



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming.
Sanction
- 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. Balcony seating will be used for Team seating.
- 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 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. Please enter the building through entrance FH6 with Mask on.
- 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.



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

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 14, 2021, 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**

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: Meet will be Pre-Seeded per current rules.

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 Friday, May 14, 2021. Please make 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 NOT be accepted.

SCORING: No scoring will be used at this meet

ENTRY PROCEDURE: We expect this meet to fill very quickly. Entries will be accepted starting Wednesday, April 21, 2021, at 8:00AM. The entry deadline is 11:59 PM ET on Sunday, April 25th, 2021, or when the meet is full. Teams not accepted will have their entries returned as soon as possible, but no later than Wednesday, April 28th, 2021, via email.

The COVID-19 waiver must be signed by all participants prior to team entry acceptance.



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

Any accepted team entries may be updated until 5:00 PM on Monday, May 10th, 2021. Updated times must be received via email. No phone updates will be accepted.

Mail entries and fees to the Entry Chairperson:

Mudsock Entries
c/o Fishers Area Swimming Tigers
P.O. Box 453
Fishers, Indiana 46038
307-258-8868
Email: 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.
- AWARDS:** No awards will be awarded.
- SCHEDULE:** *Please note: All Times are Eastern Daylight Time.*

Friday, May 14, 2021

Distance session TOP 36 Seeds (4 heats) in 800 Free warmups
12:30 -1:30 Warmup session at 1:45
Must be able to provide a counter AND time or you wont be able to enter.

The pool will not open before 2:30 PM on Friday afternoon.

13 & Over Age Group
Warm-Up Starts Not Before 3:00 PM
Meet Starts Not Before 4:00 PM

11-12 & 10-Under Age Group
Warm-up Starts Not Before 5:30 PM
Meet Starts Not Before 6:30PM

Saturday, May 15, 2021 and Sunday, May 16, 2021

The pool will not open before 6:00 AM on Saturday/Sunday morning.

Open
Warm-Up Starts Not Before 6:30 AM
Meet Starts Not Before 7:45 AM

13-14 Age Group
Warm-Up Starts Not Before 11:15 AM
Meet Starts Not Before 12:30 PM

13 & Over Age Group
Warm-Up Starts Not Before 4:00 PM
Meet Starts Not Before 5:00 PM



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

**If the meet does not fill, sessions may be combined to the maximum number of athletes allowed per session per the local health department. And Session and warmup times may be adjusted.*

- CLERK OF COURSE:** All events will go through the clerk of course.
- CONCESSIONS:** NO concessions will be available for this meet.
- ADMISSION:** No Spectators will be allowed. Streaming will be available via Facebook Live for free.
- MEET PROGRAMS:** Meet Programs (Psych Sheets and/or Heat Sheets) will be posted on the FAST Tigers website.
- WARM-UPS:** Staggered warm-up lanes will be assigned. Check the website at www.fasttigers.com and your coach's packet for arrival times and lane assignments. A complete schedule of lanes and arrival times for all warm-up procedures must be adhered to by all participants and will be posted at the facility during the meet.
- MEET DIRECTOR:** Alec Haley
coachalec@fasttigers.com
- MEET REFEREE:** John Mybeck
jkmyb@yahoo.com
- OFFICIALS:** FAST welcomes the assistance of any certified USA-S officials. Due to limitations of only allowing eight (8) officials on deck per session, we ask that any officials who are interested in volunteering please contact the Meet Referee before May 3rd and provide the sessions that they wish to work along with their current certification levels. We will do our best to accommodate as many people as we can. All officials who are selected to work will be notified by email on or before May 10th with their assignments..
- 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).



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

- 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 OR TOBACCO IS PERMITTED IN THE BUILDING.**

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.

Each team will only be allowed 1 coach for every 10 athletes entered per session. This will help keep numbers in line with current guidelines.

