

# Spring Nationals Preview

## Fast Cars and Fast Pools in Indy

Take Your Mark,  
GO (to Indy)



**M**ay 2013 will start with a splash and end with the roar of engines in Indianapolis, with Spring Nationals happening May 9–12 and the Indy 500 on May 26. The USMS national championship event returns for a sixth time to the renowned IU Natatorium on the Indiana University–Purdue University Indianapolis campus.

The competition pool is 50 meters long and 25 yards wide. Two moveable bulkheads will allow simultaneous competition in two eight-lane, 25-yard courses. The pool is 9 feet deep at the ends and 10 feet deep in the center. Water temperature is maintained at 79 degrees F. Seven lanes of warm-up space will be available in the diving well, with six more lanes in the 50-meter instructional pool. At least one lane for swimmers over age 65 will be available at all times.

With a seating capacity of 4,700, the natatorium provides more spectator space than any other permanent pool in the nation. Additional swimmer seating will be provided on the pool deck.

More than 100 American records and 15 world records have been set in this pool. “It’s a world-record-setting kind of pool—people usually swim very well here,” says meet director Kris Houchens. She’s heard that dozens of former participants plan to return. Many top-caliber swimming competitions have been hosted at IUPUI, including the 1984, 1992, and 1996 Olympic Trials, the 1987 Pan American Games, the 2009 ConocoPhillips National Championship, and World Championship Trials.

The pool is conveniently located downtown, less than a half-mile walk from many meet hotels and close to restaurants and cultural sites. Circle Center Mall and Victory Field, the site of the meet social, are a short stroll away. Eight miles of bike and pedestrian trails, connecting downtown hotels, cultural districts, restaurants, and attractions, will be completed before Spring Nationals.

Festivities surrounding the 97th Indianapolis 500 car race will be in full swing in May. The 500 events associated with the 500 Festival will kick off with the best-attended half-marathon in the country on May 4. The week-

### CONTACT INFORMATION

usms.org  
www.indyaquaticmasters.com  
facebook.com/usmastersswimmingfanpage

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end of the swim meet, the Kids Festival at Monument Circle will be the big event. Children of all ages will enjoy a 70-foot Ferris wheel, mini-car racing, race-themed arts and crafts, face painting, and more.

### NEARBY SIGHTSEEING VENUES

About a mile from the pool is the Indianapolis Zoo ([www.indyzoo.com](http://www.indyzoo.com)), located on 70 acres near White River State Park. Rated among the nation's top 10 zoos by TripAdvisor, the zoo hosts more than 350 different animal species. The zoo's Oceans exhibit features the world's largest shark touch tank and the Dolphin Adventure offers the world's first totally submerged dolphin viewing experience.

Rated the best children's museum in the world by Child Magazine, the Children's Museum of Indianapolis ([www.childrensmuseum.org](http://www.childrensmuseum.org)) is also the world's largest. Located about 2 miles from the natatorium, it's a huge, five-level playground where children and parents can learn about science, history, art, and culture. Among the interactive, hands-on attractions are National Geographic Treasures of the Earth (featuring world-renowned archaeological sites), the Dinosphere (see life-size, roaring dinosaur skeletons and simulated fossil digs), and Fireworks of Glass (a 43-foot sculpture by artist Dale Chihuly).

An outdoor concert, interaction with dolphins, a day at the ballpark, gondola ride, or viewing of Native American art can all be enjoyed in the 250-acre Canal and White River State Park Cultural District ([www.discovercanal.com](http://www.discovercanal.com)). A stroll along the limestone walkway provides an incredible view of the downtown skyline.

The Eiteljorg Museum of American Indians and Western Art ([www.eiteljorg.org](http://www.eiteljorg.org)) contains one of the world's finest Native American and Western art collections according to *True West* magazine. Artwork includes traditional and contemporary pieces by T.C. Cannon, N.C. Wyeth, Andy Warhol, Georgia O'Keeffe, Allan Houser, Frederic Remington, Charles Russell, and Kay WalkingStick.

## TRAVEL INFORMATION

### Ground Transportation and Airport

Indianapolis International Airport is located approximately 10 miles or 20 minutes from the listed hotels and the IU Natatorium. Transportation from the airport is available by taxi or hotel shuttle.

