

FISHERS AREA SWIMMING TIGERS
FAST 500 INVITATIONAL
TIMED FINALS, MAY 21-23, 2010

- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction IN10273
- 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:** Competition Pool: One 50-meter pool with ten-7.5-foot wide lanes each with non-turbulent lane markers. Daktronics 2000 Time System will be used. For all sessions, lanes 1-9 will be utilized for competition, with lane 10 reserved for warm-up and warm-down. If necessary FAST reserves the right to use all ten lanes for the Saturday/Sunday afternoon sessions and not have a warm-up/warm-down lane. In the event of circumstances necessitating changes during the meet, information will be updated on the FAST website at www.fasttigers.com. Balcony spectator seating is available.
- PARKING:** Free parking will be available in the lots adjacent to the Fishers HS Aquatic Center.
- RULES:** Current USA Swimming and Indiana Swimming rules will govern the meet. Please pay special attention to rule 202.3.2 that states, "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 shall assist the member in making arrangements for such supervision.
- ELIGIBILITY:** Age as of May 21, 2010 shall determine the age for each swimmer entered into the meet. All swimmers must be registered with USA Swimming. These registration numbers must accompany entry. Coaches must constantly display their USA Swimming coach credential to gain deck access. The meet referee or meet director reserves the right to ask for coach credential display and/or deny access if the coach does not comply.

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MEET FORMAT: All events at the 2010 FAST 500 Invitational will be **TIMED FINALS**. This meet will be run with split sessions on Saturday and Sunday. **The Friday evening session consists of the following age groups: 11-12, 13-14 and Open events. The Saturday and Sunday morning sessions consist of the following age groups: 13-14 and Open events. The Saturday and Sunday afternoon sessions will consist of the following age groups: 8 & Under, 9-10 and 11-12 events.**

The Fishers Area Swimming Tigers reserves the right to **limit the number of heats in all events to keep the time line manageable**. There will be refunds for a swimmer not making the top heats. Limits will be posted to the Fishers Area Swimming Tigers website on Tuesday, May 11, 2010.

If a swimmer misses their event, they will be declared a “no show” and will not be placed in any other heat to make-up the swim.

Fishers Area Swimming Tigers reserves the right to use or “fly-over” starts for all events.

NOTE: Age groups 13-14 and Open will compete together, but be awarded and scored separately. The 8-Under and 9-10 Age Groups will swim together but be awarded and scored separately.

**POSITIVE
CHECK-IN:**

Positive check-in means, “I am here and I intend to swim this event.” All events 200 Meters and under will be pre-seeded. There will be a positive check-in for all events that are 400 Meters and over. Check-in will close 45 minutes before the session start time.

Positive check-in sheets will be located along the hallway wall as you enter the pool area from the lobby on the deck level. All swimmers not declaring intent to swim the events that are 400-meters and longer via positive check-in will be scratched. Since the number of heats may be limited on Friday and on Saturday for the 800/1500-Meter Free, failure to check-in may jeopardize your opportunity to swim your events. **The 800/1500-Meter Free will be swum from fastest to slowest alternating one heat of girls with one heat of boys.**

**ENTRIES &
LIMITS:**

No team entry will be broken. Each swimmer will be limited to five (5) individual events per session. If an entry is submitted with an individual entered in more events than this rule allows, the entry will be made by order of events starting with Event #1 until the rule is satisfied; there will be NO refunds.

FAST reserves the right to determine which entries to accept. Among the items FAST and 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.

The Fishers Area Swimming Tigers reserves the right to **limit the number of heats in all individual events to keep the time line manageable**. There will be refunds for all swimmers that get cut out of events.

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- EVENT SEEDING:** All events 200 Meters and under will be pre-seeded. There will be a positive check-in for all events that are 400 Meters and over. Check-in will close 45 minutes before the session start time.
- ENTRY FEES:** All fees **must** accompany entry. Please make check payable to: **FISHERS AREA SWIMMING TIGERS**. Individual events are \$4.00 per event.
- There is also a \$1.50 per swimmer, per meet, Indiana Swimming surcharge which must accompany entry.
- DECK ENTRIES:** Will be accepted if the meet is not filled on **ONLY** as **NEW ADDITIONS**; **CHANGES WILL NOT BE ACCEPTED**. Entry fee for deck entries are \$8.00 per individual event.
- DEADLINE:** All times must be submitted in **LONG COURSE METERS TIMES AND COMPLETED TO THE HUNDRETH OF A SECOND. CONVERTED TIMES MUST USE THE HY-TEK TIME CONVERTER**. Times may not be updated after the entry closure date of May 2, 2008. Please enter each swimmer with their first and last names, age and USA Swimming number on the entry. **Entries will be accepted immediately. The final entry date for entries to be received is 5:00 PM on May 7, 2010 or when the meet is full, whichever is later. Teams not accepted will have their entries returned as soon as possible, but no later than by May 10, 2010 via email or US Postal depending on the form of entry.**
- The entry deadline will be extended if the meet is not full. Email confirmation of receipt will be returned. All email entries must be followed by a paper entry and check for entry fees. Please make your check payable to Fishers Area Swimming Tigers and enclose it in your entry. The meet will be run using Hy-Tek Meet Manager computer program (do not forget to “age up” swimmers to 5/21/10).
- A printed copy of your meet entries must follow your submission of your entries via email. **In all cases, the printed copy is the final word in any disputes involving entries.** Entries not submitted via email will be subject to a \$50.00 data processing fee.
- Mail entries and fees to the Entry Chairperson:
Ken Stopkotte
P.O. Box #453
Fishers, Indiana 46038
(317) 664-1608
(317) 570-7946
Email: kstopkotte@aol.com
- A psych sheet will be posted on the Fishers Area Swimming Tigers website (www.fasttigers.com) after the close of entries.

