



FLYERS AQUATIC SWIM TEAM  
2021 John Traube Memorial Invitational  
May 13-15, 2022



|                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                 |                       |
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| SPONSOR/HOST                 | Flyers Aquatic Swim Team                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                 |                       |
| SANCTION                     | Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc.<br>Sanction Number: #6170                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                 |                       |
| SPECIAL EVENT INFORMATION    | John Carter Traube was a long-time board member and volunteer for Flyers Aquatic Swim Team. In addition to serving as the FAST Board President for two years, John shared his time and love for competitive swimming by serving on FAST committees and as a USA Swimming official at meets locally and regionally. John passed away from cancer in 2018. A memorial to John will be displayed in the lobby as well as information about the John Traube memorial scholarship and Swim Across America. A portion of the proceeds from this meet will be donated to both causes. |                                                                                                                                                 |                       |
| MEET DIRECTOR                | Laura Lebeau                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | E-Mail: <a href="mailto:llebeau@fast-swimming.com">llebeau@fast-swimming.com</a>                                                                | PHONE:                |
| OFFICIALS CONTACT            | Lesley Hane                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | E-Mail: <a href="mailto:fastofficials@fast-swimming.com">fastofficials@fast-swimming.com</a>                                                    | PHONE: (314)420-7292  |
| ENTRY CHAIR                  | Laura Lebeau                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | E-Mail: <a href="mailto:entries@fast-swimming.com">entries@fast-swimming.com</a>                                                                | PHONE: (314) 208-7610 |
| MEET REFEREE                 | Jeff McCoskey                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | E-Mail: <a href="mailto:jmack6r@hotmail.com">jmack6r@hotmail.com</a>                                                                            | PHONE:                |
| ADMIN OFFICIAL               | Angie Dorsey                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | E-Mail: <a href="mailto:adorsey@fast-swimming.com">adorsey@fast-swimming.com</a>                                                                | PHONE: (314)852-5216  |
| FACILITY ADDRESS             | Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                 |                       |
| FACILITY DESCRIPTION         | Chuck Fruit Aquatic Center is an indoor 8-lane, 50-meter course. It is equipped with an automated timing system and digital scoreboard. There is an elevated seating area provided for up to 499 spectators with additional deck seating for over 200 athletes and coaches.                                                                                                                                                                                                                                                                                                    |                                                                                                                                                 |                       |
| POOL CERTIFICATION           | The competition course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming.                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                 |                       |
| WATER DEPTH                  | The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth is 7 feet at the starting end, and 13 feet at the turn end.                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                 |                       |
| HEAT SHEETS                  | Heat sheets will be emailed out to all teams, posted on meet mobile, and posted around the building.                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                 |                       |
| EVENTS                       | This meet will be conducted in accordance with the attached schedule of events.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                 |                       |
| ENTRY OPEN                   | FAST will begin to accept entries on Wednesday, April 13 at 9:00am Central time.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                 |                       |
| ENTRY DEADLINE               | FAST will accept entries up until the entry deadline, Friday, April 15 at 9:00pm Central time or until the entry limit is reached.                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                 |                       |
| ENTRY LIMIT                  | The meet may be limited to 350 swimmers prior to the addition of the host team                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                 |                       |
| ADDITIONAL ENTRY INFORMATION | Each club will receive a notification of receipt of entry. <u>This notification does not guarantee acceptance into the meet.</u> Teams will be notified on Saturday, April 16 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on April 16 if their entry was not accepted.                                                                                                                                                                                                                                   |                                                                                                                                                 |                       |
| CONFORMING TIMES             | Swimmers should be entered at their actual time. No Times are allowed and should be designated NT.                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                 |                       |
| FORMAT                       | <b><u>All of the technical and administrative rules of USA Swimming will apply.</u></b> All events are timed finals and will be swum fastest to slowest.<br><br><b><u>This meet will have seven sessions:</u></b><br>Session 1 – Friday afternoon 13&Over – 2 event limit<br>Session 2 & 5 – Saturday and Sunday Morning 13&Over Girls – 3 event limit<br>Session 3 & 6 – Saturday and Sunday Afternoon 13&Over Boys – 3 event limit<br>Session 4 & 7 – Saturday and Sunday Evening 12&Unders – 4 event limit                                                                  |                                                                                                                                                 |                       |
| ENTRY PROCEDURES             | Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by e-mail to <a href="mailto:entries@fast-swimming.com">entries@fast-swimming.com</a> . 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.<br><br><b>Individual events: \$5.00</b><br><b>There is a \$20.00 surcharge per swimmer</b>                                                                                                             | <b>Mail summary forms and checks ( payable to Flyers Aquatic Swim Team) to:</b><br>FAST<br>% Laura Lebeau<br>PO Box 8595<br>St. Louis, MO 63126 |                       |



