



FLYERS AQUATIC SWIM TEAM
2017 FAST IMX Kick-off
October 6-8, 2017



SPONSOR/HOST	Flyers Aquatic Swim Team		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: Applied For		
MEET DIRECTOR	Lynne Heinrich	E-Mail: kfheinrich@aol.com	PHONE: (618)791-5992
OFFICIALS CONTACT	Craig McElroy	E-Mail: fastofficials@fast-swimming.com	PHONE: (314)496-7989
ENTRY CHAIR	Angie Dorsey	E-Mail: entries@fast-swimming.com	PHONE: (314)852-5216
MEET REFEREE	Jeff Heveroh	E-Mail: jeff@stonebridgefin.com	PHONE: (314)799-5400
ADMIN OFFICIAL	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
FACILITY ADDRESS	Lindbergh High School Natatorium – 5000 South Lindbergh Boulevard, St. Louis, MO 63126		
FACILITY DESCRIPTION	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.		
POOL CERTIFICATION	The competition course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming.		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth is 7 feet at the starting end, and 13 feet at the turn end.		
HEAT SHEETS	Heat sheets will be available for sale for each session.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	FAST will begin to accept entries on Wednesday, September 13 at 9:00am Central time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Friday, September 15 at 9:00pm Central time or until the entry limit is reached.		
ADDITIONAL ENTRY INFORMATION	Each club will receive a notification of receipt of entry. <u>This notification does not guarantee acceptance into the meet.</u> Teams will be notified on Saturday, September 14 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on September 14 if their entry was not accepted.		
ENTRY LIMIT	Entries may be limited to 300 swimmers plus the host club. Team entries will not be split.		
CONFORMING TIMES	Swimmers should be entered at their actual time in short course yards. No Times are allowed and should be designated NT.		
FORMAT	<p>All of the technical and administrative rules of USA Swimming will apply. All events are timed finals and will be swum fastest to slowest.</p> <p><u>This meet will have five sessions:</u> Session 1 – Friday afternoon 12&Under – 2 event limit Session 2 & 4 – Saturday and Sunday Morning 13&Overs– 4 event limit Session 3 & 5 – Saturday and Sunday Afternoon 12&Unders – 3 event limit</p>		
ENTRY PROCEDURES	<p>Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by e-mail to entries@fast-swimming.com. 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.</p> <p>Individual events: \$5.00 There is a \$7.00 surcharge per swimmer</p>	<p>Mail summary forms and checks (payable to Flyers Aquatic Swim Team) to: Angie Dorsey C/O FAST PO Box 8595 St. Louis, MO 63126</p>	
MEET DURATION	In compliance with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. Proof of time may be required if events are limited. Updated times will not be accepted past September 27 at 5:00pm Central Time for use in any limited event and the USA Swimming SWIMS database will be used to verify that the psych sheet is accurate. If swimmers are cut out of an event due to limitations, the entry fee will be refunded for said event or placed in a shorter one.		
PROOF OF TIMES	No proof of time is required, but teams are asked to enter swimmers at their actual time in order of priority: Short Course Yards, Long Course Meters, Short Course meters.		
OFFICIALS	FAST welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Craig McElroy at fastofficials@fast-swimming.com .		



