



FAST Mid-Season Short Course Finale – December 13-15, 2019

SANCTION: Held under the sanction of USA Swimming. Sanction number 2019-161
 In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

MEET FORMAT: The FAST Mid-Season SC Finale offers a no qualification times, prelim/final meet for 12&U, 13/14, & 15&Over swimmers. On Saturday and Sunday afternoons, timed finals events will be held for 8&U and 10&U swimmers.

LOCATION: Eldora Pool and Ice
 1801 Riverside Ave, Fort Collins, CO 80525
 Elevation 5000 FT

FACILITY: Indoor 25-yard 10-lane pool. The meet will either be run in heats of 10-lanes or 10-lanes dependent upon number of entries received. The water depth of the competition pool is a consistent 7 feet. Additional warm-up and warm-down lanes will be available. The competitions course has been certified in accordance with 104.2.2C (4). No exhibition swimming is allowed.

Schedule:	Session 1, Friday PM	Warm-up:	3:30PM
	Finals	Start:	4:30PM
	Session 2, Saturday AM	Warm-up:	7:00AM
	Prelims	Start:	8:00AM
	Session 3, Saturday Afternoon	Warm-up:	12:45PM
	8&U, 10&U Timed Finals	Start:	1:30PM
	Session 4, Saturday PM	Warm-up:	3:45PM
Finals	Start:	4:30PM	
Session 5, Sunday AM	Warm-up:	7:00AM	
Prelims	Start:	8:00AM	
Session 6, Sunday Afternoon	Warm-up:	12:45PM	
8&U, 10&U Timed Finals	Start:	1:30PM	
Session 7, Sunday PM	Warm-up:	3:45PM	
Finals	Start:	4:30PM	

NOTE: FAST reserves the right to alter the start times after receiving all entries and reviewing projected timelines. Changes to session start times will be posted on the FAST website no later than December 10th, 2019

WARM UPS

- All warm-up sessions will be general warm-ups. Prior to meet sessions, the ten-lane competition pool and the 12+ lanes in the shallow end of the pool will be available for swimmer warm-ups. During the meet, the 12+ lanes in the shallow end of the pool will be available for continuous warm-up/cool down. Swimmers using the warm-up lanes must be registered in the meet. Additional warm-up and warm-down lanes will be available in the area next to the competition pool.
- Multiple lanes of the competition pool will be available for “start” and “pace lanes” the final 15 minutes of each designated warm-up session. Pace lanes will be Lanes 1&10; Sprint lanes will be Lanes 2&9; General Warm-up will remain Lanes 3 through 8
- At a sanctioned competitive event, USA Swimming Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmers’ responsibility to make such arrangements prior to the start of the meet.
- Current USA/CSI procedures for warm-up will be used and will be strictly enforced. Coaches are asked to make sure their swimmers understand and abide by these procedures. The standard CSI warm-up procedures are in effect for this meet. This includes swimmers entering the warm-up lanes using a 3-point feet-first entry

MEET REFEREE:	Brian Wixted	bwixted@comcast.net
MEET DIRECTORS:	Mike Novell	Mike@fortcollinsareaswimteam.org
ENTRY CHAIR:	Doug Stone	fastmeetentries@gmail.com
SAFETY DIRECTOR:	Doug Stone	doug@fortcollinsareaswimteam.org

ELIGIBILITY: Meet is open to all swimmers holding a 2019 or 2020 USA Swimming membership. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their card. Age on December 13th, 2019 determines age group. Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration. NO deck registrations will be permitted We encourage swimmers who are registered with a disability to enter the meet. It is the swimmer’s or coach’s responsibility to notify the Meet Referee of the events the swimmer has been entered.

- ENTRIES:**
- Swimmers swimming in any prelim events are limited to 3 events per day.
 - 10&U swimmers NOT swimming in prelim events, may enter 4 events per day.
 - All times submitted must be entered in short course yards.
 - All entries must be submitted on disk or via email in Hy-tek format using Meet Manager or Commlink files. Hard copies of entries must be submitted by the deadline. All entries are to be on CSI master sheets, which lists the swimmer’s name and age (as on the first day of the meet), team code, USA number, and entry time.
 - Provided extra heats are not created, deck entries will be accepted. Deck entries will be accepted only if the swimmer is already entered in the meet. Deck entries must be approved by the Meet Referee. The maximum number of events per day rule still applies.
 - There will be positive check in for all 200 yard events in the prelim/final format.

ENTRY FEES:	Individual Events: \$6.50	Deck Entries: \$10.00 per individual event
	Pool Surcharge: \$11.00	

\$0.75 of each individual event goes to the CSI support fund.

Any team entering 5 or more swimmers not using HY-Tek must add \$30.00 surcharge for handling entries.

All Non-FAST USA Swimming officials who volunteer to work three complete sessions will have fees reimbursed for one swimmer, except for the \$0.75 per event CSI fee.

Please make one check payable to FAST for your entries.

ENTRY DEADLINE: E-mail entries must be received by the Entry Chair by November 15th, 2019. Hardcopy confirmation and payment must be received for entries to be accepted. **Entries that do not accompany payment will be placed at the back of the registration line until payment is received.** Preference may also be afforded to teams who register swimmers for events on multiple days. Teams that only register swimmers for one day reduce the total number of swimmers that can participate in the meet.

Updated times will be accepted through December 3, 2019, for swimmers already entered in the meet.

ENTRY SUBMISSION: Send Doug Stone fastmeetentries@gmail.com
Entries to:
Mail Entries to: Fort Collins Area Swim Team
1112 Oakridge Dr. Suite 104 - PMB #270
Fort Collins, CO 80525

- RULES:**
1. Current 2019 USA rules shall apply. The rules and procedures of Colorado Swimming also apply.
 2. The Meet Referee will be the final authority for the conduct of the meet.
 3. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
 4. On deck photography is not allowed from behind the starting blocks.
 5. Hired photographers are not covered by USA Swimming's insurance and must provide both the host club and the venue host with a certificate of insurance naming both as Additional Insured. If the professional photographer doesn't have general liability insurance, they are not allowed to roam the venue as a professional photographer...only as a spectator. Additionally, the club who hired the photographer must have signed permission forms from the parents of all swimmers to be photographed. The USA Swimming insurance broker has recommended that hired photographers not be allowed on deck unless the photographer has been contracted by the host club with the concurrence of all clubs involved in the meet to take pictures of all participants. Again, permission forms must be received from the parents of any swimmer to be photographed.
 6. **NO SMOKING** is allowed anywhere in the facility
 7. NO spectators will be permitted on deck at any time during the meet
 8. Deck space is reserved for swimmers, coaches, and officials
 9. Use of audio or visual recording devices, including a cell phone, still camera, video recorder, etc. is not allowed in the facility restrooms
 10. Operation of a drone, or any flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and spectators are present
 11. Deck changing is strictly forbidden.

AGE GROUPS: 8&U, 10&U, 12&U, 13/14, 15&O

AWARDS:	8&U, 10&U, 12&U	13/14	15&O
	Medals 1 st – 3 rd	Medals 1 st – 3 rd	No Awards
	Ribbons 4 th -10 th		

***Awards will not be mailed**

CHECK-IN: Swimmers in the 8&U / 10&U afternoon sessions will be seeded and escorted to the blocks by the clerk of course. Swimmers in all other sessions will report to the blocks for their events.

- Officials**
- Official uniform will be white polo shirt over blue or black shorts, skirt, or pants, white or black socks, and predominately white or black shoes.
 - Session briefings will be held 1 hour prior to the start of the session.
 - Officials will be required to show credentials to officiate
- Coaches**
- Coaches may pick up their programs/packets at the announcer’s table. Heat sheets for each session will be available for Coaches, Officials and Volunteers only. They will not be sold, but will be available online prior to the meet. Coaches must show proof of current credentials to be on deck
 - There will be a coaches meeting at 4:15 pm on Friday afternoon.

MEET RESULTS: All meet results will be emailed.

