



FLYERS AQUATIC SWIM TEAM
2022 LAST CHANCE MEET
FEBRUARY 12-13, 2022



SPONSOR/HOST	Flyers Aquatic Swim Team		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number:		
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	Andy Allman	E-Mail: AAllman@amscontrols.com	PHONE: (314)724-2126
ADMIN OFFICIAL	Angie Dorsey	E-Mail: adorsey@fast-swimming.com	PHONE: (314)852-5216
FACILITY ADDRESS	Pattonville High School – 2497 Creve Coeur Mill Rd., Maryland Heights, MO 63043		
FACILITY DESCRIPTION	Pattonville High School Natatorium is an indoor 11-lane, 25-yard course. It is equipped with an automated timing system and 8-lane scoreboard. There is an elevated seating area for spectators.		
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 13 feet at the starting end, and 7 feet at the turn end.		
HEAT SHEETS	Heat sheets will be emailed to teams no later than February 7.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	FAST will begin to accept entries on Wednesday, January 19, 2022 at 9:00am Central time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Friday, January 21, 2022 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 Friday, January 21, 2022 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on December 1st 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>This LAST Chance meet is limited to 14&under swimmers with slower than “BB” times and 15&over swimmers with slower than sectional cuts</u> in their respective age groups with the following exception: 10-year old swimmers who were born between February 12 and 25, 2010 may compete in the 10-12 age group provided they do not have an 11-12 “BB” time in that event. 12-year-old swimmers who were born between February 12 and 25, 2008 may compete in the 12&Over age group provided they do not have a 13-14 “BB” time in that event. <u>This meet will have three sessions:</u> Session 1 – Saturday afternoon 10&U and 10-12 age groups – 4 event limit Session 2 – Sunday morning 10-12 and 12&Over – 4 event limit* Session 3 – Sunday afternoon 10&U and 12&Over – 4 event limit* *12&Over swimmers are limited to 5 events between the two sessions on Sunday. 10&U and 10-12 age groups are limited to 8 events for the two days.		



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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 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: FAST C/O Laura Lebeau 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 December 17 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 Short Course Yards.	
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 will be seeded fastest to slowest. There will be a positive check-in for the following events: 10-12 500 Free, 12&Over 500 Free, 10-12 200 Free, 12&Over 1000 Free. The 500 Freestyle and 1000 Freestyle will be swum alternating girls and boys.	
DECK ENTRIES	Deck entries will not be accepted.	
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	First warm-up: Noon; Second warm-up: 12:30pm	Meet start: 1:15pm
Session 2	First warm-up: 7:30am; Second warm-up 8:00am	Meet start: 8:40am
Session 3	First warm-up: 1:00pm; Second warm-up 1:30pm	Meet start: 2:10pm
AWARDS/SCORING	All swimmers entered in the meet will receive a Too FAST To Freeze meet swim cap. No individual awards will be handed out. The meet will not be scored.	
TIMERS	All timers will be provided by the host team.	
RULES	2022 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 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.	
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.	



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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 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	Only 1 spectator per swimmer will be allowed. A crash area will be available for swimmers and parents in the cafeteria located in the same building. B&B Aquatics may be the vendor for the meet and located in the crash area. Concessions will not 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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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 OZARK SWIMMING 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.
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Saturday Afternoon 10&U and 11-12 Warm-up: Noon Meet Starts: 1:15 pm		
Girls	Event	Boys
1	10-12 200 Individual Medley	2
3	10&Under 200 Individual Medley	4
5	10-12 100 Backstroke	6
7	10&Under 100 Backstroke	8
9	10-12 50 Butterfly	10
11	10&Under 50 Butterfly	12
13	10-12 50 Freestyle	14
15	10&Under 50 Freestyle	16
17	10-12 100 Breaststroke	18
19	10&Under 100 Breaststroke	20
	5 Minute Break	
21	10-12 200 Medley Relay	22
23	10&Under 200 Medley Relay	24
	5 Minute Break	
25	10-12 200 Freestyle	26



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Sunday Morning 10-12 & 12&Over Warm-up: 7:30 am Meet Starts: 8:40 am		
Girls	Event	Boys
27	10-12 200 Freestyle Relay	28
5 Minute Break		
29	12&Over 400 Individual Medley	30
31	10-12 100 Individual Medley	32
33	12&Over 200 Breaststroke	34
35	10-12 50 Breaststroke	36
37	12&Over 100 Butterfly	38
39	10-12 100 Butterfly	40
41	12&Over 200 Backstroke	42
43	10-12 50 Backstroke	44
45	12&Over 100 Freestyle	46
47	10-12 100 Freestyle	48
5 Minute Break		
49	12&Over 500 Freestyle	50
51	10-12 500 Freestyle	52



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Sunday Afternoon 10&U, 12&Over
Warm-up: 1:00 pm Meet Starts: 2:10 pm

Girls	Event	Boys
53	12&Over 200 Freestyle Relay	54
55	10&Under 200 Freestyle Relay	56
5 Minute Break		
57	12&Over 200 Individual Medley	58
59	10&Under 100 Individual Medley	60
61	12&Over 50 Freestyle	62
63	10&Under 100 Freestyle	64
65	12&Over 200 Butterfly	66
67	10&Under 100 Butterfly	68
69	12&Over 100 Backstroke	70
71	10&Under 50 Backstroke	72
73	12&Over 100 Breaststroke	74
75	10&Under 50 Breaststroke	76
77	12&Over 200 Freestyle	78
79	10&Under 200 Freestyle	80
81	12&Over 1000 Freestyle	82