

FAST IMX Kickoff

October 7-9, 2011

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

**Held under the sanction of USA Swimming/Ozark Swimming
Sanction # OZ5406**

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.

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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request.

Meet Format

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

Meet Contacts

Meet Director: Angie Dorsey (314) 845-3978 FASTmeetchief@fast-swimming.com

Meet Referee: Bruce Dreyer (314) 221-3802

Meet Entry Contact: Colin Kennedy (314) 729-2400 ckennedy@fast-swimming.com

Officials Coordinator: Lori Metz (636) 861-5949 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. As per USA Swimming guidelines, cameras & video recording devices (including cell phones with such capability) are prohibited in all locker rooms.

Directions & Parking

The Lindbergh High School pool is located at **5000 South Lindbergh Blvd., St. Louis, MO 63126**. A Google map link is available on the FAST team website (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: \$4.00 per individual event

No Refunds will be issued with the following exception. If a swimmer has not scratched out of a limited event and is held out of the event due to the entry limits (i.e. 13&Over 500 Free), the team will be mailed a refund for the entry fee following the meet. This exception does not apply to swimmers who are scratched from a limited event during the positive check-in process.

Entry Limits

The meet will be limited to 300 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. The host team reserves the right to include an additional heat of girls and boys in the 11-12 500 Free, 13&Over 500 Free and 13&Over 400 IM to be filled by swimmers from the host team.

Swimmers may enter a maximum of 4 individual events per day.

Proof of Time for Limited Events (500 Free)

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.

With respect to the 13&Over 500 Free, the host club reserves the right to limit entries or move a portion of the event to after the Saturday afternoon session based on timelines.

Entry Process

FAST will begin to accept entries on **Monday, September 12th at 9:00am CST.**

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 ckennedy@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.

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

Colin Kennedy

C/O FAST

PO Box 8595

St. Louis, MO 63126

The **Entry Deadline** for the meet will be **Monday, September 19, 2011.**

FAST will contact each team by email on Tuesday, September 21, 2010 to confirm acceptance into the meet.

Acceptance Criteria for Team Entries (listed in order of priority)

1. Teams that attended the 2010 FAST IMX Kickoff will be accepted until the meet capacity has been reached.
2. Teams that provide a list of officials who are committed to attending the meet (and have contacted our official's coordinator) will be given priority over teams that do not provide a list of officials.
3. Teams that did not attend the 2010 FAST IMX Kickoff will be accepted on a first come-first serve basis until the meet capacity has been reached.

Deck entries will not be accepted.

Pre-Meet Information & Meet Results

Once the entry deadline has passed, a psych sheet will be posted on the FAST website (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 (www.fast-swimming.com) throughout the competition. The official final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.

Awards

This meet provides an opportunity for each swimmer to obtain an **IMX score OR an IM Ready score (14&Unders only)**.

A trophy will be awarded to the swimmer in each IMX age group who finishes with the highest IMX score. A swimmer must enter all of the IMX Events offered for their age group in order to receive an IMX score.

A trophy will be awarded to the swimmer in each IM Ready age group who finishes with the highest IM Ready score. A swimmer must enter all of the IM Ready Events offered for their age group in order to receive an IM Ready score.

In the event of a tie, the award will go to the swimmer who has the faster 100 or 200 IM time at the meet.

The following single age groups and event combinations will be tabulated to receive an **IMX score**.

9 year olds, 10 year olds

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11 year olds, 12 year olds

200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

13 year olds, 14 year olds, 15-18 year olds

200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

*The oldest age group awarded at this meet will be the 15-18 division. However, the individual IMX

scores for swimmers in that division will still be tabulated using the single age group point system utilized in the IMX program.

The following single age groups and event combinations will be tabulated to receive an **IM Ready score**.

9&under, 10 year olds

100 IM, 100 Free, 50 Back, 50 Breast, 50 Fly

11 year olds, 12 year olds

100 IM, 200 Free, 50 Back, 50 Breast, 50 Fly

13 year olds, 14 year olds

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

Ribbons will be given to the top 8 finishers of an event.

Positive Check-in

We will pre-seed the 400 IM and 500 Free on Friday evening. All swimmers will be required to check-in no later than 30 minutes prior to the session start time. Failure to Check-in will be considered a scratch.

