



**2025 FAST 500**  
Fishers Area Swimming Tigers  
May 2-4, 2025

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN25235
- HOST:** Fishers Area Swimming Tigers, P.O. Box 453, Fishers, Indiana 46038
- POOL:** Fishers High School Aquatic Center, 13000 Promise Road, Fishers, Indiana 46038
- FACILITY:** One 50 Meter pool with ten 7.5-foot-wide lanes with non-turbulent lane markers. A Daktronics 2000 Time System will be used.

The main competition (West) end has a minimum depth of five foot nine inches (5'9") and a maximum depth of six foot ten inches (6' 10"). The second (East) end has a minimum depth of twelve feet (12') for the first five meters at the starting end of the pool. The east pool's minimum depth is three foot ten inches (3'10"). The competition course has not been certified in accordance with rule 104.2.2C(4).

- PARKING:** Free parking will be available in the lots adjacent to the Fishers HS Aquatic Center. Please enter the building through entrance FH6.

- Meet Apparel:** TBD

- RULES:** Current USA Swimming and Indiana Swimming rules, including MAAPT, will govern the 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 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 present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.



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- ELIGIBILITY:** Swimmer(s) must be registered with USA Swimming to be accepted into this meet. These registration numbers must accompany entry. Age as of May 2, 2025, 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 events are timed finals. 11-12, 13-14, and Open Age groups will swim Friday afternoon. 13 & above will swim Saturday and Sunday morning. 12 & under will swim Saturday and Sunday afternoon.
- 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:** Coaches will be handed check-in sheets upon arrival each day.
- ENTRIES:** Enter swimmers with their full first name, last name, age, and USA Swimming number on the entry. All times must be submitted in Long Course Meters (LCM) and completed to the hundredth of a second. Converted times should use the Hy-Tek Time Converter.
- Each swimmer will be limited to four (4) individual events per day. If an entry is submitted with an individual entered in more events per day than allowed, the entry will be made by order of events.
- FAST reserves the right to determine which teams' entries to accept. Among the items FAST will consider when making these determinations are: not splitting teams; the number of officials and volunteers provided by the team; balance of age group and gender; level of competition; and geographic location.
- FAST 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 the start of the first session your team is competing in. Please make a check payable to: FISHERS AREA SWIMMING TIGERS. Timed final events are \$5.00 per swim. There is a \$20.00 per swimmer, Indiana Swimming athlete surcharge which must accompany entry.
- DECK ENTRIES:** Deck entries will be accepted if the meet is not filled only as new additions. Changes will not be accepted. Deck entries are only for swimmers on teams already entered into the meet. Entry fee for deck entries is \$10.00.
- SCORING:** 1<sup>st</sup> through 20<sup>th</sup>  
24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
- EVENT SEEDING:** There will be a positive check-in for all events. FAST may pre-seed some events. The 800 Free, 400 Free and 400 IM will be swum fastest to slowest and will alternate one heat of girls with one heat of boys for 13 & Overs.



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**ENTRY  
PROCEDURE:**

We expect this meet to be filled very quickly.  
Entries will be accepted starting Wednesday, April 9, 2025, at 8:00AM. The entry deadline is 11:59 PM ET on Friday, April 18, 2025, or when the meet is full. Teams not accepted will have their entries returned as soon as possible, but no later than Monday, April 21, 2025, via email.

Any accepted team entries may be updated until 5:00 PM on Monday, April 28, 2025. Updated times must be received via email. No phone updates will be accepted.

**Mail entries and fees to the Entry Chairperson:**

c/o Fishers Area Swimming Tigers  
P.O. Box 453  
Fishers, Indiana 46038  
317-460-9206  
Email: [entries@fasttigers.com](mailto:entries@fasttigers.com)

**FINAL  
RESULTS:**

One complimentary copy will be provided to all teams. Final results will also be posted on the FAST website at [www.fasttigers.com](http://www.fasttigers.com).

**AWARDS:**

Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons will be awarded for 4<sup>th</sup> through 10<sup>th</sup> place finishers in all individual events for 8 & Under, 9-10-, 11-12, age groups. High point award 1<sup>st</sup> through 3<sup>rd</sup> in each age group (8 & Under, 9-10, 11-12, 13-14, and Open). 12 & Unders swimming in Open events will not be counted towards high point awards for their age group. **AWARDS WILL NOT BE MAILED.**

**SCHEDULE:**

All Times are Eastern Daylight Savings Time.

**Friday**

FHS dismisses at 3:00 PM please do not arrive before 3:30 to let traffic clear.  
The pool will not open before 3:30 PM on Friday afternoon.  
Warm-Up Starts Not Before 4:00 PM  
Meet Starts Not Before 5:00 PM

**Saturday and Sunday**

The pool will not open before 6:00 AM on Saturday/Sunday morning.  
Warm-Up Starts Not Before 6:30 AM  
Meet Starts Not Before 7:45 AM

11-12 and 10 & Under Age Group  
Warm-Up Starts at Noon  
Meet Starts at 1:00 PM

Session and warmup times may be adjusted to manage timelines.

