



## 2026 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS – LCM

MARCH 26 – 29, 2026

### Indiana University Natatorium – Indianapolis, IN

Hosted by the IU Natatorium – Indianapolis

Held under the Sanction of USA Swimming & Indiana Swimming #IN26121; Time Trials #IN26122

This meet will be capped at approximately 850 athletes.



#### COMPETITION DATES

Thursday, March 26 – Sunday, March 29

#### TEAM PRACTICE TIMES

Tuesday, March 24: 6:00 PM – 8:00 PM

Wednesday Morning, March 25: 7:00 AM – 9:00 AM

\*Wednesday Afternoon, March 25 1:00 PM – 7:00 PM

\*Teams must reserve times. See page 3.

#### HOSTED BY Indiana University Natatorium - Indianapolis

#### LOCATION

Indiana University Natatorium

901 West New York Street

Indianapolis, IN 46202

#### HOST EVENT INFORMATION HUB

<https://natatorium.indianapolis.iu.edu/speedo-sectionals-2026/index.html>

#### TIME ZONE

Indianapolis is in the Eastern Time Zone. All times referenced in this document are Eastern Time.

#### CONTACT INFORMATION

##### Central Zone East Section Chairperson

Erin Crabtree

330-338-7916

[crabtreeerin@hotmail.com](mailto:crabtreeerin@hotmail.com)

##### Co-Meet Directors

Arlene McDonald

317-442-2166

[arlmcdon@iu.edu](mailto:arlmcdon@iu.edu)

Katy Shreve

317-278-2187

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##### Meet Referee

Joe Farthing

[josephsfarthing@gmail.com](mailto:josephsfarthing@gmail.com)

785-764-2422

##### Admin Referee

Anissa Kanzari

[kanzari.anissa@gmail.com](mailto:kanzari.anissa@gmail.com)

937-307-6835

##### Entry Chairperson

Tracey Heidecker

812-455-6236

[swimmom@heideckers.us](mailto:swimmom@heideckers.us)

#### FACILITY INFORMATION

The host will ensure the required course dimensions. 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 cool-down in the seven-lane, 25-yard Diving Well with a depth of 17'.

Additional warm-up/cool-down will be available in the six-lane, 50-meter Instructional Pool with a depth ranging from 4'6" to 10' and custom-designed starting blocks.

Instructional pool hours may vary based on timelines and

University programs and will be posted in advance of the meet.

**Seating Galleries:** 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 include handicapped seating platforms in both spectator concourses. All seating is general admission and available on a first-come basis. Saving seats is prohibited. Please see page 8 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.

**Locker Rooms & 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. 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.

**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 five-day parking permits for the Natatorium Sports Garage through OME for \$40 (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 IU Indy Parking Services and are subject to change.

**Concessions:** University concessions are available on the upper concourse of the Natatorium during competition sessions. The host has no influence on the items available for purchase nor does the host receive any revenue from the sale of concession items.

**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. All participants are invited to these areas during the venue hours of operation on competition days. The presentation and serving of hospitality items are subject to Indiana University safety protocols. All participants are encouraged to bring their own personal refillable water bottles to use at on-deck at the water filling stations as well as food to satisfy any unique dietary needs.

#### Venue Rules & Procedures:

- Deck access is restricted to competing athletes, registered coaches, officials, event staff, and meet



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volunteers, all of whom must present their event credentials at the east deck entrance upon each entry. No parents, spectators, or members of the public will be permitted 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.
- First Aid/Training Needs: Lifeguards are trained to handle water emergencies, first aid on the deck and in the seating galleries as well as evacuation and shelter-in-place directives. An athletic trainer, provided by IU Health Sports Medicine, will be available on the East diving well deck during all venue hours of operation.
- 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.
- IU Indianapolis is a smoke-free campus.

#### RULES

Current USA Swimming rules will govern this meet.

*Conditions of Sanction:* 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 in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Coaches MUST present their current USA Swimming coach credential or USA Swimming app to receive their event credentials and gain deck access. The Meet Director and/or Meet Referee reserve the right to ask for coach credential or USA Swimming App and/or deny deck access if coach does not comply or membership is no longer valid/current.

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 without the use of the backstroke ledge.

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.

Deck changes are prohibited including in the team seating and spectator areas.

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

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and open ceiling locker-rooms) any time athletes, coaches, officials and/or spectators are present. It is understood and agreed that USA Swimming, Indiana Swimming, and the IU Natatorium shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

#### SAFE SPORT 360

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 adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP 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 (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](https://uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes ages 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete age 18 or older, or who turns 18 during this meet, who has not completed APT 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 18 before or during this meet who competes in this USA Swimming sanctioned event



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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 others' property may be required to leave the competition.

#### Waivers

All competing athletes will be required to complete and submit the required USA Swimming Competitor Waiver and Release Form for this meet. Completed waiver forms must be submitted at Registration by the head coach in order to receive the team's meet credentials. Waivers of minor athletes require parent signatures. Please be sure that parents sign minor athlete waivers prior to arrival at Registration. Blank waivers can be found on the meet online information hub.

#### EVENT SCHEDULE

Indianapolis observes Eastern Time.

#### Virtual Technical Meeting

Monday, March 23: 8:00 PM Eastern

A meeting invitation will be sent out to registered teams the week prior. This meeting is **REQUIRED** for all head coaches. Coaches are responsible for all information presented at the technical meeting.