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FINAL RESULTS: One complimentary copy will be provided to every club with five or more swimmers. Extra copies may be ordered at the meet for \$8.00. Final results will also be posted on the FAST website at www.fasttigers.com.

AWARDS:

- Awards for 1st through 8th place in all events.
- High point award and runner-up in each age group (8-Under, 9-10, 11-12, 13-14 & Open)
- **AWARDS WILL NOT BE MAILED.**

SCHEDULE: (All Times Are Eastern Daylight Time)

Friday, May 21, 2010

11-12, 13-14 & Open Age Groups

Warm-Up @ Not Before 4:00-4:50 PM

Meet Starts @ Not Before 5:00 PM

Saturday, May 22, 2010 & Sunday, May 23, 2010

13-14 & Open Age Groups

Warm-Up @ Not Before 6:30-7:50 AM

Meet Starts @ Not Before 8:00 AM

8-Under, 9-10 & 11-12 Age Groups

Warm-Up @ Not Before Noon

Meet Starts @ Not Before 1:00 PM

CLERK OF COURSE: There will not be a clerk of course at this meet. All swimmers are responsible for reporting to the blocks for their events.

CONCESSIONS: Concessions will be available at the concession stand in the entrance lobby area. **ABSOLUTELY NO SMOKING IS PERMITTED IN THE BUILDING**

ADMISSION: An admission of \$3.00 per person for each session will be charged. Children 10-under are free.

HEAT SHEETS: Heat sheets will be available for purchase by spectators.

WARM-UPS: Lanes for warm-ups will be assigned. Check the website at www.fasttigers.com and your coach's packet.

MEET DIRECTORS: Aimee Parrish
14307 Delaney Drive
Fishers, Indiana 46038
(317) 770-0727
Email: aimeeparrish@hotmail.com

Kelley Baumgartner
8635 Nolan Drive
Fishers, Indiana 46038
(317) 770-0492
Email: baummy@sbcglobal.net

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MEET REFEREE: Clay Summers
7585 Timber Springs Dr. South
Fishers, Indiana 46038
317-842-7793
317-902-2876
csummers@iquest.net

OFFICIALS: The Fishers Area Swimming Tigers will need the help of your **USA Swimming Officials**. If you have a member that is in charge of your officials, please provide his/her name & email address on the entry summary form where requested.

USA SWIMMING SUIT RULES: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 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 INFORMATION: The competition course has not been certified in accordance with 104.2.2C(4).

104.2.2C(4): Where a moveable bulkhead is used, course measurement of the lane in which the record was set (American, US Open, or National Age Group Records) must be confirmed at the conclusion of the session during which the time was achieved.

The water depth for starts (from 1 to 5 meters from the wall) is 7'0 at the west end of the pool and 14'0 at the east end of the pool.

The Fishers High School Aquatic Center 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 spectators, treat this facility with the utmost care. The following rules will be strictly enforced:

1. Keep all trash picked up (swimmers and teams in particular).
2. 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. **There can be no exceptions!**

The Fishers Area Swimming Tigers will have security people roaming the deck and locker room areas. If any swimmer is caught abusing the building or facility, they will immediately be asked to leave the meet and will be barred from further competition.

