCM | SCM | SCY | 11 | SCY | SCM | LCM |
| 32.79 | 31.79 | 28.89 | 50 Free | 28.59 | 31.39 | 32.79 |
| 1:11.59 | 1:08.99 | 1:02.69 | 100 Free | 1:02.49 | 1:08.69 | 1:11.49 |
| 2:36.29 | 2:29.79 | 2:16.19 | 200 Free | 2:15.49 | 2:28.99 | 2:34.99 |
| 5:28.79 | 5:22.09 | 6:08.09 | 400M / 500Y Free | 5:59.09 | 5:17.49 | 5:26.19 |
| 37.79 | 35.79 | 32.59 | 50 Back | 33.09 | 36.39 | 38.19 |
| 1:23.09 | 1:17.59 | 1:10.59 | 100/200** Back | 1:10.79 | 1:17.89 | 1:22.89 |
| 42.19 | 40.59 | 36.89 | 50 Breast | 37.09 | 40.79 | 42.59 |
| 1:33.29 | 1:28.29 | 1:20.29 | 100/200** Breast | 1:19.79 | 1:27.79 | 1:33.29 |
| 35.39 | 34.39 | 31.29 | 50 Fly | 31.79 | 34.99 | 35.79 |
| 1:20.89 | 1:18.09 | 1:10.99 | 100/200** Fly | 1:10.89 | 1:17.99 | 1:20.99 |
| 2:56.59 | 2:48.59 | 2:33.29 | 200 IM | 2:33.79 | 2:49.19 | 2:57.29 |
| LCM | SCM | SCY | 12 | SCY | SCM | LCM |
| 31.69 | 30.59 | 27.79 | 50 Free | 27.39 | 30.09 | 31.99 |
| 1:09.09 | 1:06.49 | 1:00.49 | 100 Free | 59.79 | 1:05.79 | 1:09.69 |
| 2:29.99 | 2:24.99 | 2:11.79 | 200 Free | 2:10.99 | 2:24.09 | 2:32.19 |
| 5:17.09 | 5:07.59 | 5:51.39 | 400M / 500Y Free | 5:47.79 | 4:59.99 | 5:21.89 |
| 36.79 | 34.49 | 31.39 | 50 Back | 31.89 | 35.09 | 36.99 |
| 1:19.79 | 1:14.89 | 1:08.09 | 100/200** Back | 1:08.79 | 1:15.69 | 1:20.99 |
| 41.19 | 39.39 | 35.79 | 50 Breast | 36.09 | 39.69 | 42.09 |
| 1:30.49 | 1:25.59 | 1:17.79 | 100/200** Breast | 1:17.49 | 1:25.19 | 1:33.29 |
| 33.89 | 32.99 | 29.99 | 50 Fly | 29.69 | 32.69 | 35.19 |
| 1:17.79 | 1:14.49 | 1:07.69 | 100/200** Fly | 1:09.29 | 1:17.99 | 1:20.59 |
| 2:49.89 | 2:42.89 | 2:28.09 | 200 IM | 2:28.29 | 2:49.19 | 2:53.19 |

| GIRLS | | | | BOYS | | |
|----------|----------|----------|--------------------|----------|----------|----------|
| LCM | SCM | SCY | 13 | SCY | SCM | LCM |
| 31.09 | 28.79 | 26.19 | 50 Free | 24.59 | 26.99 | 29.39 |
| 1:07.49 | 1:02.39 | 56.69 | 100 Free | 53.49 | 58.79 | 1:04.09 |
| 2:26.09 | 2:15.09 | 2:02.79 | 200 Free | 1:56.29 | 2:07.89 | 2:19.99 |
| 5:07.39 | 5:00.39 | 5:26.59 | 400M / 500Y Free | 5:13.09 | 4:46.49 | 4:56.39 |
| 10:34.59 | 10:19.29 | 11:47.59 | 800M / 1000Y Free | 11:19.79 | 9:54.89 | 10:17.19 |
| 20:20.49 | 19:38.49 | 19:45.39 | 1500M / 1650Y Free | 18:57.49 | 18:50.79 | 19:38.99 |
| 1:16.19 | 1:11.49 | 1:04.99 | 100 Back | 1:01.59 | 1:07.69 | 1:11.89 |
| 2:43.59 | 2:35.29 | 2:21.19 | 200 Back | 2:14.09 | 2:27.49 | 2:35.89 |
| 1:25.69 | 1:22.49 | 1:14.99 | 100 Breast | 1:09.29 | 1:16.19 | 1:20.59 |
| 3:04.89 | 2:56.09 | 2:40.09 | 200 Breast | 2:36.69 | 2:52.39 | 2:57.19 |
| 1:13.29 | 1:10.59 | 1:04.19 | 100 Fly | 1:00.69 | 1:06.79 | 1:09.19 |
| 2:44.69 | 2:36.99 | 2:22.69 | 200 Fly | 2:21.29 | 2:35.39 | 2:41.39 |
| 2:44.99 | 2:38.29 | 2:23.89 | 200 IM | 2:16.49 | 2:30.09 | 2:36.39 |
| 5:50.79 | 5:36.29 | 5:05.69 | 400 IM | 4:50.59 | 5:19.59 | 5:35.59 |
| LCM | SCM | SCY | 14 | SCY | SCM | LCM |
| 30.59 | 28.39 | 25.79 | 50 Free | 24.09 | 26.49 | 28.39 |
| 1:06.29 | 1:01.39 | 55.79 | 100 Free | 52.89 | 58.19 | 1:01.99 |
| 2:23.39 | 2:13.39 | 2:01.29 | 200 Free | 1:56.09 | 2:07.69 | 2:15.09 |
| 5:02.19 | 4:54.49 | 5:22.69 | 400M / 500Y Free | 5:09.49 | 4:37.39 | 4:46.39 |
| 10:22.19 | 10:10.19 | 11:29.69 | 800M / 1000Y Free | 11:05.99 | 9:35.59 | 9:59.79 |
| 19:48.09 | 19:07.89 | 19:12.89 | 1500M / 1650Y Free | 18:31.19 | 18:14.49 | 19:38.99 |
| 1:14.09 | 1:08.99 | 1:02.69 | 100 Back | 1:00.49 | 1:06.49 | 1:11.59 |
| 2:38.99 | 2:29.09 | 2:15.59 | 200 Back | 2:11.09 | 2:24.19 | 2:33.69 |
| 1:24.09 | 1:18.99 | 1:11.79 | 100 Breast | 1:08.39 | 1:15.29 | 1:20.59 |
| 3:01.89 | 2:53.29 | 2:37.59 | 200 Breast | 2:31.69 | 2:46.89 | 2:57.19 |
| 1:11.69 | 1:08.79 | 1:02.59 | 100 Fly | 59.19 | 1:05.09 | 1:08.39 |
| 2:44.69 | 2:36.79 | 2:22.59 | 200 Fly | 2:16.69 | 2:30.39 | 2:41.39 |
| 2:40.89 | 2:32.59 | 2:18.69 | 200 IM | 2:12.09 | 2:25.29 | 2:33.19 |
| 5:43.29 | 5:21.99 | 4:52.69 | 400 IM | 4:43.39 | 5:11.69 | 5:30.79 |

| GIRLS | | | RELAYS | BOYS | | |
|---------|---------|---------|------------------|---------|---------|---------|
| LCM | SCM | SCY | 10 & Under | SCY | SCM | LCM |
| 2:36.29 | 2:27.99 | 2:15.19 | 200 Free Relay | 2:20.29 | 2:33.69 | 2:46.59 |
| 3:02.39 | 2:48.29 | 2:33.69 | 200 Medley Relay | 2:43.39 | 2:58.59 | 3:16.29 |
| LCM | SCM | SCY | 11-12 | SCY | SCM | LCM |
| 2:10.09 | 2:04.49 | 1:53.09 | 200 Free Relay | 1:56.89 | 2:07.99 | 2:15.69 |
| 2:26.89 | 2:19.19 | 2:07.09 | 200 Medley Relay | 2:10.29 | 2:22.59 | 2:34.89 |
| LCM | SCM | SCY | 13-14 | SCY | SCM | LCM |
| 2:01.09 | 1:55.79 | 1:45.39 | 200 Free Relay | 1:41.39 | 1:52.29 | 1:58.79 |
| 4:28.09 | 4:14.99 | 3:52.19 | 400 Free Relay | 3:43.29 | 4:07.19 | 4:22.69 |
| 2:20.19 | 2:10.29 | 1:58.09 | 200 Medley Relay | 1:54.79 | 2:05.69 | 2:17.19 |
| 5:08.19 | 4:42.59 | 4:16.19 | 400 Medley Relay | 4:11.89 | 4:35.89 | 5:00.29 |

*Seeding will be L-S-Y for ALL events including distance.

****13-14 Year Olds are Eligible to swim the 50 of stroke by qualifying in the 100 of that same stroke.****

*****13-14 Year olds will be seeded with their 100 times in the 50 of that stroke.*****

****11-12 Year Olds are Eligible to swim the 200 of stroke by qualifying in the 100 of that same stroke.****

*****11-12 Year olds will be seeded with their 100 times in the 200 of that stroke.*****

SUMMARY OF ENTRIES**THIS FORM IS REQUIRED WITH PAYMENT**

The total amount of all fees due, including any fines incurred due to late entry for all swimmers and events entered, shall be tendered no later than one hour prior to the start of the first session in which the team/athlete is competing. (If utilizing Fed Ex/Overnight mail you must check the waive signature box.)

Please fill out the information requested below and mail with your entry form and check. Please refrain from sending cash.

Make checks payable to: Flashes Aquatics Inc.

PO Box 39010: Indianapolis, IN 46239

NAME OF TEAM _____ CODE _____

NAME OF TEAM _____ CODE _____

Number of athletes entered _____ x \$23.50 = _____

Number of individual entries _____ x \$7.00 = _____

Number of relay entries _____ x \$8.00 = _____

Total _____

Team Official Entering Entry:

Name: _____ Cell Phone: () _____

Team Official E-mail: _____

Contact Information for Coaches Attending Meet:

Primary Coach: _____ Cell Phone: () _____

Assistant Coach: _____ Cell Phone: () _____

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 assignees, hereby releases and forever discharges the host team and Indiana Swimming, and its Board of Directors, USA Swimming, facility and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this 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 the host team and Indiana Swimming, USA Swimming, said facility and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Team Official/Coach _____ **Date** _____

- *Person who signs above is responsible for any fines imposed on the team for each missed cut not proven.
- *You may have one designated spokesperson for your team to talk to the referee or Clerk-of-Course. The coach would be the logical person. Please list the name of your spokesperson: _____

Did you include?

| | | | |
|--|---|--|--|
| | Entries in Writing (only if applicable) | | Relay Entry Forms (only if applicable) |
| | Check for entries and surcharges | | This completed form |
| | I have read the scratch rules and USA Swimming National scratch rule, 207.11.6, and understand all of them. | | |