#### Pre-Meet Team Practice Sessions

Tuesday, March 24

Open Team Practice: 6:00 PM – 8:00 PM

Wednesday, March 25

Open Team Practice: 7:00 AM – 9:00 AM

Reserved Team Practice: 1:00 PM – 7:00 PM

Four 90-minute slots; reservations required:

- 1:00 PM – 2:30 PM
- 2:30 PM – 4:00 PM
- 4:00 PM – 5:30 PM
- 5:30 PM – 7:00 PM

Please email [arlmcdon@iu.edu](mailto:arlmcdon@iu.edu) no later than March 1, 2026, with a team practice reservation request that includes your top two preferred practice time slots (above) and your estimated number of athletes. Time slots will be assigned on a first-come basis with assignments made to provide the best possible practice environment.

#### Warm-Ups & Start Times

All times listed are subject to change based on final entry numbers and the potential need for staggered warm-up times and/or flighted sessions. See page 13 for the specific warm-up schedules in each pool.

#### Thursday-Saturday, March 26 - 29

- Prelims Warm-Up: 6:30 AM - 8:20 AM
- Prelims Start: 8:30 AM
- Finals Warm-Up: 4:00 PM - 5:15 PM
- Finals Start: 5:30 PM

#### Saturday, March 28

Section Coaches Meeting: After Prelims- *Hospitality Room*

#### Sunday, March 29

- Prelims Warm-Up: 6:30 AM - 8:20 AM
- Prelims Start: 8:30 AM
- Finals Warm-Up: 3:00 PM - 4:15 PM
- Finals Start: 4:30 PM

#### REGISTRATION

Registration will begin on Wednesday, March 25, at 12:30 pm on the upper concourse of the Natatorium and remain open until the venue closes at 7:00 PM. After Wednesday, Registration is continuous during all venue hours of operation. However, after Noon on Thursday, registration for late arrivals will move from the upper concourse to the bottom of the east deck entry stairs and will remain open until the end of the Finals session each day except Sunday. Late-arriving athletes will need to be accompanied by their assigned coach to receive event credentials.

All coaches desiring event deck passes MUST complete the Deck Pass screen in OME when entering their athletes in the meet. There is a \$20 charge for coach deck passes if reserved when registering in OME. However, there will be an on-site \$100 fee per deck pass due at Registration for all coaches who have not registered for a deck pass in OME. All coaches must present their valid coach membership cards or valid USA Swimming app screens, along with a photo ID, at Registration in order to receive their deck passes and team credentials.

Each swimmer on deck at any time must be under the direct supervision of a USA Swimming member coach. Swimmers whose home coaches are not present at the meet should arrange in advance for a supervising coach and complete the USA Swimming Swimmer Assignment Form and submit via email to [arlmcdon@iu.edu](mailto:arlmcdon@iu.edu) prior to arrival in Indianapolis. These swimmers should then plan to arrive at Registration with the assigned coach in order to obtain athlete meet credentials. This includes late-arriving athletes. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign USA Swimming's Swimmer Assignment Form before an athlete credential can be issued. Swimmer Assignment Forms can be found on the host event information hub under Pre-Meet Technical Information.

#### QUALIFYING PERIOD

The qualifying period is from January 1, 2025, through the entry deadline.



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#### ELIGIBILITY

This meet is open to current Premium or Outreach athlete members of USA Swimming registered both inside and outside the Central Zone East Section. There will be no on-site processing of USA Swimming membership at this event. Age as of March 26, 2026, shall determine the swimmer's age for the entire meet.

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Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards for in-section athletes, including bonus time standards, can be found on pages 11 & 12 of this document. Out-of-section athlete qualifying times are USA Swimming's 2026 Maximum Sectional Qualifying Standards. **Qualifying times must appear in SWIMS and have been achieved at a USA Swimming sanctioned, approved, or observed meet by a swimmer whose USA membership (including APT) is in good standing at the time of the swim. The override feature in OME should only be used for disability swimmers.**

Teams may enter relay-only swimmers with a maximum of two relays per team per relay event. Names of relay-only swimmer must be listed on the original entry, but do not count toward the 850 athlete cap.

#### DISABILITY ATHLETES

Swimmers with a disability may enter any event(s) at this meet for which they have achieved a [USA Swimming 2024-2028 17-18 AA Swimmers with Disabilities Parallel Time Standard](#) (2028 Quad Standards P1-P3) during the qualifying period. These athletes must be registered in one of the Central Zone East Section LSCs to be accepted into the meet.

Swimmers with a disability who have achieved fewer than 4 individual event time standards (USA Swimming 2024-2028 17-18 AA Swimmers with Disabilities Parallel Time Standard; P1-P3) may supplement their entry with bonus event(s) so that the total individual events (qualified swims plus bonus swims) do not exceed 4 for the meet (i.e. 1 qualified + 3 bonus, 2 qualified + 2 bonus, 3 qualified + 1 bonus). Swimmers must meet the USA Swimming 2024-2028 17-18 BB Swimmers with Disabilities Parallel Time Standard (P1-P3) for each bonus event.

Swimmers with disabilities MUST be entered through OME using the following procedures.

