



2023 Fall FASTival

November 17-19, 2023



SPONSOR/HOST	FAST		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-pending/TBD - USA Swimming, Inc., Ozark Swimming, Inc., and Pattonville High School shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - 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 CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark 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/Ozark 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 AND ALL LIABILITY OR CLAIMS 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.		
LOCATION:	Pattonville High School 2497 Creve Coeur Mill Road, Maryland Heights, MO 63043 314-213-8051		
FACILITY:	- 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. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming		
MEET DIRECTOR	Angie Dorsey	adorsey@fast-swimming.com	314-852-5216
ADMIN OFFICIAL	Angie Dorsey	adorsey@fast-swimming.com	314-852-5216
MEET REFEREE	Bruce Dreyer	cbdinvestments@yahoo.com	314-221-3802
MEET MARSHALS	Nathan and Julia Kirsten	adorsey@fast-swimming.com	314-852-5216
ELIGIBILITY:	No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.		

	• No on deck Ozark Swimming athlete registration will be permitted. • Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed on the swimmer's club, made payable to Ozark Swimming. • Open to all USA Swimming athletes registered before the first day of the meet with priority given to Ozark Swim Teams. • The 2023 Fall FASTival is open to 18 & under swimmers who are not qualified for the 2023 Ozark A Champs meet in any individual event. Swimmers achieving an A time, in any event/course, in the qualifying period for the 2023 Ozark A Champs meet, are excluded from entering this meet. • Age on November 17, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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.
FORMAT:	• All 12 & under swimmers will swim in the Friday evening, Saturday morning, and Sunday morning sessions. • All 13-18 year old swimmers will swim in the Friday evening, Saturday afternoon, and Sunday afternoon sessions. • All events will be timed finals.
SCHEDULE:	• Friday evening session: Warm-ups at 5:30 pm; competition starts at 6:40 pm. • Morning sessions: Warm-ups at 7:30 am; competition starts at 8:40 am. • Afternoon sessions: Warm-ups not before 12:45 pm; competition starts not before 1:55 pm • Warm-up times for individual clubs will be posted on the FAST website no later than November 13, 2023 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	Entries will be accepted starting on Wednesday, October 25, 2023 through Friday, October 27, 2023. • Entries must be submitted in short course yards times using Hy-Tek compatible format. • Teams must submit entries via email. • "No Time" (NT) entries will be accepted. • Swimmers may enter a maximum of 10 individual events and 2 relay events for the weekend. Swimmers may enter a maximum of 3 individual events on Friday, a maximum of 4 individual events on Saturday and Sunday, and a maximum of 1 relay event on Saturday and Sunday. • Swimmers may not have any individual "A" times in any event/course during the 2023 A Champs qualifying period. A meet recon will be run on Monday, October 30, 2023 and again on Monday, November 6, 2023, 2023 to ensure that no A times are earned by entered swimmers after the entry deadline. Any swimmer earning an A time after

	entering the meet will be given a full refund for all events and removed from the meet. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Deck entries will not be accepted. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. • Email entries to: entries@fast-swimming.com
SEEDING:	• All events may be pre-seeded. The host team reserves the right to deck seed the meet if a large percentage of no show swimmers is reported prior to the start of the meet. • Events 13 & 14 (400 Individual Medley), 41, 42, 53 & 54 (500 Freestyle) and 65 & 66 (1000 Freestyle) will require a positive check-in to swim. • Positive check-in will close at the conclusion of warm-ups each session. • SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT • All events will be swum fast to slow. • Distance events will be swum fastest to slowest and alternating heats of girls and boys. • Limited Events: Events 13 & 14 (400 Individual Medley), 41, 42, 53 & 54 (500 Freestyle) and 65 & 66 (1000 Freestyle) may be limited to ensure reasonable timelines. If these events are limited, teams will be informed by Saturday, October 28, 2023 and will be given until Wednesday, November 1, 2023 to request alternate events. Swimmers who choose to remain entered in the event and end up outside of the limited number have until November 30, 2023 to request a refund. • Positive check-in Procedures: Positive check-in sheets will be on tables in the pool entry way. <u>Swimmers will use a check mark to indicate that they are present and will swim the event.</u>
FEES:	• Individual events: \$5.00 per event • Relay events: \$10.00 per relay team • Swimmer Surcharge: \$20.00 • \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. • Checks should be made payable to: FAST • Mail payment to: PO Box 8595, St. Louis, MO 63126. • Payment must be received by November 17, 2023. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	• 12 & under heat winners will receive awards. A high point winner cap for the following age groups: 7 & under, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18.
SCORING	• Standard scoring will be used for the individual events to determine high point winners. Relay events will not be scores. Team scores will not be awarded.
SAFETY	• An AED is on site. • Medically trained meet marshals will be on site to assist with medical emergencies.

RULES:	• The current USA Swimming Rules and Regulations will apply. • Any swimmer entered in the meet must be certified by a USA-S 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 requirement. • The flyover start procedure will be used for all sessions. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Deck changes are prohibited. • Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. - o Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director - o Coaches with expired or non-current credentials will be required to leave the deck area. • 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. • All applicable adults participating in or associated with this 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. • A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	• Officials will be needed for all positions and all sessions for this meet. • Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Michael Nolte, fastofficials@fast-swimming.com, or 314-852-5216 no later than Monday, November 13, 2023. • Officials meeting will occur 15 minutes after the start of warm-ups for each session.
TIMERS:	• All timers will be provided by the host team.
GENERAL:	Information pertaining to but not limited to: Hospitality, concessions, heat sheets, swim shop, etc.
FACILITY RULES:	Special facility rules and standard aquatic facility safety rules

*All events noted with an * may be limited to ensure a reasonable timeline

Friday Evening Warm-up: 5:30 pm Meet Starts: 6:40 pm		
Girls	Event	Boys
1	13-18 100 Fly	2
3	12&Under 50 Fly	4
5	13-18 200 Free	6
7	12&Under 200 Free	8
9	13-18 100 Breast	10
11	12&Under 100 Breast	12
13	13-18 400 IM*	14

Saturday Morning Warm-up: 7:30 am Meet Starts: 8:40 am		
Girls	Event	Boys
15	12&Under 100 Free	16
17	12&Under 50 Back	18
19	12&Under 100 Fly	20
21	12&Under 50 Breast	22
23	12&Under 100 IM	24
	5 Minute Break	
25	11-12 200 Free Relay	26
27	10&under 200 Free Relay	28

Saturday Afternoon Warm-up: 12:45 pm Meet Starts: 1:55 pm		
Girls	Event	Boys
29	13-18 50 Free	30
31	13-18 200 Fly	32
33	13-18 100 Back	34
35	13-18 200 Breaststroke	36
	5 Minute Break	
37	15-18 200 Free Relay	38
39	13-14 200 Free Relay	40
	5 minute break	
41	13-18 500 Free*	42

Sunday Morning
Warm-up: 7:30 am Meet Starts: 8:40 am

Girls	Event	Boys
43	12&Under 200 IM	44
45	12&Under 50 Free	46
47	12&Under 100 Back	48
	5 Minute Break	
49	11-12 200 Medley Relay	50
51	10&Under 200 Medley Relay	52
53	11-12 500 Free*	54

Sunday Afternoon
Warm-up: 12:45 pm Meet Starts: 1:55 pm

Girls	Event	Boys
55	13-18 200 IM	56
57	13-18 100 Free	58
59	13-18 200 Back	60
	5 Minute Break	
61	15-18 200 Medley Relay	62
63	13-14 200 Medley Relay	64
	5 minute break	
65	13-18 1000 Freestyle*	66