2016 INDIANA SWIMMING SENIOR SHORT COURSE CHAMPIONSHIPS

Welcome Packet
On behalf of Zionsville Swim Club and Pike Township Swim Club we welcome you to experience The New Pike High School Aquatics Center. We are excited to have you join us very soon for the 2016 Indiana Swimming Senior Short Course Championships!

Coaches, please take a few minutes to familiarize yourself with the format of this meet.

- Prelims in short course yards.
- Finals in long course meters.
- Olympic distance events, W800, M1500 distance session Sunday, w/top ten submitted times swimming in finals.
- All relays will be swam in morning prelims session
- 40 athletes will be brought back for finals.

Our goal with this packet is to give you some basic information about the pool and surrounding area. If after reading this you have questions, please feel free to contact Don Cozad –Meet director @ (don@zionsvilleswimclub.org) or Thomas Moore- Aquatics Director @ (tpmoore@pike.k12.in.us) for updates.

Indiana Swimming website will also have information on the Championships tab @ www.inswimming.org.

We look forward to having a great Meet!
2016 Indiana Swimming Senior Spring Championships
March 11-13, 2016

Quick Facts about the 2016 Indiana Swimming Spring Championships

PURPOSE: To create increased long course opportunities to qualify for Olympic Trials, US Open, Summer JNATS, Futures, Sectionals and NCSA Meets during the Olympic Year. This long course finals format also gives athletes increased opportunities to qualify for National Teams, as well as LSC & National Select Camps. The NEW Pike High School Natatorium offers an opportunity for our athletes to compete in an environment to not only showcase non-traditional high school events in SCY but to swim a tapered long course meet with the benefits of a full season of fall & winter training.

FORMAT
- Run two pools concurrently during Prelims in SCY, Including distance & relays
- All non Olympic Distance events & relays will be run at the end of the preliminary sessions.
- Alternate distances for events (M&W) for Friday & Sunday.
- Only Olympic Distance events swum in LCM and seeded top 10 at night on Sunday.

SCORING
- Top 25 (Individual Events & Relays)

FACILITY
- 10 lane pool-two scoreboards
- 6 lanes for warm-up 4 in instructional pool and 2 between bulkheads
- Timelines leave the flexibility to have more than 1 hour to change over pool to LCM

AWARDS
- Awards will be presented for 1st-10th place
- Award all relays and SCY NON Olympic distance events in AM. See attachment

TIMELINES
- Timelines leave the flexibility for breaks for w.u. & cool down if needed
- Summary below: based on 10 lanes and 2 pools with 9:30 am start time and NO AWARDS factored in:

<table>
<thead>
<tr>
<th>Based on 2015 entries</th>
<th>Warm-ups</th>
<th>Prelims</th>
<th>Warm-ups</th>
<th>Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Start</td>
<td>Start</td>
<td>Finish</td>
<td>Start</td>
</tr>
<tr>
<td>W Fri</td>
<td>8:00 AM</td>
<td>9:30 AM</td>
<td>12:51 PM</td>
<td></td>
</tr>
<tr>
<td>M Fri</td>
<td>8:00 AM</td>
<td>9:30 AM</td>
<td>11:28 AM</td>
<td></td>
</tr>
<tr>
<td>Finals</td>
<td></td>
<td></td>
<td>3:30 PM</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>W Sat</td>
<td>8:00 AM</td>
<td>9:30 AM</td>
<td>12:30 PM</td>
<td></td>
</tr>
<tr>
<td>M Sat</td>
<td>8:00 AM</td>
<td>9:30 AM</td>
<td>11:39 AM</td>
<td></td>
</tr>
<tr>
<td>Finals</td>
<td></td>
<td></td>
<td>3:30 PM</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>W Sun</td>
<td>8:00 AM</td>
<td>9:30 AM</td>
<td>11:19 AM</td>
<td></td>
</tr>
<tr>
<td>M Sun</td>
<td>8:00 AM</td>
<td>9:30 AM</td>
<td>11:10 AM</td>
<td></td>
</tr>
<tr>
<td>Distance</td>
<td>12:00 PM</td>
<td>1:00 PM</td>
<td>3:04 PM</td>
<td></td>
</tr>
<tr>
<td>Finals</td>
<td></td>
<td></td>
<td>3:00 PM</td>
<td>4:30 PM</td>
</tr>
</tbody>
</table>
Directions

Meet location: Pike High School
5401 W. 71st Street
Indianapolis, IN 46268

NOTE: You must use the NORTH entrance off 71st Street on Friday morning. Do not use the west entrances off Zionsville Rd. See directions below.