- Enter the athlete(s) with a disability under your roster in OME.
- Then enter the following in OME:
  - Using the Override feature, enter the minimum able-bodied time standard for the event(s). (See page 11.)
  - In the Meet Name field, enter the meet name at which the Para qualifying time was achieved. (ex: 2025 SC Champs-OH)

- After completing the OME entry, follow up with an email to the Entry Chair with the correct USA Swimming 2024-2028 Swimmers with Disabilities Parallel Time Standard for each event entered with the appropriate classification (P1, P2, P3).
- Submit the completed Accommodation Form for each disability swimmer entered in the meet to the Entry Chair. The Disability Athlete Meet Accommodation Form is posted on the host event information hub.
- Swimmers with a disability will be combined in events for prelims.
- Disability athletes who wish to compete in finals must achieve a USA Swimming 17-18 AAAA parallel time standard during their prelims swim and must declare their intent to compete in finals at Admin before the event scratch deadline.
- A final determination of seeding of swimmers with a disability will be made by the Meet Referee after consultation with the athletes and their coaches.

#### ENTRY LIMITS and BONUS EVENTS

**Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day. Time trial events count toward a swimmer's daily limit (3 events), but do not count toward a swimmer's meet limit of six (6) events.

**Bonus Events:** Swimmers who have achieved fewer than 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 4 for the meet. (i.e. 1 qualified + 3 bonus, 2 qualified + 2 bonus, 3 qualified + 1 bonus). Swimmers must meet the Central Zone East Section Bonus Time Standards (see page 12) for each bonus event. Please check the box indicating "bonus" for each event that is a bonus event. The bonus time standards are the same for both in and out-of-section athletes.

#### MEET FORMAT

This meet will be conducted in long course meters using eight lanes; it is a 4-day competition with prelims and finals sessions each day. Time trials will be offered daily if time permits. Prelims and timed final events will be conducted using fly-over starts. Fly-overs will not be used in finals. Relays and distance freestyles will be conducted as timed finals. In all other events, four heats of swimmers from preliminaries will advance to finals where A, B, C, and D 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 while the D finals will be the next 8 fastest 16 & Unders. If there are not enough 16 & Under athletes to fill the D final, that heat can be filled with 18 & Under athletes seeded in any available lanes.



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Finals heats will be swum in this order: C, B, A, D. Swimmers with a disability will be combined in events for prelims; accommodations will be made for disability athletes, who declared participation before the scratch deadline, to compete in finals. Any Para event swum in finals will swim before the C heat.

#### LENGTH OF SESSION

If the length of a session requires, some bonus event swims may be swum at the end of the session and before time trials. Additionally, the Section reserves the right to flight prelims based on the number of entries and projected length of session. Information regarding any such modifications will be posted on the event web site by Friday, March 20.

#### ENTRY FEES

Individual Events: \$ 16.00

Relay Events: \$ 32.00

Surcharges: \$ 30.00 per athlete (includes relay-only)

All fees are nonrefundable and nontransferable once the entries have been checked out in OME.

#### ENTRY PROCEDURES

**To assist the Section and meet host in planning, all Central Zone East teams must complete the online Intent to Participate form no later than Monday, December 1, 2025. Submitting this form indicates your team's intent to compete in this meet along with your projected number of athletes. Failure to submit this form by December 1, 2025, could result in your team being placed on a waiting list for entry into the meet. The link to this online form has been sent to all CZ East LSC offices and coaches and can be found at: <https://forms.gle/APxFzch63yX8CLov7>**

Entries must be submitted using USA Swimming's Online Meet Entry (OME) system ( <https://hub.usaswimming.org/landing>) Entries will be accepted beginning Monday, February 2, 2026, starting at 9:00 am Eastern, through Tuesday, March 17, 2026, at 6:00 pm Eastern or until the entry cap of 850 athletes has been reached. OME will be closed to entries as soon as the cap has been reached. To access the meet in OME, search for 2026 CZ East Spring Speedo Sectionals at Indianapolis.

**Note: 50s of Stroke: Athletes may qualify and enter the 50 backstroke, 50 breaststroke, or 50 butterfly using a 50 or 100 qualifying time. If entering 50s of stroke as a bonus event, the 100 time MUST be used as the qualifying time.**

Please bring all entry communications with you to the meet in the event of a problem. OME is not an eligibility report. It is the coach's responsibility to know for which events his/her athletes are qualified. Events can be added to an athlete's entry; however, athletes' events cannot be deleted once the entry fee has been paid in OME. Once entered in the meet, athletes' times can be updated until Tuesday, March 17, at

6:00 pm. It's the team's responsibility to update times in OME before the deadline.

OME processes payment by credit card and will accept Visa, MasterCard, American Express, & DiscoverCard. Upon payment, a confirmation email including a receipt and summary of the events entered will be sent. Swimmers and relays are not officially entered in the meet until payment for each event has been processed in OME; please be sure to completely check out of OME to finalize all entries

Please contact Katie Trace at USA Swimming ([ktrace@usaswimming.org](mailto:ktrace@usaswimming.org)) with OME technical questions. Contact the meet Entry Chair with event-related questions.

