

FAST Last Chance Long Course Qualifier

hosted by Flyers Aquatic Swim Team
at the Kennedy Recreation Center Pool
St. Louis, MO

**Held under the sanction of USA Swimming/Ozark Swimming
Sanction # tbd**

Eligibility

Open to currently registered USA Swimming athletes only. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming membership will be dropped from the meet. There is a \$100 fine for entering nonregistered athletes in an Ozark meet. Coaches must be currently registered with USA Swimming as Coach members.

Athletes attending the meet unaccompanied by a USA Swimming coach must report to the Meet Referee or Meet Director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet they are entered in.

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 request.

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities and claims for damages arising from damages or injuries to anyone during the conduct of the event.

Meet Format

All of the technical and administrative rules of USA Swimming will apply. All events are timed finals.

Meet Contacts

Admin Official/Meet Director: Angie Dorsey (314) 852-5216 adorsey@fast-swimming.com

Meet Referees: Bruce Dreyer (314) 221-3802 bdreyer@fast-swimming.com

John Traube (314) 267-2971 john@traubetent.com

Meet Entry Contact: Angie Dorsey (314) 852-5216 adorsey@fast-swimming.com

Officials Coordinator: Jeff Heveroh (314) 846-2541 fastofficials@fast-swimming.com

Safety Marshall: Brian Ullery (314) 821-8390 brian.ullery@gmail.com

Facility

The Kennedy Recreation Complex pool is an outdoor 8 lane, 50 meter course. It is equipped with a fully automated timing system. There will be seating on the deck and an in-door crash area for swimmers & spectators.

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool depth at the start end is 13ft, the pool depth at the turn end is 3ft.

Directions & Parking

The Kennedy Recreation Complex pool is located at **6050 Wells Road, St. Louis, MO 63128**. A Google map link is available on the FAST team website (www.fast-swimming.com).

Entry Fees

Swimmer Surcharge: \$7.00 per swimmer
Individual Events: \$4.50 per individual event

No Refunds will be issued with the following exception. If a swimmer has not scratched out of a limited event and is held out of the event due to the entry limits (i.e. Open 200 Free), the team will be mailed a refund for the entry fee following the meet. This exception does not apply to swimmers who are scratched from a limited event during the positive check-in process.

Entry Limits

The meet will be limited to 150 swimmers prior to the addition of the host team entry. No Team entry will be split. The host team reserves the right to limit the entry for any specific event in order to provide reasonable timelines for each session. The host team reserves the right to include an additional heat of girls and boys in the Open 200 Individual Medley and Open 200 Freestyle to be filled by swimmers from the host team.

Swimmers may enter a maximum of 5 individual events per day.

Entry Limits

FAST reserves the right to limit the Open 200 Freestyle and Open 200 Individual Medley in order to maintain a reasonable time line.

Entry Process

FAST will begin to accept entries on **Wednesday, July 3rd at 9:00am CT**.

All Teams are required to send an entry file that is compatible with the Hytek Meet Manager Program.

All entries should be submitted by email to entries@fast-swimming. FAST will send a confirmation email once your entry email has been received. This **does not** indicate acceptance into the meet.

The signed meet entry summary form and the check for the team entry fees **must** be received by the entry deadline in order to be considered for acceptance.

Please mail your summary forms and checks (made payable to Flyers Aquatic Swim Team) to:
Angie Dorsey
C/O FAST
PO Box 8595
St. Louis, MO 63126

The **Entry Deadline** for the meet will be **Monday July 7 at 12 pm CT**.
Entries may be accepted after the deadline if the meet is not full.

FAST will contact each team by email no later than 5 pm CT on Monday, July 7, 2014 to confirm acceptance into the meet.

Acceptance Criteria for Team Entries (listed in order of priority)

1. Teams will be accepted on a first come-first serve basis until the meet capacity has been reached.

Deck entries may be accepted at the discretion of the Meet Director.

Pre-Meet Information & Meet Results

Once the entry deadline has passed, a psych sheet will be posted on the FAST website (www.fast-swimming.com). A technical bulletin will be emailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent meet information.

Meet Results will be posted at the meet throughout each session. The official final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.

Awards

There will be heat awards for all heat winners.

Positive Check-in

The Open 200 Individual Medley and Open 200 Freestyle will be deck seeded. All swimmers will be required to check-in no later than 30 minutes prior to the session start time. Failure to Check-in will be considered a scratch.

USA Swimming Swimsuit Legislation

The only suits allowed are those permitted by FINA and in compliance with current USA Swimming rules.

The criteria for allowable swimsuits at USA Swimming competition, under Rule 102.9, is as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

Camera Policy

Per USA Swimming guidelines, no person shall use a camera or any other device capable of recording still or video images (including cell phones) in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during this sanctioned event.

Ozark Policy/Facility Rules

As per USA Swimming guidelines, cameras & video recording devices (including cell phones with such capability) are prohibited in all locker rooms. Kennedy Recreation Complex is a tobacco-free facility with no use of tobacco products on the pool deck or in the adjacent buildings. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited

Vendor

B&B Aquatics will have caps and goggles available for sale in the crash area.

Concessions

Concessions will be available in the concession area, just off of the pool deck. No outside food or beverages will be allowed in the facility per rules of the Kennedy Recreation Center.

Additional Notes to Coaches, Officials, Parents, and Athletes

- All events will be swum slowest to fastest.
- No outside food or beverages will be allowed in the facility per rules of the Kennedy Recreation Center.

Event Program

Sunday Morning Warm-up: 7:15 am Meet Starts: 8:00 am		
Girls	Event	Boys
1	12&Under 50 Backstroke	2
3	Open 200 Backstroke	4
5	12&Under 100 Breaststroke	6
7	Open 100 Breaststroke	8
9	12&Under 50 Butterfly	10
11	Open 200 Butterfly	12
13	12&Under 50 Freestyle	14
15	Open 50 Freestyle	16
17	Open 200 Freestyle*	18

Sunday Afternoon Warm-up: 12:00pm Meet Starts: 12:30 pm		
Girls	Event	Boys
19	12&Under 100 Freestyle	20
21	Open 100 Freestyle	22
23	12&Under 100 Backstroke	24
25	Open 100 Backstroke	26
27	12&Under 50 Breaststroke	28
29	Open 200 Breaststroke	30
31	12&Under 100 Butterfly	32
33	Open 100 Butterfly	34
35	Open 200 Individual Medley*	36

*FAST reserves the right to limit the 200 Freestyle and 200 Individual Medley to maintain reasonable time lines.