Friday, December 13, 2018
Session 1 Warm up: 3:30 PM Start: 4:30 PM

Female	Age	Event	Male
1	12&U	200 Fly	2
3	10&U	200 Free	4
5	OPEN	400 I.M.*	6
7	12&U	200 Breast	8
9	OPEN	500 FREE*	10
11	12&U	200 Back	12
13	OPEN	1650 FREE**	14

***Positive Check-in required 30 minutes prior to the start of the meet for the 400IM/500 Freestyle.**

****Positive Check-In required by the START of the meet for 1650 Free. Swimmers must supply counters for the 1650 Free.**

The 1650 free, 500 free, and 400IM may be limited to the fastest 30 male and the fastest 30 female entrants. Limits will be announced December 5th, 2018

400IM, 500Free, 1650 Free will be swum Fastest to Slowest alternating Girls and Boys

Saturday, December 14, 2018**Session 2 - Prelims: Warm-up: 7:00 AM Start: 8:00 AM**

Female	Age	Event	Male
15	15&O	200 FLY	16
17	13/14	200 FLY	18
19	12&U	50 FLY	20
21	15&O	200 I.M.	22
23	13/14	200 I.M.	24
25	12&U	100 I.M.	26
27	15&O	100 BACK	28
29	13/14	100 BACK	30
31	12&U	100 BACK	32
33	15&O	200 BREAST	34
35	13/14	200 BREAST	36
37	12&U	50 BREAST	38
39	15&O	100 FREE	40
41	13/14	100 FREE	42
43	12&U	100 FREE	44

Session 4 – Finals: Warm-up: 3:45 PM Start: 4:30 PM

Female	Age	Event	Male
15	15&O	200 FLY	16
17	13/14	200 FLY	18
19	12&U	50 FLY	20
21	15&O	200 I.M.	22
23	13/14	200 I.M.	24
25	12&U	100 I.M.	26
27	15&O	100 BACK	28
29	13/14	100 BACK	30
31	12&U	100 BACK	32
33	15&O	200 BREAST	34
35	13/14	200 BREAST	36
37	12&U	50 BREAST	38
39	15&O	100 FREE	40
41	13/14	100 FREE	42
43	12&U	100 FREE	44

Sunday, December 15, 2018**Session 5 - Prelim: Warm-up: 7:00 Start: 8:00 AM**

Female	AGE	Event	Male
59	12&U	200 I.M.	60
61	15&O	200 BACK	62
63	13/14	200 BACK	64
65	12&U	50 BACK	66
67	15&O	50 FREE	68
69	13/14	50 FREE	70
71	12&U	50 FREE	72
73	15&O	100 BREAST	74
75	13/14	100 BREAST	76
77	12&U	100 BREAST	78
79	15&O	200 FREE	80
81	13/14	200 FREE	82
83	12&U	200 FREE	84
85	15&O	100 FLY	86
87	13/14	100 FLY	88
89	12&U	100 FLY	90

Session 7 -Finals: Warm-up: 3:45 PM Start: 4:30 PM

Female	AGE	Event	Male
59	12&U	200 I.M.	60
61	15&O	200 BACK	62
63	13/14	200 BACK	64
65	12&U	50 BACK	66
67	15&O	50 FREE	68
69	13/14	50 FREE	70
71	12&U	50 FREE	72
73	15&O	100 BREAST	74
75	13/14	100 BREAST	76
77	12&U	100 BREAST	78
79	15&O	200 FREE	80
81	13/14	200 FREE	82
83	12&U	200 FREE	84
85	15&O	100 FLY	86
87	13/14	100 FLY	88
89	12&U	100 FLY	90

10 and under Timed Final Sessions

Saturday, December 14, 2018

Session 3 – 8&U / 10&U Afternoon Timed Finals

Warm-up: 12:45 PM

Start: 1:30 PM

Female	AGE	EVENT	Male
45	10&U	100 I.M.	46
47	8&U	25 FLY	48
49	10&U	50 FLY	50
51	10&U	100 Free	52
53	8&U	25 BACK	54
55	10&U	100 BACK	56
57	10&U	50 BREAST	58

Sunday, December 15, 2018

Session 6 - 8&U / 10&U Afternoon Time Finals

Warm-up: 12:45 PM

Start: 1:30 PM

Female	AGE	EVENT	Male
91	10&U	200 I.M.	92
93	10&U	100 FLY	94
95	8&U	25 Free	96
97	10&U	50 FREE	98
99	10&U	50 BACK	100
101	8&U	25 BREAST	102
103	10&U	100 BREAST	104