#### ENTRY PROCESS AFTER OME CLOSES\*\*

**\*\*This procedure applies to in-section athletes only who achieve new qualifying times after the entry deadline. The availability of bonus events for new qualifiers will be based on timelines. Coaches will be notified if bonus events for new qualifiers will be accepted.**

#### Tuesday, March 17, 6:01 pm - Sunday, March 22, at 11 pm

- In-section swimmers who achieve qualifying times for the first time after March 17, 2026, and before Monday, March 23, 2026, can enter through OME under 2026 CZ East Spring Speedo Sectionals at Indianapolis.
- Coaches of swimmers who were entered in the meet during the regular entry period who achieved additional qualifying times in new events between 6:01 PM on March 17, and before 11:00 PM on March 22, must email those entries directly to the Entry Chair at [swimmom@heideckers.us](mailto:swimmom@heideckers.us) by 11pm on Sunday, March 22. Do not send a revised entry file attachment. **Proof of time must be emailed to the Entry Chair with the entry request if the time is not yet visible in SWIMS. Payment for all new events must be submitted at Registration prior to receiving event credentials.**

#### LATE ENTRIES\*\*

**\*\*This procedure applies only if the athlete cap of 850 swimmers has not been reached by 6:00 pm on March 17. If the cap has been reached, no late entries will be accepted.**

If the cap has not been reached by 6:00 PM on March 17, a team who inadvertently missed entering a swimmer with a qualifying time achieved before the March 17 deadline may do so after the March 17 deadline by paying the following fees at Registration:

- **\$100.00 Administration Fee (per team)**
- **Double the entry fee per individual event and/or relay event**

Late entries must be submitted to the Entry Chair no later than 15 minutes before the March 23 virtual Technical Meeting with proof of time; no entries will be taken after that time.





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**\*\*All entry/administrative fees for late entries or qualifying times achieved after OME closes are due onsite at Registration. Payment must be either with a credit card or a check made payable to Indiana University.**

A **psych sheet** will be sent via email to all entered clubs by Friday, March 20, 2026. Teams are responsible for reviewing the psych sheet for errors and for proof of time (\*), registration (#), or APT (\$). Bonus events will be noted with a "B" next to the time on the psych sheet.

#### SWIMS DATABASE - PROOF OF TIME

Times from the following will be in SWIMS. Only times in SWIMS may be used for entry into this meet. 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. Prior to the start of competition, ask the Meet Director to confirm the procedure for getting the times into SWIMS.
- C. USA Swimming Observed Swims: Be sure a proper request for an Observed Swim is made according to 202.8 of the USA Swimming Rulebook and the USA Swimming SWIMS Time Module Policy Manual. Prior to the start of the meet, verify that the proper procedures are in place for the Observed swim.

All entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS database. No swimmer will be permitted to swim without said proof. All unproven times will be automatically scratched. **Per USA Swimming policy, the athlete must have been a member in good standing when the time was achieved for it to be visible in the public portion of SWIMS.**

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.

Teams may use a provable team time or aggregate time achieved within the qualification period to qualify a relay. Swimmers contributing to a team relay entry time are not required to be on the team roster; however, relay-only athletes must be included on the team roster. If a team enters an A and B relay, 8 different swimmers must be used. Teams may not use the same swimmer twice in a relay event, or to prove a time. All relays must be entered through OME.

If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the SWIMS database before trying to use it for an entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was

observed. Relay lead-offs and/or intermediate split times must be requested from the SWIMS Times Official in the LSC in which the meet was held to be visible in SWIMS.

**Note:** If you are planning to use high school times to enter this meet, please verify with the meet host in advance that arrangements have been made to have the meet observed. Athletes must be members in good standing of USA Swimming (including APT compliant) at the time of the swim for the time to be in SWIMS and used for entry into this meet.

Proof of time for times not yet entered in SWIMS by the entry deadline must be submitted to the home LSC Times Officer. The LSC Times Officer will then confirm proof of time with the meet Entry Chair.

Times not proven prior to Friday, March 20, will be flagged on the psych sheet (\*). **Proof of time for those events must be provided before the scratch deadline for that event. If NO proof of time is provided, the swimmer will be scratched from the event.**

**The responsibility of proving times lies with the entering club. Verification / Proof of Time must be accordance with the type of time entered (LCM, SCY).**

#### TIME TRIALS

Time trials will be offered daily as time allows. Final details regarding time trials will be communicated at the virtual Technical Meeting on Monday, March 23. If time trials are offered, the following procedures will be in effect:

- Only swimmers entered in the meet are eligible to participate in time trials.
- Time trials sessions will start 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday, and Sunday as time permits. Events from the current day will be swum first, with events for subsequent days following in order.
- Time trial entries will be taken at the Meet Information Desk next to Admin Table on the west deck for that day's events. Time trials registration will begin at 7:30 AM and continue until one hour prior to the published end time of each day's preliminary session. Registration for time trials will also be open from 3:00 PM – 6:00 PM daily for the next day's events.
- Time trials will be limited to 1 hour. Time trials for events 800m and longer will be limited to one day. Teams will be informed of the distance time trial event day at Monday's virtual Technical Meeting.
- If on any day, preliminary sessions end less than 45 minutes before the start of finals warm-ups, time trials will not be conducted.

Time trial events must be included in the individual daily event limit of three (3); time trial events do not count toward a swimmer's meet limit of six (6) events.



