



**Indiana University Natatorium
901 W. New York Street
Indianapolis, IN 46202**

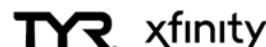
May 12-15 (Wed-Sat), 2021

This event may be capped at approximately 150 Women and 150 Men.

The exclusive entry period for all 2020-21 National Team athletes, 2020-21 National Junior Team athletes, and eligible teammates of these attending swimmers is from 10:00 a.m. MT on Tuesday, April 13, 2021, until 11:59 p.m. MT on Monday, April 19, 2021.

The entry period for all other qualified swimmers is 10:00 a.m. MT on Tuesday, April 20, 2021, until 11:59 p.m. MT on Tuesday, May 4, 2021, or until the entry cap is reached.

**Hosted by Indiana Swimming, Inc. in partnership with
Center Grove Aquatic Club**





IMPORTANT INFORMATION

- Please note that information in this document may be modified to meet current local, state, and federal protocols, including event postponement or cancellation.
 - All swimmers, coaches, and team staff must be 2021 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings.
 - This event is open to foreign swimmers (i.e. those swimmers who are not eligible to represent the U.S. in international competition) who are 2021 Premium or Outreach members of USA Swimming and currently residing in the U.S. These athletes must pay a \$35 foreign-swimmer surcharge. **Athletes who reside outside of the U.S. are not eligible to compete.**
 - All entries must be made through USA Swimming's Online Meet Entry (OME) system. Entry questions can be directed to Macie McNichols at mmcnichols@usaswimming.org.
 - The exclusive entry period for all 2020-21 National Team athletes, 2020-21 National Junior Team athletes, and eligible teammates of these attending swimmers is from 10:00 a.m. MT on Tuesday, April 13, 2021, until 11:59 p.m. MT on Monday, April 19, 2021.
 - The entry period for all other qualified swimmers is 10:00 a.m. MT on Tuesday, April 20, 2021, until 11:59 p.m. MT on Tuesday, May 4, 2021, or until the entry cap is reached.
 - The qualification period is December 18, 2018, through the entry deadline.
 - At USA Swimming's discretion, sessions may be conducted in separate Women's and Men's flights. More information will be distributed prior to the Event.
 - Any swimmer with one or more qualifying standards may swim up to two bonus events during the competition.
-
- **UPDATED COVID-19 PROTOCOLS FOR THE INDIANAPOLIS TYR PRO SWIM SERIES WILL BE AVAILABLE ON THE EVENTS WEBSITE PLEASE CHECK BACK REGULARLY FOR UPDATES**
 - All TYR PSS attendees need to present evidence of a negative PCR COVID-19 test prior to entering the venue. This test must be administered 72 hours prior to leaving your home location. Negative test results must be emailed to Keenan Robinson at krobinson@usaswimming.org.
 - All non-vaccinated or partially vaccinated attendees must arrive by Monday, May 10, 2021, to Indianapolis and must adhere to strict quarantine rules while attending the meet. These individuals must also be tested for COVID-19 on *Thursday, May 13, 2021 (location TBD)*. Additional information on testing protocols will be distributed at a later date.
 - Fully vaccinated attendees (as of 14 days after final shot is given) will not be subject to designated arrival times nor on-site testing, however these individuals must still be tested 72 hours prior to departure and submit negative test results and proof of vaccination to Keenan Robinson at krobinson@usaswimming.org.
 - Any individual not meeting testing requirements cannot be involved in the event.
 - Masks and social distancing will be enforced on site. Additional COVID-19 protocols may be in place for this meet. Please pay attention to updated protocols posted at the meet information page. Each participant is responsible for adhering to the TYR Pro Swim Series Protocols.
 - Each participating club will be limited to 1 coach deck pass per team (exceptions will be considered for teams that are separate programs/sites swimming under a single club team).
 - There will be no refunds or cost reimbursements due to an individual's positive COVID-19 test or exposure.

ADDITIONAL COVID-19 INFO

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE 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.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC.

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 30 days prior to the start of the competition, 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 age 18 on or after 30 days prior to the start of the 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 Marshall, 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. 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 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.

SANCTION

This meet is sanctioned by USA Swimming. If an athlete establishes a Paralympic or USMS record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

ABOUT THE VENUE

The IU Natatorium is located on the campus of IUPUI in downtown Indianapolis and has three pools that include a competition pool, diving well, and instructional pool. Competition Pool: eight-lane 50 meters, with a depth ranging from 9' - 10', Competitor lane lines with custom designed starting blocks. Continuous seven-lane, 25-yard, warm-up course available in the diving pool (depth 18 feet). The instructional pool will be available during selected hours as posted at the venue and is a 6-lane, 50-meter pool with custom designed starting blocks and ranges in depth from 4 ½'-9'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

There are four athlete locker rooms on the deck level of the Natatorium, one of each gender in both the east and west deck areas. Indiana Swimming, the IU Natatorium, and the club co-hosts are not responsible for lost or stolen items. There are four dry restrooms, two on each side of the diving well, for the exclusive use of coaches, officials, and volunteers. Additional restrooms are located on the upper concourse of the facility.

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(s), 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.

TECHNICAL MEETING

There will be a virtual (Zoom-based) technical meeting Tuesday, May 11, 2021, at 7:00 p.m. Eastern Time. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

SCHEDULE

Wednesday:	<i>Timed finals for the distance Freestyle events will begin at 5:00 p.m.</i>
Thu-Sat Prelims:	9:00 a.m.
Thu-Sat Finals:	6:00 p.m.

