

# FAST Winter Invitational

**January 22-24, 2010**

**hosted by Flyers Aquatic Swim Team  
at Lindbergh High School Pool  
St. Louis, MO**

**Held under the sanction of USA Swimming/Ozark Swimming  
Sanction # OZ 5248**

## **Eligibility**

Open to currently registered USA Swimming athletes only. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming membership will be dropped from the meet. There is a \$100 fine for entering nonregistered athletes in an Ozark meet. Coaches must be currently registered with USA Swimming as Coach members.

Athletes attending the meet unaccompanied by a USA Swimming coach must report to the meet referee or meet director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet they are entered in.

## **Meet Format**

All events are timed finals. All of the technical and administrative rules of USA Swimming will apply.

## **Meet Contacts**

Meet Director:	Christina Dreyer	(314) 307-9385	FASTmeetdirector@fast-swimming.com
Meet Referee:	Mike Scott	(573) 579-9282	mdscott@mofb.com
Meet Entry Contact:	Jason Cravens	(314) 270-3548	jcravens@fast-swimming.com
Officials Coordinator:	Lori Metz	(314) 221-5175	lmetz@fast-swimming.com
Safety Marshall:	Daniel Wessell	(314) 910-9077	

## **Facility**

Lindbergh High School pool is an indoor 10 lane, 25 yard course. It is equipped with a fully automated timing system and a 10 lane scoreboard. There is an elevated seating area provided for 600 spectators. Gym 2 is located in the same building and will provide a staging area for swimmers and spectators to relax between events.

**Important Note: Gym 2 will not be available as a staging area on Friday night.**

## **Directions & Parking**

The Lindbergh High School pool is located at **4900 South Lindbergh Blvd., St. Louis, MO 63126**. A Google map link is available on the FAST team website ([www.fast-swimming.com](http://www.fast-swimming.com)). The school parking lots are available for use throughout the competition. The parking lot just outside of the pool building is accessed by driving around the left side of the property as you enter from Lindbergh Boulevard.

## Entry Fees

Swimmer Surcharge: \$7.00 per swimmer  
Individual Events: \$3.00 per individual event  
Relay Events: \$6.00 per relay entry

No Refunds will be issued except in the case of a limited event as described in the Entry Limits section below.

## Entry Limits

The meet will be limited to 400 swimmers prior to the addition of the host team entry. No Team entry will be split. The host team reserves the right to limit the entry for any specific event in order to provide reasonable timelines for each session.

**Swimmers may enter a maximum of 4 individual events and 1 relay per day.**

Each team is limited to two entries per event for the 800 Freestyle Relay on Friday night.

The 11-12 500 Free and the 13&over 500 Free, 1000 Free, and 400 IM will be limited to the top 50 swimmers per event (50 girls, 50 boys).

The 12&under 200 Free and 12&under 200 IM will be limited to the top 60 swimmers per event (60 girls, 60 boys). The host team reserves the right to include an additional heat of girls and boys 12&under 200 Free and 200 IM to be filled by swimmers from the host team.

Refunds for limited events will only be issued to host clubs following the meet. The refund only applies to swimmers who are not permitted to compete in the event due to the event limits. Swimmers who are scratched or fail to check-in will not have entry fees refunded.

## Proof of Time for Limited Events

All entries for limited events will require proof of time. The USA SWIMS database will be used to verify all entry times. All entry times must be short course yard times. Conversion times will not be accepted.

## Entry Process

FAST will begin to accept entries on **Monday January 4, 2010**.

All Teams are required to send an entry file that is compatible with the Hytek Meet Manager Program. All entries should be submitted by email to [jcravens@fast-swimming.com](mailto:jcravens@fast-swimming.com). FAST will send a confirmation email once your entry email has been received. This does not indicate acceptance into the meet.

The signed meet entry summary form and the check for the team entry fees **must** be received by the entry deadline in order to be considered for acceptance. *FAST has the sole discretion to determine which team entries are accepted for the meet.*

Please mail your summary forms and checks (made payable to Flyers Aquatic Swim Team) to:

**Jason Cravens**  
c/o FAST  
PO Box 8595  
St. Louis, MO 63126

The entry deadline for the meet will be **Monday January 11, 2010**. FAST will contact each team by email on Tuesday January 12 to confirm acceptance into the meet.

**Deck entries will not be accepted.**

## Awards

Individual Events:	Medals	1 <sup>st</sup> – 3 <sup>rd</sup> places
	Ribbons	4 <sup>th</sup> – 16 <sup>th</sup> places
Team:	Trophies	1 <sup>st</sup> – 3 <sup>rd</sup> place

For individual events, we will award to the following age groups: 10&under, 11-12, 13-14 and 15 & over age groups separately. No awards for relays. Team Trophies will be awarded to the top 3 teams in the final combined team standings.

## Scoring

Scoring will be to 16 places. For all 13&over individual events, we will score the 13-14 age groups and 15&over age groups separately.

## Positive Check-in/Relay Cards

The entire Friday night session, the 13&over 400 IM, and the 13&over 500 Free will be deck seeded and all coaches will be required to check-in their swimmers by turning in their athlete check-in sheets 30 minutes prior to the session start time. Failure to Check-in will be considered a scratch. Check-in sheets will be provided in the coach's packets.

Relay cards for the 13&over 800 Free Relays will be included in the coach's packets and must be turned in 15 minutes prior to the beginning of the Friday night session.

All remaining events will be pre-seeded. Heat sheets will be posted on the pool deck and available for sale in the spectator area.

## Pre-Meet Information & Meet Results

Once the entry deadline has passed, a psyche sheet will be posted on the FAST website ([www.fast-swimming.com](http://www.fast-swimming.com)). A technical bulletin will be emailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent meet information.