**CLERK OF  
COURSE:**

There will be no clerk of course.



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- CONCESSIONS:** Concessions will be available.
- ADMISSION:** There will be no admission charge for spectators.
- MEET PROGRAMS:** A free electronic heat sheet will be available.
- WARM-UPS:** Lanes for warm-ups will be assigned. A complete schedule of lanes and times for warm-ups will be posted online and at the facility during the meet.
- MEET DIRECTOR:** Ralph Thielking - rthielking@mmufus.com
- MEET REFEREE:** Tyler Wolf - wolfts10@hotmail.com
- OFFICIALS:** FAST will need the help of your USA Swimming Officials. If you have a member that oversees your officials, please email his/her name and email address to the meet referee.
- 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 Fishers High School Natatorium is one of the most beautiful high school facilities in the USA. It is important that all people attending this meet, whether it is swimmers, coaches, or volunteers, 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 in any unauthorized areas. This means any place other than designated areas.
  - Due to USA Swimming insurance requirements, **only** swimmers, coaches, officials, and volunteers are allowed on deck.
  - No Smoking, tobacco, or vaping is permitted on school property.
- The Fishers Area Swimming Tigers will have marshals in place. Anyone caught abusing the building or facility will be asked to leave immediately and barred from further competition.



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**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](http://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.

**Covid Statement:** 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.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to covid-19 and forever release and hold harmless usa swimming and [the Isc] and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith.



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**ORDER OF EVENTS**

**FRIDAY**

<b>Girls Event #</b>	<b>Evening Session (Session #1)</b> Warm-Up Not Before 4:00 PM Meet Starts Not Before 5:00 PM	<b>Boys Event #</b>
1	13-14 & Open 400 Individual Medley	2
3	11-12 400 Freestyle	4
5	13-14 & Open 400 Freestyle	6

**SATURDAY**

<b>Girls Event #</b>	<b>Morning Session (Session #2)</b> Warm-Ups Not Before 6:30AM Meet Starts Not Before 7:45 AM	<b>Boys Event #</b>
7	13-14 & Open 200 Breaststroke	8
9	13-14 & Open 100 Freestyle	10
11	13-14 & Open 200 Butterfly	12
13	13-14 & Open 100 Backstroke	14
15	13-14 & Open 200 Individual Medley	16
17	13-14 & Open (Women Only) 800 Freestyle	

<b>Girls Event #</b>	<b>Afternoon Session (Session #3)</b> Warm-Up Not Before 12:00 Noon Meet Starts Not Before 1:00 PM	<b>Boys Event #</b>
19	11-12 100 Freestyle	20
21	8 & Under & 9-10 100 Freestyle (10-Under)	22
23	11-12 50 Breaststroke	24
25	8 & Under & 9-10 50 Breaststroke (10-Under)	26
27	11-12 100 Butterfly	28
29	8 & Under & 9-10 100 Butterfly (10-Under)	30
31	11-12 50 Backstroke	32
33	8 & Under & 9-10 50 Backstroke (10-Under)	34
35	11-12 200 Freestyle	36
37	8 & Under & 9-10 200 Freestyle (10-Under)	38



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**SUNDAY**

<b>Girls Event #</b>	<b>Morning Session (Session #5)</b> Warm-Up Not Before 6:30AM Meet Starts Not Before 7:45 AM	<b>Boys Event #</b>
40	13-14 & Open 200 Freestyle	39
42	13-14 & Open 100 Breaststroke	41
44	13-14 & Open 200 Backstroke	43
46	13-14 & Open 100 Butterfly	45
48	13-14 & Open 50 Freestyle	47
	13-14 & Open (Men Only) 800 Freestyle	50

<b>Girls Event #</b>	<b>Afternoon Session (Session #6)</b> Warm-Up Not Before 12:00 Noon Meet Starts Not Before 1:00 PM	<b>Boys Event #</b>
51	11-12 100 Breaststroke	52
53	8 & Under & 9-10 100 Breaststroke (10-Under)	54
55	11-12 50 Freestyle	56
57	8 & Under & 9-10 50 Freestyle (10-Under)	58
59	11-12 100 Backstroke	60
61	8 & Under & 9-10 100 Backstroke (10-Under)	62
63	11-12 50 Butterfly	64
65	8 & Under & 9-10 50 Butterfly (10-Under)	66
67	11-12 200 Individual Medley	68
69	8 & Under & 9-10 200 Individual Medley (10-Under)	70

**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 800 Free, at which time a designated timer and counter will be allowed on deck to help with that event. There are two men's and two women's locker rooms on deck.



