



# FLASHES AQUATICS

## Spooky Sprints

Friday-Sunday October 24th-26th,  
2025

**SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming.

Sanction Number #IN26013

**LOCATION:**

Franklin Central High School

6215 S. Franklin Road

Indianapolis, IN 46259

Enter through door #8W; Exit through door #8W

**FACILITY:** Franklin Central High School is a 25-yard, 8-lane short course pool with a diving well. Pool depth is 4' at entry and 5'6" at the turn. The competition course has not been certified in accordance with 104.2.2C(4). The diving well portion of the pool will be available to swimmers to warm up and cool down.

- Due to USA Swimming insurance requirements, ONLY swimmers, coaches, officials and volunteers are allowed on deck – NO exceptions.
- Keep all trash picked up (swimmers, teams and spectators)
- Franklin Central campus is a tobacco free facility.
- No glass will be allowed on deck!
- Anyone caught abusing the facilities will be asked to leave the meet immediately.

**ELIGIBILITY:** Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of October 24th, 2025 shall determine the swimmer's age for the entire meet. Indiana Swimming does not process onsite memberships.

**RULES:**

Current USA Swimming and Indiana Swimming rules will govern this 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.

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.

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

Deck changes are prohibited.

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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair.

Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming rule 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.

All coaches and officials are required to sign in upon arrival.

## GUIDELINE

**COMPLIANCE:** Flashes Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Indiana Swimming, the State of Indiana, and local health department. Masks may be worn if needed.

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

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned

events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

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

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](http://www.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 in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the actual competition], who has not completed Athlete Protection Training 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 [insert same date], 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.

**FORMAT:** The meet will be timed finals format with one session on Friday, and 2 sessions on Saturday and Sunday. Flashes Aquatics reserves the right to limit the number of entries in any event to achieve a 4-hour maximum timeline. FA reserves the right to use “fly-over” starts for all events.

**ENTRY LIMITS:** Swimmers are limited to no more than four (4) individual events per day, no more than two (2) relays, and no more than a combination of 12 total events, the swimmer will be entered in the order of events until the rule is satisfied. Flashes Aquatics reserves the right to limit the number of entries in any event to achieve a reasonable timeline.

#### **CONSOLIDATED**

**EVENTS:** Events will be seeded slowest to fastest. Published results for these events will be separate for each age group and gender.

#### **ENTRIES**

**DEADLINE:** Entries will be accepted starting: September 29th, 2025. Entry deadline will be: October 19th, 2025. Entry file will be submitted to:

Kyle Massengale

Email: [flashes.ascheadcoach@gmail.com](mailto:flashes.ascheadcoach@gmail.com)

**DECK ENTRIES:** Deck entries **will not be accepted** as all events will be pre-seeded

**ENTRY CHAIR:** Kyle Massengale

Email: [flashes.ascheadcoach@gmail.com](mailto:flashes.ascheadcoach@gmail.com)

**MEET DIRECTOR:** Becky Hull

Email: [flashes.manager@gmail.com](mailto:flashes.manager@gmail.com)

**FEES:** Each swimmer will be charged IN Swimming surcharge fee of \$20.00 per swimmer plus \$7.00 per individual event entry will be charged and \$13.00 per relay.

**REFUNDS:** In any meet sanctioned by Indiana Swimming other than Championship Meets, the host team shall limit the number of swimmers in

any one or more events to maintain a reasonable length of the meet. In the event that entries are limited, the host team must return the entry fees to the club(s) whose swimmers are not allowed to compete in the specific event(s).

CHECK-IN: Check in is not required for all athletes, **meet will be pre-seeded**

AWARDS: High Point Winners: We will award male and female of 10 and under-11-12, 13-14 and 15 and Over

SCORING: Meet will be scored

FINAL RESULTS: Results will be sent via email following the conclusion of the meet.

HEAT SHEETS: Available on Meet Mobile

ADMISSION: Flashes Aquatics will NOT be charging an admissions fee.

OFFICIALS: Any officials that are willing to help at our meet, please contact the Meet Referee.

MEET REFEREE: Patrick Patterson  
Email: [patrick.a.patterson@outlook.com](mailto:patrick.a.patterson@outlook.com)

CONCESSIONS: None

HOSPITALITY: Will be provided for coaches, officials and volunteers



| Friday PM |                     |      |
|-----------|---------------------|------|
| Girls     | Event               | Boys |
| 1         | 10 & Under 200 Free | 2    |
| 3         | 11 & 12 200 Free    | 4    |
| 5         | 13-14 500 Free      | 6    |
| 7         | 15 & Over 500 Free  | 8    |
| 9         | 10 & Under 200 IM   | 10   |
| 11        | 11 & 12 200 IM      | 12   |
| 13        | 13-14 400 IM        | 14   |
| 15        | 15 and Over 400 IM  | 16   |



| Saturday AM |                          |      |
|-------------|--------------------------|------|
| Girls       | Event                    | Boys |
| 17          | 13-14 200 Free           | 18   |
| 19          | 15 & Over 200 Free       | 20   |
| 21          | 13-14 100 Back           | 22   |
| 23          | 15 & Over 100 Back       | 24   |
| 25          | 13-14 200 Breast         | 26   |
| 27          | 15 & Over 200 Breast     | 28   |
| 29          | 13-14 100 Fly            | 30   |
| 31          | 15 & Over 100 Fly        | 32   |
| 33          | 13-14 50 Free            | 34   |
| 35          | 15 & Over 50 Free        | 36   |
| 37          | 13-14 200 Free Relay     | 38   |
| 39          | 15 & Over 200 Free Relay | 40   |

| Saturday PM |                           |      |
|-------------|---------------------------|------|
| Girls       | Event                     | Boys |
| 41          | 11-12 100 Free            | 42   |
| 43          | 10 & Under 100 Free       | 44   |
| 45          | 11-12 50 Back             | 46   |
| 47          | 10 & Under 50 Back        | 48   |
| 49          | 11-12 100 Breast          | 50   |
| 51          | 10 & Under 100 Breast     | 52   |
| 53          | 11-12 50 Fly              | 54   |
| 55          | 10 & Under 50 Fly         | 56   |
| 57          | 11-12 100 IM              | 58   |
| 59          | 10 & Under 100 IM         | 60   |
| 61          | 11 & 12 200 Free Relay    | 62   |
| 63          | 10 & Under 200 Free Relay | 64   |

| Sunday AM |                            |      |
|-----------|----------------------------|------|
| Girls     | Event                      | Boys |
| 65        | 13-14 100 Free             | 66   |
| 67        | 15 and Over 100 Free       | 68   |
| 69        | 13-14 200 Back             | 70   |
| 71        | 15 and Over 200 Back       | 72   |
| 73        | 13-14 100 Breast           | 74   |
| 75        | 15 and Over 100 Breast     | 76   |
| 77        | 13-14 200 Fly              | 78   |
| 79        | 15 and Over 200 Fly        | 80   |
| 81        | 13-14 200 IM               | 82   |
| 83        | 15 and Over 200 IM         | 84   |
| 85        | 13-14 200 Medley Relay     | 86   |
| 87        | 15 & Over 200 Medley Relay | 88   |

| Sunday PM |                             |      |
|-----------|-----------------------------|------|
| Girls     | Event                       | Boys |
| 89        | 11-12 50 Free               | 90   |
| 91        | 10 and Under 50 Free        | 92   |
| 93        | 11-12 100 Back              | 94   |
| 95        | 10 and Under 100 Back       | 96   |
| 97        | 11-12 50 Breast             | 98   |
| 99        | 10 and Under 50 Breast      | 100  |
| 101       | 11-12 100 Fly               | 102  |
| 103       | 10 and Under 100 Fly        | 104  |
| 105       | 11 & 12 200 Medley Relay    | 106  |
| 107       | 10 & Under 200 Medley Relay | 108  |

**Meet Schedule:**

|                 | Morning Sessions |            | Afternoon Sessions  |                       |
|-----------------|------------------|------------|---------------------|-----------------------|
|                 | Warm-ups         | Meet Start | Warm-ups Not Before | Meet Start Not Before |
| <b>Friday</b>   |                  |            | 4:30pm - 5:15pm     | 5:30pm                |
| <b>Saturday</b> | 7:00am - 7:45am  | 8:00am     | 12:00pm - 12:45pm   | 1:00pm                |
| <b>Sunday</b>   | 7:00am - 7:45am  | 8:00am     | 12:00pm - 12:45pm   | 1:00pm                |



**FLASHES AQUATICS – Spooky Sprints**  
**Friday, October 24th-26th, 2025**

**OFFICIALS VOLUNTEER SHEET**

Please indicate the names of any officials who would be willing to help at the meet and the sessions they would be willing to work. Priority will be given to teams willing to work.

**Name:** \_\_\_\_\_

**Phone & Email (If Known):** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone & Email (If Known):** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone & Email (If Known):** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone & Email (If Known):** \_\_\_\_\_

***Please return this sheet with your entry or email Dalton Herendeen at:***  
**[flashesheadcoach@gmail.com](mailto:flashesheadcoach@gmail.com)**





## **Directions - Franklin Township High School**

6215 S. Franklin Road  
Indianapolis, IN 46259  
Use door #11W

### **Coming from the North**

Take 465 South to Exit 49 (I-74 East). Merge onto I-74 East, and continue to Exit 96 (Post Rd.) Exit onto Post Rd. and turn Right (South). Turn Right at Northeastern Ave, then Left (South) on Franklin Rd. FCHS will be on your left in approximately 1.5 miles.

### **Coming From the East**

Take I-70 West to I 465. Merge onto I-465 South and continue to Exit 49 (I-74 East). Merge onto I-74 East, and continue to Exit 96 (Post Rd.) Exit onto Post Rd. and turn Right (South). Turn Right at Northeastern Ave, then Left (South) on Franklin Rd. FCHS will be on your left in approximately 1.5 miles.

### **Coming from the South**

Take I65 North to exit 103 (Southport Rd.). Turn East (Right) onto Southport Rd. Turn North (Left) onto Franklin Rd. FCHS will be ahead on your right in approximately 1 mile.

### **Coming From the West**

Take I-74/I-70 East to 465 South. Continue to Exit 49 (I-74 East). Merge onto I-74 East, and continue to Exit 96 (Post Rd.) Exit onto Post Rd. and turn Right (South). Turn Right at Northeastern Ave, then Left (South) on Franklin Rd. FCHS will be on your left in approximately 1.5 miles.