Meet Results will be posted at the meet throughout each session. All meet results will be posted online at the FAST team website throughout the competition. The official final results will be posted on the Ozark Swimming website ([www.ozarkswimming.org](http://www.ozarkswimming.org)) following the meet.

## Additional Notes to Coaches and Athletes

- We will run 10 lanes for the Friday night session and the Saturday/Sunday morning sessions. We will run 8 lanes for the Saturday/Sunday afternoon sessions with the exception of the 13&over 400 IM and 500 Free. A warm-up/cool-down lane will be provided during the 8 lane portion of the Saturday/Sunday sessions.
- A 5 minute warm-up/cool-down session will take place after the 13&over 800 Free Relays on Friday night
- A 15 minute warm-up/cool-down session will take place after the 11-12 500 Free on Friday night. A second 5 minute break may be inserted during the 1000 Free heats at the discretion of the meet referee.
- Swimmers entered in the 500 Free and 1000 Free events must provide a lap counter.
- The 11-12 500 Free and 13&over 1000 Free will be swum fastest to slowest alternating female and male heats.

## Ozark Policy/Facility Rules

Per Ozark Swimming Policy, Cell phones with video and video recording devices are prohibited in all locker rooms. Lindbergh High School does not permit food or drink in the pool area. Smoking is not permitted anywhere inside the pool building or any other building on campus. Only coaches, athletes, and meet workers will be allowed on the pool deck during the meet.

## USA Swimming Swimsuit Legislation

The only suits allowed are those permitted by FINA and in compliance with current USA Swimming rules.

The criteria for allowable swimsuits at USA Swimming competition, under Rule 102.9, is as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

## Vendor

B&B Aquatics will be at the meet on Saturday and Sunday and will be located in the Gym 2 staging area.

## Event Program

<b>Friday Evening</b> Warm-up: 4:00pm Meet Starts: 5:00pm		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>13&amp;over 800 Freestyle Relay (Limit 2 entries per team, per event)</b>	<b>2</b>
<b>5 minute break</b>		
<b>3</b>	<b>11-12 500 Freestyle (Limited to Top 50 per event)</b>	<b>4</b>
<b>15 minute break</b>		
<b>5</b>	<b>13&amp;over 1000 Freestyle (Limited to Top 50 per event)</b>	<b>6</b>

<b>Saturday Morning</b>		
<b>Warm-up: 7:00am Meet Starts: 8:10am</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
7	11-12 100 Individual Medley	8
9	10&under 100 Individual Medley	10
11	11-12 50 Freestyle	12
13	10&under 50 Freestyle	14
15	11-12 100 Backstroke	16
17	10&under 100 Backstroke	18
19	11-12 50 Butterfly	20
21	10&under 50 Butterfly	22
23	11-12 100 Breaststroke	24
25	10&under 100 Breaststroke	26
27	12&under 200 Freestyle (Limited to Top 60 per event)	28

<b>Saturday Afternoon</b>		
<b>Warm-up: 1:00pm Meet Starts: 2:30pm</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
29	13&over 200 Freestyle	30
31	13&over 100 Backstroke	32
33	13&over 200 Breaststroke	34
35	13&over 100 Freestyle	36
37	13&over 200 Butterfly	38
39	13&over 400 Individual Medley (Limited to Top 50 per event)	40

<b>Sunday Morning</b>		
<b>Warm-up: 7:00am Meet Starts: 8:10am</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
41	11-12 100 Freestyle	42
43	10&under 100 Freestyle	44
45	11-12 50 Backstroke	46
47	10&under 50 Backstroke	48
49	11-12 100 Butterfly	50
51	10&under 100 Butterfly	52
53	11-12 50 Breaststroke	54
55	10&under 50 Breaststroke	56
57	12&under 200 Individual Medley (Limited to Top 60 per event)	58

## Sunday Afternoon

Warm-up: 1:00pm Meet Starts: 2:30pm

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>59</b>	<b>13&amp;over 200 Individual Medley</b>	<b>60</b>
<b>61</b>	<b>13&amp;over 50 Freestyle</b>	<b>62</b>
<b>63</b>	<b>13&amp;over 100 Breaststroke</b>	<b>64</b>
<b>65</b>	<b>13&amp;over 200 Backstroke</b>	<b>66</b>
<b>67</b>	<b>13&amp;over 100 Butterfly</b>	<b>68</b>
<b>69</b>	<b>13&amp;over 500 Freestyle (Limited to Top 50 per event)</b>	<b>70</b>

**ENTRY SUMMARY AND RELEASE FORM**  
**FAST Winter Invitational**  
**January 22-24, 2010**  
**USAS Sanction #OZ 5248**

This form is part of your entry and must be signed and returned for your entry to be accepted.

Club: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**ENTRY SUMMARY**

Number of Swimmers entered . . . . . \_\_\_\_\_ x \$7.00 = \_\_\_\_\_  
Number of Individual event entries . \_\_\_\_\_ x \$3.00 = \_\_\_\_\_  
Number of Relay event entries. . . . . \_\_\_\_\_ x \$6.00 = \_\_\_\_\_  
Total Team Entry Fee . . . . . \_\_\_\_\_ = \_\_\_\_\_

**MAKE CHECKS PAYABLE TO FLYERS AQUATIC SWIM TEAM AND MAIL TO:**

FAST

C/O Jason Cravens, Meet Entry Chair  
PO Box 8595  
St. Louis, MO 63126

**Do not send entries, disks, or paper backup with this form.**  
**The Flyers Aquatic Swim Team accepts only e-mail entries for this meet.**

**RELEASE**

The Flyers Aquatic Swim Team, Lindbergh School District, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries due to anyone during the conduct of the meet.

I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_