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| MEET DURATION              | <p>In compliance with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. Proof of time may be required if events are limited. Updated times will not be accepted past May 9 at 5:00pm Central Time for use in any limited event and the USA Swimming SWIMS database will be used to verify that the psych sheet is accurate. If swimmers are cut out of an event due to limitations, the entry fee will be refunded for said event or placed in a shorter one.</p> <p>The host team reserves the right to run chase starts for events 100 meters or longer to control meet timelines.</p> |                     |                    |
| PROOF OF TIMES             | <p>No proof of time is required, but teams are asked to enter swimmers at their actual time in order of priority: Long Course meters, Short Course Yards, Short Course meters.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                     |                    |
| OFFICIALS                  | <p>FAST welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Lesley Hane at <a href="mailto:fastofficials@fast-swimming.com">fastofficials@fast-swimming.com</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                     |                    |
| SEEDING AND PRESEEDING     | <p>All events are timed finals and seeded fastest to slowest. There will be a positive check-in for the following events: 13&amp;Over 400 Free, 400 IM, 800 Free and 12&amp;U 200 Free and 200 IM. The positive check-in events will be swum alternating women, then men. Swimmers not checked in by the beginning of each session will be considered a scratch. Swimmers in the 800 Free must provide their own counter.</p>                                                                                                                                                                                                                                                                                                                                                                                      |                     |                    |
| DECK ENTRIES               | <p>Deck entries may be accepted at the discretion of the meet referee only, and only for swimmers already registered with USA Swimming.</p> <p>If permitted, Deck Entry fees will be \$10.00 per individual event + meet surcharge of \$20.00.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                     |                    |
| WARM-UP INFORMATION        | <p>Teams will be assigned warm-up lanes and times will be notified prior to the day of the meet. Swimmers who are unattached or otherwise do not have a coach to supervise warm-up should check in with the meet director upon arrival to be assigned to a certified coach for warm-up.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                     |                    |
| Session 1                  | 1st Warm-up: 4:15pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Meet start: 5:00pm  |                    |
| Session 2 & 4              | 1st Warm-up: 7:30am                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 2nd Warm-up: 8:00am | Meet start: 8:30am |
| Session 3 & 5              | 1st Warm-up: 12:30am                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2nd Warm-up: 1:10am | Meet start: 1:45pm |
| AWARDS/SCORING             | <p>12&amp;Under heat winners will receive awards. All swimmers will receive a John Traube Memorial meet bag tag. A High point winner cap for the following age groups: 10&amp;Unders, 11-12, 13-14, and 15&amp;Overs.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                     |                    |
| TIMERS                     | <p>All timers will be provided by the host team.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                     |                    |
| RULES                      | <p>2022 USA Swimming Rules and Regulations will govern the conduct of the meet.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                     |                    |
| DECK PRIVILEGES            | <p>Only currently registered USA Swimming athletes and non-athlete members and volunteers necessary to run the meet will be allowed on deck and/or locker room areas during the meet. Coaches must be currently registered with USA Swimming as a Coach member to act in a coaching capacity at the meet.</p> <p>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.”</p>                                                                                                                                                              |                     |                    |
| ELIGIBILITY                | <p>The meet is open only to athletes registered with USA Swimming for 2022. “Applied for” will not be accepted. On deck registration will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering non registered swimmers in an Ozark meet.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                     |                    |
| RACING START CERTIFICATION | <p>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 without the use of a 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 request.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                |                     |                    |
| MEET REFEREE               | <p>The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for <i>any</i> issues that arise that day during the course of the meet.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                     |                    |
| MEET MARSHALS              | <p>Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals’ instructions.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                     |                    |
| SWIMMERS WITH DISABILITIES | <p>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.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     |                    |



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| <b>PHOTOGRAPHY</b>       | In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the FAST Board of Directors and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes                                                                                                                                                                                                                                                                                                                                                 |
| <b>DECK CHANGING</b>     | Per USA Swimming Rule 202.4.9(I), Deck changes are prohibited.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>RESTRICTIONS</b>      | <p>It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <ul style="list-style-type: none"><li>• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</li><li>• No glass containers are allowed in the meet venue.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>RULES</b>             | <p>In accordance with USA Swimming rule 202.4.9J, unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.</p> <p>In accordance with USA Swimming rule 102.9</p> <ol style="list-style-type: none"><li>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.</li><li>2. No zipper or other fastening devices are allowed except for a waist tie on a brief or jammer, and</li><li>3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>OTHER INFORMATION</b> | B&B Aquatics will be the vendor for the meet and located in the lobby. Concessions may be available.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>DIRECTIONS</b>        | A Google map link is available on the FAST team website ( <a href="http://www.fast-swimming.com">www.fast-swimming.com</a> ).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>COVID DISCLAIMER</b>  | <p>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 Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>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 [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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.</p> <p>Swimmers must check in outside and show proof of the assigned Covid-19 waiver.</p> |

Fast reserves the right to add a 10 minute break if necessary per session. If so, the pool will also be open for warm up and cool down during 10-minute breaks.



