



John Traube Memorial Swim Meet 2025

May 2-4, 2025



SPONSOR/HOST	FAST
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-pending - USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. - BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATION:	Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025
FACILITY:	- Indoor 50-meter pool;with eight (8) swimming lanes. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool depth dimensions at the North start end=7', turn end=7'. Pool depth dimensions at the South start end=12.5', turn end=7'. Parking available in the CFAC lot at the adjoining Sports Complex. Overhead seating for 499 spectators available, as well as generous on-deck areas for swimmers and coaches - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming
MEET DIRECTOR:	TBD
ADMIN OFFICIAL:	Angie Dorsey
MEET REFEREES:	Brian Perkins
MEET MARSHALS:	TBD
ELIGIBILITY:	No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

	- No on deck Ozark Swimming athlete registration will be permitted. - Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed on the swimmer's club, made payable to Ozark Swimming. - Open to all USA Swimming athletes registered before the first day of the meet. - Age on May 2, 2025 will determine age for the entire meet.
DISABILITY SWIMMERS:	- 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.
FORMAT:	- All 12 & under swimmers will swim in the morning sessions. - All 13 & over swimmers will swim in the Friday evening (including the 11-12 400 free), and Saturday and Sunday afternoon sessions. 11-12 400 free will be given priority to those swimmers who were unable to participate in the event at the METS LCKO in April 2025. - All events will be timed finals. - All events will be swum fast to slow (see further descriptions in Seeding section) - All 50 meter events will start from the turn end (diving boards end) of the pool. - Chase starts will be used on the Friday evening session, Saturday afternoon session, and Sunday afternoon session. Host team reserves the right to run chase starts for Saturday morning and Sunday morning sessions based on timeline needs.
SCHEDULE:	- Friday evening session: Warm-ups at 4:15 pm; competition starts at 5:25 pm. - Morning sessions: Warm-ups at 7:30 am; competition starts at 8:40 am. - Afternoon sessions: Warm-ups not before 12:45 pm; competition starts not before 1:55pm. - Lane assignment and warm-up times for individual clubs will be posted on the FAST website no later than Wednesday, April 30, 2025, and will also be emailed to the contact person of the participating clubs. - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	ENTRIES OPEN ON WEDNESDAY APRIL 9, 2025 AT 9:00 AM. DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY APRIL 11, 2024 AT 5:00 PM, - Entries must be submitted in LCM course times using Hy-Tek compatible format. - Teams must submit entries via email. "No Time" (NT) entries will be accepted. - Swimmers may enter a maximum of 8 individual events for the meet. <u>This meet will have five sessions:</u> Session 1 – Friday Evening 13 & over – 2 event limit / 11-12 1 event limit Session 2 & 4 – Saturday and Sunday Morning 12 & under – 4 event limit Session 3 & 5 – Saturday and Sunday Afternoon 13 & over – 3 event limit - Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. - Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official. - The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. - Email entries to: Andrew Westerman at entries@fast-swimming.com
SEEDING:	All events will be pre-seeded except the following limited events: #s 3 & 4, the 11-12 400 Freestyle, #s 7 & 8, 13 & over 800 Freestyle, #s 17 & 18 the 12 & under 200 Freestyle, #s 27 & 28 the 13 & over 400 IM, #s 37 & 38 the 12 & under 200 IM, and #s 47 & 48 the

	13 & over 400 Freestyle. Positive check-in required for these events as these events may be limited to accommodate reasonable session timelines. If limits are imposed, teams will have 30 days from the end of the meet to request refunds for swimmers not making limited events who scratch those events. • Positive check-in will close at the conclusion of the warm up at the beginning of each session. SWIMMERS MUST POSITIVELY CHECK-IN TO SWIM THE ABOVE EVENTS. • All events will be swum fast to slow. Events #s 7 & 8 the 13 & over 800 Freestyle, #s 27 & 28 the 13 & over 400 IM, and #s 47 & 48 the 13 & over 400 Freestyle will be swum alternating heats of girls and boys. Event #s 3 & 4 the 11-12 400 Freestyle might be swum in alternating heats of girls and boys, and will be seeded fast to slow.
FEES:	• Individual events: \$5.00 per individual event and \$10.00 for deck entries • Swimmer Surcharge: \$20 per swimmers • \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. • Checks should be made payable to: FAST. • Payments can be mailed to FAST 8835 Manchester Road, St. Louis, MO 63144 or brought to the first day of the meet. • Payment must be received by May 2, 2025 Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
AWARDS:	• 12 & under heat winners will receive heat prizes. All swimmers will receive a John Traube Memorial meet bag tag. A High point winner cap for the following age groups: 10 & unders, 11-12, 13-14, and 15 & overs.
SCORING:	• Standard points scoring will be used to determine high point winners.
SAFETY:	• Lifeguards will be present during the meet sessions.
RULES:	• The current USA Swimming Rules and Regulations will apply. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The flyover start procedure will be used for all sessions. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Deck changes are prohibited. • Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. - o Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director - o Coaches with expired or non-current credentials will be required to leave the deck area. • 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. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for

	Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	- Officials will be needed for all positions and all sessions for this meet. - Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to fastofficials@fast-swimming.com, no later than April 18, 2025. - There will be an officials meeting 45 minutes prior to the start of each session.
TIMERS:	- The host club will provide all timers. - A timers briefing will be held in the pool lobby 20 minutes prior to the start of each session.
GENERAL:	- An apparel vendor will be available at the meet. - Concessions will be available in the concession area
FACILITY RULES:	Only swim meet volunteers, coaches, and swimmers are allowed on the pool deck. Spectators are to be in the stands.

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ORDER OF EVENTS

Friday Evening Warm-up: 4:15 pm Meet Starts: 5:25 pm		
Girls	Event	Boys
1	13 & Over 200 IM	2
3	11-12 400 Free ¹	4
5	13 & Over 50 Free	6
10-minute Break		
7	13 & Over 800 Freestyle ²	8
¹ 400 Freestyle encouraged for 11-12 year old swimmers who didn't swim the event at the METS Long Course Kick Off. FAST reserves the right to limit the event per meet needs. ² Swimmers in the 800 Freestyle are required to provide their own counter for the event. Chase starts will be used for Friday evening.		

Saturday Morning Warm-up: 7:30 am Meet Starts: 8:40 am		
Girls	Event	Boys
9	12 & Under 100 Backstroke	10
11	12 & Under 50 Freestyle	12
13	12 & Under 100 Butterfly	14
15	12 & Under 50 Breaststroke	16
10-minute Break		
17	12 & Under 200 Freestyle	18

Saturday Afternoon Warm-up: not before 12:45 pm meet starts not before: 1:55 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
Chase starts will be used for Saturday afternoon.		

Sunday Morning Warm-up: 7:30 am Meet Starts: 8:40 am		
Girls	Event	Boys
29	12 & Under 100 Freestyle	30
31	12 & Under 50 Butterfly	32
33	12 & Under 100 Breaststroke	34
35	12 & Under 50 Backstroke	36
10-minute Break		
37	12 & Under 200 Individual Medley	38

Sunday Afternoon Warm-up: not before 12:45 pm meet starts not before: 1:55 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
Chase starts will be used for Sunday afternoon.		