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SEEDING AND PRESEEDING	All events are timed finals and seeded fastest to slowest. There will be a positive check-in for the following events: 500 Free, 400 IM and 13&Over 200 Free. The positive check-in events will be swum alternating women, then men. Swimmers not checked in by the beginning of each session will be considered a scratch. Swimmers in the 500 Free must provide their own counter.	
DECK ENTRIES	Deck entries may be accepted at the discretion of the meet referee only, and only for swimmers already registered with USA Swimming. Deck Entry fees will be \$10.00 per individual event + meet surcharge of \$7.00.	
WARM-UP INFORMATION	Teams will be assigned warm-up lanes and times and will be notified prior to the day of the meet. Swimmers who are unattached or otherwise do not have a coach to supervise warm-up should check in with the meet director upon arrival to be assigned to a certified coach for warm-up.	
Session 1	First warm-up: 5:00pm; Second warm-up 5:25pm	Meet start: 6:00pm
Session 2 & 4	First warm-up: 7:30am; Second warm-up 7:55am	Meet start: 8:30am
Session 3 & 5	First warm-up: 1:30pm; Second warm-up 1:55pm	Meet start: 2:30pm
AWARDS/SCORING	<p>This meet provides an opportunity for swimmers to obtain either an IMX Score OR an IM Ready score.</p> <p>A trophy will be awarded to the swimmer in each IMX age group who finishes with the lowest composite time in the IMX events for their age group. A swimmer must enter all of the IMX Events for their age group in order to receive an award.</p> <p><u>The following age groups and event combinations will be tabulated for IMX Awards:</u> 9-year-olds and 10-year-olds: 200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly 11-year-olds and 12-year-olds: 200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly 13-year-olds, 14-year-olds, 15+: 200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly</p> <p>A trophy will be awarded to the swimmer in each IM Ready age group who finishes with the lowest composite time in the IM Ready events for their age group (14&Under). Swimmers must enter all of the IM Ready events for their age group to receive an award.</p> <p><u>The following age groups and event combinations will be tabulated for IM Ready Awards:</u> 9&Under and 10-year-olds: 100 IM, 100 Free, 50 Back, 50 Breast, 50 Fly 11-year-olds and 12-year-olds: 100 IM, 200 Free, 50 Back, 50 Breast, 50 Fly 13-year-olds and 14-year-olds: 200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly</p>	
TIMERS	All timers will be provided by the host team.	
RULES	2017 USA Swimming Rules and Regulations will govern the conduct of the meet.	
DECK PRIVILEGES	Only currently registered USA Swimming athlete and non-athlete members and volunteers necessary to run the meet will be allowed on deck and/or locker room areas during the meet. Coaches must be currently registered with USA Swimming as a Coach member to act in a coaching capacity at the meet.	
ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2017 or 2018. "Applied for" will not be accepted. On deck registration will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering nonregistered swimmers in an Ozark meet.	
RACING START CERTIFICATION	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.	
MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for any issues that arise that day during the course of the meet.	
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.	
SWIMMERS WITH DISABILITIES	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.	



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PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the FAST Board of Directors and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes
DECK CHANGING	Per USA Swimming Rule 202.4.9(I), Deck changes are prohibited.
PRE-MEET INFORMATION AND RESULTS	<p>A technical bulletin will be e-mailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent information.</p> <p>Meet results will be posted at the pool and on Meet Mobile throughout each session. Final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.</p>
RESTRICTIONS	<p>It is understood and agreed that USA 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. The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <ul style="list-style-type: none">• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.• No glass containers are allowed in the meet venue.
RULES	<p>In accordance with USA Swimming rule 202.4.9J, unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.</p> <p>In accordance with USA Swimming rule 102.9</p> <ol style="list-style-type: none">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 zipper or other fastening devices are allowed except for a waist tie on a brief or jammer, and3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.
OTHER INFORMATION	<p>A crash area will be available for swimmers and parents in Gym 2.</p> <p>B&B Aquatics will be the vendor for the meet and located in the crash area.</p> <p>Concessions will be available in the upstairs lobby.</p> <p>The meet will be conducted in 8 lanes with lane 9 as a buffer and lane 10 as continuous warm-up / down. FAST reserves the right to us all 10 lanes for some events to remain within appropriate session timelines.</p>
DIRECTIONS	<p>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 is just outside of the pool. It can be accessed by driving around the left side of the building as you drive in from Lindbergh Boulevard.</p>



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Friday Evening Warm-up: 5:00 pm Meet Starts: 6:00 pm		
Girls	Event	Boys
1	11-12 500 Freestyle*	2
3	10&U 200 Free	4
	10-minute Break for warm-up / warm-down	
5	12&Under 200 Individual Medley	6

*Swimmers entered in the 500 Freestyle are required to provide their own counter for the event.

Saturday Morning Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
7	Open 100 Butterfly	8
9	13-14 100 Butterfly	10
11	Open 200 Backstroke	12
13	13-14 200 Backstroke	14
15	Open 200 Breaststroke	16
17	13-14 200 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&U 50 Butterfly	24
25	11-12 50 Butterfly	26
27	10&U 100 Backstroke	28
29	11-12 100 Backstroke	30
31	10&U 50 Breaststroke	32
33	11-12 50 Breaststroke	34
35	10&U 100 Individual Medley	36
37	11-12 100 Individual Medley	38



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

**Swimmers entered in the 500 Freestyle are required to provide their own counter for the event.*

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