The airport opened a new terminal in November of 2008. If you have traveled to Indianapolis before you may make note of the changes, primarily a larger terminal area with more services.

Car rental is available at the airport.

### Social

The Indianapolis Indians, Triple A minor league team, will be playing the Toledo Mud Hens at Victory Field on May 11, 2012. This is the oldest minor league rivalry in America. We're planning a special event at the game in the Coors Light picnic area in right field. Indy Aquatic Masters will host a buffet with beer and wine included (5:30–7:00 p.m.), reserved seats for the game, and fireworks after the game for \$30. Limited tickets will be available during online entry. Victory Field is within walking distance of the IU Natatorium and our headquarters hotels. It's a great setting for catching up with your friends even if you don't like baseball.

### Hotel Information

Book your rooms early for the best deals at the most convenient hotels. There will not be any shuttle service between the hotels and the natatorium.

### Parking

All parking on the IUPUI campus requires payment. Parking for the IU Natatorium can be purchased online with your online entry. Your parking pass will be sent to you prior to the meet. Cost for a 5-day parking pass is \$40. Daily parking rates on campus vary from \$2–4 per hour.

For more information on accommodations and tourist attractions, go to [visitindy.com](http://visitindy.com). When making reservations, mention "USMS Nationals" to get special rates.

### Hotels

»» Embassy Suites  
(2.3 miles) \$159  
110 West Washington Street  
317-236-1800  
Group: USMS 2013  
USMS Spring Nationals  
[embassysuites.com](http://embassysuites.com)

»» JW Marriott  
(0.7 mile) \$129  
10 South West Street  
877-303-0104  
Group: 2013 USMS Spring Nationals  
[jwintdy.com](http://jwintdy.com)

»» Fairfield Inn  
(0.6 mile) \$95  
501 West Washington Street  
888-236-2427  
Group: 2013 USMS Spring Nationals  
[marriott.com](http://marriott.com)

»» Springhill Suites  
(0.6 mile) \$109  
601 West Washington Street  
888-236-2427  
Group: USMUSMA  
[marriott.com/hotels/travel/indsd-springhill-suites-indianapolis-downtown](http://marriott.com/hotels/travel/indsd-springhill-suites-indianapolis-downtown)

»» Courtyard Downtown  
(0.6 mile) \$99  
601 West Washington Street  
888-236-2427  
Group: 2013 USMS Spring Nationals  
[marriott.com](http://marriott.com)

»» Courtyard Canal  
(0.7 mile) \$119  
320 North Senate Avenue  
888-236-2427  
Group: 2013 USMS Spring Nationals  
[marriott.com](http://marriott.com)

»» Residence Inn Canal  
(0.7 mile) \$134  
350 West New York Street  
888-236-2427  
Group: 2013 USMS Spring Nationals  
[marriott.com](http://marriott.com)

»» Wyndham Indianapolis West  
(9 miles) \$99  
2544 Executive Drive  
317-381-6102  
Group: 2013 USMS Spring Nationals



# Spring Nationals Preview



Competitors who love sports will enjoy visiting the NCAA Hall of Champions and Conference Center ([ncaahallofchampions.org](http://ncaahallofchampions.org)). “It’s very interactive—there are lots of sports games,” says Lisa Wallace of Visit Indy. The Hall offers a downhill skiing simulator, video games in which visitors throw real balls at moving targets, and a theater video about student-athlete academic and athletic life. Visitors can also learn about NCAA championship sports through kiosks that share sport-specific trivia, past champions, and more.

Swimmers who are fast-car fans can head for the Indianapolis Motor Speedway Hall of Fame, 5 miles northwest of downtown. Seventy-five racecars are always on display, including four driven by A.J. Foyt and 30 other Indianapolis 500 winners.

## WINING AND DINING

With more than 200 restaurants downtown, swimmers will have no difficulty satiating their post-meet appetites. Whether the diner’s preference is prime rib, steak, sushi, or Italian, many restaurants are within walking distance or a short cab ride away.

Wallace suggests Libertine and Ball and Biscuit to swimmers seeking upscale bars to socialize. Nearby Broad Ripple is most popular for nightlife—concerts, live music, comedy clubs, bars, dancing—they’re all there.

Black Market and Tavern on South are two gastropubs to check out. The century-old Tavern on South offers a patio view overlooking downtown Indianapolis and Lucas Oil Stadium.

The signature dish in Indianapolis is shrimp cocktail served with hair-raisingly hot sauce at the five-star St. Elmo Steak House. It might be prudent to sample this post-race, since the Travel Channel named it the spiciest dish on the planet in 2009, ahead of red chilies in Honduras, currywurst in Germany, and spiced sardines and chicken curry in India.

Fresh, local fare can be savored in an outdoor setting at Chef JJ’s Back Yard. A fresh and hearty taste of New Orleans can be sampled at Yats.

Swimmers can sink their teeth into a tasty burger at Room 4, Bru Burger, Workingman’s Friend, or Mug-n-Bun. Mug-n-Bun also serves homemade root beer, Coney dogs, and tenderloin sandwiches. A slice of pizza can be enjoyed at Bazbeaux. Shapiro’s Delicatessen and Ralph’s Great Divide are other good stop-ins for casual fare.

Don’t wait too long to plan your trip to Indy—book your hotel rooms early to get the best deals at the most convenient hotels. Masters swimmers across the nation will flock to this amazing natatorium where fast swimming is a tradition. —SUSAN DAWSON-COOK

### REGISTER ONLINE

Visit [usms.org/comp/scnats13](http://usms.org/comp/scnats13)

**PAPER ENTRY FORMS** available by calling 1-800-550-SWIM (7946)

## CHECK-IN DEADLINES

Positive check-in is required for the 400 IM and 500, 1000, and 1650 freestyles, and will be required for the 100s and 200s if it is determined that deck seeding is necessary. Check-in may be done in person at the registration area or via the Internet at [usms.org](http://usms.org) according to the following schedule:

Date	Event	In-Person Check-in*	Online Check-in*
Thursday, May 9	1000 freestyle	Weds. 3–8 p.m.; Thurs. by 7 a.m.	Tues. 7 a.m.–Thurs. by 7 a.m.
	1650 freestyle	Weds. 3–8 p.m.; Thurs. by 9 a.m.	Tues. 7 a.m.–Thurs. by 9 a.m.
Friday, May 10	400 IM	Weds. 3–8 p.m.; Fri. by 7 a.m.	Tues. 7 a.m.–Fri. by 7 a.m.
Saturday, May 11	500 freestyle (men)	Weds. 3–8 p.m.; Sat. by 7 a.m.	Tues. 7 a.m.–Sat. by 7 a.m.
Sunday, May 11	500 freestyle (women)	Weds. 3–8 p.m.; Sun. by 7 a.m.	Tues. 7 a.m.–Sun. by 7 a.m.

\*All times are Eastern Daylight Saving Time. If the 100 and 200 events are deck seeded, their check-in deadlines will be 8 a.m. on the days they are swum.

## 2013 U.S. MASTERS SWIMMING SPRING NATIONAL CHAMPIONSHIP



### Location

IU Natatorium on IUPUI campus  
901 W. New York Street  
Indianapolis, IN 46202  
317-274-3518

### Facility

The IU Natatorium will accommodate two 25-yard competition courses and seating for 5,000. The pool is 9 feet deep at the ends and 10 feet in the center. Water is kept at 79 degrees F. For more on the facility, see page 34.

### Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of May 8, 2013. Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on May 8, 2013, at the venue. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered as "unattached." (See Entry Procedures.) International entries must include a copy of the swimmer's Masters swimming registration card and fees in U.S. dollars.

### Age Groups

Age for the meet is determined as of May 12, 2013, except for 18-year-olds, who must be 18 by May 8, 2013. Age groups for individual events: 18-24, 25-29, 30-34, 35-39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+ ... (10-year increments as high as necessary, determined by the age of the youngest relay member).

### Registration

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement, and liability release. Registration will be held at the IU Natatorium on the IUPUI campus on May 8, 2013, from 3:00 p.m. to 8:00 p.m., and on all other days from 6:30 a.m. through the end of competition.

### Seeding

All events—with the exception of the 1650, 1000, and 500 freestyles and 400 IM—will be preseeded unless meet management determines that the meet cannot be completed in a timely manner. A decision regarding preseeded and deck seeding for all 100-yard and 200-yard events will be announced at usms.org by April 22. Two courses will be used for all events. Men's heats will precede women's heats for each event, except that men's and women's heats may be seeded together for the 1000 and 1650 free-

styles. A decision regarding this will be announced at usms.org by April 22. The 1650 and 1000 freestyles and 400 IM will be seeded slowest to fastest by entry time, regardless of age. The 500 free may be seeded slowest to fastest by entry time, regardless of age. All other events will be seeded by age group, with the oldest age groups first, slowest to fastest within each group.

