

**FAST LATE JANUARY "B" MEET  
JANUARY 28 – 29, 2012**

SPONSOR/HOST	FRANKLIN AREA SWIM TEAM - FAST		
SANCTION #	AM-012812-01		
MEET DIRECTOR	KATHY TOMETICH	E-MAIL: ktometich@parker.com	PHONE: 724-989-9664
LOCATION	Franklin Regional Middle School, 4660 Old William Penn Hwy, Murrysville, PA 15668		
FACILITY DESCRIPTION	6 lane indoor pool with wave reduction lane markers and Colorado Timing System		
POOL CERTIFICATION	The competition course has not been certified in accordance with 104.2.2C(4).		
WATER DEPTH	The depth of the water at the start end of the pool is 12 feet and at the turn end is 3 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JANUARY 4, 2012		
ENTRY DEADLINE	JANUARY 13, 2012		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$5.00	
ENTRY LIMIT	4 Individual Events per day (excluding relays).		MEET ENTRY LIMIT: 2000
ENTRY PROCEDURES	<ul style="list-style-type: none"> <li>• Entry times must be in SC Yards or LC Meters. NT entries will not be accepted;</li> <li>• Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail;</li> <li>• A hard copy of the entries must be submitted with payment and postmarked by the entry deadline;</li> <li>• All entries should be submitted via e-mail. Electronic entry files (TM or equivalent) are required for teams with five or more swimmers. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information.</li> <li>• Hard copies of entry report and fees must be mailed to the entry chair postmarked by the entry deadline date.</li> <li>• FINAL entry reports must be mailed or e-mailed to the entry chair five (5) days prior to the meet start</li> </ul>		
MEET ENTRY CHAIR	JUDY WAGNER	PHONE #: 412-276-0145 (no calls after 9:00 PM)	
E-MAIL ENTRY FILES TO	FAST-ENTRIES@AMSWIM.ORG		
MAIL CHECKS & REPORTS TO	1271 ARROWOOD DR, PITTSBURGH, PA 15243		
CHECKS PAYABLE TO	FAST		
SEEDING	This meet will be pre-seeded with the exception of events 400 yards/meters or longer and relays which will be deck seeded with positive check-in. Check in will close approximately 30 minutes prior to the start of the event. Events 400 yards/meters or longer will be swum fastest to slowest alternating girls/boys.		
SAFETY CHAIR	SUE SCHON	E-MAIL: SUSAN_SCHON@HOTMAIL.COM	PHONE: 412-983-8844
OFFICIALS CONTACT	SUE SCHON	E-MAIL: SUSAN_SCHON@HOTMAIL.COM	PHONE: 412-983-8844
AWARDS	INDIVIDUAL EVENTS: 1 <sup>ST</sup> - 6 <sup>TH</sup> Place Ribbons RELAY EVENTS: 1 <sup>ST</sup> - 3 <sup>RD</sup> Place Ribbons		
SCORING	None		
MISCELLANEOUS	Full concession will be open one hour prior to the start of the meet and operate throughout the meet. Knabes will be on site for swimming equipment		

SESSION	WARM-UP TIMES	MEET STARTS
Sat & Sun AM	7:35-8:00 AM; 8:00-8:25 AM	8:30
Sat & Sun PM	12:35 - 1:00 PM; 1:00-1:25 PM	1:30
	(Times subject to change based on # of entries - confirmed by e-mail & website posting)	
WARM-UP INFORMATION	Warm-up policies will be strictly enforced by USA Swimming Officials. Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than five (5) days prior to the start of the meet. The Meet Director reserves the right to adjust warm-ups based on the number of entries after consultation with the Age Group Chair (prior to the meet) or the referee (day of the meet).	

DECK PRIVILEGES	Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches must present their current USA Swimming registration card at the sign in table and keep it visible on deck at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.
RACING START CERTIFICATION	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. <b>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</b>
DURATION:	The Meet Director reserves the right to return entries with the approval of the Age Group Committee to control the meet duration. Affected clubs will be notified at least five (5) days prior to the meet. In addition, the meet host may require swimmers to scratch down one event per day. When entries are submitted, please mark which event the swimmer will scratch, if needed. If no race is designated, the host team will scratch the swimmer's last event of the day. Refunds will be given for mandatory scratches.
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <i>as of the first day of the meet</i> determines eligibility. This meet is open to all USA swimming registered swimmers.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for <i>any</i> issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
RULES:	This meet will be governed by current USA Swimming Rules. Fly-over starts may be used. Smoking and the use of tobacco products are prohibited in the building. Sale and use of alcoholic beverages are similarly prohibited anywhere on the grounds.  <b>No unauthorized personnel will be allowed on the pool deck.</b> Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area.
DISABLED SWIMMERS	Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the AMS Board or stated in the meet announcement, photographers are not permitted on deck at any time
AMS SCRATCH RULE <i>Pre-seeded Meets</i>	There is no penalty for failing to swim an event at a pre-seeded meet or session. A swimmer who has positively checked in for an individual deck-seeded event (400 yards/meters or longer) must swim in the event unless he/she notifies the Referee of his/her wish to scratch before the event is seeded. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay. Deck seeded events shall be closed for seeding no later than 30 minutes prior to the start of the event.
DIRECTIONS	From turnpike Exit 6 (Monroeville), take Rt. 22 East approximately 4.6 miles through Murrysville to Tarr Hollow Road. Use right-hand turn lane (this is a jug handle ramp) to make the left turn onto Tarr Hollow Road. At the next stop sign, make a right onto Old William Penn Highway. Continue on Old William Penn Highway approximately 0.2 miles. Turn left into the second school entrance for the Middle School.  <a href="http://swimmingfast.net/Directions.aspx">http://swimmingfast.net/Directions.aspx</a>

