



Too FAST to Freeze

January 8-10, 2016

hosted by Flyers Aquatic Swim
Team at Pattonville High School
St. Louis, MO

**Held under the sanction of USA Swimming/Ozark Swimming
Sanction # pending**

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 events are timed finals. All of the technical and administrative rules of USA Swimming will apply.

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: Dave Otten (618) 340-5086 fastofficials@fast-swimming.com

Safety Marshall: Brian Ullery (314) 821-8390 brian.ullery@gmail.com

Facility

Pattonville High School pool is an indoor 11 lane, 25 yard course. It is equipped with a fully automated timing system and an 8 lane scoreboard. There is an elevated seating area provided for 600 spectators. The cafeteria is located in the same building and will provide an area for swimmers and spectators to relax between events.

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 6ft, the pool depth at the turn end is 6ft.

Directions & Parking

The Pattonville High School pool is located at **2497 Creve Coeur Mill Rd., Maryland Heights, MO 63043.**

Entry Fees

Swimmer Surcharge: \$10.00 per swimmer
Individual Events: \$5.00 per individual event

No Refunds will be issued except in the case of a limited event as described in the Entry Limits section below.

Entry Limits

The meet **may** 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.

Swimmers may enter and compete in a maximum of seven individual and two relay events for the meet; no more than four events in one day.

The 13&Over 500 Free, the 13&Over 200 IM, and the Open 400 IM may be limited to the top 80 swimmers per event (80 girls, 80 boys, 160 athletes total). The host team reserves the right to include an additional heat of girls and/or boys for each of the 13&Over 500 Free, the 13&Over 200 IM, and the Open 400 IM to be filled by swimmers from the host team.

The 12&Under 200 Freestyle and 200 I.M. may be limited to the top 48 11-12 and top 40 10&Under swimmers to maintain a morning timeline under four hours.

Refunds for limited events will only be issued to host clubs following the meet. The refund only applies to swimmers who are not permitted to compete in the event due to the event limits. Swimmers who are scratched or fail to check-in will not have entry fees refunded.

Proof of Time for Limited Events

All entries for limited events will require proof of time. The USA SWIMS database will be used to verify all entry times. All entry times must be short course yard times. Conversion times will not be accepted.

Entry Process

FAST will begin to accept entries on **Monday, December 21, 2015**.

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.com 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. *FAST has the sole discretion to determine which team entries are accepted for the meet.*

Please mail your checks (made payable to Flyers Aquatic Swim Team) to:
FAST
Angie Dorsey
P.O. Box 8595
St. Louis, MO 63126

The **entry deadline** for the meet will be **Wednesday, December 23, 2015**. FAST will contact each team by email on Thursday, December 24th to confirm acceptance into the meet.

Deck entries will be accepted at the discretion of the meet referee.

Awards

Awards will be given for first through third place in each individual event. Ribbons will be given for fourth through eighth place. There will be heat awards for selected events and/or heats. The top three teams of each relay event will receive awards.

Positive Check-in

The entire Friday night session, Saturday morning 200 Freestyle, Saturday afternoon Open 400 Individual Medley, and Sunday morning 200IM will be deck seeded. All coaches will be required to check-in their swimmers by turning in their athlete check-in sheets 30 minutes prior to the session start time. Failure to Check-in will be considered a scratch. Check-in sheets will be provided in the coaches' packets.

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

Pre-Meet Information & Meet Results

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 on the Meet Mobile app throughout the competition. The official final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.

Additional Notes to Coaches and Athletes

- All events will be swum fastest to slowest.
- Swimmers entered in the 500 Freestyle must provide a lap counter.
- The Open 400 Individual Medley will be swum alternating female and male heats.

Ozark Policy/Facility Rules

Per Ozark Swimming Policy, use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Lindbergh High School does not permit food or drink in the pool area. Smoking is not permitted anywhere inside the pool building or any other building on campus. Only coaches, athletes, and meet workers will be allowed on the pool deck during the meet. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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 lobby.

Concessions

Concessions will be available in the school cafeteria.

Event Program

Friday Evening Warm-up: 5:30pm Meet Starts: 6:30pm		
Girls	Event	Boys
1	13&Over 500 Freestyle (Limited Event)	2
3	13&Over 200 IM (Limited Event)	4

Saturday Morning		
Warm-up: 7:30am Meet Starts: 8:30am		
Girls	Event	Boys
5	11-12 200 Freestyle Relay	6
7	10&Under 200 Freestyle Relay	8
9	11-12 100 Individual Medley	10
11	10&under 100 Individual Medley	12
13	11-12 50 Freestyle	14
15	10&under 50 Freestyle	16
17	11-12 100 Backstroke	18
19	10&under 100 Backstroke	20
21	11-12 50 Butterfly	22
23	10&under 50 Butterfly	24
25	11-12 100 Breaststroke	26
27	10&under 100 Breaststroke	28
29	12&under 200 Freestyle (Limited Event)	30

Saturday Afternoon		
Warm-up: 12:30pm Meet Starts: 1:30pm		
Girls	Even	Boy
31	Open Mixed 200 Medley Relay (2 girls / 2 boys)	31
33	13-14 100 Freestyle	34
35	Open 100 Freestyle	36
37	13-14 200 Breaststroke	38
39	Open 200 Breaststroke	40
41	13-14 100 Butterfly	42
43	Open 100 Butterfly	44
45	13-14 200 Backstroke	46
47	Open 200 Backstroke	48
49	Open 400 Individual Medley (Limited Event)	50

Sunday Morning

Warm-up: 7:30am Meet Starts: 8:30am

Girls	Event	Boy
51	11-12 200 Medley Relay	52
53	10&Under 200 Medley Relay	54
55	11-12 100 Freestyle	56
57	10&under 100 Freestyle	58
59	11-12 50 Backstroke	60
61	10&under 50 Backstroke	62
63	11-12 100 Butterfly	64
65	10&under 100 Butterfly	66
67	11-12 50 Breaststroke	68
69	10&under 50 Breaststroke	70
71	12&under 200 Individual Medley (Limited)	72

Sunday Afternoon

Warm-up: 12:30pm Meet Starts: 1:30pm

Girls	Event	Boys
73	Open 250 Crescendo Free Relay	74
75	13-14 100 Breaststroke	76
77	Open 100 Breaststroke	78
79	13-14 200 Butterfly	80
81	Open 200 Butterfly	82
83	13-14 50 Freestyle	84
85	Open 50 Freestyle	86
87	13-14 100 Backstroke	88
89	Open 100 Backstroke	90
91	13-14 200 Freestyle	92
93	Open 200 Freestyle	94