



2023 INDY SPRING CUP

Wednesday – Saturday, May 17-20

IU Natatorium – IUPUI – Indianapolis

This event will be capped at approximately 600 athletes.

ENTRY PROCESS: Entries for the 2023 Indy Spring Cup will be submitted through USA Swimming’s Online Meet Entry (OME)* system at (usaswimming.org/ome). From Tuesday, March 28, at 9:00 AM through Thursday, March 30, at 9:00 PM, OME will be open exclusively to teams who competed in the inaugural 2022 Indy Spring Cup. Beginning at 9:00 AM on Friday, March 31, OME will be opened for entry to all USA Swimming member teams. OME will close when the cap is reached. This meet is open to all USA Swimming registered athletes who have achieved at least one qualifying time.

The entry deadline is 11:59 pm Eastern Time on Monday, May 8, or until the entry cap is reached. The qualification period is January 1, 2021, through the entry deadline. Entries are not accepted until they have been officially submitted in OME.

LOCATION	Indiana University Natatorium; 901 West New York Street; Indianapolis, IN 46202		
HOST	This competition is being hosted by the IU Natatorium – IUPUI.		
SANCTION	This meet will be held under the sanction of USA Swimming and Indiana Swimming. #IN23200 Time Trials (if time permits): #IN23201		
TIME ZONE	Indianapolis is in the Eastern Time Zone. All times referenced in this document are Eastern Time.		
HOST WEBSITE	www.iunat.iupui.edu		
EVENT PERSONNEL	Referee	Mickey Smythe	mickeysmythe@comcast.net
	Administrative Referee	Lucy Duncan	lucyuss@aol.com
	Entry Chair	Lucy Duncan	lucyuss@aol.com
	Meet Directors	Arlene McDonald	arlmcdon@iu.edu
		Ed Merkling	emerklin@iupui.edu

ABOUT THE FACILITY The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Where a moveable bulkhead is used, course measurement of the lane in which a record is set (American, US Open, or National Age Group) must be confirmed at the conclusion of the session during which the time was achieved.

Competition Pool: Indoor, eight-lane, 50-meter pool with a depth ranging from 9'-10'. Competitor lane lines with custom-designed starting blocks, Colorado electronic timing equipment, and Daktronics scoreboard.

Warm-Up Pools: Continuous warm-up and warm-down in the seven-lane, 25-yard Diving Well with a depth of 17' and in the six-lane 50-meter Instructional Pool with a depth ranging from 4'6" to 10' and custom-designed starting blocks.

Seating Gallery: The east and west spectator concourses will be open for seating 90 minutes before the start of each competition session. The seating galleries have a combined capacity of approximately 4,700 seats which includes handicapped seating platforms in both spectator concourses. All seating is general admission and available on a first-come basis. Saving of seats is prohibited. Please see page for ticket information. Meet participants (athletes, coaches, officials, volunteers, event staff) can gain access to both spectator concourses free of charge by presenting their meet credentials at the concourse entry doors.

FACILITY RULES & PROCEDURES

- Deck access is restricted to competing athletes, registered coaches, officials, event staff, and meet volunteers, all of whom must present their event credentials at the east deck entrance upon each entry. No parents, spectators, or members of the general public will be allowed on deck except at the request of a Meet Director or Meet Referee.
- Event credentials are required for deck entry. In compliance with Indiana University policy, all coaches, officials, event staff, and volunteers are required to show a valid government-issued photo ID when being issued their event credentials.
- Ample team seating is available on the bleachers surrounding the pool deck, in the diving well area, and in the upstairs spectator concourses. Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions and overnight for cleaning.
- Please keep all trash picked up in your team and spectator seating areas and stay away from restricted areas. If a swimmer is found in a restricted area, the swimmer will be asked to leave the facility and may be pulled from the remainder of the meet.
- Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of this meet.
- IUPUI is a smoke-free campus.

LOCKERS & RESTROOMS

There are four athlete locker rooms on the deck level of the Natatorium (one of each gender on both the east and west pool decks) for the exclusive use of athletes entered in the meet. There will be designated locker room spaces for minor athletes. Swimmers must provide their own locks; the IU Natatorium is not responsible for lost or stolen items.