POOL HOURS

Monday:	Noon-8:00 p.m.
Tue-Wed:	7:00 a.m. – 8:00 p.m.
Thu-Sat:	7:00 a.m. – one hour after finals

EVENT PERSONNEL	Referee: Admin Referee Meet Director	Lucy Duncan Tracey Garrett Arlene McDonald	Lucyuss@aol.com swimmeets@att.net arlene@inswimming.org								
FORMAT	These meets will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. If preliminaries are flighted, Women's flights will be concluded each morning prior to beginning the Men's flights. The top two heats of swimmers from preliminaries will advance to "A" (Championship) and "B" (Consolation) heat in the Finals. In the Finals, the "B" heat will swim first, followed by the "A" heat.										
DISTANCE FREESTYLE	The 800 and 1500 freestyle events will swim as Timed Finals. Positive check-in is required prior to the scratch deadlines in order to compete in the distance events. The distance freestyle events on Day 1 will swim fastest to slowest, alternating women and men. On day four all but the fastest seeded heat in each gender of the distance freestyle events will swim fastest to slowest at the end of the morning session, with the fastest seeded heat in each gender swimming in event order during the Finals session.										
BONUS EVENTS	Any swimmer who has one or more qualifying standards in individual events may enter up to two bonus events.										
ENTRY LIMIT	Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day.										
ENTRY FEES	<table><tr><td>Individual Events</td><td>\$20 per event</td></tr><tr><td>Coach Credential</td><td>\$20 per coach</td></tr><tr><td>COVID-19 Protocol Fee</td><td>\$35 per person</td></tr><tr><td>Foreign Swimmer Surcharge*</td><td>\$35 per person</td></tr></table> *Swimmers who are not eligible to represent the U.S. in international competition, but who are 2021 Premium or Outreach members of USA Swimming and currently residing in the U.S. Any athlete (foreign or eligible to represent the U.S. in international competition) Foreign athletes who reside outside of the U.S. are not eligible to compete. Additional information will be outlined in the Indianapolis TYR Pro Swim Series COVID Protocols.			Individual Events	\$20 per event	Coach Credential	\$20 per coach	COVID-19 Protocol Fee	\$35 per person	Foreign Swimmer Surcharge*	\$35 per person
Individual Events	\$20 per event										
Coach Credential	\$20 per coach										
COVID-19 Protocol Fee	\$35 per person										
Foreign Swimmer Surcharge*	\$35 per person										
LATE ENTRIES	Late entries will not be accepted for this event.										
RELAYS	There will be no relays at these meets.										
PRIZE MONEY	There will be no prize money for the 2021 TYR Pro Swim Series.										
SCRATCHES	<i>Scratches and positive check-in for Day 1 events are due to the Administrative Referee no later than 8:00 p.m. on Tuesday, May 11, 2021, and may be submitted by email to Bob Matlack at Bob@swmeets.com. All subsequent day's events scratches are due 30 minutes after the start of the previous Finals session.</i> There is no penalty for failing to compete in a preliminary or timed final heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day and seven-event/meet limit. A swimmer qualifying for an A or B Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.										
CREDENTIALS	Each participating team may receive one coach deck credentials for the meet (fees and membership criteria applies). Exceptions to this will be handled on a case-by-case basis. Teams must submit their coaches for credentialing to USA Swimming with their entries. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. The replacement fee for a lost credential is \$100, payable to the event host.										
TIME TRIALS	Time Trials will be conducted after the morning sessions Thu-Sat. Entry fees for time trials are the same as for the meet. Entries will be accepted through OME.										
BROADCAST STATEMENT	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 USA Swimming.										
IMAGE AUTHORIZATION	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of 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.

SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.

SAFETY

Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance USA Swimming safety procedures.

PARKING

Parking is available in the attached Natatorium Sports Garage for \$7 per entry, credit or debit card only (no cash). Prices are determined and retained by IUPUI Parking Services and are subject to change. Multi-day team parking permits will be available for purchase by coaches through USA Swimming's OME system as part of the team registration process.

SPECTATORS

Spectators will not be allowed at this event.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization 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 these events. 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.

DOPING CONTROL

The 2021 TYR Pro Swim Series events are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Summary of Modifications for 2021](#)

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#).

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the

[Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions.”

Understand the Sample Collection Process:

Per USADA: “Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete’s rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#).” NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA’s established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA’s crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of- competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Master’s and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



May 12-15 (Wed-Sat), 2021

WOMEN'S EVENT #	EVENT ORDER	MEN'S EVENT #
	Wednesday, May 12*	
1	1500m Freestyle	2
	Thursday, May 13	
3	100 Freestyle	4
5	100 Breaststroke	6
7	200 Butterfly	8
9	400 Freestyle	10
	Friday, May 14	
11	200 Freestyle	12
13	200 Backstroke	14
15	400 Individual Medley	16
17	100 Butterfly	18
	Saturday, May 15	
19	100 Backstroke	20
21	200 Breaststroke	22
23	50 Freestyle	24
25	200 Individual Medley	26
27	800 Freestyle^	28

*Wednesday session begin at 5:00 p.m. These events will be swum fastest to slowest as a timed final session.

^ The fastest 8 seeded athletes in each gender will swim in the Finals session.



PRO SWIM
S E R I E S



CHAMPIONSHIP
SERIES ★★ ★★

TIME STANDARDS 2020-21

TYR PRO SWIM SERIES

WOMEN	EVENT	MEN
LCM		LCM
25.99	50 FR	23.19
56.29	100 FR	50.49
2:01.69	200 FR	1:50.79
4:16.89	400 FR	3:57.29
8:48.09	800 FR	8:12.99
16:49.19	1500 FR	15:44.89
1:02.69	100 BK	56.59
2:14.69	200 BK	2:02.99
1:10.99	100 BR	1:03.29
2:33.29	200 BR	2:17.89
1:00.69	100 FL	54.19
2:14.59	200 FL	2:01.19
2:17.39	200 IM	2:04.09
4:51.79	400 IM	4:25.99