



**FREDERICK AREA SWIM TEAM**

## **2025 FAST WINTER SPLASH**

Hosted by **Frederick Area Swim Team**

January 4-5, 2025

Held at **Walkersville High School**

81 West Frederick St, Walkersville, MD 21793

**Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.**

Sanction #MDSI 24/25-036

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct ([www.mdswim.org](http://www.mdswim.org)) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Bill Carliss Phone: 301-514-0255 <a href="mailto:meet.director.swim.fast@gmail.com">meet.director.swim.fast@gmail.com</a>	Alan Miner Phone: 301-908-3674 <a href="mailto:alan.miner.email@gmail.com">alan.miner.email@gmail.com</a>
Meet Referee	USA Swimming Registered Operational Risk Director
Bruce Bator Phone: 301-788-9834 <a href="mailto:bbator@comcast.net">bbator@comcast.net</a>	Ama Asare Phone: 240-388-7043 <a href="mailto:ama.asare16@gmail.com">ama.asare16@gmail.com</a>
Officials Contact	Administrative Official
Yoshimi Johnson <a href="mailto:officialsforfast@gmail.com">officialsforfast@gmail.com</a> <a href="#">Official Sign-Up</a>	Alan Miner Phone: 301-908-3674 <a href="mailto:alan.miner.email@gmail.com">alan.miner.email@gmail.com</a>

Deadline and Meeting Summary		
Monday, December 21, 2024	6:00 PM	Entry Deadline
Saturday, January 04, 2025	7:30 AM	Coaches Meeting
Saturday, January 04, 2025 Sunday, January 05, 2025	1 hour prior to start of session	Officials' Briefing Hospitality area
Saturday, January 04, 2025 Sunday, January 05, 2025	½ hour prior to start of session	Timers' Briefing Pool Deck

Facility Information	
Facility Address	<b>Walkersville High School</b> 81 West Frederick St Walkersville, MD 21793 <a href="https://goo.gl/maps/1W8UKvGvczDnD2AL9">https://goo.gl/maps/1W8UKvGvczDnD2AL9</a>
Pool Information	<ul style="list-style-type: none"> <li>• Competition Pool: <ul style="list-style-type: none"> <li>○ Indoor 25-yard, 6 lane pool</li> <li>○ Competition lanes are a minimum of 7' wide.</li> <li>○ Water depth is 12' at the start end and 3'2" turn end of the pool.</li> <li>○ S.R. Smith Velocity single post starting blocks.</li> </ul> </li> <li>• The competition pool has not been certified in accordance with USA Swimming Article 104.2.2C(4).</li> <li>• The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will not be available for continuous warm-up/down.</li> <li>• The meet will be conducted using the Daktronics electronic timing systems with touchpads.</li> </ul>
Facility Information	<ul style="list-style-type: none"> <li>• All swimmers and meet personnel on deck must have credentials to be on deck.</li> <li>• Locker rooms are in the hallway adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms.</li> <li>• Restrooms for spectators and volunteers are in the hallway of the meet entrance.</li> <li>• Frederick Board of Education &amp; Walkersville High School requires that shoes must be worn when not on the pool deck. No Smoking is allowed on FCPS grounds.</li> </ul>
Medical Assistance and Supervision	There will be lifeguards, an AED device, and a dedicated Registered Operational Risk Director available at the meet.
Parking	There is ample parking available in the Walkersville High School parking lot. Park in authorized designated spots only. Vehicles parked in unauthorized spaces are subject to citation and towing
Hospitality	There will be a hospitality area open to all coaches and officials. The hospitality will be in the hall of fame room adjacent to the main cafeteria.
Concessions	There will be general concessions located in the cafeteria and/or food trucks (TBD) onsite for parents, spectators, and athletes.
Vendor	Currently TBD. If a vendor is available to be onsite, information will be communicated to the teams.

Meet Fees: Checks payable to <b>Frederick Area Swim Team.</b>	
Athlete Surcharge	\$15.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$20.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> <li>• The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc.</li> <li>• This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. MDSI Rules shall also apply.</li> <li>• USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• All 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 2.0 ("MAAPP"), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition.</li> <li>• Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.</li> <li>• No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach, or official and/or those who are part of the timing, safety marshal, and administrative staff assisting with the conduct of the meet.</li> <li>• Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.</li> <li>• Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.</li> <li>• 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.</li> <li>• Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The</li> </ul>

