

2026 MID-STATES 14 & UNDER ALL-STAR CHAMPIONSHIPS

Sponsored by Speedo

IU Natatorium - Indianapolis

January 3-4, 2026

SANCTION: This meet is being held under the sanction of USA Swimming and Indiana Swimming.
Sanction #IN26000

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Indiana Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

LOCATION: IU Natatorium, 901 W. New York Street, Indianapolis, IN 46202

FACILITY: Competition Pool: Two eight-lane, 25-yard pools with a depth ranging from 9' - 10', Competitor lane lines with custom designed starting blocks, Colorado electronic timing equipment, and Daktronics scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Continuous eight-lane warm-up course available in the North pool (scoreboard end). Meet competition will be held in the South pool (diving well end) except for the 1650 freestyle events which will be swum in both pools by gender.

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 IU INDIANAPOLIS Parking Services. Host is unable to negotiate pricing, nor does host receive any revenue from parking fees.

RULES: Current USA Swimming rules will govern. Swimmers must be ages 14 & Under and registered with USA Swimming in Ohio, Kentucky, Michigan, Minnesota, Wisconsin, or Indiana to be accepted into this meet. Each LSC has its own team selection process. Age as of 01/03/26 shall determine the swimmer's age for the entire meet.

At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

Coaches MUST constantly display their current USA Swimming coach credential to gain deck access. Meet management and/or the meet referee reserve the right to ask for coach credential display and/or deny deck access if coach does not comply or membership is no longer valid/current. Deck Pass is acceptable proof of USA Swimming membership.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. Only swimsuits complying with World Aquatics swimsuit specifications may be worn in any USA Swimming sanctioned competition.

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.

Medical personnel, lifeguards, and AED devices will be available to athletes participating in the meet.

Deck changes are prohibited.

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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.

Safe Sport 360: The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

EVENT LIMIT: A swimmer may compete in a maximum of six individual events and two relays for the meet.

- **MEET FORMAT:** All events are timed finals and will be seeded from slowest to fastest, **with the exception of the 1650's which will be swum "Fastest To Slowest" (Change)** There are 3 heats of each event with the exception of relays (2 heats) and 1650s. The 1650's will be swum as 11-14 events seeded by time but scored/awarded by age group. ***Entry Times: 11-12 200'S OF STROKE (Fly, Back & Breast) must be entered with a 200 Time or entered as NT**

The host will provide one timer per lane for the 1650 events. Teams are responsible for providing a counter for each 1650 participant. The counter should be a credentialed participant in the meet (coach/athlete).

All events will be swum in the south pool (diving-well end) except for the 1650 which will be swum in two pools by gender. **Flyover starts will be used in this meet.** *Wedges and backstroke ledges will be available for swimmer use.

INDIVIDUAL EVENTS: Each team will be entitled to enter four (4) swimmers in each individual event.
Exception: 11-14 1650 is limited to 6 swimmers of each gender per team.
There will be no on-deck registrations accepted at this meet.

RELAYS: Each team will be entitled to enter 2 relays per relay event.

SCORING: Individual Events: 20—17—16—15—14—13—12—11—9—7—6—5—4—3—2—1
Relay Events: 40—34—32—30—28—26—24—22.

AWARDS: Medals will be given for places 1-3 in each event. The 11-14 1650 Freestyle events will be awarded by age group (11-12 and 13-14). There will be no awards ceremonies. Team scores will be kept. There will also be record breaker recognition.

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ENTRY & DEADLINE: Each LSC has its own unique team application, swimmer entry fees, and entry deadlines. Therefore, clubs and individual swimmers need to check with their LSC team contact (information listed below) regarding the application process, fees, and deadlines that are applicable to their team.

Team entries are due via email to the Mid-States Entry Chair by Friday December 26, 2025, at 8:00 PM. HY-TEK OR TEAM UNIFY ENTRY FILE IS REQUIRED ALONG WITH A PDF OF THE TEAM ENTRY REPORT to use if there are questions with the electronic file.