Directions to Pike High School: Pike HS is located on the northwest side of Indianapolis, near I-465. Follow I-465 to the west side of Indianapolis. Take exit 21 for 71st St. Turn east on 71st St., and turn right at the 3rd stoplight (Red Devil Drive). Follow Red Devil Drive to the indicated parking lots on the maps.

MAP WITH DIRECTIONS TO PIKE HS
Parking Flyer for Friday: *Parking is free all weekend!* If you are coming to the Friday morning session, please print the parking flyer to expedite parking. Since school is in session Friday morning, there will be a security vehicle that will need to check each car. If you have the flyer, hold it up for the guard to see as you approach the security vehicle. If you do not have a flyer, just tell the guard that you are at Pike HS for the State Swim meet.

Parking on Friday morning: Since school is in session Friday morning, only the parking lot on the east and north sides of the tennis courts will be open.

Parking Friday afternoon (after 2:30 pm), and all day Saturday & Sunday: Three lots will be open for parking: the lot east and north of the tennis courts, the two lots west of the Pike HS circle drive.
Getting into the Pool
Athletes, Coaches, Officials, and Spectators, will all enter the pool via door # 11B shown on the maps and photos.

Athletes – after entering Door 11B, athletes will follow the signs and turn left to proceed through the first set of double doors to athlete check in. Athletes will need to pick up bag tags that will allow deck access.

Coaches- after entering Door 11B, coaches will be directed to the pool once they show credentials and sign in. They will also be directed to the head table to pay meet fees, and pick up meet packets.

Officials- after entering Door 11B, officials will be asked to show credentials and sign in before entering the pool area.

Only swimmers, credentialed coaches, officials, and meet volunteers will be allowed on deck. The meet directors reserve the right to deny access to anyone not in compliance.

Spectators – once entering the facility, spectators will be asked to proceed to tables that will take admissions, and then directed to the second floor for spectator seating, concessions, vendors, and restroom facilities.
Psych and Heat sheets
• Psych Sheet - $10.00
• Prelims heat sheet- $4.00
• Finals Heat sheet - $1.00

Admissions
• All session pass- $20.00
• Prelims – single day - $8.00
• Finals – free
• 12& under – free
• Coaches and Officials not working will be asked to pay admissions

Restrooms. Spectator restrooms are located in the upstairs lobby near the concession stand.

Elevator. An elevator is located to the left of the doors as you enter the lower lobby at Door 11B.

Wifi. There will be free access to wifi after 2:30pm on Friday. No password is required. There will be no Wifi on Friday morning because Pike HS is in session.

Concessions. The concession stand in the upstairs lobby will be open during all sessions.

NO folding/camp chairs. Do NOT bring in folding chairs. They will not be allowed in the seating area.
**Nearby Amenities**

**ATM/Bank**—note—both the admissions and concessions stands will accept credit cards.
- Huntington Bank, 5605 W. 71st St. (1 mile)
- Forum Credit Union, 7023 Corporate Dr. (1 mile)
- Teacher’s Credit Union, 5130 W. 71st St. (1 mile)

**RESTAURANTS**

There are many restaurants near Pike HS---here are some within a few miles!

**Breakfast**
- Bob Evans, 6330 W. 71st St. (1 mile)
- Le Peep, 6335 Intech Commons Dr. (2 miles)
- Panera Bread, 6050 W. 86th St. (3 miles)
- Einstein Bros. Bagels, 3450 W. 86th St. (5 miles)