### Event Check-in

Coaches or teammates may check in online or in person for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check in will result in the swimmer being scratched from the event.

### Heat and Psych Sheets

Psych sheets for all individual events will be available on the usms.org website on or about April 19, 2013. Heat sheets for preseeded events will be available online around April 24, 2013. Heat sheets for deck-seeded events will be posted at various places around the pool deck for swimmers after the check-in deadlines.

### Warm-up Times

The competition pool will be open for warm-up on Wednesday, May 8, from 3:00 p.m. to 8:00 p.m. On competition days, the competition pool will be open from 6:30 a.m. until 7:50 a.m. and the warm-up pools will be available from 7:50 a.m. until the conclusion of the final event. The competition pool will be open for at least 30 minutes following the last event each day and until at least 7:00 p.m. on Thursday, May 8.

### Warm-up Procedures

Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition pool.

### Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be permitted to swim that event at another time.

### General Meeting

All swimmers, coaches, and officials are encouraged to attend or be represented at a general meeting at the IU Natatorium on Wednesday, May 8, at 6:00 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

### Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming. They will receive a commemorative gift

and will be entitled to VIP hospitality, which will include breakfast, lunch, snacks, and drinks. Cost is \$85 and the pass can be ordered on the meet entry form.

### Online Entries

Online entry is encouraged and provides immediate entry confirmation. Visit usms.org/comp/scnats13. Online registration will open no later than February 1, 2013, and will close at midnight Eastern Daylight Saving Time on April 4. The meet surcharge increases from \$50 to \$60 on March 15 (see Entry Deadline/Variable Surcharge/Mail Entry for dates applying to both online and paper registration).

### Paper Entries

Paper entry forms can be downloaded at usms.org/comp/scnats13 or will be mailed upon request by calling 1-800-556-SWIM (7946). Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register at the venue on May 8). A legible copy of a foreign swimmer's Masters registration card must accompany the entry form. A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

### Fees

Fees are \$4 per individual event plus a surcharge per swimmer. The surcharge varies according to date of entry. (See Entry Deadline/Variable Surcharge.) Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be received in writing (USPS or email) by April 11. No refunds will be given for events not swum. The surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "U.S. Masters Swimming."

### Entry Deadline/Variable Surcharge/Mail Entry

Online entries are encouraged and will be accepted until midnight Eastern Daylight Saving Time on April 4, 2013. All mailed entries must be postmarked with an official U.S. postmark (no business meters).

#### Surcharges:

Entry Postmarked By

March 7 or

Entry Received By

March 14

Amount: \$50

### OR

Entry Postmarked After

March 7 or

Entry Received Between

March 15 and April 4

Amount: \$60

Entries received after April 4 will be returned to sender. No telephone or email entries will be accepted. Mail entries early. Include a self-addressed stamped envelope with entry for proof of receipt. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification. Mail to: USMS Spring Nationals, P.O. Box 185, Londonderry, NH 03053-0185.

### National Qualifying Times/Number of Events/Sixth Event

Competitors may enter up to three individual events without meeting the national qualifying time, or a maximum of six events if they meet the NQTs (i.e., have swum a time equal to or better than the NQTs during the past two years). All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column.

### Distance Events

Swimmers may enter either the 1000 or the 1650 free, but not both.

### Relay Information

Swimmers can enter relays until 3:00 p.m. on the day before the relay is scheduled. Each competitor will be allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. Relay entry fees is in addition to individual events. Relay entry forms are available for download at usms.org.

### Time Verification (formerly OVCs)

Swimmers needing verification of times or wishing to have their times entered into the USA Swimming SWIMS Database (for entry into USA-S national meets) should complete a form at the meet prior to the swim. Contact the administrative referee at the meet.

### Service Animals

Please contact the meet director by April 4, 2013, if you require the use of a service animal. Animals other than service animals will not be permitted on deck or at the venue.

### Questions/Additional Information

Contact Meet Director  
Mel Goldstein  
317-253-8289  
goldsteinmel@sbcglobal.net