E-MAIL TEAM ENTRIES TO:

Lucy Duncan lucyuss@aol.com 317.946.1371

*The Entry Chair will send a report back to the teams no later than Saturday prior to the meet. Team Entry Chairs can then make entry changes via email or phone with the host Entry Chair by **Tuesday December 30, 2025, by NOON.** Changes made after that time will not be reflected in the seeded heat sheets nor on T-shirt design options.*

MEET DIRECTOR:

For any further information or assistance, please contact:
Tony Young tony@inswimming.org 317.441.8323

LSC CONTACTS:

Team Indiana	inswimming.org	tony@inswimming.org
Team Kentucky	kylsc.org	kyswim@kylsc.org
Team Ohio	swimohio.com	malewis@hb.edu
	swimohio.com	office@swimohio.com
Team Michigan	mizoneteam.org	dawn.gurley@miswim.org
Team Minnesota	mnswim.org	dwentzel@mnswim.org
Team Wisconsin	wiswim.org	admin@wisconsinswimming.org
		michaelwhite184@gmail.com

TEAM ENTRY FEE:

Each team should submit **\$2,500** to cover the meet's operating expenses (facility rental, awards, hospitality, etc.) entry fees, and the event activities. Team entry fee checks, payable to Indiana Swimming, should be sent by **December 26, 2025**, to:

Indiana Swimming

ATTN: Mid-States Entries
11550 N. Meridian St.- Suite 260
Carmel, IN 46032

SEATING:

The seating rotates each year:

Southwest Bleachers – OH
Central West Bleachers – WI
Northwest Bleachers – IN
Southeast Bleachers – MI
Central East Bleachers – KY
Northeast Bleachers – MN

MEET JURY:

Each team will appoint one athlete and one adult to a meet jury which will have jurisdiction over technical protests, registration, or eligibility challenges.

SCRATCHES/ CHANGES:

Scratches, last minute swimmer changes (NOT time changes), and relay cards are due:
SAT: 10:30 am at the Technical Meeting
SUN: 7:30 am at the Head Table

The meet will not be re-seeded; scratched swimmers may be replaced with swimmers already entered the meet. If scratched swimmers are not replaced, affected lanes will be empty.

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- OFFICIALS:** The Referee for this meet will be Mickey Smythe. Indiana Swimming will have the primary responsibility for scheduling officials for the meet. Officials from all competing LSCs are welcome and encouraged to volunteer. Please see the application to officiate on page 9 of this meet announcement for more information.
- The officials' uniform for this meet will be black pants/shorts, white polo shirts, and white or black shoes/socks.
- TIMERS:** We welcome timers from all our participating teams! Volunteer timers will receive complimentary admission to the meet and complimentary meals during the sessions in which they are timing. Please email Tony Young at tony@inswimming.org your availability to time.
- SPECTATOR FEE:** Admission for spectator seating will be \$10.00 each day (children 8&U free). For spectator convenience and savings, two-day passes will be sold on Saturday for \$15. Seating areas on both sides of the Natatorium will be open for the convenience of spectators.
KY, MI, MN swimmers, and fans will be on the EAST side.
IN, OH, WI swimmers, and fans will be on the WEST side.
- DECK ACCESS:** ONLY swimmers, team coaches, credentialed managers and chaperones, credentialed volunteers, and working officials will be allowed on deck. No parents will be allowed on deck. Club coaches who are not part of the LSC team staff will not be allowed on deck. As per Indiana University policy, all adult participants in the meet (coaches, officials, and volunteers) must present a photo ID along with their credentials to gain deck access.
- HEAT SHEETS:** \$5.00 (will include Saturday and Sunday seeded events prior to scratches or changes)
- FINAL RESULTS:** Results will be posted on the Indiana Swimming website <http://www.inswimming.org>
- BROADCAST & IMAGE AUTHORIZATION:** Any photographs, videotape, or other audio and/or visual recordings of this 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 Swimming.
- All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Indiana Swimming under the conditions authorized by Indiana & 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 this Indiana Swimming competition to promote said competition. Videotaping & photography on deck during this event is only allowed by approved USA Swimming member coaches, media, webcasting staff, and host photographer in their professional capacities or volunteers assigned by the meet host.
- CONCESSIONS:** Concessions will be available during the meet.

