

Fairfax Area Swim Teams (FAST) Developmental Meet Rules and Procedures - 2010

Participating Teams:

Commonwealth (CSC)
Fairfax Club Estates (FCE)
Kings Ridge (KR)
Lakeview (LV)

Ravensworth Farm (R)
Sideburn Run (SR)
Sully Station 2 (SS2)

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.

There is no seeding for this league. 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. All swimmers are eligible for the IM events.
2. 9 & over swimmers are limited to a maximum of **three** events (**two** from free, back, breast, & fly events) plus the IM.
3. 8 & under swimmers are limited to a maximum of **three** events (**two** from free, back, & breast events) plus the butterfly **or** 10 & under IM.
4. 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.
5. Swimmers who age up into a new age group during the week of the Development Meet may compete in two events plus the IM in the new age group.
6. 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.
7. The IM meet will consist of IM events and the 8 & under butterfly. 8 & under swimmers will be eligible for the butterfly and may also swim in the 8 and under IM.

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

8. 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.

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9. **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.

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. The home team provides 1st through 6th place ribbons for the meet. Each team provides its own Competitor ribbons if they choose to use them. Ribbons will be given to 1st through 6th place winners in each age group. 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, and should be presented by the swimmer to the timers in the lane assigned to that swimmer.

Rules Update: These rules were reviewed, revised and approved by the team representatives shown below on May 2, 2010.

Team	Representatives	Team	Representatives
CSC	Jen Baitinger & Lorenda Wieder	R	Denese Fields & Maryann Germain
FCE	Laures Merryman	SR	Judie Schuler and Morgann Babcock
KR	Kimberly Sanders & Susan Lemery	SS2	Lori Campbell
LV	Kay Kirsch Billings & Amy Gebhard		

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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
- 3 Walkers
- 3 Ribbon Writers (1st - 6th place)
Extra Ribbon Writers for Competitor Ribbons
- 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
- 3 Walkers
- 3 Ribbon Writers (1st - 6th place)
Extra Ribbon Writers for Competitor Ribbons

Fairfax Area Swim Teams (FAST) Meet Events - 2010

FAST Dual and 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 : 3

8 & under: 3: (2 from free, back, or breast) + (1 from fly or IM)

9 & over: 3 (2 from free, back, breast, or fly) + 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	Butterfly		Girls
1	8 & U	25M	2
Boys	Individual Medley		Girls
3	9-10	100M	4
5	8 & U	100M	6
7	11-12	100M	8
9	13-14	100M	10
11	15-18	100M	12

Max Entries

8 & under: 2

9 & over: 1

Event numbers and eligibility approved by team reps on May 2, 2010 from CSC, FCE, KR, LV, R, SR, & SS2.

(Note: Events remain unchanged from 2009 season)