



FASTival 2025

November 21-23, 2025



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	Name: Angie Dorsey
ADMIN OFFICIAL	Name: Angie Dorsey
MEET REFEREE	Name: Andy Allman
MEET MARSHALS	Names: TBD
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 2025 Fall FASTival is open to 18 & under swimmers who are not qualified for the 2025 Ozark A Champs meet in any individual event. Swimmers achieving an A time, in any event/course, in the qualifying period for the 2025 Ozark A Champs meet, are excluded from entering this meet. • Age on November 21, 2025 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:	• 11-12 and 13-14 year old swimmers will swim on Friday night; 15-18 will have the 400 IM option online on Friday night. • All 10 and under and 15-18 swimmers will swim Saturday and Sunday morning sessions. • All 11-12 and 13-14 swimmers will swim Saturday 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 19, 2025 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 29, 2025 at 8:00 am through Friday, October 31, 2025 at 5:00 pm. • 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 2 individual events on Friday for 11-14 year olds; 1 event for 15-18 year olds (400 IM) on Friday. • 11-12, and 13-14 year old swimmers may enter a maximum of 3 individual events on Saturday and Sunday, and a maximum of 1 relay event on Saturday and Sunday. ◦ If the meet does not fill, the host team will reserve the right to open the 11-12 and 13-14 year olds to add 1 extra event to ensure an appropriate timeline. • 15-18 year olds and 10 & unders can enter a maximum of 4 events on Saturday and Sunday and 1 relay on Saturday and Sunday • Swimmers may not have any individual "A" times in any event/course during the 2025 A Champs qualifying period. A meet recon will be run on Monday, November 3, 2025 and again on Monday, November 10, 2025 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. • 2025-2028 USA Swimming A Time Standards will be used for this 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. • The 400 IM, 500 freestyle and 1000 freestyle events will require 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 • There will be no bullpen run at this meet; FAST will have lane volunteers to help swimmers find their heats and lanes around the scoreboard area of the deck and behind the lanes. We encourage everyone to check Meet Mobile for swimmer's heats and lanes. • There will be lane helpers at the meet; FAST will not run a traditional bullpen. • All events will be swum fast to slow. • Distance events will be swum fastest to slowest and alternating heats of girls and boys. • <i>Host team reserves the right to limit all events for all age groups 200 yards and above for this meet to have appropriate timelines. Numbers will be decided based on entries.</i> - o <i>If these events are limited, teams will be informed by Tuesday, November 11, 2025 and will be given until Thursday, November 13, 2025 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, 2025 to request a refund.</i> • 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: 8835 Manchester Road, St. Louis, MO 63144 • Payment must be received by November 21, 2025 (first day of meet).. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	• A high point winner cap for the following age groups: 10 & under, 11-12, 13-14, 15-16, and 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 fastofficials@fast-swimming.com, or 314-852-5216 no later than Monday, November 17, 2025. • 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:	• There will be concessions available at the meet for purchase. • There will possibly be a T-Shirt vendor at the meet.
FACILITY RULES:	• Pattonville High School requests that the elevator only be used by those attending the meet who are unable to use the stairs to access the spectator seating in the bleachers. Anyone not meeting those requirements found using the elevator may be asked to leave the meet.

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

Friday Evening / Warm Up Starts: 5:30 pm / Racing Starts: 6:40 pm		
Girls	Event	Boys
1	13-18 400 Individual Medley*	2
3	11-12 50 Backstroke	4
5	13-14 50 Backstroke	6
7	11-12 200 Freestyle*	8
9	13-14 200 Freestyle*	10
11	11-12 100 Butterfly	12
13	13-14 100 Butterfly	14
15	11-12 100 Breaststroke	16
17	13-14 100 Breaststroke	18
19	11-12 under 200 Backstroke*	20

21	13-14 200 Backstroke*	22
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Saturday Morning / Warm Up Starts: 7:30 am / Racing Starts: 8:40 am		
Girls	Event	Boys
23	15-18 200 Freestyle	24
25	10 & Under 200 Individual Medley	26
27	15-18 50 Backstroke	28
29	10 & Under 50 Freestyle	30
31	15-18 50 Butterfly	32
33	10 & Under 50 Butterfly	34
35	15-18 100 Freestyle	36
37	10 & Under 100 Backstroke	38
39	15-18 200 Butterfly	40
41	10 & under 100 Breaststroke	42
43	15-18 100 Breaststroke	44
45	10 & Under 100 Backstroke	46
47	15-18 200 Backstroke	48
	5 Minute Break	
49	10 & Under 200 Medley Relay	50
51	15-18 200 Medley Relay	52
	5 Minute Break	
53	15-18 1000 Freestyle* (provide counter)	54

Saturday Afternoon / Warm Up Starts: not before 12:45 pm / Racing Starts: not before 1:55 pm		
Girls	Event	Boys
55	11-12 100 Freestyle	56
57	13-14 50 Freestyle	58
59	11-12 100 Butterfly	60
61	13-14 200 Butterfly*	62
63	11-12 50 Backstroke	64
65	13-14 100 Backstroke	66

67	11-12 50 Breaststroke	68
69	13-14 200 Breaststroke*	70
71	11-12 100 Individual Medley	72
73	13-14 50 Breaststroke	74
75	11-12 200 Breaststroke*	76
	5 Minute Break	
77	13-14 200 Medley Relay	78
79	11-12 200 Medley Relay	80
	5 Minute Break	
81	13-14 500 Freestyle* (provide counter)	82

Sunday Morning / Warm Up Starts: 7:30 am / Racing Starts: 8:40 am		
83	10 & Under 200 Freestyle	84
85	15-18 200 Individual Medley	86
87	10 & Under 100 Individual Medley	88
89	15-18 50 Breaststroke	90
91	10 & Under 100 Butterfly	92
93	15-18 50 Freestyle	94
95	10 & Under 50 Backstroke	96
97	15-18 100 Butterfly	98
99	10 & Under 50 Breaststroke	100
101	15-18 100 Backstroke	102
103	10 & Under 100 Freestyle	104
105	15-18 200 Breaststroke	106
	5 Minute Break	
107	15-18 200 Freestyle Relay	108
109	10 & Under 200 Freestyle Relay	110
	5 Minute Break	
111	15-18 500 Freestyle* (provide counter)	112

Sunday Afternoon / Warm Up Starts: not before 12:45 pm / Racing Starts: not before 1:55 pm
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113	11-12 200 Individual Medley	114
115	13-14 200 Individual Medley	116
117	11-12 50 Freestyle	118
119	13-14 100 Freestyle	120
121	11-12 50 Butterfly	122
123	13-14 100 Breaststroke	124
125	11-12 100 Backstroke	126
127	13-14 200 Backstroke*	128
129	11-12 200 Butterfly*	130
131	13-14 50 Butterfly	132
	5 Minute Break	
133	11-12 200 Freestyle Relay	134
135	13-14 200 Freestyle Relay	136
	5 Minute Break	
137	11-12 500 Freestyle* (provide counter)	138
139	13-14 1000 Freestyle* (provide counter)	140