



FLYERS AQUATIC SWIM TEAM
2019 FAST IMX Kickoff
October 12-13, 2019



SPONSOR/HOST	Flyers Aquatic Swim Team		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: Pending		
MEET DIRECTOR	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
OFFICIALS CONTACT	Craig McElroy	E-Mail: fastofficials@fast-swimming.com	PHONE: (314)496-7989
ENTRY CHAIR	Angie Dorsey	E-Mail: entries@fast-swimming.com	PHONE: (314)852-5216
MEET REFEREE	Mike Scott	E-Mail: msscott@charleston.k12.mo.us	PHONE: (573)243-8428
ADMIN OFFICIAL	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
FACILITY ADDRESS	Pattonville High School Natatorium – 2497 Creve Coeur Mill Road, Maryland Heights, MO 63043		
FACILITY DESCRIPTION	Pattonville High School Natatorium is an indoor 11-lane, 25-yard course. It is equipped with automated timing system and 8-lane scoreboard. There is an elevated seating area for up to 600 spectators.		
POOL CERTIFICATION	The competition course has not been certified in accordance with 104.2.2C(4).		
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 available for sale for each session.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	FAST will begin to accept entries on Wednesday, September 18 at 9:00am Central time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Friday, September 20 at 9:00pm Central time or until the entry limit is reached.		
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, September 21 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on September 21 if their entry was not accepted.		
ENTRY LIMIT	Entries may be limited to 400 swimmers plus the host club. Team entries may be split.		
CONFORMING TIMES	Swimmers should be entered at their actual time in short course yards. No Times are allowed and should be designated NT.		
FORMAT	<u>All of the technical and administrative rules of USA Swimming will apply.</u> All events are timed finals and will be swum fastest to slowest. <u>This meet will have four sessions:</u> Session 1 & 3 – Saturday and Sunday Morning 13&Overs– 4 event limit Session 2 & 4 – Saturday and Sunday Afternoon 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 entries@fast-swimming.com . 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. Individual events: \$5.00 There is a \$10.00 surcharge per swimmer	Mail summary forms and checks (payable to Flyers Aquatic Swim Team) to: Angie Dorsey C/O FAST PO Box 8595 St. Louis, MO 63126	
MEET DURATION	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 September 27 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.		
PROOF OF TIMES	No proof of time is required, but teams are asked to enter swimmers at their actual time in order of priority: Short Course Yards, Long Course Meters, Short Course meters.		



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OFFICIALS	FAST welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Craig McElroy at fastofficials@fast-swimming.com .	
SEEDING AND PRESEEDING	All events are timed finals and seeded fastest to slowest. There will be a positive check-in for the following events: 500 Free, 400 IM and 13&Over 200 Free. The 500 Free and 400 IM 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 500 Free must provide their own counter.	
DECK ENTRIES	Deck entries may be accepted at the discretion of the meet referee only, and only for swimmers already registered with USA Swimming. Deck Entry fees will be \$10.00 per individual event + meet surcharge of \$7.00.	
WARM-UP INFORMATION	Teams will be assigned warm-up lanes and times and 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.	
Session 1 & 3	First warm-up: 7:30am; Second warm-up 7:55am	Meet start: 8:30am
Session 2 & 4	First warm-up: 1:30pm; Second warm-up 1:55pm	Meet start: 2:30pm
AWARDS/SCORING	This meet provides an opportunity for swimmers to obtain either an IMX Score OR an IM Ready score. A trophy will be awarded to the swimmer in each IMX age group who finishes with the lowest composite time in the IMX events for their age group. A swimmer must enter all of the IMX Events for their age group in order to receive an award. <u>The following age groups and event combinations will be tabulated for IMX Awards:</u> 9-year-olds and 10-year-olds: 200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly 11-year-olds and 12-year-olds: 200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly 13-year-olds, 14-year-olds, 15+: 200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly A trophy will be awarded to the swimmer in each IM Ready age group who finishes with the lowest composite time in the IM Ready events for their age group. Swimmers must enter all of the IM Ready events for their age group to receive an award. <u>The following age groups and event combinations will be tabulated for IM Ready Awards:</u> 13-year-olds and 14-year-olds: 200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly	
TIMERS	All timers will be provided by the host team.	
RULES	2019 USA Swimming Rules and Regulations will govern the conduct of the meet.	
DECK PRIVILEGES	Only currently registered USA Swimming athlete 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.	
ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2019 or 2020. "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.	
RACING START CERTIFICATION	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 REFEREE	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 any issues that arise that day during the course of the meet.	
MEET MARSHALS	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.	
SWIMMERS WITH DISABILITIES	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.	



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PHOTOGRAPHY	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
DECK CHANGING	Per USA Swimming Rule 202.4.9(I), Deck changes are prohibited.
PRE-MEET INFORMATION AND RESULTS	A technical bulletin will be e-mailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent information. Meet results will be posted at the pool and on Meet Mobile throughout each session. Final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.
RESTRICTIONS	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. • Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. • No glass containers are allowed in the meet venue.
RULES	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. In accordance with USA Swimming rule 102.8 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 zipper 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.
OTHER INFORMATION	A crash area will be available for swimmers and parents in the cafeteria. B&B Aquatics will be the vendor for the meet and located in the crash area. Concessions will be available in the cafeteria. The meet will be conducted in 8 lanes with lane 9 as a buffer and lane 10 as continuous warm-up / down.
DIRECTIONS	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 is just outside of the pool.



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

Girls	Event	Boys
1	13-14 100 Butterfly	2
3	Open 100 Butterfly	4
5	13-14 200 Backstroke	6
7	Open 200 Backstroke	8
9	13-14 200 Breaststroke	10
11	Open 200 Breaststroke	12
13	13&Over 200 Freestyle	14
15	13&Over 400 Individual Medley	16

Saturday Afternoon
Warm-up: 1:30 pm Meet Starts: 2:30 pm

Girls	Event	Boys
17	10&U 50 Butterfly	18
19	11-12 50 Butterfly	20
21	10&U 100 Backstroke	22
23	11-12 100 Backstroke	24
25	10&U 50 Breaststroke	26
27	11-12 50 Breaststroke	28
29	10&Under 200 Individual Medley	30
31	11-12 200 Individual Medley	32



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Sunday Morning Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
33	13-14 200 Individual Medley	34
35	Open 200 Individual Medley	36
37	13-14 100 Backstroke	38
39	Open 100 Backstroke	40
41	13-14 200 Butterfly	42
43	Open 200 Butterfly	44
45	13-14 100 Breaststroke	46
47	Open 100 Breaststroke	48
49	13&Over 500 Freestyle*	50

**Swimmers entered in the 500 Freestyle are required to provide their own counter for the event.*

Sunday Afternoon Warm-up: 1:30 pm Meet Starts: 2:30 pm		
Girls	Event	Boys
51	11-12 100 Butterfly	52
53	10&Under 100 Butterfly	54
55	11-12 50 Backstroke	56
57	10&Under 50 Backstroke	58
59	11-12 100 Breaststroke	60
61	10&Under 100 Breaststroke	62
63	11-12 500 Freestyle*	64
65	10&U 200 Free	66

**Swimmers entered in the 500 Freestyle are required to provide their own counter for the event.*