



FREDERICK AREA SWIM TEAM

2025 FAST FALL SPRINT & DISTANCE MEET

Hosted by **Frederick Area Swim Team**

October 25-26, 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 25/26-012

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) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Bill Carliss Phone: 301-514-0255 meet.director.swim.fast@gmail.com	Yoshimi Johnson Phone: 240-675-0302 johnsonyoshimi@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Satoshi Katsumoto Phone: 732-322-6365 katsus@gmail.com	Ama Asare Phone: 240-388-7043 ama.asare16@gmail.com
Officials Contact	Administrative Official
Satoshi Katsumoto katsus@gmail.com Official Sign-up	Yoshimi Johnson Phone: 240-675-0302 johnsonyoshimi@gmail.com

Deadline and Meeting Summary		
Saturday, October 11, 2025	12:00 PM	Entry Deadline
Saturday, October 25, 2025	7:30 AM	Coaches Meeting
Saturday, October 25, 2025 Sunday, October 26, 2025	45 minutes prior to start of distance sessions	Positive Check-in Closes
Saturday, October 25, 2025 Sunday, October 26, 2025	½ hour prior to start of distance sessions 1 hour prior to start of sprint session	Officials' Briefing Hospitality area
Sunday, October 26, 2025	½ hour prior to start of sprint session	Timers' Briefing Pool Deck

Facility Information	
Facility Address	Walkersville High School 81 West Frederick St Walkersville, MD 21793 https://goo.gl/maps/1W8UKvGvczDnD2AL9
Pool Information	<ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ Indoor 25-yard, 6 lane pool ○ Competition lanes are a minimum of 7' wide. ○ Water depth is 12' at the start end and 3'2" turn end of the pool. ○ S.R. Smith Velocity single post starting blocks. • The competition pool has not been certified in accordance with USA Swimming Article 104.2.2C(4). • 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. • The meet will be conducted using the Time Drops electronic timing system.
Facility Information	<ul style="list-style-type: none"> • All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are located adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms. • Restrooms for spectators and volunteers are in the cafeteria. • Frederick Board of Education & Walkersville High School requires that shoes must be worn when not on the pool deck. No Smoking is allowed on FCPS grounds.
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	General concessions will be in the cafeteria, and/or food trucks (TBD) will be on-site for parents, spectators, and athletes.
Vendor	Currently TBD. Information will be communicated to the teams if a vendor is available to be onsite.

Meet Fees: Checks payable to Frederick Area Swim Team	
Athlete Surcharge	\$25.00 per swimmer
Individual Distance Event Fee	\$10.00 per event entry
Individual Sprint Event Fee	\$5.00 per event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> • 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 timelines 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. • 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. • USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. • 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. • 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. • 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. • 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. • 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. • 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. • 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 MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee. • Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy

	<p>and could be subject to removal from further competition in the meet.</p> <ul style="list-style-type: none"> • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • The Maryland Swimming, Inc. safety program is in effect for this meet. • 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. • No running or horseplay will be tolerated. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	<ul style="list-style-type: none"> • 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. • 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.
Health Guidelines	<ul style="list-style-type: none"> • 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. • 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.
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> • 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. • 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. • This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.
Deck Access	<ul style="list-style-type: none"> • There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located at the entrance to the pool area.

	<ul style="list-style-type: none"> • 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. • No one without proper clearance may be allowed in the competition areas without the approval of the meet host.
Officials	<ul style="list-style-type: none"> • 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. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the time and location listed in the Deadline and Meeting Summary. • Official Sign-up
Volunteers	<ul style="list-style-type: none"> • Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet. • Volunteers are required to check in at the check-in table at the entrance of the pool deck.