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**Time Trial Fees:** Individual Events: \$16.00; Relays: \$32.00

Time trial fees are payable by credit card or check payable to Indiana University.

#### MEET CONDUCT

**Rules:** The meet will be conducted according to USA Swimming rules and regulations. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No swimmer will be permitted to compete unless he/she is a member as provided in Article 302.

**Seeding:** Seeding order for this meet is as follows:

- LCM
- SCY
- Non-Conforming LCM (100 Times for 50s of Stroke)
- Non-Conforming SCY (100 Times for 50s of Stroke)
- LCM Bonus
- SCY Bonus
- Non-Conforming LCM Bonus (100 Times for 50s of Stroke)
- Non-Conforming SCY Bonus (100 Times for 50s of Stroke)

Bonus times may be flighted at the end of the session, prior to time trials, based on session length.

#### Scratch Rule/Positive Check-In/DFS:

All athletes in event distances of 400m or less are considered swimming unless scratched.

- Scratches will be done online for all preliminary events only including distance freestyle events. A link to the preliminary electronic scratch form will be provided to each coach.
- Scratching from finals must be done in person with the Administrative Referee.

An electronic positive check-in process for the 800 & 1500 Freestyle events and relays will be used for this meet. The link to the electronic positive check-in will be provided to each coach.

Swimmers or relays who fail to check in by the applicable deadline will only be allowed to swim IF there is an empty lane (no new heat will be created).

The USA Swimming national scratch procedure and failure to compete rules will be used for both prelims and finals. These rules are described in rule 207.11.6 of the USA Swimming Rulebook. A swimmer may pay a re-entry fee of \$100 to the meet host for each preliminary event in which he/she failed to compete prior to being eligible for further competition.

**Scratch & Positive Check-In Deadlines:** The scratch and positive check-in deadline is 6:00 PM for the next day's events. This includes Thursday events. The entry fees paid for scratched events are NOT refundable.

#### RELAYS

Online positive check-in for relays is required. Relays must be checked in prior to the scratch deadline in order to be seeded. Relays who fail to check in by the applicable deadline will only be allowed to swim IF there is an empty lane (no new heat will be created).

Only two relays can score from each team.

All relays are timed finals.

- All 400 Free Relays and 800 Free Relays will be swum in finals. The 800 Free Relays will be swum fastest to slowest. There will be a 10-minute break before the start of the 800 Free Relay events.
- The 400 Free Relay will be swum starting with the two fastest heats of women, then the two fastest heats of men. Those relays will then alternate women and men, fastest to slowest, after the first two heats of each gender.
- The 200 and 400 Medley Relays will be swum in prelims in event order (women then men) slowest to fastest. The 200 Free Relays will be swum in prelims, men's on Thursday and women's on Saturday (slowest to fastest).

Electronic relay cards will be used for this meet with a link sent to all coaches who have entered relays and will be due one hour prior to the projected relay start time. Changes can be made on the electronic relay cards or at the blocks until the relay swims.

#### DISTANCE FREESTYLE

Online positive check-in for distance Freestyle events is required. Entrants in the 800m and 1500m Freestyle events must complete the online check-in form prior to the scratch deadline for each distance Freestyle event in order to be seeded. Swimmers who fail to check in by the applicable deadline will only be allowed to swim IF there is an empty lane (no new heat will be created).

When completing the online check-in form, please designate a preference to swim in prelims or finals.

Swimmers should anticipate the possibility that swimmers seeded ahead of them may opt out of finals.

Thursday distance events (W800/M1500) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the women's 800 and men's 1500 will swim in finals.

Sunday's distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of the women's 1500 and the men's 800 will be swum in finals.

The top eight athletes swimming distance freestyle events during finals will be paraded from the Ready Room. All distance events counters must be individuals who are credentialed for this event. Spectators will not be permitted on deck as counters.



## 2026 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS – LCM

MARCH 26 – 29, 2026

### Indiana University Natatorium – Indianapolis, IN

Hosted by the IU Natatorium – Indianapolis

Held under the Sanction of USA Swimming & Indiana Swimming #IN26121; Time Trials #IN26122

This meet will be capped at approximately 850 athletes.



#### 400 INDIVIDUAL MEDLEY & 400 FREESTYLE EVENTS

The 400 Individual Medley and 400 Freestyle events will be the last events swum in prelims on Friday and Saturday respectively. These events will be swum as follows: four fastest heats of women followed by four fastest heats of men, swum fastest to slowest. The remaining heats will be swum fastest to slowest, alternating women, then men.

#### READY ROOM

A Ready Room area (located on the west pool deck near the diving well) will be provided each evening for the championship and disability heats in all individual events and the top seeded heat of distance Freestyle events. Swimmers should report to the Ready Room 10 minutes prior to the start of their event so they may parade to the starting blocks together. Relays and all other heats should report directly to the blocks.

#### WARM-UP PROCEDURES

Specific details of warm-ups can be found on page 13 and will 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 50-meter instructional pool will be available for warm-up and warm-down during published hours. Specific instructional pool hours may vary based on timelines and University programs. Hours will be posted prior to the meet. Designated lanes for pace and sprint will be available in the instructional pool. Signage will designate the use of each lane.

#### SCORING & RESULTS

The meet will score to 20 places.

