



## 2024 FAST Last Chance Meet

### February 10-11, 2024



<b>SPONSOR/HOST</b>	<ul style="list-style-type: none"> <li>FAST</li> </ul>
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: <b>OZ-pending/TBD</b></li> <li>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.</li> <li>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.</li> <li>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.</li> </ul>
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>Pattonville High School 2497 Creve Coeur Mill Road, Maryland Heights, MO 63043 314-213-8051</li> </ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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</li> </ul>
<b>MEET DIRECTOR</b>	Stephanie Seiffert
<b>ADMIN OFFICIAL</b>	Angie Dorsey
<b>MEET REFEREE</b>	Brian Perkins
<b>MEET MARSHALS</b>	Julia and Nathan Kirsten
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</li> <li>No on deck Ozark Swimming athlete registration will be permitted.</li> <li>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.</li> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>Age on February 10, 2024 will determine age for the entire meet.</li> </ul>

<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• This LAST Chance meet is limited to 14 &amp; Under swimmers with slower than “BB” times and 15 &amp; Over swimmers with slower than Sectional cuts in their respective age groups with the following exception: 10-year old swimmers who were born between February 10 and 23, 2013 may compete in the 10-12 age group provided they do not have an 11-12 “BB” time in that event. 12-year-old swimmers who were born between February 10 and 23, 2011 may compete in the 12 &amp; Over age group provided they do not have a 13-14 “BB” time in that event.</li> <li>• This meet will have three sessions: <ul style="list-style-type: none"> <li>o Session 1 – Saturday morning 10-12* and 12 &amp; Over** – 4 event limit</li> <li>o Session 2 – Saturday afternoon 10 &amp; Under* and 12 &amp; Over** – 4 event limit</li> <li>o Session 3 – Sunday morning 10 &amp; Under* and 10-12* age groups – 4 event limit</li> </ul> </li> </ul> <p>*10 &amp; Under and 10-12 age groups are limited to 8 events for the two days.  **12 &amp; Over swimmers are limited to 5 events between the two sessions on Saturday.</p>
<b>SCHEDULE:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups at 7:30 am; competition starts at 8:40 am.</li> <li>• Afternoon sessions: Warm-ups not before 1pm; competition starts not before 2:10 pm.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the FAST website no later than February 5, 2024, and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>Entries will be accepted starting on Wednesday, January 24, 2024. ENTDEADLINE FOR THE RECEIPT OF ENTRIES January 26, 2024</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted inSCYcourse times using Hy-Tek compatible format.</li> <li>• Teams must submit entries via email.</li> <li>• “No Time” (NT) entries will be accepted.</li> <li>• Swimmers may enter a maximum of 8 individual events and 2 relay events for the meet. 12 &amp; Over swimmers are limited to 6 events between the two sessions on Saturday.</li> <li>• Relay teams must be designated A, B, C, etc. if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• Deck entries will not be accepted</li> <li>• 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.</li> <li>• Email entries to: <a href="mailto:entries@fast-swimming.com">entries@fast-swimming.com</a></li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except #s 23, 24, 25, &amp; 26, the 500 Freestyle, #s55 &amp; 56, the 1000 Freestyle, and #s 81 &amp; 82, the 10-12 200 Freestyle, will be pre-seeded.</li> <li>• Event #s 23, 24, 25, &amp; 26, the 500 Freestyle, #s55 &amp; 56, the 1000 Freestyle, and #s 81 &amp; 82, the 10-12 200 Freestyle will require a <b>positive check-in to swim</b>.</li> <li>• Positive check-in will close at the end of the warm ups prior to the start of each session.</li> <li>• <b>SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT</b></li> <li>• All events will be swum fast to slow.</li> <li>• Event #s 23, 24, 25, &amp; 26, the 500 Freestyle, #s55 &amp; 56, the 1000 Freestyle will be swum fastest to slowest and alternating heats of girls and boys.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• Individual events: \$5.00 per event</li> <li>• Relay events: \$10 per relay team</li> <li>• Swimmer Surcharge: \$20 per swimmer</li> </ul>

