



FLYERS AQUATIC SWIM TEAM
2017 Spring Fever Invitational
May 19-21, 2017



SPONSOR/HOST	Flyers Aquatic Swim Team		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: 5892		
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)781-3086
ENTRY CHAIR	Angie Dorsey	E-Mail: entries@fast-swimming.com	PHONE: (314)852-5216
MEET REFEREE	Bruce Dreyer	E-Mail: cbdinvestments@yahoo.com	PHONE: (314)221-3802
ADMIN OFFICIAL	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
FACILITY ADDRESS	Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025		
FACILITY DESCRIPTION	Chuck Fruit Aquatic Center is an indoor 8-lane, 50-meter course. It is equipped with an automated timing system and digital scoreboard. There is an elevated seating area provided for up to 499 spectators with additional deck seating for over 200 athletes and coaches.		
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, April 26 at 9:00am Central time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Friday, April 28 at 9:00pm Central time or until the entry limit is reached. The entry limit will be 350 swimmers plus the host club. Team entries will not be split		
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, April 29 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on April 29 if their entry was not accepted.		
ENTRY LIMIT	The meet is limited to 350 swimmers plus the host team.		
CONFORMING TIMES	Swimmers should be entered at their actual time. No Times are allowed and should be designated NT.		
FORMAT	All of the technical and administrative rules of USA Swimming will apply. All events are timed finals and will be swum fastest to slowest. <u>This meet will have five sessions:</u> Session 1 – Friday afternoon 13&Over – 3 event limit Session 2 & 4 – Saturday and Sunday Morning 12&Unders – 5 event limit Session 3 & 5 – Saturday and Sunday Afternoon 13&Overs – 4 event limit		
ENTRY PROCEDURES	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. Individual events: \$5.00 There is a \$12.00 surcharge per swimmer	Mail summary forms and checks (payable to Flyers Aquatic Swim Team) to: Angie Dorsey C/O FAST PO Box 8595 St. Louis, MO 63126	
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 May 10 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: Long Course meters, Short Course Yards, Short Course meters.		
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		



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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: 400 Free, 400 IM, 800 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 800 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. Entry fees will be \$10.00 per individual event + meet surcharge of \$12.00.	
WARM-UP INFORMATION	Friday night will be general warm-up. Teams will be assigned warm-up lanes and times on Saturday and Sunday 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. Pool will also be open during 10-minute breaks.	
Session 1	General Warm-up: 4:15pm. Sprint and pace lanes will open at 4:40	Meet start: 5:00pm
Session 2 & 4	First warm-up: 7:30am; Second warm-up 7:55am	Meet start: 8:30am
Session 3 & 5	First warm-up: 12:30pm; Second warm-up 1:00pm	Meet start: 1:40pm
AWARDS/SCORING	12&Under heat winners will receive awards. All swimmers will receive a bag tag with the 2017 USA Swimming Motivational times.	
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. "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 <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.	



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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, 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 the lobby. Concessions will be available.
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.

Friday Evening		
Warm-up: 4:15 pm Meet Starts: 5:00 pm		
Girls	Event	Boys
1	13&Over 200 IM	2
3	13&Over 50 Free	4
	10-minute Break	
5	13&Over 800 Freestyle*	6

**Swimmers entered in the 800 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	12&Under 200 Freestyle	8
9	12&Under 100 Butterfly	10
11	12&Under 50 Breaststroke	12
	10-minute break	
13	12&Under 50 Freestyle	14
15	12&Under 100 Backstroke	16
	10-minute break	
17	10-12 400 Freestyle	18



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Saturday Afternoon Warm-up: 12:30 pm Meet Starts: 1:45 pm		
Girls	Event	Boys
19	13&Over 200 Backstroke	20
21	13&Over 100 Breaststroke	22
23	13&Over 200 Freestyle	24
25	13&Over 100 Butterfly	26
	10-minute Break	
27	13&Over 400 Individual Medley	28

Sunday Morning Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
29	12&Under 100 Freestyle	30
31	12&Under 50 Butterfly	32
	10-minute Break	
33	12&Under 50 Backstroke	34
35	12&Under 100 Breaststroke	36
37	12&Under 200 Individual Medley	38

Sunday Afternoon Warm-up: 12:30 pm Meet Starts: 1:45 pm		
Girls	Event	Boys
39	13&Over 200 Butterfly	40
41	13&Over 100 Freestyle	42
43	13&Over 200 Breaststroke	44
45	13&Over 100 Backstroke	46
	10-minute Break	
47	13&Over 400 Freestyle	48



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General Warm-up procedures for Friday Evening

General Warm-up all lanes 4:15-4:40pm. **NO Diving. No use of equipment.**

4:40-4:50pm – Specific Warm-ups. Diving only in lanes and directions indicated.

1	2	3	4	5	6	7	8
Pace Lane (pushoff only)	Dive one- way FROM DEEP END ONLY	General Warm-up	General Warm-up	General Warm-up	General Warm-up	Dive one- way FROM SHALLOW END ONLY	Pace Lane (pushoff only)

5:00pm – Meet Start

Saturday and Sunday warm-ups

Teams will be assigned specific lanes for warm-ups on Saturday and Sunday, and the pool will be open during marked 10-minute breaks for additional warm-up / cool-down. Warm-up assignments will be e-mailed to teams the week prior to the meet and will be posted around the pool along with this warm-up procedure for Friday night. We ask that everyone adhere to the general warm-up guidelines for the safety and benefit of everyone.

During the 10-minute breaks, swimmers should enter the pool feet first **ONLY**. Swimmers should enter from the ends of the pool, **not from the sides.**