26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1

Relays will score double. Disability swimmers will not be scored. Results will be available on Meet Mobile and posted on the host event information hub.

#### AWARDS

Medals for 1<sup>st</sup>-8<sup>th</sup> place will be given in individual and relay events. However, only the top 3 finishers will be presented their medals during the awards ceremonies. All other medals will be distributed to coaches at the Admin Table at the conclusion of finals each evening or at the end of the meet.

The schedule for the awards ceremonies is as follows:

- Awards ceremonies for all individual events, except for the distance Freestyle events, will be immediately after the D heat in each event during the finals session.

- Awards ceremonies for the distance Freestyle events will be immediately after the top heat swimming in finals.
- Awards ceremonies for all relays except Sunday relays and Saturday evening's Men's 800 Free Relay (Event #30) will be before the start of the next day's evening finals session.
- Awards for the Men's 800 Free Relay (Event #30) will be before the start of prelims on Sunday morning.
- Awards for Sunday morning relays will be presented after the conclusion of Event #32 (Men's 400 Medley Relay).

At the conclusion of the meet, awards will be presented to the top team in each of the following categories: Combined, Men's, Women's. Men's and women's individual high point awards will also be presented at the conclusion of the meet.

#### INFORMATION DISTRIBUTION

Paper heat sheets will be available for coaches at the on-deck Admin Table and posted around the competition pool deck. Heat sheets for spectators will be available on Meet Mobile, on the event website, and posted at the entrances to the spectator galleries. There will be no paper heat sheets sold to spectators. All other official meet documents will be posted on the event information hub.

#### TICKET SALES & HEAT SHEETS

All tickets are electronic and will be sold through the Indiana University Ticketmaster platform. A link to the ticket site will be posted on the host event information hub. Once payment is made, there will be no ticket refunds.

##### Ticket Prices

All-Session Pass: \$55.00

All-Session Child (6-12): \$27.00

Day Pass (Prelims & Finals of the same day): \$17.00

Day Pass Child (Prelims & Finals of the same day): \$8.00

Single Session: \$ 12.00 adults/6-12 yrs \$6.00

Children under 6 are free.

An additional \$1 processing fee will be added to the cost of each ticket including all-session passes. Heat sheets will be available free of charge on Meet Mobile and posted on the host event information hub as well as throughout the Natatorium.

#### OFFICIALS NATIONAL 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](http://www.usaswimming.org)) to view the latest procedures regarding evaluation and certification.





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**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.

**Officials interested in officiating at the meet should visit the Central Zone website ([www.centralzones.org](http://www.centralzones.org)) and submit an application at:**

[https://docs.google.com/forms/d/e/1FAIpQLScgPF21-Zj4ISUEgvqWp4\\_JMyDXjKrYPfHsB0JawPWQ8xwF7A/viewform](https://docs.google.com/forms/d/e/1FAIpQLScgPF21-Zj4ISUEgvqWp4_JMyDXjKrYPfHsB0JawPWQ8xwF7A/viewform)

**Officials' Uniforms:** Officials are asked to wear white shirts and black bottoms.

**Officials' briefings** will be held one hour prior to the start of each session in the NW classroom on the pool deck. Please contact the Meet Referee with questions.

#### UNPAID FINES

The host will send a notification of fine for failure to compete without scratching to any offending club listing the amount owed, purpose of the fine, directions for payment, and the payment deadline (which may include a penalty if not paid by the deadline). A copy of this notification will also be sent to the Central Zone East Section Chairperson Erin Crabtree. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meet until the amount has been paid.

#### FINE APPEAL PROCESS

Clubs may appeal the fine and/or penalty by submitting a written notice to Section Chair Erin Crabtree at [crabtreeerin@hotmail.com](mailto:crabtreeerin@hotmail.com). The chairperson will appoint a hearing body made up of one representative from each of the Central Zone East Section LSCs plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

#### GENERAL INFORMATION

**MEDICAL SUPERVISION:** Lifeguards will be on duty during all venue hours of operation. Athletic Trainers from Indiana University Health will be present during all venue hours of operation and stationed in the East Control Room.

**HOTELS:** The meet host, in partnership with Visit Indy, has secured hotel blocks at various properties conveniently located to the IU Natatorium. Teams and officials are encouraged to use the room blocks secured by the host. Hotel reservation information will be posted on the host event information hub.

Cut-off dates for most hotel properties are 30 days out from the competition. Participants are encouraged to make hotel reservations early. For any questions or assistance with hotel reservations, please contact Arlene McDonald, Co-Meet Director, at [arlmcdon@iu.edu](mailto:arlmcdon@iu.edu) or 317-442-2166. *Marriott is a proud sponsor of USA Swimming.*

**VOLUNTEERS:** The meet host welcomes volunteers from visiting teams. All volunteers receive complimentary parking and meals during their volunteer shifts.

Volunteer opportunities and registration can be found on the [IU Natatorium website](http://IU Natatorium website) by clicking on Speedo Sectionals at the top of the home page and selecting the Pre-Meet General Information Tab – Volunteer Registration Site.

All volunteers are required to attend a virtual volunteer orientation session on Tuesday evening, March 24, at 7:30pm Eastern. The orientation link will be sent to all registered volunteers on Monday, March 23.