	<ul style="list-style-type: none"> <li>• \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club.</li> <li>• Checks should be made payable to: FAST</li> <li>• Mail payment to: P.O.Box 8595, St. Louis, MO 63126.</li> <li>• Payment must be received by February 10, 2024, the first day of the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for 1st through 16th place</li> <li>• Relay events: Ribbons will be awarded for 1st through 8th place</li> <li>• Swimmers achieving a BB time will receive an "I Qualified" ribbon</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Standard points scoring will be used for individual events.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• An AED is on site.</li> <li>• Medically trained meet marshals will be on site to assist with medical emergencies.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• The flyover start procedure will be used for all sessions.</li> <li>• 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>.</li> <li>• Deck changes are prohibited.</li> <li>• 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. <ul style="list-style-type: none"> <li>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</li> <li>o Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </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>• 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.</li> <li>• 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.</li> </ul>
<b>OFFICIALS:</b>	<ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Michael Nolte, <a href="mailto:fastofficials@fast-swimming.com">fastofficials@fast-swimming.com</a>, or 314-852-5216 no later than Monday, February 5, 2024.</li> <li>• Officials meeting will occur 45 minutes after the start of warm-ups for each session.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• FAST will provide all timers for the meet.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Concessions will be available for sale.</li> </ul>

	<ul style="list-style-type: none"> <li>The lobby and dance room along with the bleacher area will be available as a crash area. If the meet is larger than anticipated, the commons and cafeteria will be open to accommodate overflow.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>

<b>Saturday Morning 10-12 &amp; 12 &amp; Over Warm-up: 7:30 am Meet Starts: 8:40 am</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	10-12 200 Freestyle Relay	2
5 Minute Break		
3	12 & Over 400 Individual Medley	4
5	10-12 100 Individual Medley	6
7	12 & Over 200 Breaststroke	8
9	10-12 50 Breaststroke	10
Tentative 5 minute break if meet dictates based on timeline		
11	12 & Over 100 Butterfly	12
13	10-12 100 Butterfly	14
15	12 & Over 200 Backstroke	16
17	10-12 50 Backstroke	18
Tentative 5 minute break if meet dictates based on timeline		
19	12 & Over 100 Freestyle	20
21	10-12 100 Freestyle	22
23	12 & Over 500 Freestyle	24
25	10-12 500 Freestyle	26

**Saturday Afternoon 10 & Under, 12 & Over Warm-up: 1:00 pm Meet Starts: 2:10 pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
27	12 & Over 200 Freestyle Relay	28
29	10 & Under 200 Freestyle Relay	30
5 Minute Break		
31	12 & Over 200 Individual Medley	32
33	10 & Under 100 Individual Medley	34
35	12 & Over 50 Freestyle	36
Tentative 5 minute break if meet dictates based on timeline		
37	10 & Under 100 Freestyle	38
39	12 & Over 200 Butterfly	40
41	10 & Under 100 Butterfly	42
43	12 & Over 100 Backstroke	44
45	10 & Under 50 Backstroke	46
47	12 & Over 100 Breaststroke	48
49	10 & Under 50 Breaststroke	50
Tentative 5 minute break if meet dictates based on timeline		
51	12 & Over 200 Freestyle	52
53	10 & Under 200 Freestyle	54
55	12 & Over 1000 Freestyle	56

**Sunday Morning 10 & Under and 11-12 Warm-up: 7:30 am Meet Starts: 8:40 am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
57	10-12 200 Individual Medley	58
59	10 & Under 200 Individual Medley	60
61	10-12 100 Backstroke	62
63	10 & Under 100 Backstroke	64
65	10-12 50 Butterfly	66
67	10 & Under 50 Butterfly	68
69	10-12 50 Freestyle	70
71	10 & Under 50 Freestyle	72
73	10-12 100 Breaststroke	74
75	10 & Under 100 Breaststroke	76
5 Minute Break		
77	10-12 200 Medley Relay	78
79	10 & Under 200 Medley Relay	80
5 Minute Break		
81	10-12 200 Freestyle	82