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TEAM AND INDIVIDUAL PICTURES:

Team & Action Pictures by Sports Photography (SP)

Sports Photography (SP) will have two photo stations on deck set up beginning on Friday afternoon. SP will schedule team picture times that is more convenient for the teams coming on Friday to warm up. SP will photograph the remainder of the teams on Saturday morning. Times will be scheduled that can accommodate team warm-up times. SP will also have a booth set up in the upper concourse for late-arriving athletes who wish to be part of the team photo. This same booth may be used to reserve action shots or take award photos. Below you will find links to a page with pricing for team and individual photos on the website, and how to reserve action photos and how it works.

- https://sport-photography.com/team_and_individual_price_list/
- https://www.sport-photography.com/how_does_this_work/

**OPENING
CEREMONIES:**

At 11:30 AM on Saturday, athletes from all teams will participate in the opening ceremony parade and team cheer activity. Parade routes for each team will be explained at the Saturday morning Technical Meeting. Each team will be asked to identify an athlete flag carrier for the parade as well as prepare a team cheer to be performed during the opening ceremonies.

**FRIDAY
EVENING:**

The Natatorium will be open for 2026 Mid-States participants only for general warm-up/training on Friday, January 2, from 5:00 PM – 8:00 PM.

TEAM ACTIVITY:

Each team will have an individual 10-minute *Meet & Greet* with a National Team athlete on Saturday morning, immediately following the team picture in the Hospitality Room or on deck.

**MEET EVALUATION
MEETING:**

Sunday, January 4, at 7:00 AM in the Hospitality Room at the Natatorium

ORDER OF EVENTS

SATURDAY

Warm-Ups: 10:00 – 11:15 am
 Opening Ceremony: 11:30 am
 Meet Start: 11:45 am

GIRLS	EVENT	BOYS
1	13-14 200 IM	2
3	11-12 200 IM	4
5	10 & U 200 IM	6
7	13-14 100 Free	8
9	11-12 100 Free	10
11	10 & U 100 Free	12
13	*11-14 200 Back	14
15	11-12 50 Back	16
17	10 & U 50 Back	18
19	13-14 100 Breast	20
21	11-12 100 Breast	22
23	10 & U 100 Breast	24
25	*11-14 200 Fly	26
27	11-12 50 Fly	28
29	10 & U 50 Fly	30
	10-MINUTE BREAK	
31	13-14 200 Medley Relay	32
33	11-12 200 Medley Relay	34
35	10 & U 200 Medley Relay	36
	5-MINUTE BREAK	
*37	11-14 1650 Free	*38
<p><i>*Each LSC can enter 6 athletes of each gender. This event will be swum in two pools by gender. (5 girls' heats; 5 boys' heats) Depending on the number of entries, a mixed gender heat may be swum to accelerate the timeline.</i></p> <p>*New Events Added to 2025 Mid States 11-12 200's of Stroke. The 11-14yr old Event will be seeded by time and awarded & scored separately by age group & gender. The 11-12yr old 200 Event will be entered with a 100 11-12yr old Qualifying Time</p>		

SUNDAY

Warm-Ups: 7:30-8:30 am
 Meet Start: 8:40 am

GIRLS	EVENT	BOYS
39	13-14 200 Free Relay	40
41	11-12 200 Free Relay	42
43	10 & U 200 Free Relay	44
	BREAK^	
45	13-14 400 IM	46
47	11-12 100 IM	48
49	10 & U 100 IM	50
51	13-14 200 Free	52
53	11-12 200 Free	54
55	10 & U 200 Free	56
57	*11-14 200 Breast	58
59	11-12 50 Breast	60
61	10 & U 50 Breast	62
63	13-14 100 Fly	64
65	11-12 100 Fly	66
67	10 & U 100 Fly	68
69	13-14 50 Free	70
71	11-12 50 Free	72
73	10 & U 50 Free	74
75	13-14 100 Back	76
77	11-12 100 Back	78
79	10 & U 100 Back	80
81	13-14 500 Free	82
83	11-12 500 Free	84
<p><i>^A brief break will be instituted after the relays to ensure a minimum of 15 minutes between the end of the last 13-14 girls relay and the first individual event for 13-14 girls.</i></p>		