	<p>MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.</p> <ul style="list-style-type: none"> <li>• Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.</li> <li>• Tech Suits are banned for all 12 &amp; Under swimmers (USA Swimming Rule 102.8.1.F).</li> <li>• Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• The Maryland Swimming, Inc. safety program is in effect for this meet.</li> <li>• All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• No running or horseplay will be tolerated.</li> <li>• Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.</li> </ul>
Racing Starts	<ul style="list-style-type: none"> <li>• Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start and a backstroke start, or must start each race from within the water.</li> <li>• 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.</li> </ul>
Health Guidelines	<ul style="list-style-type: none"> <li>• All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness.</li> <li>• At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.</li> </ul>
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> <li>• The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>• If the swimmer has a history of needing assistance exiting the pool at the completion of the race, a coach must be in place to provide that assistance.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit the range of motion.</li> </ul>

Deck Access	<ul style="list-style-type: none"> <li>• There will be a check-in process for all coaches, officials, and approved meet staff.</li> <li>• The check-in table will be at the pool area entrance.</li> <li>• Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team.</li> <li>• No one without proper clearance may be allowed in the competition areas without approval of the meet host.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• There will be a need for officials. Frederick Area Swim Team welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet.</li> <li>• The Maryland Swimming Officials uniform policies, available at <a href="http://www.mdswim.org">www.mdswim.org</a>, shall apply to this meet.</li> <li>• Official briefings will be held at the time and location listed in the Deadline and Meeting Summary.</li> <li>• <a href="#">Official Sign-Up</a></li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.</li> </ul>

Meet Information	
Format	<ul style="list-style-type: none"> <li>• The meet will be conducted in a timed final format.</li> <li>• Events will be swum slowest to fastest unless otherwise indicated.</li> <li>• Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions to run a more effective meet. The order of events may not be changed.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• All swimmers must be registered with USA Swimming, Inc.</li> <li>• Swimmers must be registered prior to the entry deadline.</li> <li>• There will be no on-deck registration available at this meet.</li> <li>• A swimmer's age on the first day of the meet will determine their age for the entire meet.</li> <li>• 11&amp;O swimmers: Slower than USA Swimming A times. 15&amp;O swimmers use 15–16-time standards.</li> <li>• 9-10 swimmers: Slower than USA Swimming BB times.</li> <li>• <a href="#">USA SWIMMING TIME STANDARDS</a></li> <li>• Teams Assigned by MD Swimming are ASC, BAY, CAC, CBAC, CUY, EST, FAST, FCY, FSC, GBSA, GMAC, MAC, MAS, NAAC, OPST, ROCK, SMDA, SPY, and TCY.</li> </ul>
Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• The Frederick Area Swim Team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</li> <li>• Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline,</li> </ul>

	<p>including the need for any personal assistants required and/or registered service animals.</p> <ul style="list-style-type: none"> <li>● Failure to provide advance notice may limit the ability to accommodate all requests.</li> </ul>
Entry Procedures	<ul style="list-style-type: none"> <li>● Entry deadline is 12/14/2024 at 6:00 PM.</li> <li>● No Times (NT) will be accepted.</li> <li>● The conforming time standard will be (SCY) times.</li> <li>● Non-conforming times will not be accepted.</li> <li>● No converted times will be accepted.</li> <li>● A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline.</li> <li>● The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. Entries thereafter shall be returned immediately. In the event the meet becomes oversubscribed Relays will be eliminated prior to eliminating individual event entries.</li> <li>● There will not be deck entries allowed.</li> <li>● Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>● Swimmers may enter a maximum of 3 individual events per session and a total of 6 individual total events for the meet. Swimmers may also enter 1 Relay per session.</li> </ul>
Entry Verification	<ul style="list-style-type: none"> <li>● An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.</li> </ul>
Proof of Times	<ul style="list-style-type: none"> <li>● Report not required.</li> </ul>

Meet Procedures	
Seeding	<ul style="list-style-type: none"> <li>● The conforming time standard for this meet is short course yards.</li> <li>● Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.</li> </ul>
Positive Check-in	<ul style="list-style-type: none"> <li>● There will be no positive check-in for this meet.</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>● There will be no team, or individual scores kept for this meet.</li> </ul>
Awards	<ul style="list-style-type: none"> <li>● Awards are given for swimmers placing 1<sup>st</sup> through 8<sup>th</sup> for all 9-12 events.</li> </ul>
Warm-Ups	<ul style="list-style-type: none"> <li>● The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue.</li> <li>● Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.</li> </ul>

Results	<ul style="list-style-type: none"> <li>• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet.</li> <li>• Results will be posted to Meet Mobile.</li> </ul>
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## Order of Events & Qualifying Times

