

FAST IMX Kickoff

October 2-4, 2015

hosted by Flyers Aquatic Swim Team
at Lindbergh High School 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) 845-3978 adorsey@fast-swimming.com

Co-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) 845-3978 entries@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

Lindbergh High School pool is an indoor 10 lane, 25 yard course. It is equipped with a fully automated timing system and a 10 lane scoreboard. There is an elevated seating area provided for 600 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 7ft.

Gym 2 is located in the same building and will provide a staging area for swimmers and spectators to relax between events. As per USA Swimming guidelines, cameras & video recording devices (including cell phones with such capability) are prohibited in all locker rooms.

Directions & Parking

The Lindbergh High School pool is located at **5000 South Lindbergh Blvd., St. Louis, MO 63126**. A Google map link is available on the FAST team website (www.fast-swimming.com). The school parking lots are available for use throughout the competition. The parking lot just outside of the pool building is accessed by driving around the left side of the property as you enter from Lindbergh Boulevard.

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. 13&Over 500 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 400 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 11-12 500 Free, 13&Over 500 Free and 13&Over 400 IM to be filled by swimmers from the host team.

Swimmers may enter a maximum of 4 individual events per day and 8 total events for the meet.

Entry Process

FAST will begin to accept entries on **Monday, September 21 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 **Wednesday, September 23, 2015 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 Friday, September 25, 2015 to confirm acceptance into the meet.

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

1. Teams that attended the 2014 FAST IMX Kickoff will be accepted until the meet capacity has been reached.
2. Teams that provide a list of officials who are committed to attending the meet (and have contacted our official's coordinator) will be given priority over teams that do not provide a list of officials.
3. Teams that did not attend the 2014 FAST IMX Kickoff 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 administrative official.

Pre-Meet Information & Meet Results

Once the entry deadline has passed, 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. All meet results will be posted online at the FAST team website (www.fast-swimming.com) throughout the competition. The official final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.

Awards

This meet provides an opportunity for each swimmer to obtain an **IMX score OR an IM Ready score (14&Unders only)**.

A trophy will be awarded to the swimmer in each IMX age group who finishes with the highest IMX score. A swimmer must enter all of the IMX Events offered for their age group in order to receive an IMX score.

A trophy will be awarded to the swimmer in each IM Ready age group who finishes with the highest IM Ready score. A swimmer must enter all of the IM Ready Events offered for their age group in order to receive an IM Ready score.

In the event of a tie, the award will go to the swimmer who has the faster 100 or 200 IM time at the meet.

The following single age groups and event combinations will be tabulated to receive an **IMX score**.

9 year olds, 10 year olds
200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11 year olds, 12 year olds
200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

13 year olds, 14 year olds, 15-18 year olds
200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

*The oldest age group awarded at this meet will be the 15-18 division. However, the individual IMX scores for swimmers in that division will still be tabulated using the single age group point system utilized in the IMX program.

The following single age groups and event combinations will be tabulated to receive an **IM Ready score**.

9&under, 10 year olds
100 IM, 100 Free, 50 Back, 50 Breast, 50 Fly

11 year olds, 12 year olds
100 IM, 200 Free, 50 Back, 50 Breast, 50 Fly

13 year olds, 14 year olds
200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

Positive Check-in

We will pre-seed the all Friday evening events, the 13& Over 200 Free and 400 IM on Saturday, and the 13 & Over 500 Freestyle on Sunday. 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.

All remaining events will be pre-seeded. Heat sheets will be available for sale in the concession area.

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.

Vendor

B&B Aquatics will be at the meet on Saturday and Sunday and will be located in the Gym 2 staging area.

Concessions

Concessions will be available in the lobby area of Gym 2.

USA Swimming, Ozark Swimming, and facility policies

As per USA Swimming guidelines, use of audio or visual recording devices (including cell phones with such capability) is not permitted in changing areas, rest rooms, or locker rooms. Lindbergh High School 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 by Ozark.

Additional Notes to Coaches and Athletes

- We plan to run 8 lanes for all sessions but we reserve the right to run 10 lanes if estimated timelines require us to do so to remain within appropriate session timelines.
- All events will be swum fastest to slowest.
- Swimmers entered in the 500 Free must provide a lap counter.
- The 400 IM and 13&Over 500 Free will be swum alternating heats of girls and boys.
- 10&Under swimmers planning to compete in the 200 IM will need to enter the 12&Under 200 IM on Friday evening.

Friday Evening Warm-up: 5:00 pm Meet Starts: 6:00 pm		
Girls	Event	Boys
1	11-12 500 Free	2
3	10&U 200 Free	4
10 Minute Break for Warm-Up/Loosen		
5	12&Under 200 I.M.	6

Saturday Morning Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
7	13-14 100 Butterfly	8
9	Open 100 Butterfly	10
11	13-14 200 Backstroke	12
13	Open 200 Backstroke	14
15	13-14 200 Breaststroke	16
17	Open 200 Breaststroke	18
19	13& Over 200 Freestyle	20
21	13&Over 400 Individual Medley	22

Saturday Afternoon Warm-up: 1:30 pm Meet Starts: 2:30 pm		
Girls	Event	Boys
23	10&Under 50 Butterfly	24
25	11-12 50 Butterfly	26
27	10&Under 100 Backstroke	28
29	11-12 100 Backstroke	30
31	10&Under 50 Breaststroke	32
33	11-12 50 Breaststroke	34
35	10&Under 100 Individual Medley	36
37	11-12 100 Individual Medley	38

Sunday Morning		
Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
39	13-14 200 Individual Medley	40
41	Open 200 Individual Medley	42
43	13-14 100 Backstroke	44
45	Open 100 Backstroke	46
47	13-14 200 Butterfly	48
49	Open 200 Butterfly	50
51	13-14 100 Breaststroke	52
53	Open 100 Breaststroke	54
55	13&Over 500 Freestyle	56

Sunday Afternoon		
Warm-up: 1:30 pm Meet Starts: 2:30 pm		
Girls	Event	Boys
57	11-12 100 Butterfly	58
59	10&Under 100 Butterfly	60
61	11-12 50 Backstroke	62
63	10&Under 50 Backstroke	64
65	11-12 100 Breaststroke	66
67	10&Under 100 Breaststroke	68
69	11-12 200 Freestyle	70
71	10&Under 100 Freestyle	72