ORDER OF EVENTS – FRIDAY, MAY 14

Girls	Afternoon Session Warm-Ups Start Not Before 12:30 PM Meet Starts Not Before 1:45 PM	Boys
101	Mixed Open 800 Freestyle	101

Girls	Afternoon Session Warm-Ups Start Not Before 3:00 PM Meet Starts Not Before 4:00 PM	Boys
1	13 & Over 50 Butterfly	2
3	13 & Over 50 Backstroke	4
5	13 & Over 50 Breaststroke	6

Girls	Evening Session Warm-Ups Start Not Before 5:30 PM Meet Starts Not Before 6:30 PM	Boys
7	11-12 200 Individual Medley	8
9	10 & Under 200 Individual Medley	10
11	11-12 400 Freestyle	12
13	10 & Under 200 Freestyle	14

ORDER OF EVENTS – SATURDAY, MAY 15

Girls	Open Session Warm-Ups Start Not Before 6:30 AM Meet Starts Not Before 7:45 AM	Boys
15	Open 200 Freestyle	16
17	Open 200 Breaststroke	18
19	Open 100 Backstroke	20
21	Open 200 Butterfly	22
23	Open 50 Freestyle	24
25	Open 400 Individual Medley	26



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

Girls	13 - 14 Session Warm-Ups Start Not Before 11:15 AM Meet Starts Not Before 12:30 PM	Boys
27	13 - 14 200 Freestyle	28
29	13 - 14 200 Breaststroke	30
31	13 - 14 100 Backstroke	32
33	13 - 14 200 Butterfly	34
35	13 - 14 50 Freestyle	36
37	13 - 14 400 Individual Medley	38
Girls	12 & Under Session Warm-Ups Start Not Before 4:00 PM Meet Starts Not Before 5:00 PM	Boys
39	11 – 12 200 Freestyle	40
41	10 & Under 100 Breaststroke	42
43	11 – 12 100 Breaststroke	44
45	10 & Under 50 Backstroke	46
47	11 – 12 50 Backstroke	48
49	10 & Under 100 Butterfly	50
51	11 – 12 100 Butterfly	52
53	10 & Under 50 Freestyle	54
55	11 – 12 50 Freestyle	56

ORDER OF EVENTS – SUNDAY, MAY 16

Girls	Open Session Warm-Ups Start Not Before 6:30 AM Meet Starts Not Before 7:45 AM	Boys
57	Open 200 Individual Medley	58
59	Open 100 Freestyle	60
61	Open 100 Breaststroke	62
63	Open 200 Backstroke	64
65	Open 100 Butterfly	66
67	Open 400 Freestyle	68

Girls	Open Session Warm-Ups Start Not Before 11:15 AM Meet Starts Not Before 12:30 PM	Boys
69	13 -14 200 Individual Medley	70
71	13 -14 100 Freestyle	72
73	13 -14 100 Breaststroke	74
75	13 -14 200 Backstroke	76
77	13 -14 100 Butterfly	78
79	13 -14 400 Freestyle	80



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

Girls	12 & Under Session Warm-Ups Start Not Before 4:00 PM Meet Starts Not Before 5:00 PM	Boys
81	11 – 12 100 Freestyle	82
83	10 & Under 100 Freestyle	84
85	11 – 12 50 Breaststroke	86
87	10 & Under 50 Breaststroke	88
89	11 – 12 100 Backstroke	90
91	10 & Under 100 Backstroke	92
93	11 – 12 50 Butterfly	94
95	10 & Under 50 Butterfly	96

GENERAL INFORMATION:

Each team will be assigned to a Team Area upon arrival at first session attended. Each coach is responsible for the conduct of their team. See accompanied Safety Protocol and Operational Procedures Action Plan for COVID-19 details. Daily pre-screening protocol will be mandatory for all athletes, coaches, officials, and volunteers to enter the facility.

COVID-19 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 LSC] 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

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. 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.



2021 FAST 500
TIMED FINALS
Fishers Area Swimming Tigers
May 14 – 16, 2021

FEE SUMMARY

This summary form must be completed and returned with all entry fees. Please note your initial entry is due on Friday, May 14, 2021, to be considered for entry into the meet. Please make certain to include all of the following:

1. Individual entry sheets
2. Check for entries made payable to: **Fishers Area Swimming Tigers**
3. Computer disk enclosed unless sent via email (must still include printed copy)
4. This completed summary form.

