



# 2025 SwimStrong Dryland National Championship Meet

March 20-23, 2025

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN-TBD
- HOST:** SwimStrong Dryland (SSDL), P.O. Box #453, Fishers, Indiana 46038
- POOL:** Fishers High School Aquatic Center 13000 Promise Road Fishers, Indiana 46038
- FACILITY:** Two 25-yard pools with ten-7.5-foot wide lanes and non-turbulent lane markers. Both pools may be used for the preliminary sessions and finals sessions will be held in the competition (West) pool. Warm-down is available between the bulkheads. A Daktronics 2000 Time System will be used. Balcony spectator seating is provided.
- The main competition (West) pool 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) pool has a minimum depth of twelve feet (12') for the first five meters at the starting end. The second pool's turn end depth is three foot ten inches (3'10") for the first five meters. 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. Enter the Natatorium through entrance FH6.
- 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 display their USA Swimming coach credential to gain deck access when arriving. 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.



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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.

## **ELIGIBILITY:**

Swimmer(s) must be registered with USA Swimming to be accepted into this meet. These registration numbers must accompany entry. Age as of March 20, 2025 shall determine each swimmer's age for the meet. All swimmers must be registered with USA Swimming.

## **MEET FORMAT:**

Preliminaries will be conducted on Thursday evening, Saturday and Sunday mornings. Finals will be conducted Friday, Saturday and Sunday evenings. There will be a championship heat (Top 10) for the 11-12 age group. There will be a C final (Places 15-24), a B final (Places 5-14), and a Super Final (Top 4) for the 13-14 age group. There will be a D final (Places 25-34), a C final (Places 15-24), a B final (Places 5-14), and a Super Final (Top 4) for the 15-21 age group.

The 1650 Freestyle will be swum as timed finals.

The SSDL reserves the right to use "fly-over" starts for all events.

Two competition pools may be used for the preliminary and timed final sessions to maintain an adequate timeline. SSDL will determine what events are to be swum in each pool. The meet will not be slowed down for swimmers competing in different age groups that happen to swim at the same time.

The number of swimmers in finals may be adjusted based on actual entries received. Any changes will be communicated before the meet.

**TIME STANDARDS:** National Age Group Motivational Times (2021-2024)  
Single A times for all events  
15-21 Age Group will use the 15-16 motivational times

## **POSITIVE CHECK-IN:**

Coaches will be handed check-in sheets upon arrival each day.

## **ENTRIES:**

Enter each swimmer 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) times and completed to the hundredth of a second. Converted times should use the Hy-Tek Time Converter.

Each swimmer in the will be limited to three (3) individual events per day and seven (7) total individual events for the meet. Swimmers may swim 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 starting with Event #1 until the limit is satisfied; there will be NO refunds.

SSDL reserves the right to determine which entries to accept. Among the items



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SSDL will consider when making these determinations are: teams will not be broken, number of officials and volunteers provided by the team, balance of age group and gender in entry, level of competition and geographic location.

SSDL 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 priority list:

Teams/Athletes who have been with SSDL the longest will have priority in determining meet entries if needed.

## ENTRY FEES:

All entry fees must be paid by January 6<sup>th</sup>, 2025. Any additional entries (meaning additional events that already accepted athletes may qualify for, or newly qualified athletes on already accepted teams), if the timeline allows, for already accepted teams and athletes can be paid for before the first session they compete in. Please make check payable to: SwimStrong Dryland. Entry fees are \$20 per individual event and \$40 per relay. There is a \$2.50 per swimmer Indiana Swimming surcharge for in-LSC swimmers, and a \$5.00 per swimmer Indiana Swimming surcharge for out-of-LSC swimmers.

## 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 \$40 event.

## SCORING:

24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1 for Individual Events.

## ENTRY PROCEDURE:

We expect this meet to fill up very quickly. Entries will be accepted beginning October 1, 2024, at 8:00 AM ET. You may submit preliminary entries (send a specific number to the email addresses listed below) right at 8:00am EST, but do not reserve spots unless you are 100% attending. It is unfair to everyone else to claim spots and then back out. This allows for teams to commit without needing to know your exact numbers, but you should have a great idea based on current qualified athletes. **The deadline for teams and athletes to enter is Sunday, December 22, 2024, at 11:59pm EST, or whenever the meet is full, whichever is earlier.** Teams/athletes who are not accepted will have their entries returned as soon as possible via email. Individual athletes must have a qualifying time to reserve a preliminary spot.