There are two dry restrooms of each gender, one on each side of the diving well, for the exclusive use of credentialed non-athlete meet participants. Additional public restrooms are located on the upper concourse of the facility.

MEDICAL ASSISTANCE

First aid will be administered by the IU Natatorium lifeguard staff who will serve as first responders. An athletic trainer will be on site during all venue hours of operation.

CONCESSIONS

University concessions are available on the upper concourse of the Natatorium during competition sessions. The host has no control over the items available nor does the host receive any revenue from the sale of concession items. All sales are by credit/debit card only; no cash can be accepted.

PARTICIPANT HOSPITALITY

Coaches, officials, and volunteers will have access to the hospitality room located on the deck level of the facility accessible through a hallway behind the diving towers. Menus and meal changeover times will be posted. There will also be an athlete hospitality area on the southwest corner of the deck near the diving well with limited snacks and beverages. All participants are invited to these areas during the venue hours of operations. The presentation and serving of hospitality items are subject to Indiana University safety protocols.

PARKING

Ample parking will be available in the attached Natatorium Sports Garage at \$7 per entry, credit or debit card only. Coaches only may pre-order four-day parking permits for the Natatorium Sports Garage through OME for \$35 (limited number available). These permits allow unlimited entry and exit in the Natatorium Sports Garage and will be distributed to coaches at Registration. Prices and parking locations are determined by IUPUI Parking Services and are subject to change.

HOTELS

Visit Indy has set up a convenient online reservation page for the 2023 Indy Spring Cup. To reserve your rooms, please visit the convenient online event hotel reservation site at: <https://www.visitindy.com/isc2023>

COVID-19 INFO

As a condition of this sanction, the IU Natatorium agrees to comply with and enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, Indiana Swimming, the State of Indiana, Marion County, and Indiana University that are in effect at the time of this meet. Participants must follow all safety instructions as outlined by the meet host. By attending this meet, you assume all risks related to exposure to COVID-19.

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, INDIANA UNIVERSITY, AND THE LOCAL SWIMMING COMMITTEE (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 THEREWITH.

SAFE SPORT:

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

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 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 ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of competition who has not completed Athlete Protection Training will be prohibited from participating. Times achieved by an athlete who turns age 18 on or after the first day 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.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach by submitting the Swimmer Assignment Form to the Meet Director prior to the meet. Arriving with the designated coach is preferred. However, if a swimmer arrives without the designated coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

It is understood and agreed that USA Swimming, the Meet Host, Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ELIGIBILITY

This event is open to swimmers who are 2023 Premium or Outreach members of USA Swimming, and who have achieved the published time standard in one or more events.

FORMAT This event will be conducted in LCM. The 800m and 1500m freestyle events will be timed final events. All other individual events will be conducted as preliminaries and finals. Three (3) heats of swimmers from preliminaries will advance to finals where A, B, and C heats will be contested in those events. The A and B finals will consist of the top 16 swimmers from prelims. The C finals will be the next 8 fastest 18 & Under athletes. The order of the final events shall be C, B and A (bonus, consolation and championship). At the Meet Referee's discretion, preliminary sessions may be conducted in flights. Information on fighting, if any, will be provided during the Technical Meeting. A Ready Room will be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the walkout time for the event.

SCHEDULE

Monday, May 15	Virtual Technical Meeting at 7:00 p.m.
Tuesday, May 16	Natatorium Open for Practice from Noon to 8:00 p.m.
Wednesday, May 17	Natatorium Open at 6:30 a.m. Timed Finals begin at 5:00 p.m.
Thursday – Saturday May 18-20	Natatorium Open at 6:30 a.m. Prelims begin at 9:00 a.m. Finals begin at 6:00 p.m.

Note: On Wednesday through Saturday, the venue will be open at 6:30 a.m. until one hour after the conclusion of the evening session. See the competition warm-up schedule on page 9.

SEEDING Events shall be seeded in order of LCM, SCY, and then any bonus entries in the same order.

TECHNICAL MEETING There will be a virtual (Zoom-based) technical meeting on Monday, May 16, at 7:00 p.m. Eastern time. Meeting details will be sent to coaches. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

DISTANCE EVENTS The 800m and 1500m freestyle events will be swum as timed finals. Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards.

On Wednesday, the distance freestyle events will be swum alternating women's and men's heats with the second-fastest seeded heat first, followed by the fastest seeded heat, followed by the remaining heats fastest to slowest.

On Saturday, the fastest-seeded heats of the distance freestyle events will be swum during the evening (Finals) session. All other heats will be swum fastest to slowest, alternating women and men after the conclusion of the morning session.

All swimmers entered in the distance freestyle events must positively check-in prior to the scratch deadline in order to compete in the events. Positive check-in can be done in person at the meet Admin Table or texted to Lucy Duncan, Administrative Referee, at 317-946-1371.

WARM-UP Specific details of warm-ups can be found on page 9 and will also be posted on the pool deck and online. Meet Marshals will be monitoring lane usage based on the published schedule. Participants are expected to comply with all lane control signage and marshal requests.

Equipment is not permitted at any time in the competition pool or diving well.

The 25-yard diving well will be available for warm-up and warm-down during all venue hours of operation. The 50-meter instructional pool will be available for warm-up and warm-down as per the published schedule. Designated lanes for pace and sprint will be available in the instructional pool. Signage will designate the use of each lane.

SCORING AND AWARDS Team scores will be kept but there will be no team or individual awards. Team scoring will be as outlined in the USA Swimming Rules and Regulations.

MEMBERSHIP REQUIREMENT All persons expecting to receive a deck pass must show a current USA Swimming membership card and be prepared to show acceptable identification (driver's license, passport, etc.) Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and Athlete Protection Training course.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

SWIMS DATABASE Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition

- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held.

ENTRIES & ENTRY LIMITS

All entries must be made online at usaswimming.org/ome. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. For questions about OME and entries, please contact Macie McNichols at mmcnichols@usaswimming.org.

OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Events can be added to the entries. However, an online entry cannot be deleted once it has been submitted/paid for. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven.

Each swimmer may participate in a maximum of seven (7) individual events, with no more than three individual events per day including time trials.

BONUS EVENTS

Swimmers who have achieved fewer than four (4) individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims plus bonus swims) does not exceed four (4) for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers must meet the published bonus time standard (see page 8) for each bonus event. Please be sure to check the box indicating "bonus" for each event that is a bonus event. All entry times, including bonus events, must be proven.

ENTRY FEES

Individual Events	\$20 per event
Surcharge	\$20 per athlete
Coach/Team Staff Credential	\$20 per person

Once checked out of OME, fees are nonrefundable unless the meet is canceled.

RELAYS

There will be no relays at this event.

COACH/TEAM CREDENTIALS

Credentials for coaches and team support staff shall be issued only to those persons listed on the deck pass roster submitted with the team entry through OME according to the formula for entered athletes below. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase tickets.

- 1-3 swimmers: 1 deck pass
- 4-6 swimmers: 2 deck passes
- 7-9 swimmers: 3 deck passes
- 10-20 swimmers: 4 deck passes
- 21-30 swimmers: 5 deck passes
- 31-40 swimmers: 6 deck passes
- 41-50 swimmers: 7 deck passes
- 51 or more swimmers: 9 deck passes
- Unattached swimmers with a team shall be included in the above formula even if listed on a separate entry blank.
- Unattached swimmers not with a team: 1 deck pass

SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the Meet Director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

REGISTRATION

Registration will be open in the during the following hours:

- Tuesday: Noon to 7:30 p.m.
- Wednesday: 7:00 a.m. until the conclusion of the event.
- Thursday & Friday: 7:00 a.m. until the conclusion of prelims
- Saturday: 7:00 a.m. until the start of prelims

SCRATCHES

This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rulebook.

Wednesday's Events: Positive check-in and/or scratches close Wednesday at noon. All subsequent day's event scratches are due 30 minutes after the start of the previous evening's finals (6:30 p.m.)

Scratches from prelims must be submitted at the meet Admin Table by the scratch deadline for that day's events.

Scratching from finals must be done in person with the Administrative Referee at the Head Table.

Any unproven entries must be cleared prior to the scratch deadline or the swimmer will be scratched from the event.

Entry fees paid for scratched events are not refundable.

TIME TRIALS

Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the meet, and time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events.

Time Trial entries will be accepted at the Admin Table next to the Head table. Time Trial entries will be accepted for that day's session and will close at 10am each day.

if conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session.

SAFETY

Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. A warm-up schedule can be found on page 9. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.

OFFICIALS' CERTIFICATION

The meet is designated as an "Officials Qualifying Meet" under the national certification procedure. Evaluations will be offered through N3 for eligible officials assigned to work the meet. Please see USA Swimming website (www.usaswimming.org) to view the latest procedures regarding evaluation and certification.

Note: To be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.

First priority for assigned positions will be given to those seeking certification as well as those committed to working all sessions of the meet.

All officials interested in officiating at the 2023 Indy Spring Cup should complete and submit the [online officials' application](#).

BROADCAST

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of Indiana University.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Indiana University and USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

LIABILITY

USA Swimming, Indiana Swimming, Indiana University, and the IU Natatorium shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

VOLUNTEERS

Teams with 10 or more entered athletes will be required to provide one timer for each competition session (prelims & finals). Those teams will be sent information about how to register their volunteer timers.

SPECTATORS & TICKETS

All tickets will be electronic and sold online beginning on Monday, May 1, 2023. The link to ticket sales will be posted on the host website at www.iunat.iupui.edu. Seating galleries will open 90 minutes prior to the start of each competition session; all seating is general admission and available on a first-come basis. There will be no onsite sale of tickets. Ticket prices are as follows:

- All Session Pass: \$60.00
- Single Session: \$10.00 adults/6-12 years old \$5.00
- Children under the age of 6 are free.

All tickets include electronic heat sheets. Service fees are not included in the above prices.

EVENT ORDER

<u>Women's Events</u>	<u>ORDER OF EVENTS</u>	<u>Men's Events</u>
Timed Finals Begin at 5:00pm	<u>Day 1– Wednesday, May 17</u>	Timed Finals Begin at 5:00pm
1	800 Freestyle	-
-	1500 Freestyle	2
Heats Begin at 9:00am	<u>Day 2– Thursday, May 18</u>	Finals Begin at 6:00pm
3	200 Freestyle	4
5	100 Breaststroke	6
7	100 Butterfly	8
9	400 IM	10
	<u>Day 3 – Friday, May 19</u>	
11	200 Butterfly	12
13	50 Freestyle	14
15	200 Breaststroke	16
17	100 Backstroke	18
19	400 Freestyle	20
	<u>Day 4 – Saturday, May 20</u>	
21	100 Freestyle	22
-	800 Freestyle*	23
24	200 Backstroke	25
26	1500 Freestyle*	-
27	200 IM	28

*Preliminary heats for events 23 and 26 will be swum after event 28. The fastest-seeded heat in events 23 and 26 will be swum in event order during the final's session.

2023 INDY SPRING CUP TIME STANDARDS

The qualifying period is January 1, 2021, through May 8, 2023.

