



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



1

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	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	Bruce Dreyer	E-Mail: cbdinvestments@yahoo.com	PHONE: (314)221-3802
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 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 Monday, November 29, 2021 at 9:00am Central Time.		
ENTRY DEADLINE	FAST will accept entries up until the entry deadline, Wednesday, December 1, 2021 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 Thursday, December 2, 2021 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>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 11&Overs - 2 event limit Session 2 & 4 – Saturday and Sunday Morning 12&Unders – 4 event limit Session 3 & 5 – Saturday and Sunday Afternoon 13&Overs – 3 event limit		



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



2

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 seeded fastest to slowest. The 500 Free and 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, 200 IM (limited to top 64 swimmers per gender or 128 athletes total) 13&Over 400 IM (limited to top 32 swimmers per gender or 64 athletes total). 12&Under 200 Free and 200 IM (limited to top 48 11-12 and 40 10&Under in each gender, or 176 total). 11&Over 500 Free (limited to top 16 11-12 and top 48 13&Over in each gender, or 128 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 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. Warm-up information will be emailed on December 3rd.		
Session 1	Warm-up: 5:15pm CT (positive check-in by 5:30pm CT)	Meet start: 6:00pm CT	
Session 2 & 4	First warm-up: 7:30am CT; Second warm-up 7:55am CT	Meet start: 8:30am CT	
Session 3 & 5	First warm-up: 1:00pm CT; Second warm-up 1:25pm CT	Meet start: 2:00pm CT	
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.		



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



3

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.
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.



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



4

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).
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. Swimmers must check in outside and show proof of the assigned Covid-19 waiver.



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



5

Friday Evening		
Warm-up: 5:15 pm Meet Starts: 6:00 pm		
Girls	Event	Boys
1	13&Over 200 Individual Medley (Limited Event)	2
3	11-12 500 Freestyle (Limited Event)	4
5	13&Over 500 Freestyle (Limited Event)	6

**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
7	11-12 200 Freestyle Relay	8
9	10&Under 200 Freestyle Relay	10
11	8&Under 100 Freestyle Relay	12
	5-minute break	
13	11-12 100 Individual Medley	14
15	10&Under 100 Individual Medley	16
17	11-12 50 Freestyle	18
19	10&Under 50 Freestyle	20
21	11-12 100 Backstroke	22
23	10&Under 100 Backstroke	24
25	8&Under 25 Backstroke	26
27	11-12 50 Butterfly	28
29	10&Under 50 Butterfly	30
31	11-12 100 Breaststroke	32
33	10&Under 100 Breaststroke	34
35	8&Under 25 Breaststroke	36
37	12&Under 200 Freestyle (limited event)	38



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



6

Saturday Afternoon Warm-up: 1:00 pm Meet Starts: 2:00 pm		
Girls	Event	Boys
39	Open Mixed Medley Relay (2 girls / 2 boys)	
	5-minute break	
41	Open 100 Freestyle	42
43	13-14 100 Freestyle	44
45	Open 200 Breaststroke	46
47	13-14 200 Breaststroke	48
49	Open 100 Butterfly	50
51	13-14 100 Butterfly	52
53	Open 200 Backstroke	54
55	13-14 200 Backstroke	56
57	Open 400 Individual Medley (Limited Event)	58



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



7

Sunday Morning Warm-up: 7:30 am Meet Starts: 8:30 am		
Girls	Event	Boys
59	11-12 200 Medley Relay	60
61	10&Under 200 Medley Relay	62
63	8&Under 100 Medley Relay	64
	5-minute break	
65	11-12 100 Freestyle	66
67	10&Under 100 Freestyle	68
69	8&Under 25 Freestyle	70
71	11-12 50 Backstroke	72
73	10&Under 50 Backstroke	74
75	11-12 100 Butterfly	76
77	10&Under 100 Butterfly	78
79	8&Under 25 Butterfly	80
81	11-12 50 Breaststroke	82
83	10&Under 50 Breaststroke	84
85	12&Under 200 Individual Medley (Limited Event)	86



FLYERS AQUATIC SWIM TEAM
2022 Too FAST To Freeze
January 7-9, 2022



8

Sunday Afternoon Warm-up: 1:00 pm Meet Starts: 2:00 pm		
Girls	Event	Boys
87	Open 250 Crescendo Freestyle Relay (25,50,75,100)	88
	5-minute Break	
89	Open 100 Breaststroke	90
91	13-14 100 Breaststroke	92
93	Open 200 Butterfly	94
95	13-14 200 Butterfly	96
97	Open 50 Freestyle	98
99	13-14 50 Freestyle	100
101	Open 100 Backstroke	102
103	13-14 100 Backstroke	104
105	Open 200 Freestyle	106