WEEKEND SCHEDULE

Friday, January 2, 2026

5:00 PM – 8:00PM

Natatorium Open for General Warm-Up for Early-Arriving Athletes

Saturday, January 3, 2026

8:15 AM

Spectator Seating Area Opens

7:45 AM – 10:00 AM

TEAM CHECK-IN

EAST CONCOURSE (Side Opposite Parking Garage) – KY, MI, MN

WEST CONCOURSE (Parking Garage Side) – IN, OH, WI

Teams should remain in the designated team seating areas in the spectator stands until called to the deck by the announcer approximately 15 minutes before the scheduled picture times below.

Credentials are required at all times for deck entry.

TEAM PICTURES: FOLLOWED BY TEAM MEET & GREET WITH NATIONAL TEAM ATHLETE

8:00 am Indiana

8:45 am Kentucky

8:15 am Ohio

9:00 am Minnesota

8:30 am Wisconsin

9:15 am Michigan

10:00 AM -11:15 AM

General Warm-Up

***SOUTH POOL** (scoreboard end)

***NORTH POOL** (diving well end)

Ohio **LANES 1 - 2**

Wisconsin **LANES 1 - 2**

Michigan **LANES 3 - 4**

Indiana **LANES 3 - 4**

Minnesota **LANES 7 - 8**

Kentucky **LANES 7 - 8**

*The four largest teams will be assigned an additional lane.

10:30 AM

Technical Meeting for Coaches: Hospitality Room

10:45 AM

Officials Briefing: NW Classroom – Scoreboard End

11:00 AM

Timers Meetings: Deck Bleachers Next to Timing & Scoring Table

11:15 AM

Clear Competition Pool

11:30 AM

Opening Ceremonies: Athlete Parade & Team Cheers

(Details/protocol will be discussed at Technical Meeting.)

11:45 AM

Meet Starts

Sunday, January 4, 2026

7:00 AM

Meet Evaluation Meeting: Hospitality Room at Nat

(All Team Managers bring suggestions, changes)

7:30 AM

Spectator Seating Area Opens

Officials Briefing: NW Classroom – Scoreboard End

7:30 AM -8:30 AM

General Warm-Up

***NORTH POOL** (diving well end)

***SOUTH POOL** (scoreboard end)

Ohio **LANES 1 - 2**

Wisconsin **LANES 1 - 2**

Michigan **LANES 3 - 4**

Indiana **LANES 3 - 4**

Minnesota **LANES 7 - 8**

Kentucky **LANES 7 - 8**

*The four largest teams will be assigned an additional lane.

7:45 AM

Timers Meeting: Deck Bleachers Next to Timing & Scoring Table

8:30 AM

Clear Competition Pool

8:40 AM

Meet Starts

HOTEL RESERVATION INFORMATION

HOTEL INFORMATION: Indiana Swimming has reserved hotel blocks in downtown Indianapolis for Mid States LSC Team Participants & their families. [CLICK HERE](#) To access the hotel reservation information.

Hotel Reservation Questions: For any other reservation issues, please contact the hotel directly or Tony Young at tony@inswimming.org

APPLICATION TO OFFICIATE

Applicant must be a member of USA Swimming and an LSC certified official.

To access the online application to officiate **CLICK HERE** <https://forms.gle/j2iNf88nhVw9vxEd7>

Assigned positions deadline is **December 29, 2025**. Applications for non-specific deck positions will be accepted at any time. All officials are encouraged to volunteer.

The officials' uniform for this meet will be black pants/shorts, white polo shirts, and white or black shoes/socks.

*For Questions, Please contact Mid-States Meet Referee Mickey Smythe

Mickey Smythe

Email: mickeysmythe@comcast.net

Phone: 317-748-9888