Any accepted team entries may be updated until midnight on Monday, March 17, 2025. Updated times must be received via email. No Phone updates will be accepted. If an accepted team has a new athlete(s) qualify after December 22<sup>nd</sup>, we will consider adding them if the timeline allows for it.

Entries must be submitted via email in Hy-Tek format.



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

SSDL Entries

P.O. Box # 453

Fishers, Indiana 46038

317-460-9206

Email: [entries@fasttigers.com](mailto:entries@fasttigers.com) & please "CC" [swimstrongdryland@gmail.com](mailto:swimstrongdryland@gmail.com)

**FINAL RESULTS:** Results will be posted on the meet website and meet mobile.

**AWARDS:** Medals for 1<sup>st</sup> through 10th place. Top 3 High point awards for all age groups.

**SCHEDULE:** All Times Are Eastern Daylight Savings.

**Thursday (Prelims) and Friday (Finals)**

Warm-Ups Start Not Before 4:00 PM

Meet Starts Start Not Before 5:00 PM

FHS dismisses at 3:00 PM please do not arrive before 3:30 to let traffic clear.

**Saturday & Sunday**

Prelims Warm-Ups Start Not Before 7:00 AM

Prelims Start Not Before 8:30 AM

Finals Warm-Up Start Not Before 4:00 PM

Finals Start Not Before 5:00 PM

## ORDER OF EVENTS

| Thursday (Prelims)<br>Friday (Finals)                                                               | Saturday<br>(Prelims/Finals)                                                                                                       | Sunday<br>(Prelims/Finals)                                           |
|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| 200 Back<br>100 Breast<br>200 Free<br>400 IM<br>400 Medley Relay (Thurs)<br>400 Free Relay (Friday) | 100 Free<br>200 Breast<br>100 Back<br>200 Fly<br>200 Medley Relay (Prelims)<br>1650 Free<br>(Fastest heat of boys/girls in finals) | 200 IM<br>500 Free<br>100 Fly<br>50 Free<br>200 Free Relay (Prelims) |

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

**SPECTATORS:** Admissions - All Session Pass: \$50 Single Day Pass: \$25 Single Session Pass: \$15 Ages 12 & Under Free. Coaches and Officials who are not working as coaches or officials must pay admission for access to the seating areas.

**MEET**

**PROGRAMS:** Free electronic heat sheets will be available.



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**WARM-UPS:** Lanes for warm-ups will be assigned. A 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:** Mickey Smythe  
mickeysmythe@comcast.net

**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.

**OFFICIALS:** SSDL will need the help of your USA Swimming Officials. If you have a member that oversees your officials, please provide his/her name and email address to the meet referee.

**FACILITY NOTE:** The Fishers High School 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 Vaping, Smoking or Tobacco is permitted on school property.

The SSDL 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.

**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



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[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 30 days prior to the last date of 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 30 days prior to the last date of competition, 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 Indiana Swimming 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.

## **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 and 1650 Free, at which time a designated 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. Please make certain to include all of the following:

Check for entries made payable to: **SwimStrong Dryland**

This completed summary form

Completed Release and Hold Harmless Agreement

Mail all of the above to:

SSDL Entries

C/O 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 \_\_\_\_\_

Indiana Swimming surcharge for in-LSC swimmers \_\_\_\_\_ @ \$2.50 = \$ \_\_\_\_\_

Indiana Swimming surcharge for out of-LSC swimmers \_\_\_\_\_ @ \$5.00 = \$ \_\_\_\_\_

Number of individual entries \_\_\_\_\_ @ \$20.00 = \$ \_\_\_\_\_

Number of individual relays \_\_\_\_\_ @ \$40 = \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED = \$ \_\_\_\_\_

### Contact Information:

Club Official submitting entry:

Coach's Name:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

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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 SwimStrong Dryland, 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 SwimStrong Dryland, 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 \_\_\_\_\_, 2024.

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



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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.

Resources: [www.usaswimming.org/protect](http://www.usaswimming.org/protect), [safesport@usaswimming.org](mailto:safesport@usaswimming.org)