All remaining Friday night events and remaining sessions will be pre-seeded. Heat sheets will be posted on the pool deck and available for pick up in the concession area.

Swim Suits

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

Vendor

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

Pat Gaines from West Coast Airbrush will be at the meet on Saturday and Sunday and will be located in the Gym 2 staging area.

Concessions

Concessions will be available in the lobby area of Gym 2.

Additional Notes to Coaches and Athletes

- We plan to run 8 lanes for all sessions but we reserve the right to run 10 lanes if estimated timelines require us to do so to remain within appropriate session timelines.
- A 15 minute warm-up/cool-down session will take place after the 13&Over 400 IM and prior to 10&Under 200 Free and the 500 Free on Friday evening to provide ample space for pace work.
- Swimmers entered in the 500 Free must provide a timer and a lap counter.
- The 400 IM and 500 Free will be swum fastest to slowest alternating heats of girls and boys.
- 10&Under swimmers planning to compete in the 200 IM will need to enter the 12&Under 200 IM on Friday evening.

Event Program

Friday Evening Warm-up: 5:00 pm Meet Starts: 6:00 pm		
Girls	Event	Boys
1	12&Under 200 IM	2
3	13&Over 400 IM	4
15 Minute Break for Warm-Up/Loosen		
5	10&Under 200 Freestyle	6
7	11-12 500 Freestyle	8
9	13&Over 500 Freestyle	10

Saturday Morning Warm-up: 7:00 am Meet Starts: 8:10 am		
Girls	Event	Boys
11	11-12 200 Freestyle	12
13	10&Under 100 Freestyle	14
15	11-12 50 Butterfly	16
17	10&Under 50 Butterfly	18
21	11-12 100 Backstroke	20
23	10&Under 100 Backstroke	22
25	11-12 50 Breaststroke	24
27	10&Under 50 Breaststroke	26
29	11-12 100 Individual Medley	28
31	10&Under 100 Individual Medley	30

Saturday Afternoon Warm-up: 12:40 pm Meet Starts: 2:00 pm		
Girls	Event	Boys
31	13-14 200 Freestyle	32
33	Open 200 Freestyle	34
35	13-14 100 Butterfly	36
37	Open 100 Butterfly	38
39	13-14 200 Backstroke	40
41	Open 200 Backstroke	42

Saturday Afternoon
Warm-up: 12:40 pm Meet Starts: 2:00 pm

Girls	Event	Boys
43	13-14 100 Breaststroke	44
45	Open 100 Breaststroke	46
47	13-14 50 Freestyle	48
49	Open 50 Freestyle	50

Sunday Morning
Warm-up: 7:00 am Meet Starts: 8:10 am

Girls	Event	Boys
51	11-12 50 Freestyle	52
53	10&Under 50 Freestyle	54
55	8&Under 25 Freestyle	56
57	11-12 100 Butterfly	58
59	10&Under 100 Butterfly	60
61	8&Under 25 Butterfly	62
63	11-12 50 Backstroke	64
65	10&Under 50 Backstroke	66
67	8&Under 25 Backstroke	68
69	11-12 100 Breaststroke	70
71	10&Under 100 Breaststroke	72
73	8&Under 25 Breaststroke	74

Sunday Afternoon
Warm-up: 12:40 pm Meet Starts: 2:00 pm

Girls	Event	Boys
75	13-14 200 Individual Medley	76
77	Open 200 Individual Medley	78
79	13-14 100 Freestyle	80
81	Open 100 Freestyle	82
83	13-14 200 Butterfly	84
85	Open 200 Butterfly	86
87	13-14 100 Backstroke	88
89	Open 100 Backstroke	90
91	13-14 200 Breaststroke	92
93	Open 200 Breaststroke	94

ENTRY SUMMARY AND RELEASE FORM

FAST IMX Kickoff

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USAS Sanction #Pending

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 \$10.00 = _____

Number of Individual event entries . _____ x \$4.00 = _____

Total Team Entry Fee = _____

Number of Officials Attending the Meet. = _____

*Please list them by name on the back of this summary form.

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

FAST
C/O Colin Kennedy, 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: _____