

Too FAST To Freeze

January 24-26, 2014 hosted

by Flyers Aquatic Swim Team at
Lindbergh High School Pool
St. Louis, MO

**Held under the sanction of USA Swimming/Ozark Swimming
Sanction # 5660**

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 as Coach members with USA Swimming, and all certifications must be up-to-date.

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 15 minute warm-up immediately following the 12 & under 500 yard Freestyle. A second 5 minute break may be inserted in the Open 1000 yard Freestyle at the Meet Referee's discretion.

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/Admin Official: Angie Dorsey (314) 852-5216 adorsey@fast-swimming.com

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

Meet Entry Contact: Angie Dorsey (314) 852-5216 adorsey@fast-swimming.com

Officials Coordinator: Jeff Heveroh (314)846-2541 fastofficials@fast-swimming.com

Safety Marshall: Brian Ullery

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.

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 13ft, the pool depth at the turn end is 7ft.

Important Note: Gym 2 will not be available as a staging area on Friday night.

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
Relay Events: \$10.00 per relay team

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 will be limited to 400 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 a maximum of 4 individual events per day.

The 12&under 500 Free, the Open 500 Free, and the Open 400 IM will be limited to the top 50 swimmers per event (50 girls, 50 boys, 100 athletes total). The host team reserves the right to include an additional heat of girls and/or boys for each of the 12&under 500 Free, Open 500 Free and Open 400 IM to be filled by swimmers from the host team.

The Open 1000 Freestyle will be limited to the top 40 swimmers (40 girls, 40 boys, 80 athletes total). The host team reserves the right to include an additional heat of girls and/or boys of the 1000 Free to be filled by swimmers from the host team.

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, January 6, 2014 at 9a.m. 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.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 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, January 8, 2014 at 5p.m. CT**. FAST will contact each team by email on Thursday, January 9th to confirm acceptance into the meet.

Deck entries will be accepted at the discretion of the Meet Director.

Positive Check-in

The entire Friday night session, Saturday afternoon Open 400 Individual Medley, and Sunday afternoon Open 500 Freestyle 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 coach's packets.

All remaining events will be pre-seeded. Heat sheets will be posted on the pool deck and available for sale in the spectator area.

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 and 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

- Swimmers entered in the 500 Freestyle and 1000 Freestyle events must provide a lap counter.
- The 12&under 500 Freestyle, Open 500 Freestyle, Open 1000 Freestyle, and the Open 400 Individual Medley will be swum alternating female and male heats.
- Coaches MUST display their current USA Swimming coach credential to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if a coach does not comply or credentials are no longer valid or current.

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.

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.

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.

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 Gym 2 staging area.

Event Program

Friday Evening		
Warm-up: 5:00pm Meet Starts: 6:10pm		
Girls	Event	Boys
1	12&under 500 Freestyle (Limited Event)	2
3	Open 1000 Freestyle (Limited Event)	4

Saturday Morning		
Warm-up: 7:00am Meet Starts: 8:10am		
Girls	Event	Boys
5	10&under 200 Freestyle Relay	6
7	11-12 200 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	8&under 25 Backstroke	22
23	11-12 50 Butterfly	24
25	10&under 50 Butterfly	26
27	11-12 100 Breaststroke	28
29	10&under 100 Breaststroke	30
31	8&under 25 Breaststroke	32
33	12&under 200 Freestyle	34

Saturday Afternoon		
Warm-up: 1:00pm Meet Starts: 2:10pm		
Girls	Event	Boys
35	13 & Over Crescendo Relay*	36
37	13-14 200 Freestyle	38
39	Open 200 Freestyle	40
41	13-14 100 Backstroke	42
43	Open 100 Backstroke	44
45	13-14 200 Breaststroke	46
47	Open 200 Breaststroke	48
49	13-14 50 Freestyle	50
51	Open 50 Freestyle	52
53	13-14 200 Butterfly	54
55	Open 200 Butterfly	56
57	Open 400 Individual Medley (Limited Event)	58

***Crescendo relay will consist of a 25 Backstroke leg, a 50 Breaststroke leg, a 75 Butterfly leg, and a 100 Freestyle leg.**

Sunday Morning		
Warm-up: 7:00am Meet Starts: 8:10am		
Girls	Event	Boys
59	10&Under 200 Medley Relay	60
61	11-12 200 Medley Relay	62
63	11-12 100 Freestyle	64
65	10&under 100 Freestyle	66
67	8&under 25 Freestyle	68
69	11-12 50 Backstroke	70
71	10&under 50 Backstroke	72
73	11-12 100 Butterfly	74
75	10&under 100 Butterfly	76
77	8&under 25 Butterfly	78
79	11-12 50 Breaststroke	80
81	10&under 50 Breaststroke	82
83	12&under 200 Individual Medley	84

Sunday Afternoon		
Warm-up: 1:00pm Meet Starts: 2:10pm		
Girls	Event	Boys
85	Mixed Open 200 Freestyle Relay*	
87	13-14 200 Individual Medley	88
89	Open 200 Individual Medley	90
91	13-14 100 Freestyle	92
93	Open 100 Freestyle	94
95	13-14 100 Breaststroke	96
97	Open 100 Breaststroke	98
99	13-14 200 Backstroke	10
10	Open 200 Backstroke	10
10	13-14 100 Butterfly	10
10	Open 100 Butterfly	10
10	Open 500 Freestyle (Limited Event)	10

***Mixed Open 200 Freestyle Relay must consist of 2 male and 2 female swimmers.**

ENTRY SUMMARY AND RELEASE FORM
TooFAST To Freeze
January 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 = _____
Number of Relay event entries. _____ x \$10.00 = _____
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: _____