Please email the host volunteer coordinators at [NatSwimmingvolunteers@gmail.com](mailto:NatSwimmingvolunteers@gmail.com) for volunteer questions or more information.

**VENDOR:** Elsmore Swim Shop has been named the official meet vendor for the 2026 CZ East Speedo Sectionals. The official vendor will provide a wide selection of swim apparel, equipment, and unique event merchandise for purchase at a booth on the main concourse of the Natatorium. Plan now to stop by and visit Elsmore Swim Shop.

**LIVESTREAM:** All meet sessions will be live streamed. The link to the live stream can be found on the host event information hub.



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## ORDER OF EVENTS

*This is an open competition swum in long course meters. Please note that Indianapolis observes Eastern Time.*

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
<b>Warm-Ups: 6:30am-8:20am</b>		<b>THURSDAY EVENTS</b>		<b>Warm-Ups: 4:00pm-5:15pm</b>	
<b>Meet Starts at 8:30am</b>				<b>Meet Starts at 5:30pm</b>	
3	200 Backstroke	4	**2	800 Freestyle	
5	50 Butterfly	6	3	200 Backstroke	4
8	200 Breaststroke	9	5	50 Butterfly	6
	200 Freestyle Relay Men	*1		1500 Freestyle	**7
**2	800 Freestyle		8	200 Breaststroke	9
	1500 Freestyle	**7		10-Minute Break	
				800 Free Relay Men	***10
<b>Warm-Ups: 6:30am-8:20am</b>		<b>FRIDAY EVENTS</b>		<b>Warm-Ups: 4:00pm-5:15pm</b>	
<b>Meet Starts at 8:30am</b>				<b>Meet Starts at 5:30pm</b>	
*11	200 Medley Relay	*12	13	200 Freestyle	14
13	200 Freestyle	14	15	50 Backstroke	16
15	50 Backstroke	16	17	100 Butterfly	18
17	100 Butterfly	18	19	400 I.M.	20
^19	400 I.M.	^20	****21	400 Free Relay	****22
<b>Warm-Ups: 6:30am-8:20am</b>		<b>SATURDAY EVENTS</b>		<b>Warm-Ups: 4:00pm-5:15pm</b>	
<b>Meet Starts at 8:30am^^</b>				<b>Meet Starts at 5:30pm</b>	
*23	200 Freestyle Relay Women		24	400 Freestyle	25
26	100 Breaststroke	27	26	100 Breaststroke	27
28	50 Freestyle	29	28	50 Freestyle	29
30	200 Butterfly	31	30	200 Butterfly	31
32	100 Backstroke	33	32	100 Backstroke	33
^24	400 Freestyle	^25	***34	800 Free Relay Women	
<b>Warm-Ups: 6:30 am-8:20am</b>		<b>SUNDAY EVENTS</b>		<b>Warm-Ups: 3:00pm-4:15pm</b>	
<b>Meet Starts at 8:30am</b>				<b>Meet Starts at 4:30pm</b>	
37	50 Breaststroke	38	37	50 Breaststroke	38
39	200 I.M.	40	39	200 I.M.	40
43	100 Free	44	**41	1500 Freestyle	
*35	400 Medley Relay	*36		800 Freestyle	**42
**41	1500 Freestyle		43	100 Free	44
	800 Freestyle	**42			

\* Timed Finals with these relays swum during prelims sessions, slowest to fastest in event order.

\*\* Distance events (800/1500) will be swum fastest to slowest alternating women and men with the fastest heat of each swum in finals.

\*\*\*Timed finals with these relays swum during finals session, fastest to slowest

\*\*\*\* Timed Finals with these relays swum during the finals sessions; the 2 fastest heats of women, then the 2 fastest heats of men alternating women then men, fastest to slowest, after the first 2 heats of each

^ Four fastest heats of women followed by four fastest heats of men, swum fastest to slowest; remaining heats swum fastest to slowest alternating women then men

^^ 15-minute warm-up breaks due to instructional pool programming on Saturday morning will be announced based on final estimated timelines.



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### **SECTIONAL TIME STANDARDS FOR CENTRAL ZONE EAST ATHLETES\***

**Qualifying Period:** January 1, 2025, through the meet entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
24.59	28.29	50 FREESTYLE	25.49	22.19
53.39	1:00.69	100 FREESTYLE	55.49	48.09
1:55.39	2:10.99	200 FREESTYLE	2:00.59	1:44.59
5:07.49	4:35.29	400/500 FREESTYLE	4:15.79	4:45.09
10:38.29	9:31.89	800/1000 FREESTYLE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREESTYLE	17:20.99	16:43.89
27.29	31.49	50 BACKSTROKE^	28.69	24.49
59.49	1:09.49	100 BACKSTROKE	1:02.69	54.89
2:08.79	2:28.49	200 BACKSTROKE	2:17.29	1:57.59
30.69	35.59	50 BREASTSTROKE^	31.99	27.19
1:08.29	1:18.29	100 BREASTSTROKE	1:11.69	1:01.29
2:27.09	2:48.09	200 BREASTSTROKE	2:35.69	2:13.19
26.69	30.29	50 BUTTERFLY^	27.39	23.69
58.69	1:06.79	100 BUTTERFLY	1:00.09	52.79
2:10.59	2:26.99	200 BUTTERFLY	2:15.89	1:58.69
2:10.59	2:28.49	200 INDIVIDUAL MEDLEY	2:16.79	1:58.39
4:37.69	5:15.99	400 INDIVIDUAL MEDLEY	4:54.59	4:15.79
3:41.99	4:09.99	400 FREE RELAY	3:50.99	3:18.99
7:45.99	8:50.99	800 FREE RELAY	8:15.99	7:13.99
4:05.99	4:40.99	400 MEDLEY RELAY	4:17.99	3:42.99