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| <b>Friday Evening</b><br><b>Warm-up: 4:15 pm Meet Starts: 5:00 pm</b> |                                   |             |
|-----------------------------------------------------------------------|-----------------------------------|-------------|
| <b>Girls</b>                                                          | <b>Event</b>                      | <b>Boys</b> |
| <b>1</b>                                                              | <b>13&amp;Over 200 IM</b>         | <b>2</b>    |
| <b>3</b>                                                              | <b>13&amp;Over 50 Free</b>        | <b>4</b>    |
|                                                                       | <b>10-minute Break</b>            |             |
| <b>5</b>                                                              | <b>13&amp;Over 800 Freestyle*</b> | <b>6</b>    |

*\*Swimmers entered in the 800 Freestyle are required to provide their own counter for the event.*

| <b>Saturday Morning</b><br><b>Warm-up: 7:30 am Meet Starts: 8:30 am</b> |                                     |             |
|-------------------------------------------------------------------------|-------------------------------------|-------------|
| <b>Girls</b>                                                            | <b>Event</b>                        | <b>Boys</b> |
| <b>7</b>                                                                | <b>12&amp;Under 100 Backstroke</b>  | <b>8</b>    |
| <b>9</b>                                                                | <b>12&amp;Under 50 Freestyle</b>    | <b>10</b>   |
| <b>11</b>                                                               | <b>12&amp;Under 100 Butterfly</b>   | <b>12</b>   |
| <b>13</b>                                                               | <b>12&amp;Under 50 Breaststroke</b> | <b>14</b>   |
|                                                                         | <b>10-minute Break</b>              |             |
| <b>15</b>                                                               | <b>12&amp;Under 200 Freestyle</b>   | <b>16</b>   |

| <b>Saturday Afternoon</b><br><b>Warm-up: 12:30 pm Meet Starts: 1:45 pm</b> |                                     |             |
|----------------------------------------------------------------------------|-------------------------------------|-------------|
| <b>Girls</b>                                                               | <b>Event</b>                        | <b>Boys</b> |
| <b>17</b>                                                                  | <b>13&amp;Over 200 Backstroke</b>   | <b>18</b>   |
| <b>19</b>                                                                  | <b>13&amp;Over 100 Breaststroke</b> | <b>20</b>   |
| <b>21</b>                                                                  | <b>13&amp;Over 200 Freestyle</b>    | <b>22</b>   |
| <b>23</b>                                                                  | <b>13&amp;Over 100 Butterfly</b>    | <b>24</b>   |
|                                                                            | <b>10-minute Break</b>              |             |



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|           |                                          |           |
|-----------|------------------------------------------|-----------|
| <b>25</b> | <b>13&amp;Over 400 Individual Medley</b> | <b>26</b> |
|-----------|------------------------------------------|-----------|

| <b>Sunday Morning</b><br><b>Warm-up: 7:30 am Meet Starts: 8:30 am</b> |                                           |             |
|-----------------------------------------------------------------------|-------------------------------------------|-------------|
| <b>Girls</b>                                                          | <b>Event</b>                              | <b>Boys</b> |
| <b>27</b>                                                             | <b>12&amp;Under 100 Freestyle</b>         | <b>28</b>   |
| <b>29</b>                                                             | <b>12&amp;Under 50 Butterfly</b>          | <b>30</b>   |
| <b>31</b>                                                             | <b>12&amp;Under 100 Breaststroke</b>      | <b>32</b>   |
| <b>33</b>                                                             | <b>12&amp;Under 50 Backstroke</b>         | <b>34</b>   |
|                                                                       | <b>10-minute Break</b>                    |             |
| <b>35</b>                                                             | <b>12&amp;Under 200 Individual Medley</b> | <b>36</b>   |

| <b>Sunday Afternoon</b><br><b>Warm-up: 12:30 pm Meet Starts: 1:45 pm</b> |                                     |             |
|--------------------------------------------------------------------------|-------------------------------------|-------------|
| <b>Girls</b>                                                             | <b>Event</b>                        | <b>Boys</b> |
| <b>37</b>                                                                | <b>13&amp;Over 200 Butterfly</b>    | <b>38</b>   |
| <b>39</b>                                                                | <b>13&amp;Over 100 Freestyle</b>    | <b>40</b>   |
| <b>41</b>                                                                | <b>13&amp;Over 200 Breaststroke</b> | <b>42</b>   |
| <b>43</b>                                                                | <b>13&amp;Over 100 Backstroke</b>   | <b>44</b>   |
|                                                                          | <b>10-minute Break</b>              |             |
| <b>45</b>                                                                | <b>13&amp;Over 400 Freestyle</b>    | <b>46</b>   |

## Warm-ups

Teams will be assigned specific lanes for warm-ups on Saturday and Sunday, and the pool will be open during marked 10-minute breaks for additional warm-up / cool-down. Warm-up assignments will be e-mailed to teams the week prior to the meet and will be posted around the pool along with this warm-up procedure for



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Friday night. We ask that everyone adhere to the general warm-up guidelines for the safety and benefit of everyone.

During the 10-minute breaks, swimmers should enter the pool feet first ONLY. Swimmers should enter from the ends of the pool, **not from the sides.**