



FLYERS AQUATIC SWIM TEAM
2021 FAST/METS IMX Kickoff
October 2-3, 2021



SPONSOR/HOST	Flyers Aquatic Swim Team and Metro East Titans Swimming		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ-#6140		
MEET DIRECTOR	Laura Lebeau	E-Mail: llebeau@fast-swimming.com	PHONE: (314)852-5216
OFFICIALS CONTACT	Lesley Hane	E-Mail: fastofficials@fast-swimming.com	PHONE: (314)496-7989
ENTRY CHAIR	Laura Lebeau	E-Mail: entries@fast-swimming.com	PHONE: (314)852-5216
MEET REFEREE	Dana Levassuer	E-Mail: dnalver_swim@hotmail.com	PHONE: (804) 986-9591
ADMIN OFFICIAL	Angie Dorsey	E-mail: adorsey@fast-swimming.com	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 50 meter pool; two 25-yard competition area with eight (8) swimming lanes, and an eight (8) lane warm-up area. It is equipped with an automated timing system and digital scoreboard. There is an elevated seating area provided for up to 499 spectators, as well as generous on-deck areas for swimmers and coaches. Parking is available in the Chuck Fruit Aquatic Center lot and/or the adjoining Sports Complex lot.		
POOL CERTIFICATION	The competition course is in compliance 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 dimensions at the North start end=7', turn end=7'. Pool depth dimensions at the South start end=12.5', turn end=7'.		
MAAPP	All applicable adults participating in or associated with the 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.		
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 immediately.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Friday, September 24 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 25 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on September 25 if their entry was not accepted.		
ENTRY LIMIT	Entries may be limited to 200 swimmers per session. 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 \$20.00 surcharge per swimmer	Mail checks (payable to Flyers Aquatic Swim Team) to: Angie Dorsey C/O FAST PO Box 8595 St. Louis, MO 63126	



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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.	
OFFICIALS	FAST welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Leslie Hane 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	There will be no deck entries.	
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	1 st warm-up: 7:30am; 2 nd warm-up: 7:55am	Meet start: 8:30am
Session 2 & 4	1 st warm-up: Not before 12:30pm; 2 nd warm-up: Not before 12:55pm	Meet start: Not before 1:30pm
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	2021 USA Swimming Rules and Regulations will govern the conduct of the meet.	
DECK PRIVILEGES	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. All coaches acting in any coaching capacity must be coach members of USA Swimming. USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up. Coaches and officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credentials or Deck Pass and/or deny deck access if coach does not comply or is no longer valid/current.	
ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2021 or 2022. "Applied for" will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. On deck registration will not be available. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed, made payable to Ozark Swimming.	
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, 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 request.	



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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.
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 (unofficial) 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.com) following the meet, as well as emailed to team contacts.
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. We have taken enhanced health and safety measures for everyone participating, working, volunteering, and attending the meet. Everyone must wear a mask while inside the Chuck Fruit Aquatic Center, unless they are in the water, regardless of vaccination status. An inherent risk of exposure to COVID-19 exists in any public place where people are present. According to the Centers for Disease Control and Prevention, those with underlying medical conditions are especially vulnerable. By visiting the Chuck Fruit Aquatic Center for this meet, you voluntarily assume all risks related to exposure to COVID-19 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: 1. The swimmer must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall 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. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. 3. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. 4. No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.) Goggles may be worn, and rubdown oil applied if not considered



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	excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee.
OTHER INFORMATION	All persons in the facility must wear a mask at all times, regardless of vaccination status, with the exception of swimmers when they are in the water. Concessions and other vendors may be available at the facility during the meet. Hospitality will be available for all officials and coaches.
FACILITY RULES AND CONDUCT	Keep all trash picked up and do not block exit doors or aisles. No chairs or coolers are allowed in the spectator seating areas. Safety regulations require that the upstairs doors leading into the spectator area must always remain closed. Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center. No glass containers are allowed in the Chuck Fruit Aquatic Center. Cell phones with video and recording devices are prohibited in all locker rooms and restrooms. No photography or cell phones will be permitted from behind the starting blocks. No food or beverages are permitted on the pool deck, except water!!!
COVID DISCLAIMER	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. 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. 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.
SPECTATORS	Currently, spectators will be allowed, but they must wear a mask at all times, regardless of vaccination status.
ATTESTATION STATEMENT	The 2021 FAST/METS IMX Kickoff will be run in accordance with all local jurisdictional guidelines.



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Saturday Morning 1st Warm-up: 7:30 am 2nd Warm-up: 7:55 am Meet Starts: 8:30 am		
Girls	Event	Boys
1	13-14 100 Butterfly	2
3	15&O Butterfly	4
5	13-14 200 Backstroke	6
7	15&O 200 Backstroke	8
9	13-14 200 Breaststroke	10
11	15&O 200 Breaststroke	12
13	13-14 200 Freestyle	14
15	15&O 200 Freestyle	16
17	13-14 400 IM	18
19	15&O 400 IM	20

Saturday Afternoon 1st Warm-up: Not before 12:30 pm 2nd Warm-up: Not before 12:55 pm Meet Starts: Not before 1:30 pm		
Girls	Event	Boys
21	10&U 50 Butterfly	22
23	11-12 50 Butterfly	24
25	10&U 100 Backstroke	26
27	11-12 100 Backstroke	28
29	10&U 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	10&U 200 Individual Medley	34
35	11-12 200 Individual Medley	36



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Sunday Morning 1st Warm-up: 7:30 am 2nd Warm-up: 7:55 am Meet Starts: 8:30 am		
Girls	Event	Boys
37	13-14 200 Individual Medley	38
39	15&O Individual Medley	40
41	13-14 100 Backstroke	42
43	15&O 100 Backstroke	44
45	13-14 200 Butterfly	46
47	15&O 200 Butterfly	48
49	13-14 200 Breaststroke	50
51	15&O 200 Breaststroke	52
53	13-14 500 Freestyle*	54
55	15&O 500 Freestyle*	56

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

Sunday Afternoon 1st Warm-up: Not before 12:30 pm 2nd Warm-up: Not before 12:55 pm Meet Starts: Not before 1:30 pm		
Girls	Event	Boys
57	11-12 100 Butterfly	58
59	10&U 100 Butterfly	70
71	11-12 50 Backstroke	72
73	10&U 50 Backstroke	74
75	11-12 100 Breaststroke	76
77	10&U 100 Breaststroke	78
79	11-12 500 Freestyle*	80
81	10&U 200 Freestyle	82
83	11-12 200 Freestyle	84
85	10&U 200 Freestyle	86



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ADDENDUM: LOCAL COVID PROTOCOLS:

- Swimming is considered a low risk sport.
- Spectators, volunteers, coaches, and officials should wear face covering over their nose and mouth at all times.
- Swimmers should wear face covering over their nose and mouth at all times, except when they are swimming.
- Participants should bring their own water bottles and should not share equipment.
- Participants, staff, volunteers, officials, and spectators should keep 6 feet social distance at all times, if they are not a member of the same household.

Plan for spectator ingress and egress:

Spectators should enter the main doors and proceed up the stairs to the spectator seating area. Spectators should remain seated with members of their own family, at least 6 feet social distance from members of other families. Spectators should exit down the stairs and out the main doors. There shall be no congregating in the lobby.

Swimmers should sit on the bleachers on deck when they are not lined up for their heat or swimming, maintaining 6 feet social distancing. They should keep their belongings with them.