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Girls	SATURDAY MORNING Session 1		No Faster Than SCY	No Faster Than LCM	Boys	Girls	SATURDAY MORNING Session 1		No Faster Than SCY	No Faster Than LCM	SUNDAY MORNING Session 3		No Faster Than SCY	No Faster Than LCM	Boys
	No Faster Than LCM	No Faster Than SCY					No Faster Than LCM	No Faster Than SCY			No Faster Than SCY	No Faster Than LCM			
1					2	47									48
					3										49
4	36.39	31.89		30.99	35.29	5	50	3:15.29	2:48.89			**11-12 200 Backstroke**	2:45.59	3:11.09	51
				27.39	31.19	6						**13 & Older Boys 200 Backstroke**	2:23.39	2:43.89	52
7	3:14.19	2:51.79		2:48.29	3:13.39	8	53	1:31.09	1:21.09			11-12 100 Backstroke	1:19.09	1:31.39	54
				2:24.49	2:43.19	9						13 & Older Boys 100 Butterfly	1:05.09	1:13.39	55
10	1:30.79	1:20.19		1:18.69	1:29.49	11	56	39.39	35.09			11-12 50 Butterfly	35.19	39.59	57
12	2:50.79	2:31.49		2:27.49	2:47.79	13	58	1:19.59	1:08.29			11-12 100 Freestyle	1:07.89	1:17.39	59
				2:10.09	2:28.59	14						13 & Older Boys 100 Freestyle	59.79	1:08.39	60
15	42.29	36.79		36.49	42.19	16	61	3:40.59	3:11.69			**11-12 200 Breaststroke**	3:07.29	3:37.49	62
				1:06.19	1:16.49	17						**13 & Older Boys 200 Breaststroke**	2:42.59	3:08.79	63
18	1:41.89	1:29.29		1:27.79	1:40.89	19	64	45.59	40.89			11-12 50 Breaststroke	40.79	47.09	65
				1:14.69	1:26.39	20						13 & Older Boys 200 Individual Medley	2:26.39	2:48.89	66
21	3:14.79	2:50.69		2:49.39	3:13.89	22	67		1:20.09			11-12 100 Individual Medley	1:17.59		68
				5:11.79	5:54.39	23						**13 & Older Boys 400 Individual Medley**	5:51.29	5:14.39	69
24	6:55.89	6:04.19		5:56.29	6:51.79	25	70	6:00.09	6:40.09			**11-12 500 Freestyle**	6:35.09	5:54.39	71
Girls	SATURDAY AFTERNOON Session 2		No Faster Than SCY	No Faster Than LCM	Boys	Girls	SATURDAY AFTERNOON Session 2		No Faster Than SCY	No Faster Than LCM	SUNDAY AFTERNOON Session 4		No Faster Than SCY	No Faster Than LCM	Boys
	No Faster Than LCM	No Faster Than SCY					No Faster Than SCY	No Faster Than LCM			No Faster Than SCY	No Faster Than LCM			
26					27	72									73
28						74									
29	40.79	35.99		35.19	40.19	30	75	1:48.89	1:33.99			10 & Under 100 Backstroke	1:32.09	1:45.69	76
31	34.49	30.39				77		2:57.99	2:35.89			13 and Older Girls 200 Backstroke			
32	1:55.19	1:42.09		1:40.39	1:53.19	33	78	48.59	42.99			10 & Under 50 Butterfly	41.99	46.89	79
34	2:56.19	2:36.49				80		1:20.39	1:11.79			13 and Older Girls 100 Butterfly			
35	3:23.59	2:58.29		2:50.89	3:13.99	36	81	1:32.99	1:21.59			10 & Under 100 Freestyle	1:19.99	1:31.09	82
37	2:39.49	2:21.19				83		1:14.39	1:05.79			13 and Older Girls 100 Freestyle			
38	49.89	43.49		43.69	50.09	39	84	54.89	47.79			10 & Under 50 Breaststroke	47.89	55.09	85
40	1:22.69	1:12.09				86		3:21.19	2:56.39			13 and Older Girls 200 Breaststroke			
41	2:02.29	1:46.69		1:43.69	1:59.79	42	87		1:33.79			10 & Under 100 Individual Medley	1:31.19		88
43	1:33.89	1:21.99				89		3:01.19	2:39.29			13 and Older Girls 200 Individual Medley			
44	3:46.49	3:19.39		3:18.09	3:44.79	45	90	6:51.59	7:39.49			10 & Under 500 Freestyle	7:35.19	6:52.69	91
46	6:19.79	5:35.69				92		5:34.69	6:16.29			13 and Older Girls 500 Freestyle			

## Comments:

1. NT's shall not be accepted.
2. All times are taken from the national time standards as established by USA Swimming for each age group.
3. 13 and Older events use 15 -16 national time standards.
4. Swimmers are eligible to compete in 4 individual events per day.
5. \*\*Notes that 11 & 12 and 13 and Older shall be swum as combined events.
6. Events 400 yards and longer will be swum fastest to slowest alternating girls and boys.
7. There may be a 10 minute warm-up period prior to the 500 Freestyles and 400 Individual Medleys