



2025 FAST Fall Frenzy

WI Sanction General Information

Date	November 15, 2025
Sanction Information	Held under the Sanction of USA Swimming; In granting this sanction, it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Sanction # WI2025-0590S
Location	Fort Atkinson High School (Door 7) 925 Lexington Blvd. Fort Atkinson, WI 53538
Meet Format	AM Session: 10 & Under Warmups: 8:00-9:00 AM Circle swimming only, except in designated lanes and times. All entry to pools during open warm-up cool down periods shall be feet first entry from the start end. No snorkels, kickboards or other training devices are allowed during warm-ups. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. Meet start: 9:05 AM PM Session: 11-12, 13-14 & Open Warmups: The afternoon warm-ups will start as soon as the morning session has been completed with the afternoon session starting no earlier than 11:00 AM. Warm-up procedures will be repeated for the afternoon session. Start time: The afternoon session will start 65 minutes after the conclusion of the AM session. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for lane assignment.
Pool Information	Eight lane, 25 yard pool. Pool depth is 9 feet at the start end and 4 feet at the turn end. Blocks are 30 inches high. The pool features non-turbulent lane

	markers and backstroke flags. The pool utilizes Colorado blocks with individual start horns. The meet host will ensure the required course dimensions.
Timing System	All events will be timed using a Colorado Gen 6 system with strobe/horn start, touch pads, one plunge button, and two stop-watches as back-ups. 25 yard events will be timed using 2 manual stop watches.
Meet Staff	<u>Meet Director:</u> Kimberly Kerr % FAST Fort Atkinson Swim Team PO Box 162 24 Milwaukee AVE E Fort Atkinson, WI 53538 Fortatkinsonswimteam@gmail.com (920)397-6815 <u>Entry Chair:</u> Brian Thiess Contact Information: thiessbr+FASTFF25@gmail.com <u>Head Official:</u> James Merrill Contact Information: james.merrill61@outlook.com <u>Administrative Official:</u> Brian Thiess Contact Information: thiessbr@gmail.com

Entering the Meet:

Eligibility	All athletes must be current registered members of USA Swimming, in good standing. First date of the meet will determine the age of competition
Entries	Completed entry file must be received by the entry chair no later than the deadline date. Please submit electronic entries via email. This meet is being run by HyTeck swim software.
Entry Deadline	November 9, 2025
Entry Limits	Swimmers may compete in four (4) individual events plus two (2) relays.
Mixed Relays	3/1 gender combinations will be accepted for mixed relays
Entry Fees	Individual events: \$5.00 per event Relay team: \$12 per relay Facility Fee: \$3.00 Splash Fee: \$4.00 Admission Fee: \$10 per swimmer; no admission charged at the door Please make checks payable to FAST. Entry fees must accompany the official waiver on the day of the meet, and are not refundable.

On Deck Registration	No on deck registrations will be accepted.
Deck Entries	No deck entries will be accepted.
Coaches	All coaches must pick up their coach's packet in person, must show their coach's card, <u>and must sign in for each session</u> . If a coach does not present a USA Swimming registration card, they will not be allowed on deck and the swimmers for the team will be assigned to a USA Swimming certified coach for warm-ups. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.
Finals Results	Results will be posted on www.wisconsinswimming.org and e-mailed to participating team coaches.
Medical Supervision	Building personnel and Lifeguards are trained in procedures required by Blood Borne Pathogens laws and will be responsible for any cleanup required. Lifeguards & high school trainer's room available to athletes participating in the meet
Swimmers with Disabilities	Please indicate any special needs your swimmers may have on the entry form. We will do everything possible to accommodate them. This should include any existing conditions that may require meet management to activate the emergency response plan. Use of the WSI Para Accommodation Form is required for all accommodation and/or modification requests

Additional Information:

Admissions	Admissions included in the meet entry fee
Heat Sheets	Heat sheets will be sent to the coaches electronically and posted on the meet landing page the night before the meet.
Awards	Ribbons will be awarded 8&U, 9-10, 11-12, 13-14 age group events. Ribbons will not be awarded for open events. Ribbons will be mailed out after the meet.
Concessions	Concessions will be available
Raffle	Chuck-A-Duck will take place once in the morning session and once in the afternoon session with a cash prize for the winner.
Other Items	Photo booth will be available near the entry

Rules, Regulations and WI Swimming Information:

Statement of Rules	This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and WSI rules apply including safety rules, which will be strictly enforced.
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MAAPP	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 ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned/approved meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS. This includes participation as a member of a relay. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.
RACING START CERTIFICATION:	Any swimmer entered in the meet must be certified by a USA Swimming 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.
REQUIRED CONDUCT LANGUAGE:	All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changes are prohibited. 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.
IMAGE AUTHORIZATION:	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Wisconsin Swimming and the meet host under the conditions authored by Wisconsin and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Wisconsin Swimming competition to promote such competitions.

Meet Events

Session 1 - AM

Morning Session		
Event #	Event Description	
Girls Event #		Boys Event #
1	8&U Mixed 100 Medley Relay	
2	10&U Mixed 200 Medley Relay	
	5-minute break	
3	8&U 25 Freestyle	4
4	10&U 50 Freestyle	6
7	9-10 100 Freestyle	8
	2-minute break	
9	8&U 25 Butterfly	10
11	10&U 50 Butterfly	12
13	9-10 100 Butterfly	14
	5-minute break (optional)	
15	8&U 25 Backstroke	16
17	10&U 50 Backstroke	18
19	9-10 100 Backstroke	20
	2-minute break	
21	8&U 25 Breaststroke	22
23	10&U 50 Breaststroke	24
25	9-10 100 Breaststroke	26
	10-minute break (Chuck-a-Duck)	
27	10&U 100 IM	28
29	10&U Mixed 200 IM	
30	9-10 Mixed 200 Freestyle	
	5-minute break	
31	8&U Mixed 100 Free Relay	
32	10&U Mixed 200 Free Relay	

Session 2 - PM

Event #		
Girls Event #	Event Description	Boys Event #
33	Open Mixed 200 Medley Relay	
	5-minute break (optional)	
34	11-12 50 Freestyle	35
36	Open 50 Freestyle	37
38	13-14 50 Freestyle	39
40	Open 100 Freestyle	41
	5-minute break (optional)	
42	11-12 50 Butterfly	43
44	Open 50 Butterfly	45
46	13-14 100 Butterfly	47
48	Open 100 Butterfly	49
	5-minute break (optional)	
50	11-12 50 Backstroke	51
52	Open 50 Backstroke	53
54	13-14 100 Backstroke	55
56	Open 100 Backstroke	57
	5-minute break (optional)	
58	11-12 50 Breaststroke	59
60	Open 50 Breaststroke	61
62	13-14 100 Breaststroke	63
64	Open 100 Breaststroke	65
	10-minute break (Chuck-a-Duck)	
66	Open 200 Freestyle	67
68	11-12 100 IM	69
70	13-14 100 IM	71
72	Open 200 IM	73
	5-minute break (optional)	
74	Open 500 Freestyle	75

F.A.S.T. Fall Frenzy
Saturday, November 15, 2025
Sanction # **WI2025-0590S**

In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Wisconsin Swimming, Inc., Fort Atkinson Swim Team, School District of Fort Atkinson, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Team Name: _____

Team Abbreviation: _____

Coach(es): _____ Phone: _____

Email: _____

Signature of Team Official: _____

Summary of Entry Fees

Number of Individuals = _____ x \$4.00 Splash Fee = \$_____

Number of Individuals = _____ x \$3.00 Facility Fee = \$_____

Number of Indiv. Events = _____ x \$5.00 per event = \$_____

Number of Relays = _____ x \$12.00 per relay = \$_____

Number of Individuals = _____ \$10 Admission Fee = \$_____

Total = \$_____

Make all checks payable to FAST and bring to the meet director on November 15, 2025

Email Entries to: thiessbr+FASTFF25@gmail.com