

FAST IMX Kickoff

October 4-6, 2013

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.

Meet Format

All of the technical and administrative rules of USA Swimming will apply. All events are timed finals. Friday evening's events will be run in 10 lanes with a 10 minute warm up immediately following the 10 & under 200 Freestyle. We will run 8 lanes for the remainder of the meet with lane 10 being open for continuous warm up/cool down, 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.

Meet Contacts

Meet Director: Angie Dorsey (314) 845-3978 adorsey@fast-swimming.com

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

Administrative Official: Lori Metz (314) 270-3548 lorinmetz@gmail.com

Meet Entry Contact: Angie Dorsey (314) 845-3978 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

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. Gym 2 is located in the same building and will provide a staging area for swimmers and spectators to relax between events.

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 350 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 8 individual events total for the meet.

Entry Process

FAST will begin to accept entries on **Monday, September 16th 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 18, 2013 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 20, 2013 to confirm acceptance into the meet.

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

1. Teams that attended the 2012 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 2012 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 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. 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. Swimmers swimming a full IMX line up are not eligible to win an IM Ready high point award.

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

All swimmers participating in the meet will receive a 2013-2016 USA Swimming Time Standards Bag Tag.

Positive Check-in

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

Swim Suits

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

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.

Ozark Policy/Facility Rules

Lindbergh High School is a tobacco-free facility with no use of tobacco products on the pool deck or in the adjacent buildings. Lindbergh High School does not permit food or drink in the pool area. Only coaches, athletes, and meet workers will be allowed on the pool deck during the meet (spectators not officially assigned to work the meet must remain in the bleachers). Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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.

Additional Notes to Coaches and Athletes

- Swimmers entered in the 500 Free must provide a lap counter.
- The 400 IM and 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: 6:10 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: 7:00 am Meet Starts: 8:10 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	Open 200 Freestyle	20
21	13&Over 400 Individual Medley	22

Saturday Afternoon
Warm-up: Immediately following morning session, but not before 1:00pm
Meet Starts: 1 hour after warm ups begin

Girls	Event	Boys
23	11-12 200 Freestyle	24
25	10&Under 50 Butterfly	26
27	11-12 50 Butterfly	28
29	10&Under 100 Backstroke	30
31	11-12 100 Backstroke	32
33	10&Under 50 Breaststroke	34
35	11-12 50 Breaststroke	36
37	10&Under 100 Individual Medley	38
39	11-12 100 Individual Medley	40

Sunday Morning
Warm-up: 7:00 am Meet Starts: 8:10 am

Girls	Event	Boys
41	13-14 200 Individual Medley	42
43	Open 200 Individual Medley	44
45	13-14 100 Backstroke	46
47	Open 100 Backstroke	48
49	13-14 200 Butterfly	50
51	Open 200 Butterfly	52
53	13-14 100 Breaststroke	54
55	Open 100 Breaststroke	56
57	13&Over 500 Freestyle	58

Sunday Afternoon
Warm-up: Immediately following morning session, but not before 1:00pm
Meet Starts: 1 hour after warm ups begin

Girls	Event	Boys
59	10&Under 100 Freestyle	60
61	8&Under 25 Freestyle	62
63	11-12 100 Butterfly	64
65	10&Under 100 Butterfly	66
67	8&Under 25 Butterfly	68
69	11-12 50 Backstroke	70
71	10&Under 50 Backstroke	72
73	8&Under 25 Backstroke	74
75	11-12 100 Breaststroke	76
77	10&Under 100 Breaststroke	78
79	8&Under 25 Breaststroke	80

ENTRY SUMMARY AND RELEASE FORM
FAST IMX Kickoff
October 4-6, 2013
USAS Sanction #OZ pending

This form is part of your entry and must be signed and returned for your entry to be accepted.

Club: _____ Code: _____ LSC: _____

Address: _____

City: _____ State: _____ Zip: _____

Head Coach: _____ Phone: _____

Entry Contact: _____ Phone: _____

E-mail: _____

ENTRY SUMMARY

Number of Swimmers entered _____ x \$7.00 = _____

Number of Individual event entries. _____ x \$4.50 = _____

Total Team Entry Fee = _____

MAKE CHECKS PAYABLE TO FLYERS AQUATIC SWIM TEAM AND MAIL TO:

FAST

C/O Angie Dorsey, Meet Entry Chair

PO Box 8595

St. Louis, MO 63126

Do not send entries, disks, or paper backup with this form.

The Flyers Aquatic Swim Team accepts only e-mail entries for this meet.

RELEASE

The Flyers Aquatic Swim Team, Lindbergh School District, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries due to anyone during the conduct of the meet.

I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____ Title: _____ Date: _____