



FLYERS AQUATIC SWIM TEAM
2017 LAST CHANCE MEET
FEBRUARY 11-12, 2017



SPONSOR/HOST	Flyers Aquatic Swim Team		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: TBD		
MEET DIRECTOR	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
OFFICIALS CONTACT	Dave Otten	E-Mail: fastofficials@fast-swimming.com	PHONE: (618)340-5086
ENTRY CHAIR	Angie Dorsey	E-Mail: entries@fast-swimming.com	PHONE: (314)852-5216
CO-MEET REFEREES	Bruce Dreyer	E-Mail: bdreyer@fast-swimming.com	PHONE: (314)221-3802
ADMIN OFFICIAL	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
FACILITY ADDRESS	Lindbergh High School – 5000 Lindbergh Boulevard, St. Louis, MO 63126		
FACILITY DESCRIPTION	Lindbergh High school pool is an indoor 10-lane, 25-yard course. It is equipped with an automated timing system and 10-lane scoreboard. There is an elevated seating area provided for up to 600 spectators. Gym 2 is located in the same building and will be available as a crash area for swimmers and 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 13 feet at the starting end, and 7 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 event.		
ENTRY OPEN	FAST will begin to accept entries on Wednesday, January 18 at 9:00am Central time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline Wednesday, February 1 at 9:00pm Central time or until the entry limit is reached. The entry limit will be 300 swimmers plus the host club.		
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 Thursday, February 2 if entries could be accepted within the entry limit. If the entry limit is reached, teams will be notified on February 2 if their entry was not accepted.		
ENTRY LIMIT	The meet is limited to 300 swimmers plus the host team.		
CONFORMING TIMES	Swimmers should be entered at their actual time.		
FORMAT	<p><u>This LAST Chance meet is limited to swimmers with slower than “BB” times</u> in their respective age groups with the following exception: 10-year old swimmers who were born between February 12 and 24, 2006 may compete in the 10-12 age group provided they do not have an 11-12 “BB” time in that event. 12-year-old swimmers who were born between February 12 and 24, 2004 may compete in the 12&Over age group provided they do not have a 13-14 “BB” time in that event.</p> <p><u>This meet will have three sessions:</u> Session 1 – Saturday afternoon 10&U and 10-12 age groups – 4 event limit Session 2 – Sunday morning 10-12 and 12&Over – 4 event limit* Session 3 – Sunday afternoon 10&U and 12&Over – 4 event limit*</p> <p>*12&Over swimmers are limited to 5 events between the two sessions on Sunday. 10&U and 10-12 age groups are limited to 8 events for the two days.</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: \$4.50 Relays: \$6.00 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		



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	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 TIMES	Because this meet has maximum time standards, the SWIMS database may be employed to ensure that swimmers are entered with their best time and that they conform to the entry standards.	
OFFICIALS	FAST welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Dave Otten at officials@fast-swimming.com	
SEEDING AND PRESEEDING	All events are timed finals and will be seeded fastest to slowest. There will be a positive check-in for the following events: 10-12 500 Free, 12&Over 500 Free, 10-12 200 Free, 12&Over 1000 Free.	
DECK ENTRIES	Deck entries may be accepted at the discretion of the meet referee only, and only for swimmers already in the meet. Entry fees will be \$9.00 per individual events or \$12.00 for relay events.	
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: Noon; Second warm-up: 12:30pm	Meet start: 1:15pm
Session 2	First warm-up: 7:30am; Second warm-up 8:00am	Meet start: 8:40am
Session 3	First warm-up: 1:00pm; Second warm-up 1:30pm	Meet start: 2:10pm
AWARDS/SCORING	All events: Ribbons for places 1-8. The meet will not be scored.	
TIMERS	All timers will be provided by the host team	
RULES	2017 USA Swimming Rules and Regulations will govern the conduct of the meet. Coaches must be currently registered with USA Swimming as a Coach member.	
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.	
ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2017. "Applied for" will not be accepted. On deck registration will not be available. There is a \$100 fine 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 fo the swimmer ro 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 <i>any</i> 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 DIABILITIES	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.	
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.	
RESTRICTIONS	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. • Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.	



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	<ul style="list-style-type: none"> • 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, and 3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.
OTHER INFORMATION	B&B Aquatics will be the vendor for the meet and located in Gym 2. Concessions will be provided in the Gym 2 lobby.
DIRECTIONS	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.

Saturday Afternoon 10&U and 11-12 Warm-up: Noon Meet Starts: 1:15 pm		
Girls	Event	Boys
1	10-12 200 Individual Medley	2
3	10&Under 200 Individual Medley	4
5	10-12 100 Breaststroke	6
7	10&Under 100 Breaststroke	8
9	10-12 50 Butterfly	10
11	10&Under 50 Butterfly	12
13	10-12 100 Backstroke	14
15	10&Under 100 Backstroke	16
17	10-12 100 Freestyle	18
19	10&Under 100 Freestyle	20
	10 Minute Break	
21	11-12 200 Freestyle Relay	22
23	10&Under 200 Medley Relay	24
	10 Minute Break	
25	10-12 500 Freestyle	26



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Sunday Morning 10-12 & 12&Over
Warm-up: 7:30 am Meet Starts: 8:40 am

Girls	Event	Boys
27	10-12 200 Medley Relay	28
29	12&Over 400 Individual Medley	30
31	10-12 100 Individual Medley	32
33	12&Over 200 Breaststroke	34
35	10-12 50 Breaststroke	36
37	12&Over 100 Butterfly	38
39	10-12 100 Butterfly	40
41	12&Over 200 Backstroke	42
43	10-12 50 Backstroke	44
45	12&Over 100 Freestyle	46
47	10-12 50 Freestyle	48
10 Minute Break		
49	12&Over 500 Freestyle	50
51	10-12 200 Freestyle	52

Sunday Afternoon 10&U, 12&Over
Warm-up: 1:00 pm Meet Starts: 2:10 pm

Girls	Event	Boys
53	12&Over 200 Freestyle Relay	84
55	10&Under 200 Free Relay	58
10 Minute Break		
57	12&Over 400 Individual Medley	58
61	10&Under 100 Individual Medley	60
63	12&Over 100 Backstroke	62
65	10&Under 50 Backstroke	64
67	12&Over 200 Butterfly	66
69	10&Under 100 Butterfly	68
71	12&Over 50 Freestyle	70
73	10&Under 50 Freestyle	72
75	12&Over 100 Breaststroke	74
77	10&Under 50 Breaststroke	76
79	12&Over 200 Freestyle	78
81	10&Under 200 Freestyle	80
10 Minute Break		
83	12&Over 1000 Freestyle	82