**\*Qualifying times for out-of-section athletes are USA Swimming's 2026 Speedo Sectionals Maximum Time Standards.**

**^Athletes are eligible to compete in these events using either a 50 or 100 qualifying time in that stroke. See page 7 for seeding order.**

**200 Medley and 200 Free Relays use the 400 relay time standards. If you have the qualifying time in the 400 relays, you are eligible for the 200 relays.**

**All qualifying times must have been achieved at a USA Swimming sanctioned, approved, or observed meet by an athlete whose USA Swimming membership is in good standing (including APT compliant) at the at the time of the swim.**



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### BONUS TIME STANDARDS

**Qualifying Period:** January 1, 2025, through the meet the entry deadline

Bonus standards are the same for both in and out-of-section qualified athletes.

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
26.49	29.69	50 FREESTYLE	26.29	23.29
55.89	1:02.69	100 FREESTYLE	57.79	49.69
1:58.59	2:14.69	200 FREESTYLE	2:05.99	1:49.69
5:17.99	4:44.99	400/500 FREESTYLE	4:23.99	4:52.69
10:47.39	9:43.09	800/1000 FREESTYLE	9:13.99	10:08.99
18:00.09	18:30.79	1500/1650 FREESTYLE	17:34.89	16:55.89
1:03.99	1:13.29	50 BACKSTROKE*	1:05.19	57.79
1:03.99	1:13.29	100 BACKSTROKE	1:05.19	57.79
2:14.09	2:33.59	200 BACKSTROKE	2:23.09	2:03.09
1:11.79	1:22.69	50 BREASTSTROKE*	1:15.49	1:05.09
1:11.79	1:22.69	100 BREASTSTROKE	1:15.49	1:05.09
2:33.49	2:55.79	200 BREASTSTROKE	2:42.49	2:19.49
1:02.89	1:09.69	50 BUTTERFLY*	1:03.49	55.79
1:02.89	1:09.69	100 BUTTERFLY	1:03.49	55.79
2:15.59	2:33.99	200 BUTTERFLY	2:22.99	2:03.99
2:14.29	2:33.49	200 INDIVIDUAL MEDEY	2:21.99	2:02.89
4:45.09	5:26.99	400 INDIVIDUAL MEDLEY	5:06.99	4:23.99

#### ENTRY LIMITS and BONUS EVENTS

- **\*50's of Stroke Bonus Time Standard:** Swimmers entering the bonus 50 Backstroke, 50 Breaststroke, or 50 Butterfly must qualify and enter with the bonus 100 time in that stroke.
- **Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day. Time trial events count toward a swimmer's daily limit (3 events) but do not count toward a swimmer's meet limit of six (6) events.
- **Bonus Events:** Swimmers who have achieved fewer than 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 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events must meet the bonus time standards as outlined in the grid above.
- **Bonus Entries after OME Closes:** Bonus events for new qualifiers will be accepted based on timelines. Coaches will be notified about the availability of bonus events for new qualifiers.



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### WARM-UP SCHEDULE

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

<u>COMPETITION POOL</u>		
<i>(Warm-ups in the competition pool are reserved for those swimmers competing in that session.)</i>		
TIME	LANES	ACTIVITY
Prior to 7:30 AM & 4:30 PM (3:30 on Sunday)	All Lanes	General Warm-Up: circle swimming only
7:30 AM – 8:20 AM 4:30 PM – 5:15 PM (3:30 – 4:15 on Sunday)	Lane 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 <b>Note: Additional sprint lanes will be opened by meet officials as required/requested in the following order: 3 &amp; 6.</b> <b>*Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool with swim back in Lane 6 (if not being used as a sprint lane).</b>
<u>DIVING WELL &amp; INSTRUCTIONAL POOLS</u>		
POOL	PROCEDURES	
<b><u>DIVING WELL</u></b> <b><u>SCY</u></b> <b><u>SEVEN 25-YARD LANES</u></b>	<ul style="list-style-type: none"> <li>All lanes are for general warm-up.</li> <li>No equipment is permitted in the diving well.</li> <li>During competition sessions, the diving well is reserved for athletes competing in that session to warm down after races</li> <li>During Finals entry is from the east side of the pool (opposite the Ready Room)</li> <li>Feet-first entry</li> </ul>	
<b><u>INSTRUCTIONAL POOL</u></b> <b><u>LCM</u></b> <b><u>SIX 50-M LANES</u></b>	<ul style="list-style-type: none"> <li>Lane 1 will be pace; feet first entry; upon request, stretch cords can be used in Lane 1.</li> <li>Lanes 2-5: general warm-up; feet first entry</li> <li>Lane 6 will be one-way sprints with swim back in Lane 5.</li> <li>During competition sessions, swimmers warming-up/down for races will have priority use of the instructional pool</li> <li>Equipment permitted</li> </ul>	

#### **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!