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**FEE SUMMARY**

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

Mail all of the above to:

FAST 500 Entries  
C/O FAST Tigers Entry Chair  
P.O. Box 453  
Fishers, Indiana 46038  
317-460-9206  
Email: [entries@fasttigers.com](mailto:entries@fasttigers.com)

Club \_\_\_\_\_ Club Code \_\_\_\_\_  
Number of swimmers entered: Boys \_\_\_\_\_ + Girls \_\_\_\_\_ = Total \_\_\_\_\_  
Number of swimmers entered: Indiana Swimming Surcharge \_\_\_\_\_ @ \$20.00 = \$ \_\_\_\_\_  
Number of prelims/finals individual entries NA @ \$6.00 = \$ NA  
Number of timed finals individual entries \_\_\_\_\_ @ \$5.00 = \$ \_\_\_\_\_  
Number of relay entries NA @ \$8.00 = \$ NA  
TOTAL AMOUNT ENCLOSED = \$ \_\_\_\_\_

**Contact Information:**

Club Official submitting entry:

Coach's Name:

Name:	_____	_____
Address:	_____	_____
City:	_____	_____
State, Zip:	_____	_____
Telephone:	_____	_____
Email:	_____	_____

**Please indicate the preferred manner of receiving final results:**

Email address to send results to: \_\_\_\_\_





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**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 Fishers Area Swimming Tigers, and its' Board of Directors, USA Swimming, Fishers 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 Fishers Area Swimming Tigers, USA Swimming, and the Fishers 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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## FISHERS AREA HOTEL INFORMATION

There are several excellent hotels within 15 minutes of the pool.

We recommend **Hyatt Hotels in the Fishers District and SpringHill Suites**.

Click on the links below to receive a team discount.

**Hyatt Place:** [https://www.hyatt.com/en-US/hotel/indiana/hyatt-place-indianapolis-fishers/indzf?corp\\_id=191083](https://www.hyatt.com/en-US/hotel/indiana/hyatt-place-indianapolis-fishers/indzf?corp_id=191083)

**Hyatt House:** [https://www.hyatt.com/en-US/hotel/indiana/hyatt-house-indianapolis-fishers/indxf?corp\\_id=191083](https://www.hyatt.com/en-US/hotel/indiana/hyatt-house-indianapolis-fishers/indxf?corp_id=191083)

<b><u>Hyatt Place</u></b> <u>11455 Ikea Way,</u> <u>Fishers, 46037</u> <u>3 miles from the pool</u>	Courtyard by Marriott 11550 Whistle Dr, Fishers, 46037 3 miles from the pool	<b><u>Hyatt House</u></b> <u>11455 Ikea Way,</u> <u>Fishers, 46037</u> <u>3 miles from the pool</u>
Wyndham 13500 Tegler Dr, Noblesville, 46060 4 miles from the pool	Embassy Suites by Hilton 13700 Conference Center Dr, Noblesville, 46060, 4 miles from the pool	Holiday Inn Express & Suites 13625 Tegler Dr, Noblesville, 46060 4 miles from the pool
Staybridge Suites 9780 Crosspoint Blvd, Indianapolis, IN 46256 6 miles from the pool	Residence Inn by Marriott 9765 Crosspoint Blvd, Indianapolis, IN 46256 6 miles from the pool	Hilton Garden Inn 9785 N by NE Blvd, Fishers, IN 46037 6 miles from the pool
Home2 Suites by Hilton 9701 N by NE Blvd, Fishers, IN 46037 6 miles from the pool	<b><u>SpringHill Suites by</u></b> <b><u>Marriott</u></b> <b><u>9698 Hague Rd,</u></b> <b><u>Indianapolis, IN 46256</u></b> <b><u>5 miles from the pool</u></b>	Fairfield Inn & Suites 10495 Crosspoint Blvd, Indianapolis, IN 46256 5 miles from the pool

We also recommend **SpringHill Suites Indianapolis Fishers**. Use the following link to book your stay with the **corporate rate for Fishers Area Swimming Tigers (FAST)**



# SAFE SPORT

## 5 MEET ANNOUNCEMENTS

Creating a healthy and positive environment free from abuse.

USA Swimming is working to increase awareness and reduce the risk of abuse in swimming through its Safe Sport program. With all youth sports, creating a safe environment is the responsibility of all adults who work with kids.

**1**

### **LOCKER ROOM MONITORING**

The locker rooms will be monitored regularly and randomly throughout the competition by meet personnel. Keeping in mind this is a public facility, please report any concerns regarding unknown individuals and/or locker room behavior with the meet director.

**2**

### **DECK CHANGING**

Deck changing is prohibited at USA Swimming events. Please use the designated locker room or changing area to change, in whole or in part, into or out of a swimsuit when you are wearing just one suit. Please report any observed deck changing to the meet director.

**3**

### **RECORDING DEVICES**

Use of any recording device, including voice recording, still camera or video is prohibited in the locker rooms, changing areas and from behind the blocks when swimmers are in the starting position or exiting the pool. Please report any use of a recording device in these spaces to the meet director.

**4**

### **ONE-ON-ONE INTERACTIONS**

All one-on-one interactions between an adult and a minor athlete must occur within an observable and interruptible distance from another adult. Please report any concerns with one-on-one interactions between adults and minor athletes at this event to the meet director.

**5**

### **TRAININGS**

USA Swimming offers Safe Sport resources to parents and athletes including information on policies such as the Minor Athlete Abuse Prevention Policy, the USA Swimming Code of Conduct and also free training and education on misconduct in sport. Please visit [www.usaswimming.org/protect](http://www.usaswimming.org/protect) for more information.