

Fairfax Area Swim Teams (FAST) Developmental Meet Rules and Procedures – 2015

Participating Teams:

Brandywine (B)	Ravensworth Farm (R)
Commonwealth (CSC)	Sideburn Run (SR)
Fairfax Club Estates (FCE)	Sully Station 2 (SS2)
Kings Ridge (KR)	Lakeview (LV)

The goal of the FAST Developmental meets is to provide competitive swim meets to those swimmers who have not had the opportunity to swim or to swim and be successful in the Saturday NVSL meets. Ideally, swimmers should have the opportunity to compete in at least two events per week, either on Saturday or on Monday.

Meets are not scored, and times are not official NVSL times; however, these are refereed meets designed to provide competitive conditions which are similar to the NVSL Saturday meets. Ribbons are awarded. FAST also hosts an Individual Medley (IM) meet, a Relay Carnival, and a Lollipop meet for novice swimmers.

EVENTS: Freestyle, backstroke, breaststroke, butterfly, and Individual Medley.

ELIGIBILITY:

1. The eligibility of a swimmer to compete in a particular age group shall be determined by the Northern Virginia Swimming League rule 2.b from the current season handbook.
2. All swimmers are limited to a maximum of three events (**two** from free, back, breast, & fly events) plus the IM.
3. An NVSL 1st, 2nd, or 3rd place winner in a particular stroke in the last seven days is not eligible to compete in that stroke in the current B meet. If the 1st, 2nd, or 3rd place was won by default or disqualification (DQ), then the swimmer may compete in that stroke. A swimmer does not become eligible by swimming up an age group.
4. Team Representatives, by mutual agreement, can add “exhibition” events to the meet for swimmers who would otherwise be ineligible to swim. Heats for these events will not be combined with other FAST event heats, and will be conducted after all scheduled developmental meet events.

Rules for First Meet of Season (if it occurs before the first NVSL meet)

5. A swimmer’s results from any dual A-meets from the previous NVSL season will be used in conjunction with the rules above to determine swimmer eligibility for the first FAST meet in the current season.
6. **The first meet is not a “Time Trial.”** If a swimmer has no NVSL time from the previous season in a stroke, but the Team Representatives know the swimmer’s best time in the stroke, the Team Representative should determine how the swimmer would have placed in the previous season NVSL meets and apply the eligibility rules above. If a swimmer is ranked #1-3 on the team’s ladder for a particular stroke, the swimmer should not swim that event.

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DATES: Meets take place on Monday evenings, starting the Monday prior to the first NVSL Saturday meet.

TIME:	Meets begins at	6:00 PM
	Home Team Warm-ups	5:05 PM
	Visitor Warm-ups	5:25 PM
	Officials Arrive	5:30 PM

Officials: see attached sheet

Weather Problems: We swim rain or shine. If lightning occurs, swimmers should wait in cars until a decision has been made by the Team Reps for a delay, postponement, or cancellation. Meets can be delayed up until 7:30 PM. We will try make up meets as soon as possible (ideally the next evening) depending upon the host pool availability and mutual agreement of the Team Reps.

Ribbons: 1st through 6th place ribbons are awarded. Each team provides its own 1st through 6th place and competitor ribbons if they choose to use them. Ribbons will be given to 1st through 6th place finishers in each event. 6 and unders may be given 6 and under Star ribbons. Heat winner ribbons may be given at the conclusion of each heat.

Time Cards: Time cards must be available to the Clerks of Course for event seeding, and should be presented by the swimmer to the timers in the lane assigned to that swimmer.

Clerks of Course: The Clerks of Course will seed the events and heats by filling all lanes to the greatest extent possible. This is done by placing the swimmers, from fastest to slowest, in the lane order of 3, 4, 2, 5, 1, 6, with the fastest overall heat last.

Rules Update: These rules were reviewed and unanimously approved by the representatives from each FAST team on April 26, 2015.

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OFFICIALS: DUAL MEETS

Home Team

- 1 Referee
- 1 Starter
- 2 Stroke & Turns
- 1 Chief Timer
- 9 Timers
- 1 Assistant Time Recorder
- 2 Clerk of Course
- 2 Walkers
- 3 Ribbon Writers (1st - 6th place)

- 1 Runner for Chief Timer to Time Recorder (Take Cards)
- 1 Runner from Clerk of Course to Announcer (# Heats)
- 1 Runner from Clerk of Course to Referee for (# Heats)
- 1 Distributor of Heat Winner Ribbons

Visiting Team - (Bring Starter System as backup)

- 1 Administrative Referee
- 2 Stroke & Turns
- 1 Assistant Chief Timer
- 9 Timers
- 1 Time Recorder
- 2 Clerk of Course
- 2 Walkers
- 3 Ribbon Writers (1st - 6th place)

Fairfax Area Swim Teams (FAST) Meet Events - 2014

FAST Dual or Tri B-Meets

Boys	Freestyle		Girls
1A	6 & U	25M	2A
1	7-8	25M	2
3	9-10	50M	4
5	11-12	50M	6
7	13-14	50M	8
9	15-18	50M	10
Boys	Backstroke		Girls
11A	6 & U	25M	12A
11	7-8	25M	12
13	9-10	50M	14
15	11-12	50M	16
17	13-14	50M	18
19	15-18	50M	20
Boys	Breaststroke		Girls
21A	6 & U	25M	22A
21	7-8	25M	22
23	9-10	50M	24
25	11-12	50M	26
27	13-14	50M	28
29	15-18	50M	30
Boys	Butterfly		Girls
31A	6 & U	25M	32A
31	7-8	25M	32
33	9-10	25M	34
35	11-12	50M	36
37	13-14	50M	38
39	15-18	50M	40
Boys	Individual Medley		Girls
41	10 & U	100M	42
43	11-12	100M	44
45	13-14	100M	46
47	15-18	100M	48

Max Entries (All Swimmers) : 3
2 entries from free, back, breast, or fly AND 1 entry in the IM

FAST Relays (Girls Swim First)

Girls	Freestyle		Boys
1A	6 & U	100M	2A
1	Mixed	150M	2
3	7-8	100M	4
5	9-10	100M	6
7	11-12	100M	8
9	13 & Over	100M	10
Girls	Modified Medley		Boys
11	8 & U	100M	12
Girls	Medley		Boys
13	9-10	100M	14
15	11-12	100M	16
17	13 & Over	100M	18

Max Entries – 4

Mixed Age Relay Legs (Events 1 & 2)

- 1: 6 & Under (25 M) 2: 8 & Under (25 M)
 3: 9-10 (25 M) 4: 11-2 (25 M)
 5: 13&Over (50 M)

Modified Medley (Events 11 & 12):

1. Back 2. Breast **3. Free** 4 Free

FAST IM Meet

Boys	Individual Medley		Girls
1	8&U	100M	2
3	9-10	100M	4
5	11-12	100M	6
7	13-14	100M	8
9	15-18	100M	10

Max Entries: 1

Event numbers and eligibility approved by team reps on April 26, 2015 from B, CSC, FCE, KR, LV, R, SR, & SS2.