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
24.79	28.49	50 FREE	25.69	22.39
53.89	1:01.19	100 FREE	55.99	48.59
1:56.69	2:11.89	200 FREE	2:01.89	1:45.89
5:08.99	4:36.09	400/500 FREE	4:16.89	4:46.39
10:38.29	9:31.89	800/1000 FREE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREE	17:20.99	16:43.89
1:00.09	1:10.09	100 BACK	1:03.19	55.39
2:09.99	2:29.69	200 BACK	2:18.59	1:58.79
1:08.59	1:18.59	100 BREAST	1:11.99	1:01.59
2:27.69	2:48.79	200 BREAST	2:36.19	2:13.79
59.19	1:07.29	100 FLY	1:00.59	53.29
2:11.19	2:27.49	200 FLY	2:16.19	1:59.29
2:11.89	2:29.59	200 IM	2:17.69	1:59.39
4:37.69	5:15.99	400 IM	4:55.79	4:16.99
<u>BONUS TIME STANDARDS</u>				
26.99	30.19	50 FREE	26.99	23.99
57.39	1:04.09	100 FREE	58.69	50.59
1:59.69	2:15.69	200 FREE	2:06.99	1:50.79
5:17.99	4:44.99	400/500 FREE	4:26.99	4:55.99
10:47.39	9:43.09	800/1000 FREE	9:13.99	10:08.99
18:00.09	18:30.79	1500/1650 FREE	17:34.89	16:55.89
1:03.99	1:13.29	100 BACK	1:06.69	59.39
2:14.59	2:34.09	200 BACK	2:23.09	2:03.09
1:12.19	1:23.19	100 BREAST	1:15.49	1:05.09
2:33.99	2:56.29	200 BREAST	2:42.99	2:19.99
1:03.99	1:11.09	100 FLY	1:03.59	55.89
2:15.59	2:33.99	200 FLY	2:22.99	2:03.99
2:15.99	2:34.99	200 IM	2:22.99	2:03.99
4:45.09	5:26.99	400 IM	5:06.99	4:23.99



2023 INDY SPRING CUP

WARM-UP SCHEDULE

No equipment is permitted at any time in the Competition Pool and Diving Well.

COMPETITION POOL

60 minutes prior to each session start time, the competition pool is reserved for those swimmers competing in that session.

TIME	LANES	ACTIVITY
Prior to 7:30 AM & 4:30 PM* *3:30 PM on Wednesday	All Lanes	General Warm-Up: circle swimming only
7:30 AM – 8:00 AM 4:30 PM – 5:00 PM^ ^3:30 PM – 4:00 PM on Wednesday	Lanes 1,8 Lanes 2 - 7	Pace Lanes: circle swimming General Warm-Up: circle swimming only
8:00 AM – 8:50 AM 5:00 PM – 5:45 PM* *4:00 pm – 4:45 PM on Wednesday	Lanes 1,8 Lanes 2,7 Lanes 3 - 6	Pace lanes; circle swimming Sprint lanes: one-way only with racing start from starting end of the pool; swim back in adjacent General Warm-Up Lane General Warm-Up; circle swimming only & one-way swim back from sprint lanes **Note: Additional sprint lanes will be opened by meet officials as required/requested in the following order - 4, 5. On Friday, Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool and swim back in Lane 6

DIVING WELL & INSTRUCTIONAL POOL

POOL	PROCEDURES
<u>DIVING WELL</u> <u>SCY</u> <u>SEVEN 25-YARD LANES</u>	<ul style="list-style-type: none"> ▪ All lanes are for general warm-up. ▪ No equipment can be used in the diving well. ▪ During competition sessions, the diving well is reserved for athletes competing in that session to warm down after races. ▪ During Finals, entry is from the east side of the pool (opposite the Ready Room). ▪ Feet-first entry
<u>INSTRUCTIONAL POOL</u> <u>LCM</u> <u>SIX 50-M LANES</u>	<ul style="list-style-type: none"> ▪ Lanes 1 & 6 will be pace; feet first entry. Upon request, stretch cords can be used in Lane 1. ▪ Lane 5 will be one-way sprints with swim back in Lane 4. ▪ All other lanes will be general warm-up; feet first entry. ▪ During competition sessions, swimmers warming-up/down for races will have priority use of the instructional pool. ▪ Equipment permitted

General Considerations:

- 1) Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact the officials or deck marshals.
- 2) Coaches should maintain contact with their swimmers as much as practical throughout the warm-up period.
- 3) Swimmers & coaches, please cooperate with marshals regarding procedures.
- 4) Swimmers should not step up on the blocks when a backstroker is preparing to start.
- 5) When using sprint lanes, swimmers must swim back in the adjacent general warm-up lane.

Thank you!