**Coffee**
- Starbucks, 6335 Intech Commons Dr. (1.5 miles)
- Bee Coffee Roasters, 5510 Lafayette Rd. (2.5 miles)

**Casual**
- Le Peep—breakfast & lunch—6335 Intech Commons Dr. (2 miles)
- Bob Evans, 6330 W. 71st St. (1 mile)
- Chef Mike’s Charcoal Grill, 7102 Woodland Dr. (1 mile)
- Bbi Café and Sandwich Bar, 4825 Oakbrook Dr. (2 miles)
- Chapati, 4930 Lafayette Rd. (Indian/Pakistani) (3 miles)
- Chili’s, 6020 W. 86th St. (3 miles)
- Ted’s Montana Grill, 5910 W. 86th St., #134 (3 miles)
- Yats, 5650 W. 86th St., #132 (Cajun food) (3 miles)
- Squealer’s Award Winning BBQ, 5515 W. 86th St. (3 miles)
- LongHorn Steakhouse, 5840 W. 86th St. (3 miles)
- Abuelo’s, 5910 W. 86th St. (3 miles)
- Spice Nation, 4225 Lafayette Rd. (vegan/vegetarian Indian) (4 miles)
- India Palace 4213 Lafayette Rd. (4 miles)
- Rick’s Café Boatyard, 4050 Dandy Trail--overlooks Eagle Creek Reservoir (6 miles)
- El Meson, 8920 Wesleyan Rd. (7 miles)

**Fast food**
- Subway, 7118 Woodland Dr. (1 mile)
- Culvers, 5020 W. 71st St. (1 mile)
- McDonald’s, 6065 W. 71st St. (1 mile)
- Steak n Shake, 7230 Woodland Dr. (1 mile)
Hardee’s, 7217 Woodland Dr. (1 mile)
Burger King, 7140 Georgetown Rd. (1.5 miles)
Jersey Mike’s Subs, 7125 Georgetown Rd. (1.5 miles)
Arby’s, 7002 Georgetown Rd. (1.5 miles)
Noodles & Company, 5710 W. 86th St. (3 miles)
Panera Bread, 6050 W. 86th St. (3 miles)
Philadelphia Steak n Fries, 5745 W. 86th St. (3 miles)
Wendy’s, 5620 W. 86th St. (3 miles)
Tom + Chee, 5650 W. 86th St. (3 miles) (gourmet grilled cheese & tomato soup)
Jimmy John’s, 5550 W. 86th St. (3 miles)
Chick-fil-A, 3360 W. 86th St. (4.5 miles)

Pizza
Marco’s Pizza, 7125 Georgetown Rd. (1 mile)
Papa John’s, 5035 W. 71st St. Suite K (Kroger shopping center) (1 mile)
Donato’s Pizza, 5688 Georgetown Rd. (2.5 miles)
Monical’s Pizza, 6010 W. 86th St. (3 miles)
Blaze Pizza, 8760 N. Michigan Rd. (5 miles)

Grocery
Kroger 5025 W. 71st St. (1 mile)
Marsh, 5830 W. 86th St. (3 miles)
WalMart Supercenter, 4545 Lafayette Rd. (4 miles)
SuperTarget, 10401 N. Michigan Rd. (6 miles)

Things to Do
Here are some things to do between sessions!

• **Eagle Creek Park** (Take 71st St West past I-465 and I-65). Has nature center, trails, and playgrounds. (2.5 miles). Entry is $5-6/car
• **Northwestway Park**, east of 62nd and Moller. Running/walking trail, Disc golf course, soccer fields, and playground (2.5 miles). Free.
• **Traders’ Point Creamery**—Saturday AM Farmer’s Market, 9101 Moore Rd., Zionsville, 46077, 317-733-1700 (5 miles). Restaurant and ice creamery on working organic dairy farm. Fun to visit---and sample ice cream, yogurt, and chocolate milk!
• **Holliday Park**, 6363 Spring Mill Rd. Great park with nature center, awesome playgrounds, and nice trails to the White River. (6.5 miles) Free.
• **Indianapolis Museum of Art**, 4000 Michigan Rd. (8 miles)
• **The Children’s Museum of Indianapolis**, 3000 N. Meridian St. (10 miles)
• **Indianapolis Motor Speedway**, 4790 W. 16th St. (10 miles)

Movie Theaters
AMC Showplace Traders Point 12, 5920 W. 86th St. (3 miles)
Studio Movie Grill, 3535 W. 86th St. (5 miles)
Finals Venue Layout

Awards Staging Area

WARM-UP AREA
Four lanes

Awards Podium

Locker room Boys

Locker room Girls

Control Room

Officials Meeting Room & Athlete Common Area (Back hallway)

Starting End for Finals

Blocks on Bulkhead

HT
Announcer

LCM Competition Pool
(For Finals)

Spectator Seating (upstairs)

POOL ENTRY:
No spectators allowed

Coach & Officials Check-in

Athlete Check-in

Lower Lobby

STAIRS to spectator seating

ELEVATOR
Door 11B

Hospitality/ Coaches Meeting Room

Athletic Training Room
STATE MEET PARKING FLYER 2016