Mail all of the above to:

FAST 500 Entries
C/O FAST Tigers Entry Chair
P.O. Box 453
Fishers, Indiana 46038
307-288-8868
Email: 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:

_____ Hard Copy

_____ Meet Manager Backup (Emailed)

_____ Team Manager .cl2 file (Emailed)

_____ All of the above

Email address to send above to: _____



2021 FAST 500
TIMED FINALS
Fishers Area Swimming Tigers
May 14 – 16, 2021

VISITING USA SWIMMING OFFICIALS SIGN-UP

Please indicate the names of any officials who would be willing to help officiate at the meet and the session(s) they would be willing to work:

Name: _____

Phone & Email (If Known): _____

Sessions: Saturday AM _____ Saturday PM _____ Sunday AM _____ Sunday PM _____

Name: _____

Phone & Email (If Known): _____

Sessions: Saturday AM _____ Saturday PM _____ Sunday AM _____ Sunday PM _____

Name: _____

Phone & Email (If Known): _____

Sessions: Saturday AM _____ Saturday PM _____ Sunday AM _____ Sunday PM _____

Name: _____

Phone & Email (If Known): _____

Sessions: Saturday AM _____ Saturday PM _____ Sunday AM _____ Sunday PM _____

Name: _____

Phone & Email (If Known): _____

Sessions: Saturday AM _____ Saturday PM _____ Sunday AM _____ Sunday PM _____

Name: _____

Phone & Email (If Known): _____

Sessions: Saturday AM _____ Saturday PM _____ Sunday AM _____ Sunday PM _____

Please attach additional sheets, if necessary.



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

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 _____, 2021.

Signature of Club Official or Coach _____

Printed Name of Club Official or Coach _____



**2021 FAST 500
TIMED FINALS**
Fishers Area Swimming Tigers
May 14 – 16, 2021

FISHERS AREA HOTEL INFORMATION

The town of Fishers has a number of excellent hotels within 15 minutes of the pool. Contact the hotels for rates and availability.

The Cambria Suites is the Preferred Hotel Partner of the Fishers Area Swimming Tigers. Click on logo or mention “FAST” to receive special rates.



Cambria Suites
13500 Tegler Drive
Noblesville, Indiana 46060
317-773-4970
3.5 Miles From Pool

Hampton Inn & Suites 11575 Commercial Drive Fishers, Indiana 46038 317-913-0300 3.7 Miles from Pool	Hyatt Place Indianapolis/Fishers 11455 Ikea Way Fishers, Indiana 46037 317-288-4188 3.2 Miles from Pool	Holiday Inn Express & Suites 13625 Teglar Drive Noblesville, Indiana 46060 855-239-9222 3.7 Miles from Pool
Embassy Suites Noblesville 13700 Conference Center Dr. S Noblesville, IN 46060 317-674-1900 3.8 Miles from Pool	Hyatt House Indianapolis 11455 Ikea Way Fishers, Indiana 46037 317-516-4988 3.2 Miles from Pool	Staybridge Suites 9780 Crosspoint Boulevard Indianapolis, Indiana 46256 317-577-9500 6.3 Miles from Pool
Spring Hill Suites by Marriott 9698 Hague Road Indianapolis, Indiana 46256 317-841-0416 6.5 Miles from Pool	Residence Inn By Marriott 9765 Crosspoint Boulevard Indianapolis, Indiana 46256 317-842-1111 6.4 Miles from Pool	Holiday Inn Express 9791 North By NE Boulevard Fishers, Indiana 46037 317-558-4100 6.0 Miles from Pool
Hilton Garden Inn 9785 North By NE Boulevard Fishers, Indiana 46037 317-577-5900 6.0 Miles from Pool	Comfort Suites 9760 Crosspoint Boulevard Fishers, Indiana 46256 317-436-9996 6.4 Miles from Pool	Fairfield Inn & Suites 17960 Foundation Drive Noblesville, Indiana 46060 317-776-9900 5.0 Miles from Pool
AmericalInn 9780 North By NE Boulevard Fishers, Indiana 46037 317-578-9000 6.0 Miles from Pool	Hampton Inn 6817 East 82nd Street Indianapolis, Indiana 46250 317-849-4338 8.2 Miles from Pool	Quality Inn 17070 Dragonfly Lane Noblesville, Indiana 46060 317-565-4320 6.1 Miles from Pool