<b>Session 1</b>				
Saturday, January 4, 2025				
Warm-up: <b>7:00 AM</b>			Session Start: <b>8:00 AM</b>	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1	1:21.09	9-10 100 Free	1:18.89	2
3	1:03.99	11-12 100 Free	1:01.29	4
5	48.69	9-10 50 Breast	47.69	6
7	37.69	11-12 50 Breast	36.69	8
9	1:33.99	9-10 100 Back	1:30.09	10
11	1:12.99	11-12 100 Back	1:09.29	12
13	42.69	9-10 50 Fly	41.29	14
15	31.59	11-12 50 Fly	31.19	16
17	3:18.79 2:37.59	9-12 200 IM	3:15.99 2:32.29	18
19		9-10 200 Free Relay		20
21		11-12 200 Free Relay		22

<b>Session 2</b>				
Saturday, January 4, 2025				
Warm-up: <b>12:00 PM</b>			Session Start: <b>1:00 PM</b>	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
23	2:27.19	13-14 200 IM	2:15.39	24
25	2:22.39	15 & Over 200 IM	2:09.39	26
27	1:15.99	13-14 100 Breast	1:08.99	28
29	1:13.69	15 & Over 100 Breast	1:05.89	30
31	2:22.59	13-14 200 Back	2:12.59	32
33	2:19.09	15 & Over 200 Back	2:06.59	34
35	1:05.89	13-14 100 Fly	1:00.39	36
37	1:03.79	15 & Over 100 Fly	57.59	38
39	1:00.89	13-14 100 Free	55.69	40
41	58.89	15 & Over 100 Free	53.19	42
43	31.09	13-14 50 Back	28.89	44
45	32.04	15 & Over 50 Back	28.94	46
47		13-14 200 Free Relay		48
49		15 & Over Free Relay		50



Session 3				
Sunday, January 5, 2025				
Warm-up: 7:00 AM				Session Start: 8:00 AM
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
51	3:00.59 2:19.29	9-12 200 Free	2:50.59 2:13.69	52
53	1:46.89	9-10 100 Breast	1:42.29	54
55	1:22.19	11-12 100 Breast	1:18.39	56
57	43.29	9-10 50 Back	42.89	58
59	33.19	11-12 50 Back	32.69	60
61	1:41.39	9-10 100 Fly	1:38.99	62
63	1:12.09	11-12 100 Fly	1:09.29	64
65	1:33.19	9-10 100 IM	1:29.69	66
67	1:13.09	11-12 100 IM	1:09.99	68
69	35.99	9-10 50 Free	34.59	70
71	29.29	11-12 50 Free	28.09	72
73		9-10 200 Medley Relay		74
75		11-12 200 Medley Relay		76

Session 4				
Sunday, January 5, 2025				
Warm-up: 12:00 PM				Session Start: 1:00 PM
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
77	2:11.69	13-14 200 Free	2:02.19	78
79	2:07.69	15 & Over 200 Free	1:56.59	80
81	2:43.79	13-14 200 Breast	2:29.89	82
83	2:39.39	15 & Over 200 Breast	2:23.19	84
85	1:05.89	13-14 100 Back	1:01.09	86
87	1:04.09	15 & Over 100 Back	57.89	88
89	2:26.69	13-14 200 Fly	2:14.39	90
91	2:22.09	15 & Over 200 Fly	2:08.79	92
93	27.89	13-14 50 Free	25.59	94
95	27.29	15 & Over 50 Free	24.19	96
97	36.09	13-14 50 Breast	33.09	98
99	36.84	15 & Over 50 Breast	32.94	100
101	30.69	13-14 Over 50 Fly	28.39	102
103	31.89	15 & Over 50 Fly	28.79	104
105		13-14 200 Medley Relay		106
107		15 & Over 200 Medley Relay		108

## 2025 FAST WINTER SPLASH MEET

### Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to:  
(checks payable to Frederick Area Swim Team)

#### Frederick Area Swim Team

ATTN: Bill Carliss

P.O. Box 3673

Frederick, MD 21705

Email to [alan.miner.email@gmail.com](mailto:alan.miner.email@gmail.com) and [meet.director.swim.fast@gmail.com](mailto:meet.director.swim.fast@gmail.com)

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

Item	Total Number	Cost Per	Total
Individual Entries		\$10.00 per event	
Swimmer Surcharge		\$15.00 per swimmer	
Relay Entries		\$20.00 per relay	
Total Fees Due			

#### **Waiver, Acknowledgement, and Liability Release:**

I, the undersigned coach or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Frederick Area Swim Team (FAST), Walkersville High School, Frederick County Public Schools, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE