



FLYERS AQUATIC SWIM TEAM
2020 Too FAST To Freeze
January 3-5, 2020



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	Jeff Heveroh	E-Mail: jeff@stonebridgefin.com	PHONE: (314)799-5400
MEET CO-REFEREE	Andy Allman	E-Mail: AAllman@amscontrols.com	PHONE: (314)724-2126
ADMIN OFFICIAL	Angie Dorsey	E-Mail: entries@fast-swimming.com	PHONE: (314)852-5216
FACILITY ADDRESS	Lindbergh High School – 5000 S. Lindbergh Blvd., St. Louis, MO 63126		
FACILITY DESCRIPTION	Lindbergh High school pool is an indoor 10-lane, 25-yard course. It is equipped with an automated timing system and 10-lane scoreboard. There is an elevated seating area provided for up to 600 spectators. Gym 2 is located in the same building and will be available as a crash area for swimmers and spectators on Sunday.		
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 a minimum of six feet at both start and turn end of the competition course.		
HEAT SHEETS	Heat sheets will be emailed to teams no later than December 30.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	FAST will begin to accept entries on Wednesday, December 18, 2020 at 9:00am Central time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Friday, December 20, 2020 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, December 21, 2020 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on December 20 if their entry was not accepted.		
ENTRY LIMIT	Entries may be limited to 300 swimmers plus the host club. Team entries will not 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. Swimmers may enter and compete in up to seven individual events for the entire meet – no more than four in one session. Swimmers may swim in one relay per day. <u>This meet will have five sessions:</u> Session 1 – Friday afternoon 13&Over Session 2 & 4 – Saturday and Sunday Morning 12&Unders – 4 event limit Session 3 & 5 – Saturday and Sunday Afternoon 13&Overs – 3 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 Relay events: \$10.00 There is a \$15.00 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		



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	who are affected by such limits. Proof of time may be required if events are limited. Updated times will not be accepted past December 20 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.	
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. The Open 400 IM will be swum alternating girls, then boys. The following events will be deck-seeded with a positive check-in deadline of 30 minutes prior to the start of the session and may be limited according to the following schedule: 13&Over 200 Free, 500 Free, 200 IM and 400 IM (80 swimmers per gender or 160 athletes total). 12&Under 200 Free and 200 IM (48 11-12 and 40 10&Under in each gender, or 176 total). The host team reserves the right to include an additional heat of girls and/or boys for each of these events to be filled by the host team. Swimmers must provide their own lap counter for the 500 Free.	
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 \$10.00.	
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	Warm-up: 5:15pm (positive check-in by 5:30pm)	Meet start: 6:00pm
Session 2 & 4	First warm-up: 7:30am; Second warm-up 7:55am	Meet start: 8:30am
Session 3 & 5	First warm-up: 1:00pm; Second warm-up 1:25pm	Meet start: 2:00pm
AWARDS/SCORING	Awards will be given for first through third place in each individual event. Ribbons will be awarded for fourth through eighth place in each individual event. The top three teams of each relay event will also receive awards. There will be heat-winner awards for selected events. The meet will not be scored.	
TIMERS	All timers will be provided by the host team.	
RULES	2020 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 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 <i>any</i> 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.	



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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.
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 102.9 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 located in the same building. B&B Aquatics will be the vendor for the meet and located in the crash area. Concessions will be available. The meet will be conducted in 8 lanes with lane 9 as a buffer and lanes 10 and 11 as continuous warm-up / down throughout each session.
DIRECTIONS	A Google map link is available on the FAST team website (www.fast-swimming.com).



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Friday Evening		
Warm-up: 5:15 pm Meet Starts: 6:00 pm		
Girls	Event	Boys
1	13&Over 500 Freestyle (Limited Event)	2
3	13&Over 200 IM (Limited Event)	4

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

Saturday Morning		
Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
5	11-12 200 Freestyle Relay	6
7	10&Under 200 Freestyle Relay	8
	5-minute break	
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	11-12 50 Butterfly	22
23	10&Under 50 Butterfly	24
25	11-12 100 Breaststroke	26
27	10&Under 100 Breaststroke	28
29	12&Under 200 Freestyle (limited event)	30



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Saturday Afternoon Warm-up: 1:00 pm Meet Starts: 2:00 pm		
Girls	Event	Boys
31	Open Mixed Medley Relay (2 girls / 2 boys)	31
	5-minute break	
33	Open 100 Freestyle	34
35	13-14 100 Freestyle	36
37	Open 200 Breaststroke	38
39	13-14 200 Breaststroke	40
41	Open 100 Butterfly	42
43	13-14 100 Butterfly	44
45	Open 200 Backstroke	46
47	13-14 200 Backstroke	48
49	Open 400 Individual Medley (Limited Event)	50

Sunday Morning Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
51	11-12 200 Medley Relay	52
53	10&Under 200 Medley Relay	54
	5-minute break	
55	11-12 100 Freestyle	56
57	10&Under 100 Freestyle	58
59	11-12 50 Backstroke	60
61	10&Under 50 Backstroke	62
63	11-12 100 Butterfly	64
65	10&Under 100 Butterfly	66



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67	11-12 50 Breaststroke	68
69	10&Under 50 Breaststroke	70
71	12&Under 200 Individual Medley (Limited Event)	72

Sunday Afternoon Warm-up: 1:00 pm Meet Starts: 2:00 pm		
Girls	Event	Boys
73	Open 250 Crescendo Freestyle Relay (25,50,75,100)	74
	5-minute Break	
75	Open 100 Breaststroke	76
77	13-14 100 Breaststroke	78
79	Open 200 Butterfly	80
81	13-14 200 Butterfly	82
83	Open 50 Freestyle	84
85	13-14 50 Freestyle	86
87	Open 100 Backstroke	88
89	13-14 100 Backstroke	90
91	Open 200 Freestyle	92