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ORDER OF EVENTS

FRIDAY, MAY 21, 2010

Girls Event #	Evening Session (Session #1) Warm-Up @ 4:00 PM/Meet Starts @ 5:00 PM	Boys Event#
1	13-14 & Open 400 Freestyle	2
3	11-12 400 Freestyle	4
5	13-14 & Open 400 Individual Medley	6

SATURDAY, MAY 22, 2010

Girls Event #	Morning Session (Session #2) Warm-Up @ 6:30 AM/Meet Starts @ 8:00 AM	Boys Event#
7	13-14 & Open 200 Breaststroke	8
9	13-14 & Open 100 Freestyle	10
11	13-14 & Open 100 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	
	13-14 & Open (Men Only) 1500 Freestyle	18

Girls Event #	Afternoon Session (Session #3) Warm-Up @ Not Before 1:00 PM/Meet Starts @ Not Before 2:00 PM	Boys Event#
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, MAY 23, 2010

Girls Event #	Morning Session (Session #5) Warm-Up @ 6:30 AM/Meet Starts @ 8:00 AM	Boys Event#
39	13-14 & Open 200 Freestyle	40
41	13-14 & Open 100 Breaststroke	42
43	13-14 & Open 200 Backstroke	44
45	13-14 & Open 200 Butterfly	46
47	13-14 & Open 50 Freestyle	48

Girls Event #	Afternoon Session (Session #6) Warm-Up @ Not Before 12:00 Noon/Meet Starts @ Not Before 1:00 PM	Boys Event#
49	11-12 100 Breaststroke	50
51	8-Under & 9-10 100 Breaststroke (10-Under)	52
53	11-12 50 Freestyle	54
55	8-Under & 9-10 50 Freestyle (10-Under)	56
57	11-12 100 Backstroke	58
59	8-Under & 9-10 100 Backstroke (10-Under)	60
61	11-12 50 Butterfly	62
63	8-Under & 9-10 50 Butterfly (10-Under)	64
65	11-12 200 Individual Medley	66
67	8-Under & 9-10 200 Individual Medley (10-Under)	68

General Information:

1. Each team is responsible for its own valuables.
2. Each coach is responsible for the conduct of their team.
3. Only swimmers and coaches will be allowed in the deck area, except during the 800/1500 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.
4. Medical personnel will be available during the meet.

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Fee Summary

This summary form must be completed and returned with all entries by Friday, May 7, 2010. 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 summary form, completed

Mail all of the above to:

Ken Stopkotte
P.O. Box #453
Fishers, Indiana 46038
(317) 664-1608
(317) 570-7946
Email: kstopkotte@aol.com

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____

Number of swimmers entered: Indiana Swimming Surcharge _____ @ \$1.50 = \$ _____

Number of boys individual entries _____ @ \$4.00 = \$ _____

Number of girls individual entries _____ @ \$4.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Club official submitting entry:

Coaches Names:

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: _____

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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 they would be willing to work:

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM____ Saturday AM____ Saturday PM____ Saturday 1500____ Sunday AM____ Sunday PM____

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Release & 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 _____, 2010

Signature of Club Official or Coach _____

Printed Name of Club Official or Coach _____

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Fishers Area Hotel Information

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

Hampton Inn & Suites 11575 Commercial Drive Fishers, Indiana 46038 317-913-0300 2.6 Miles From Pool	Cambria Suites 13500 Tegler Drive Noblesville, Indiana 46060 317-773-4970 3.5 Miles From Pool	Holiday Inn 9780 North By NE Boulevard Fishers, Indiana 46037 317-578-9000 4.4 Miles From Pool
Hotel Indigo 9791 North By NE Boulevard Fishers, Indiana 46037 317-558-4100 4.4 Miles From Pool	Staybridge Suites 9780 Crosspoint Boulevard Indianapolis, Indiana 46256 317-577-9500 4.4 Miles From Pool	Marriott Spring Hill Suites 9698 Hague Road Indianapolis, Indiana 46256 317-841-0416 4.4 Miles From Pool
Residence Inn By Marriott 9765 Crosspoint Boulevard Indianapolis, Indiana 46256 317-842-1111 4.4 Miles From Pool	Holiday Inn Express 9790 North By NE Boulevard Fishers, Indiana 46037 317-578-2000 4.4 Miles From Pool	Hilton Garden Inn 9785 North By NE Boulevard Fishers, Indiana 46037 317-577-5900 4.4 Miles From Pool
Comfort Inn & Suites 9760 Crosspoint Boulevard Fishers, Indiana 46256 317-578-1200 4.4 Miles From Pool	Fairfield Inn & Suites 17960 Foundation Drive Noblesville, Indiana 46060 317-776-9900 5.0 Miles From Pool	Candlewood Suites 8111 Bash Street Indianapolis, Indiana 46250 317-595-9292 7.5 Miles From Pool
Hampton Inn 6817 East 82 nd Street Indianapolis, Indiana 46250 317-576-0220 7.5 Miles From Pool	Hilton Hotel 8181 North Shadeland Avenue Indianapolis, Indiana 46250 317-849-6668 7.5 Miles From Pool	Quality Inn & Suites 16025 Prosperity Drive Noblesville, Indiana 46060 317-770-6772 4.0 Miles From Pool