Meet Information	
Format	<ul style="list-style-type: none"> • The meet will be conducted in a timed final format. • Events will be swum from slowest to fastest unless otherwise indicated. • Swimmers in the 1650 events will receive an official 1000 time, provided the time is properly recorded by the timing system. Positive check-in is required and is located at the check-in table at the entrance of the pool deck. • 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.
Eligibility	<ul style="list-style-type: none"> • All swimmers must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline. • There will be no on-deck registration available at this meet. • A swimmer's age on the first day of the meet will determine their age for the entire meet. • No Times (NT) will be accepted for the 500 Freestyle and Sprint Events. Refer to Order of Events. • Minimum provable times for 1650 No Time (NT) swimmers are: <ul style="list-style-type: none"> ○ 15 & over swimmers must have a provable time of 6:30 or faster in the 500-yard freestyle to compete in the 1650. ○ 11-14 swimmers must have a provable time of 7:00 or faster in the 500-yard freestyle to compete in the 1650. ○ All entry times are subject to verification and will be run through the SWIMS database.

	<ul style="list-style-type: none"> • “No Time” (NT) entries will be accepted for all other events.
Swimmers with Disabilities	<ul style="list-style-type: none"> • 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. • 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, including the need for any personal assistants required and/or registered service animals. • Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Procedures	<ul style="list-style-type: none"> • Entry deadline is 10/11/2025 at 12:00 PM. • The conforming time standard will be SCY times. • Non-conforming times will not be accepted. • Converted times will not be accepted. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. • 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. • There will not be deck entries allowed. • Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.
Entry Limitations	<ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per session and a total of 5 individual events for the meet.
Entry Verification	<ul style="list-style-type: none"> • An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.
Proof of Times	<ul style="list-style-type: none"> • A Proof of Times Report is required for the 1650 entries. <ul style="list-style-type: none"> ○ For entries marked as "NT" (No Time), a 500-yard Freestyle Proof of Times Report must be provided to verify eligibility. ○ All entry times must be validated through the National SWIMS Database.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> • The conforming time standard for this meet is short course yards. • Swimmers will be seeded and swim from fastest to slowest for all 1650 and 500 sessions, unless otherwise indicated. • Swimmers will be seeded and swim slowest to fastest for all sprint events.
Positive Check-in	<ul style="list-style-type: none"> • Check-in will be located at the scoring table on the pool deck and will be required for the following events. <ul style="list-style-type: none"> ○ 1650 Freestyle ○ 500 Freestyle

	<ul style="list-style-type: none"> • Swimmers who fail to check in will be scratched from the event and not be seeded. • There will be no penalty for a swimmer who has checked in, been seeded, and fails to compete in said event.
Scoring	<ul style="list-style-type: none"> • There will be no team, or individual scores kept for this meet.
Awards	<ul style="list-style-type: none"> • Awards given for swimmers placing 1st through 8th in the 12 and under events.
Warm-Ups	<ul style="list-style-type: none"> • 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. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	<ul style="list-style-type: none"> • Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. • Results will be posted to Meet Mobile.

Order of Events & Qualifying Times

Session 1: 1650's		
Saturday, October 25, 2025		
Warm-up: 8:30 AM		Session Start: 9:00 AM
#	Event	#
1	15 & Over Mixed 1650 Freestyle* (500 free 6:30 minimum for NT)	1

***ALL SWIMMERS IN THE 1650 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

Session 2: 1650's		
Saturday, October 25, 2025		
Warm-up: 12:30 PM		Session Start: 1:30 PM
#	Event	#
2	11-14 Mixed 1650 Freestyle* (500 free 7:00 minimum for NT)	2

***ALL SWIMMERS IN THE 1650 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

Session 3: 9-12 500s		
Sunday, October 26, 2025		
Warm-up: 7:30 AM		Session Start: 8:00 AM
#	Event	#
3	9-12 Mixed 500 Freestyle*	3

***ALL SWIMMERS IN THE 500 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

Session 4: 13 & Over 50s		
Sunday, October 26, 2025		
Warm-up: 9:30 AM		Session Start: 10:30 AM
Girls/Women		Boys/Men
#	Event	#
4	15 & Over 50 Butterfly	5
6	13-14 50 Butterfly	7
8	15 & Over 50 Backstroke	9
10	13-14 50 Backstroke	11
12	15 & Over 50 Breaststroke	13
14	13-14 50 Breaststroke	15
16	15 & Over 50 Freestyle	17
18	13-14 50 Freestyle	19

2025 FAST Fall Sprint & Distance 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 johnsonyoshimi@gmail.com and 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 Distance Entries		\$10.00 per event	
Individual Sprint Entries		\$5.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE