



2025 Age Group Long Course Championship

****Welcome to the 2025 Age Group Long Course Championships!****

Dear Swim Families,

Congratulations to your athletes! Flashes Aquatics is thrilled to host the 2025 Age Group Long Course Championships and celebrate this incredible accomplishment with you. We would like to extend a warm welcome to all athletes, parents, coaches, and guests joining us in Indianapolis at the prestigious IU Natatorium.

We are excited to experience a weekend filled with fast swimming and outstanding performances from Indiana's finest athletes! To help you prepare for the meet, we have created a comprehensive 2025 Age Group Long Course Championship Page. This resource will provide you with vital information, such as technical meet details, the warm-up and competition schedule, entry deadlines, and the awards schedule.

In addition, we have compiled important information for coaches, clubs, and parents regarding meet ticketing pre-sales, vendors, and hotel reservation details. We kindly request that you share all this information with your swimmers and their families, ensuring everyone is well-prepared and familiar with the meet proceedings.

For many, this may be their first experience at the IU Natatorium, and we want to ensure your visit is memorable. The included details will help families have a smooth and enjoyable weekend.

We look forward to an exciting and successful championship, and once again, congratulations to your athletes!

Warm Regards,

Flashes Aquatics

Important Reminders: The IU Natatorium at Indianapolis is graciously allowing Flashes Aquatics to host a meet at their iconic facility. Please help to keep the area both on deck and in the stands free from trash.

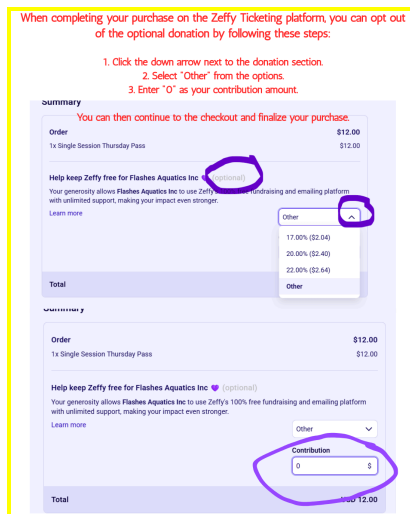
Cash Free: This meet will be entirely CASH FREE. This includes parking, admissions, concessions, & spirit wear. All of these will be credit cards ONLY.

Plan Ahead: Other happenings in Indianapolis during Championship weekend that could impact your travel around the IU Natatorium: • Indiana Fever vs. Las Vegas Aces on Thursday, July 24th • Brickyard 400 from July 25-27th, • Indianapolis Indians vs. Toledo Mud Hens on Thursday, July 24th-Sunday, July 27th • Indy Eleven vs. FC Tulsa on Saturday, July 26th.

Admissions: will be charged for this meet. Ticket prices include all associated fees. The options are All-Weekend Pass, All Day Pass, or Single Session Pass. Children 12 and Under are free. Please see the link or QR code to purchase tickets in advance through Zeffy.

<https://www.zeffy.com/ticketing/2025-indiana-swimming-age-group-long-course-championships>

You do not need to leave a donation for Flashes Aquatics. Please see the picture below. Doors will open 90 minutes prior to session start.



Road Closure:

Ohio Street Closure starting on 7/14/25. Please see the map and notes below. Please note that traffic flow to the NAT Meet will be affected. Due to construction: If you are traveling west on New York Street from downtown to the Natatorium, take a left at the Blake Street light, not the Blackford Street light.

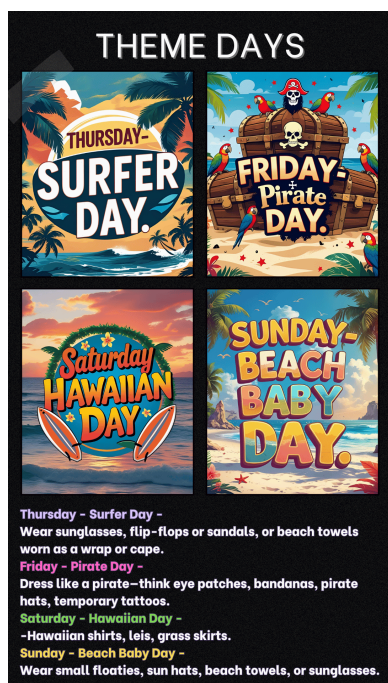


Parking: Parking is in the Sports Garage on the east side of the IU Natatorium. Daily rate is \$7. CREDIT CARD ONLY. Parking fees are determined by the University Parking Services and subject to change without notice. Flashes Aquatics, Indiana Swimming, and the Natatorium staff have no influence on parking prices or procedures.

Concessions: Concessions will be available, though may not be open for the entirety of all sessions and will ONLY accept credit cards. There are several food options near the Natatorium (Chipotle, Starbucks, City Barbeque, Taco Bell). The IU Indy student union is also within one block of the Natatorium with coffee shops & seating.

Official Meet Merchandise: Merchandise with the official 2025 Age Group Long Course Championship logo is a badge of honor for qualifying athletes, and My Logo Shop has it covered! Preorder from My Logo Shop until Sunday, July 13 . Purchases can be made at <https://mylogoshop.com/flashesaquaticssagegroup2025/>

All preorders will be available for pick up at the meet at the Spirit Wear booth on the upstairs concourse. Spirit wear will also be available for purchase at the meet (until sold out). CREDIT CARD ONLY.



Theme Days: Let's make this event fun for swimmers and parents!

Elsmore: Elsmore Swim Shop will be located in the upstairs concourse, offering an array of swimming merchandise, including goggles, suits, swim caps and more.

Sport Photography—capture special moments of your swimmer by reserving your action shots today! <https://www.sport-photography.com/reserve/>

Engraved Upon the Heart will be onsite for you to have medals engraved.

Heat Sheets: Heat sheets will be available online, and easily accessible via the Championship Meet Website (scan QR code below). Please use Meet Mobile to access swimmer events and heats or visit our team site: www.ftswimming.org. You can find live meet results on Meet Mobile. Final Results will be posted on the Championship Meet Technical Page. Post Scratch prelim results will be posted on deck and in the main hallway of Natatorium once they are final. Be sure to check out your athletes' races on the Indiana Swimming YouTube Channel.

Awards: All awards will be presented at the south end of the competition pool, under the scoreboard. To help expedite the finals, no coaches or athletes will be allowed in front of the awards podium. The only exception is for coaches to present medals for places 1-3. During the finals session, the athletes on the podium will turn to allow pictures to be taken by coaches on deck from the diving well platform. For 10 & Under swimmers, there will be a 10-minute awards break after each event for presentations. The awards schedule can be found on the Technical Page of the Indiana Swimming website. Award ceremonies will be conducted in a manner that does not excessively delay the meet. Individual ages are used for qualifying only. The meet

format will be such that events and awards will be run/presented in groups (i.e., 10 & Under, 11/12, 13/14).

During the Meet: You can find live meet results on Meet Mobile. Final Results will be posted on the Championship Meet Technical Page. Be sure to check out your athletes' races on the Indiana Swimming YouTube Channel.

Volunteers: This meet wouldn't be possible without the support of our amazing parents. If you haven't signed up yet, we still need volunteers to ensure the weekend is a success. Parent volunteers receive complimentary admission to the session worked, snacks, and a volunteer shirt. Please click here to choose a role and be part of the team.

<https://www.signupgenius.com/go/10C094DACA629A7F4C52-55288465-long>

After the Meet: On Sunday, meet evaluations will be available via a QR Code either posted throughout the venue or on the Championship Meet website.

Championship Meet website. If you need further information or assistance, please consult any of the meet volunteers in the pink shirts. They will be more than happy to help you.

Becky Hull-(Meet Director)	John Sincroft (Meet Director)	Dalton Herendeen (Entry Chair)
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WE WISH ALL ATHLETES, FAMILIES, AND TEAMS THE BEST OF LUCK!!